

The Story of the Golden Eagle: Living with the Intention of Being our Best and Doing our Best

Tom Lavin MFT, LCADC, ACATA

*A man found an eagle's egg and put it in the nest of a backyard hen.
The eaglet hatched with the brood of chicks and grew up with them.*

All his life, he did what the backyard chickens did, thinking he was a backyard chicken. He scratched the earth for worms and insects. He clucked and cackled. And he would thrash his wings and fly a few feet in the air.

Years passed and the eagle grew old. One day he saw a magnificent bird flying high in the sky. It glided in graceful majesty among the powerful wind currents, with scarcely a beat of its strong, golden wings.

The old eagle looked up in awe and asked "Who's that?"

"That's the eagle, the king of the birds", said his neighbor, the chicken.

"That would be so wonderful, to be able to soar like that!" said the old eagle.

But, the eagle lived and died a chicken, for that's who he thought he was.

Adapted from "The Song of the Bird", Anthony deMello

Each day we can choose to be our best and do our best.

We can affirm our inner goodness and our strength and our capability to make a positive difference in the world each day. We acknowledge we are a part of a family and a community and do not just live for ourselves. We acknowledge we're not perfect, but, we intend to be our best and do our best.

I intend to be my best and do my best today. With integrity and courage, I take full responsibility for my actions. I intend to make life better for all people I encounter today. I know my true values and intend to do my best to live them.

I realize I have much to be grateful for and share my good fortune with others.

I am optimistic. I do my best to make/allow good things to happen. I realize every life has good plus bad. I endeavor to make good things come from bad or painful experiences.

I am a loving, compassionate, and kind person and I show kindness and compassion and behave in a loving manner towards others today. If someone does something to harm me, I forgive him/her. If I do something to harm someone, I honestly admit my mistake and make amends for the harm I have done, ask for their forgiveness and forgive myself.

I have talents and gifts and use them enthusiastically in creative and productive ways to contribute to a more wholesome life for my family and my community.