

## Prosperous Meditation: Thoughts on Life and Thanksgiving

The following comes from my very good friend and teacher, Dr Jerry Ebstein. I find it so very inspirational and I share it with you now. By the way Jerry happens to be an excellent dentist (I go to him) practicing in Rockville Center. He is worth the trip and may be reached at (516) 766-0517

### Thoughts on Life and Thanksgiving

Sometimes people come into your life and you know right away that they were meant to be there...to serve some sort of purpose, teach you a lesson or help figure out who you are or who you want to become.

You never know who these people may be but when you lock eyes with them, you know at that very moment they will affect your life in some profound way. And sometimes things happen to you at the time that may seem horrible, painful and unfair, but in reflection you realize that without overcoming those obstacles you would have never realized your potential, strength, will power or heart.

Everything happens for a reason, nothing happens by chance or by means of good luck. Illness, injury, love, lost moments of true greatness and sheer stupidity all occur to test the limits of your soul. Without these small tests, life would be like a smoothly paved, straight, flat road to nowhere. Safe and comfortable but dull and utterly pointless... the people you meet affect your life.

The successes and downfalls that you experience can create who you are, and the bad experiences can be learned from. In fact, they are probably the most poignant and important ones. If someone hurts you, betrays you or breaks your heart, forgive them because they have helped you learn about trust and the importance of being cautious to whomever you open your heart.

If someone loves you, love them back unconditionally, not only because they love you, but because they are teaching you to love and open your heart and eyes to little things.

Make every day count. Appreciate every moment and take from it everything that you possibly can, for you may never be able to experience it again. Talk to people you have never talked to before, and actually listen. Let yourself fall in love, break free and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, no one else will believe in you. Create your own life and then go out and live it.

We are now approaching the holiday season be thankful for all that you have and learn to be the angel for someone who has less than you. At your Thanksgiving table let's drink a toast to all our dear friends and relatives. Enjoy the moment since it will never come again.  
Jerry Ebstein

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