

### 4. Morning Affirmation

There are mornings when I leap out of bed full of energy, eager to get to grips with whatever the day will offer. There are other mornings when I don't want to get up. I panic at the thought of the work to get through, the difficult people to cope with, the expectations to meet.

These expectations can become a real block – the expectations of others who want me to be the kind of pastor, or friend, or colleague they want; my own expectations as I push myself, and others, too hard. Some mornings, all of this can become quite unbearable. I allow myself to become a victim of these controlling thoughts and influences. It makes me feel tired of trying to please, of proving that I'm good enough. I want to turn over and refuse to get up. Stop the world I want to get off! . . .

This is the moment when I call on the power of God to restore peace to my soul, new energy to my body, joy to my heart. I surrender to a higher power. I hand over control of my day to the Mystery of Life. I try to trust more. To do this I need my daily 15 minutes of silent time. It helps to quieten my mind and my racing thoughts; to face my worries and fears, and then calmly let go of them.

When I was small in our Catholic school near Killarney, I was told that each one of us had our own guardian angel, a special friend of God whose job it was to look after me in particular. I was also told that the ancient Celts would draw an imaginary ring of protective light around them before the day began, to shield and guard them from the dangerous and hurtful forces that lay ahead.

Each morning I think of these things. A lovely prayer called, The Breastplate of St. Patrick, begins with the words, 'I will arise today with the mighty strength of the Creator of Creation.' When I pray like this I find a great peace and freedom flooding my soul. I feel God's power inside me. My fears don't seem strong and crippling any more. 'In the middle of my winter I find an invincible summer.'

I stop being a victim. I stop giving permission to people and circumstances to control my life and to decide my moods. This when I allow my shoulders to relax, when I breathe more easily and more deeply, when a new courage lifts my head and runs through my body.

*Whatever you can do, or dream you can, begin it.*

*Boldness has genius, power and magic in it.' (Goethe)*

*Prism of love pp 33,34.*