

REJOICE ALWAYS!

"Brain studies show that we must consciously hold on to positive thoughts or feelings for at least 15 seconds before any imprint occurs on brain neurons...lest we become more attracted to the problem than to a solution.

There is a toxic attraction to the negative! The only way to increase

authentic spirituality is to deliberately practice enjoying a positive response and a grateful heart.

Neuro Science calls this *neuroplasticity*.

We must make a daily, even hourly choice to focus on the good, the true, and the beautiful!

When Paul writes today: "Rejoice always!"

HE WAS AT THE VERY TIME OF WRITING IT IN CHAINS!"

Richard Rohr, *The Universal Christ*

And so we pray

Rejoice in the Lord Always!

Again I say "Rejoice!"

the Lord is near!"

Amen

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