



Caught With My Thought Pants Down!

They say to take a look around you if you want to get a good idea where your focus has been. Yikes! I kept mooning the Universe by keeping my focus on asinine things. I'm sure you can guess what happened.

I was thinking about something someone said over a year ago. I let this twist me up into all sorts of high-horse hissy knots. Well butter my butt and call me a biscuit, I'm a closet Drama Queen! There isn't much drama in my life save the occasional bare foot into something mysterious and squishy or having to take a swim in the ditch. I had to accept that I like drama. That made me pause. This all finally reached a mighty crescendo and manifested into a nice hefty head/chest cold with a dash of flu. I was physically forced to sit still, think, and let everything go.

So here's what I discovered as I kept the couch from levitating:

My focus was on the future. I was worrying and fretting over things that haven't even happened yet! It's stuff that I need to let the Universe handle and work out. There I was from my limited perspective trying to figure out how something my husband and I have totally opposite views upon was going to work out. Uh, V-8 slap to the head, I don't need the answer to that yet. However this dream of ours evolves, we will both be pleased. All I need to do is stay focused upon this red-hot moment and on the things that make me happy.

And even if one is feeling rode hard and hung up wet, there are animals to care for. As I was marching out to the chicken coop feeling ill, I realized I was in no way ready to handle goats or sheep on top of chickens, dogs, cats, a home based business, writing books, gardening and being Mom. Once again I was trying to put on my super suit and do it all. The gravy was running off my plate because I had too many things on it. It was time to place a few things back into the pot. Besides, they'll be so much better once they've simmered a bit longer.

Instead of focusing so much on those future wants and desires, how about I focus more on what's right in front of me that still requires my attention?

And as usual, once I let go, The Universe blew my hair back. My friend Annette called to check up on me. She gave me some great contacts and ideas to promote my book *Blue for Me!* In my fog, I could barely keep up with the flow of information she was offering; yet I was coherent enough to get goose bumps with the potentiality of it.

It's been really fun to refuse to look at the reality of a situation, thumb my nose at it and focus on what I know to be truth. I am part of an eternal flow of Source energy. I made the conscious choice (several times over during a day) to focus on everything working out perfectly. That's exactly what has happened. Whatever we needed has shown up from unexpected places. Even my business has picked up!

If you dare to moon the Universe be prepared to get good old fashion kick in the drawers. The Law of Attraction will bring you exactly what you focus on, the good, the bad or the ugly. It's always our choice.

And with that, I have officially stepped down from the throne, tossed out my Drama Queen crown and am now taking care of the wonderful delightful manifestations that are right in front of me.

Have a Wonder-Filled day and enjoy the journey!

Namaste,

Tracy Swartz

The Domestic Gourdess is a creative fiend. She delights in playing with dried gourds and blogging. Her gourdacious creations and blog can be found at <http://tracyswartz.com>. Warning, reading her blog has been known to cause giggles, laughter and uncontrollable spitting of beverages. You will be entering another realm of pure silliness and may not return the same person when you leave. You have been warned.