

## The Gift of Feeling Totally Alive

So often we think we must pursue life, and anytime we find it, we believe we must grasp or hold onto it with all our strength. We feel we must look for life and we feel we must maintain any life that we find. Often, we confuse life with the adrenaline rush of excitement. There are certain things or addictions that we believe “make” us feel alive, and we are not happy, we are not “alive” without these experiences.

The fact that life is a gift still eludes us. So long have we pursued what we thought would make us feel alive that we have not seen this simple truth – Life is a gift. If we pursue life, we will not see it is ours already. Life will be forever something we are chasing, never to quite catch up to it. If we grasp life, we also lose sight that it is a gift, for our grasping will only choke off our feeling alive and leave us fearing the loss of this aliveness.

The gift of feeling totally alive is not dependent on any person, place, or experience. Because it is dependent on nothing outside of us, the aliveness is total. There are no external conditions or limitations. The gift of feeling totally alive is ours right now – we do not have to pursue it; we do not have to grasp or hold onto it. It is not dependent on our experience or any addiction. In other words, the whole preciousness of this gift is that we can be given this gift without any of these conditions or desperations.

The gift of feeling totally alive is maintained for us. It is the great gift of being able to feel, and what we feel is the gift of aliveness beyond all feelings.

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We can finally feel and release all we feel. We can feel fully – and all that is not Life is released.

The choice for Life is the choice to feel. The choice to feel is to finally be in touch with that gift of Life, with that gift of aliveness that dissolves all sorrows, all blocks, all limitations.

The gift of feeling totally alive can be likened to taking in a full breath and, just as fully, releasing it. We are in touch with all our being. We are in touch with a tremendous joy of living – NOW. But most of all, we are in touch with the Spirit of God, alive and well within us.

Like any other gift, to keep it, we let it go by sharing it. In remembrance we give our gifts away only to see them increased one-hundred-fold. We open to Life by a willingness to share Life. We find Life in our Higher Power. We find Life in sharing our aliveness with others. We are even given the gift of opening to Life so it may fill us with all its caring, all its compassion, all its vitality, and all its enthusiasm. The gift of Life, the gift of feeling totally alive, is simply our willingness to let our Higher Power express through us at all times.

**Prayer:**

**You are the Life which I breathe.**

**You are the Life with which I live.**

**You are the Life which I love.**

**Your Life is my being – You are my GIFT.**

**You are the Life within me, flowing to encompass all things with its Love.**

**Amen**