



## Today I Shall Eat Strawberries

*by Sandy Penny*



A few years ago, for about a week, for breakfast, I'd been eating toast with peanut butter and banana. It's a favorite of mine as a vegetarian breakfast, but today I woke up with a thought ... "Today I shall eat strawberries."

I had a pint of strawberries in my refrigerator and looked at them every day, and I hadn't felt as drawn to them as I did when I bought them. But this morning, something in me said, "Today I shall eat strawberries."

Life is my meditation. I try to look at the larger meaning in all my thoughts, especially those early morning messages, I meditate and use that phrase as a seed thought, today I shall eat strawberries. Some very interesting things came to me ...

- ◆ Today I shall make a change, not a big change, but an obvious one.
- ◆ Today I shall focus on red instead of yellow, get out of my mind in into my body. And perhaps this was my body's message of what it needs.
- ◆ Today I shall have a little more tartness in my life. Sometimes we focus too much on the sweetness, and we have to balance that out with a little more tangy energy. That tang can help us move out of lethargy into a new comfort zone.
- ◆ Also, banana is considered a masculine symbol because of its shape. Strawberries are considered feminine, food of the goddess. Perhaps I'm shifting from my masculine more into my feminine side today.

I make coffee, as I usually do all week, and it tastes terrible to me. I like coffee, and it's the same coffee I've been making, and the same half and half, but now I don't like it. Something has definitely changed. I like that, actually. I can use a change.

I can make a change.

I think I'll have a cup of tea.

Now, I shall eat my strawberries.

Peace, love and joy to you all.

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