

Settle and Receive
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Light is a paradox, both a wave and a particle.

This is impossible but true.

Happiness is a paradox too, not an accident nor an achievement.

Happiness is already here. It can never be created.

Rather happiness is only discovered when we settle and receive it.

Settle and receive the goodness you already possess.

Believe this innate goodness.

Settle and receive the simplicity of life's biggest paradox of love.

Settle and receive the unending love the Universe has for you, the love that it has had for you since before you were born.

Our only hope in the face of this paradox of love is to open to the glorious singing stillness that lives in our very cells, and always has.

Even one flash of knowing this paradoxical stillness will banish your fear.

Settle and receive it always.