

A Star, A Star

Amy Poehler, Einstein and Three Magi



Epiphany?

These holidays make me tired. The proximity of Thanksgiving to Christmas and all that happens before, after and in between is A LOT. I want to have the Spirit of Christmas. I want to be filled with Joy. But it is A LOT. And it makes the start of the new year feel more like a whimper than a bang.

Rather than beat myself into more motivation, greater goals or rigorous resolutions, I am going to use the "YES AND" philosophy Amy Poehler talks about for doing great improv. She describes how you can only get to the next place by saying "YES AND". By embracing what is, a door opens for the next best idea and a really great story can evolve.

This reminds me of Einstein's two theories of living life: "There are only two ways to live your life: One is as though nothing is a miracle. The other is as though everything is a miracle." What whimsical brilliance ... Nobel Peace Prize

genius scientist reminding me that every, every, every thing can be a miracle. Even this next best idea.

Which brings me to today. It's Epiphany, the Twelfth Day of Christmas. This is the day that some men who studied stars followed a bright one that miraculously led them to Jesus. What those star following magi teach me is that I can also follow a star. And I will be led.

Wherever you are today is just where you should be. You could say "YES AND" to this place. Then look for the miracles happening in your life. You are being led to a place where hard places can be made soft, wrongs can be made right and hearts can be made whole.

Thank you Amy and Albert and three wise men. Knowing that I can be led by an Epiphany star to a next best idea that creates a really great story lifts my whimper just long enough for me to say YES..... AND

Will you join me in following this Epiphany star?