

## Life Is

### (An entry from my daily journal I wanted to share)

By Jeff Eisen

Can I ever just feel comfortable with the *Is*-ness of life? I work so diligently on figuring things out. Maybe it is time to stop trying so hard to search for the meaning of life. To always be pushing so vigorously looking for answers. What would it be like if I simply became more comfortable with the questions? Could I simply live with the questions whether I came up with answers or not? Since I really don't think there are any absolute answers, only different perspectives, why search so diligently for the answers? Each person has his or her own answers in life and they are always different, just as their perspectives are different. Reality changes depending on your perspective. So why do I seek the *right* answer? Maybe there is no *right* answer after all.

What if I continued to seek but was always comfortable whatever answer came to me, and when an answer did not come, simply be content with the question? What if I let the question percolate, and savored it, and allowed it to come in and out of consciousness? Never being in a hurry for the answer, but realizing the answer may change as my perspective changes. Some answers would be very temporary. Some may become my undying truths, but may never make sense to others. Could I allow, very graciously, everyone to have their own truths? And maybe I could simply share my truths and my wisdom, always with love never trying too hard to convince others of my realities. Isn't part of love respecting the fact that everyone has their own reality? Could I simply question so that I may grow and evolve, never pushing too hard for an answer. Realizing all I seek is *an* answer, never *the* answer. Could I seek answers merely to expand and develop, to discover so that I may continue to grow.

It is not the answer that is important. It is not even the question that is important. It is the process that is important; the process of Life. Seeking and finding. Moving forward and moving back. Always moving yet being content with the process of moving, evolving and growing. So maybe I could learn to just be more comfortable with the question and simply allow it to help me evolve as a person. No answer is needed today. Today it's just the question. Come tomorrow an answer appears. Does it feel good? Does it feel like the truth? Good. Be with that until the question comes again. Now the answer may not feel as good, so seek once again a new answer, a new truth. And such the process begins again.

Can I be okay without the comfort of absolutes? Without the need to be right, the need to judge my answer against the answer of others. If life is about asking my questions and finding my answers, how can my answers be someone else's answers? This is my life. This is my experience. Some one else's experiences will definitely yield different questions and different answers. Is Life not just a process of growing and evolving? Is there a need to push so hard? Is Life a race to find all the answers? If so, then when you do discover all the answers, your game of life would be over. Why not just savour the game. Savour the questions. Savour the answers. Savour the process. No need to rush. Patience. Acceptance. Allowing . Enjoy the beautiful unfolding of life, one beautiful step at a time. How good it must feel for God to watch over us as we discover Life. As we struggle, as we experience joy, as we experience pain, as we experience so many varied emotions at different times. And God smiles in contentment, feeling and observing this wondrous unfolding process. This evolving, emerging, unfolding of Life. Without judgment. No hurry, just great patience and unconditional love, as Life unfolds in great brilliance. How peaceful, how tranquil, how beautiful. Even the pain and suffering is okay because Life is learning and evolving from that pain and suffering. And since it never ends and there is no right or wrong, contentment can exist. No judgment, simply *Is*-ness. Simply Being. And so it is and so it shall continue to be. Always has been and always will be. This wonderful, magnificent, miraculous, exceptional, sometimes unbelievable, unfolding of Life. Life Is. No more and no less.