



The Red Light Routine

I have learned to appreciate red traffic lights. We have an especially long one leaving our home and getting into the traffic flow on Lemay Avenue. I was once riding with a neighbor and we approached that light just as it turned red. My irritated neighbor pounded the steering wheel and expounded on the stupidity of the traffic control system. I told him how I handled the time spent waiting for red lights to change.

I use the moments for *quiet time* meditation and/or a prayer of gratitude for countless blessing from God that day, but mostly to acknowledge and give thanks to God for inviting me into *His* day and being present to me in it. After learning to do that, I have come to appreciate those choice moments. Whenever I see a light change to red ahead of me I give a brief prayer of thanks for the coming opportunity to spend a moment with God in a special way.

This is a technique I have found to enhance my *God-consciousness* that is a part of my own personal spiritual growth. It is a little gem that has profound value. There are enumerable gems of this nature (trains crossing, check out lines, etc.) waiting for us to discover and use.

Our days are filled with so many things that seem to demand our time and attention that our feeling is often one of heavy stress. We have allowed ourselves to live in this stressed manner rather than challenging such a debilitating life style. This highly stressed life leaves little time or space for staying in touch with our *source of life*. It is no wonder that we often feel disconnected and drained.

Touching base with God, our *source of life and strength*, from time to time throughout each day is such simple discipline to exercise, yet doing so makes a huge difference in the way we perceive and experience everything we do that day.

Take advantage of red traffic lights, slow trains and the many other brief occasions each day to pause and spend a moment reconnecting with God in a prayer of gratitude. It is both powerful and refreshing.

