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thoughts & insights from Ordinarily Amazing®

"Accept all life and experiences as equal. Preferring one moment of reality to another is a waste of time. Nothing stays the same. If you prefer something other than this moment, wait. Everything changes sooner or later. Everything." *Angel Thompson*

"Just remember the hard times pass just like the good ones do..."

In the midst of bad times, we think the moment will never end. Yet it does. And out of the bad times, **we become stronger**, maybe even **better human beings**. We often gain more empathy and if we're lucky, have "aha moments" revealing what's really most important in life.

With an **Ordinarily Amazing perspective** of life, you come to appreciate the bad times just as much as the good times. You realize that you are presented with whatever it is you need to learn in that given moment of your life. A gift of humble pie or spiritual strength or an insight about yourself. You tend to get the lesson quicker and surrender to the experience.

The OA Twist - Stop. Look. Listen to every life experience. The moment will go by either way.

-Kristi Turner

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Simply OA emails are sent to remind us to recognize the extraordinary in the ordinary. Honor the [Ordinarily Amazing](#) moments in your life. **Spread the word and forward this email to friends and family.**

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