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## Mosquitos

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## Mosquitoes

I find it hard to sleep if I hear the whine of a mosquito in my room. I might turn on the light and try to find it, or lie quietly waiting for it to land on my face or hand and try to catch it. Such a tiny annoyance, and yet so capable of drawing my full attention! I do not know what possible benefits mosquitoes might provide in the world's ecology. They are the bearers of several diseases that affect not only humans, but some species of birds and animals as well. With a mosquito in the room, the only relevant question is how to deal with it, not to understand the place of mosquitoes in the world-order.

Some of the smallest irritations can provide the greatest aggravations for us. On the same day when we manage to accomplish multiple tasks with ease, and perhaps calmly accept and peacefully finish a daunting challenge, we might also go about with a small but continuous sense of anxiety. A "mosquito" flits about within, causing irritation disproportionate to its size. We can leave it alone as being too small to merit our full attention, or we might want to "turn on the lights" to find it and deal with it.

We are strong enough to be very effective in work, relationships, and every kind of activity, while we ignore the "mosquitoes." But if they are there, one or other of them might carry a disease, such as a seemingly small negative attitude of "I don't count for much" which can, if left unhealed, grow into a soul-threatening commitment to avoid every form of leadership or self-giving.

Without trying to understand why we are afflicted with small but persistent internal annoyances, we can still decide to do something about them. And we do not have to be total self-healers, either. Some of us have found that after we have "counted the blessings" of a day, and noted with gratitude some of the gifts we have received and the satisfaction of having made appropriate decisions, we might recall that a "mosquito" was present. We have a double opportunity of choosing to look for the annoying source so as to deal with it, and of asking the God of all good gifts to aid us in our search to identify the problem as well as to bring us healing.

We can catch "mosquitoes" of the internal variety by the turning on the light of conscious consideration, as when we seek to become aware of names, images, or descriptions of whatever it is that continually bothers us with the equivalent of a small, high-pitched whine. Once we know the source of the negative movement, we have options: rather than "swat" it, we can acknowledge it for what it is – a thought that is of no value for us – or we can follow its direction until we see where it leads – away from life, love, or

our values - and dismiss it as contrary to our well-being and our purpose in life. Interior "mosquitoes" lose their potentiality for doing us harm when we identify them clearly and deny them influence in our decision-making.

Though we may not be able to explain the possible usefulness of "mosquitoes" in our mental processes, we can recognize them and deal with them as nuisances through the application of the appropriate spiritual exercise. And we are always welcome, at no cost, to call upon "Pest Control" for help which never fails.