

In It Together
December 2013

Hello, everyone.....

It's that time of month again when I get to sit down before a blank screen and remember the past month and what I've learned or observed so I can share it with you. I have been deeply saddened by the devastation that hit the Philippines and humbled to imagine what it is they're having to go through in their corner of the world. Because we're all connected, we can't help but be affected by their grief and fear - what affects one person affects us all, whether we are aware of it or not.

Sometimes it can be a challenge to know if what we're feeling in us is our own emotion, the emotion of someone else, or the collective consciousness of mankind. We can be walking through a store, for example, feeling centered and absolutely fine one minute and in the next minute, we feel "off" and we don't even know why. Maybe the sales clerk we talked to or the person we were standing next to in the checkout line was having a moment of fear or grief or anger (for example), and we unconsciously absorbed some of it. All of a sudden, we're not feeling quite as centered/fine and we're filled with anxiety, sadness, irritability, etc.

More than ever, as the intensity of emotions swirl all around us and in us, we need to sort through what it is we're feeling and understand what is "ours" and what comes from another source. Sometimes that's easy to do because we know exactly what was said or done that caused a ripple in our own emotional clarity. Maybe we got a phone call from a struggling friend or family member and we "took it on" and started worrying with them/for them ("FOR them", as though we're doing them a favor? HA!). Or maybe we checked our bank balance and realized it wasn't as healthy as we thought and went into fear all on our own. Or maybe we were exhausted and misinterpreted another's words or actions and built an entire scene in our minds that plain old wasn't what was going on.

The trick is to catch the moment when we feel ourselves thrown off emotionally and then to process whatever was triggered in us, clear it out and get back to balance.

At other times, though, our emotional imbalance is so insidious that we simply can't source it no matter how much we try (such as if we unknowingly took it on from that store clerk or person standing with us in line)....or something happens on a large scale in our world, such as the Philippine devastation; the collective consciousness of mankind affects US and we tend to personalize it without realizing that we are. I know that I was weepy, for instance, over things that normally wouldn't have affected me for several days after the Philippine typhoon hit. I felt raw and overly sensitive, helpless and hopeless....and I let my tears fall without really understanding WHY they were falling - I just knew they needed to fall, and so I had myself a good cry. It was as natural as watching the leaves fall from the trees outside my window, and I felt cleansed afterwards.

In other words - whether we know what "it" is that triggers an emotion in us, we acknowledge that we HAVE the emotion and do what we need to do to release it rather than stuff it. We examine our reactions, our intentions, our attitudes, and make sure we're clean in our souls and do whatever we need to do TO be clean.

So many of us are experiencing intense challenges in our lives. We're being called on to face our lessons as we've never been called on before. We're being asked to look at our realities and see what's working and what isn't. And since our realities are created by our thoughts, what are we creating for ourselves? Are we creating our lives based on a lie we've bought into (*I'm not worthy, I'm bad, I'm broke, I'm stupid, I'm unattractive*); or are we working on breaking the habit of limiting ourselves by our thoughts and trying to be more and more connected with Truth and with Spirit (*I'm worthy, I'm good, I'm abundant, I'm smart, I'm beautiful*)? Are we looking at our experiences and seeing ourselves as victims of them, or are we looking at our experiences and seeing them as opportunities for us to become empowered?

When we were children and learning to ride our bikes, we fell a few times and got hurt. And if we had decided right then and there that learning to ride a bike was too painful, we wouldn't have gotten back on. But we knew the price of learning to ride that bike was worth the pain. We knew that we would soon be sailing down the street and enjoying the thrill of the ride. We had the right attitude as children - we learned from every fall and figured out how to come to balance and stay on that bike. We were excited about learning, and that excitement was what made it possible to keep getting back on that bike.

When I think of the coming times and the things we're going to be learning that we couldn't even have begun to comprehend twenty years ago, it's with the same sense of excitement that I knew as a child learning to ride my bike. To know we're learning how to live in this dimension in balance and in Love is for me the ultimate goal.

And always - ALWAYS - Spirit is right there, the part of us that encourages and comforts and applauds and unconditionally Loves.....the part that puts us right back on that bike when we fall and runs along beside us in complete joy and delight and excitement for our accomplishments. We're coming to balance, and yes, it's a little wobbly right now, but that's OK. We know the end result!

What a great time to be alive! All we have to remember to do is take deep breaths, clear our minds and hearts, and connect with that wise part of ourselves that remains in Spirit - the part that is our Guidance. That part IS us - it isn't separate from us. We ARE our own Guidance, and once we get to the point of Knowing that, ahhhhhh.....we'll be flying!!!

Since we decided to post December's newsletters before Thanksgiving, then I get to tell you again that I hope you are surrounded by those you love the most as you Celebrate the holidays, holding each other closely in your hearts with the Great Love you bear each other....for me, that's THE reason for the season....to remember that we do indeed Love.

Hold Onto Your Spirit,

Marty