



The Only Constant in Life Is Love

Wayne and Gary were still going strong and highly caffeinated. At this point, they were drinking water to take a break from all of the caffeine. Wayne was rambling off random thoughts. “I saw God for the first time today. I saw all of God’s gifts, I saw miracles, I saw life for the first time! I heard all of God’s sounds in nature for the first time today!

“Prior to this moment, I saw everything else other than God’s gifts and miracles. Each breathing moment is the first time. Today is the first time we had this exact conversation in this exact place. It will never be experienced again.

“Every moment prior to that, I was running, making sure I did not fall behind. I was ‘keeping up with the Joneses,’ as they say. And I was great at the chase.

“All the while, during the pursuit, I was keeping my eyes peeled and looking out for danger, avoiding failure and a fear of falling behind. I was doing great, but I missed everything else. I rarely, if ever, enjoyed any of the miracles and gifts I was blessed with.

“It seems we run and run, work hard, and then work harder to get ahead in the hope that one day we can get off the treadmill of life.

“The problem is that all of these pursuits are egoic tendencies, fearful pursuits. They are addictive. We are addicts, always looking for the next high. Afraid to rest and enjoy the moment out of a fear of falling behind. All we really created was a self-defeating pursuit of suffering.

“The moment I rested; it was miraculous. Not only did I not fall behind, but I was also right there in the moment when miracles occur. There was no fear of falling behind and no urgency to get ahead.

“An object in motion tends to stay in motion. Although I stopped the chaotic egoic pursuit, I am still in motion, aligned with Love.

“The answer is love. Love heals all. Love saves all. Heraclitus is known to have said, ‘The only constant in life is change.’ But, in truth, the only constant in life is Love.”

Opposite George

“Love created me like itself. I am in the likeness of my Creator. I cannot suffer, I cannot experience loss and I cannot die. I am not a body.”²⁷ — *A Course in Miracles*

What I saw today

I saw someone fall in love for the first time!

I saw a baby enter the world for the first time!

I saw someone make the team for the first time.

I saw someone score a goal for the first time!

I saw someone win a game for the first time.

I saw someone get their first job!

I saw someone make money for the first time.

I heard the birds singing with the morning sunrise for the first time.

I saw someone drive a car for the first time.

I saw someone go to high school for the first time.

I saw someone fly on an airplane for the first time.

I saw someone swim into the ocean for the first time.

I saw someone dig their toes into the sand on the beach for the first time.

I saw gladiators go head-to-head in battle and share a smile.

I was at a Godsmack and Shinedown concert and saw a sea of people together as one.

I saw so many miraculous things today.