

## In It Together

June 2013

Hello, Everyone....hope you're doing well....

I recently caught myself "dithering" (the term I use when my mind is chewing on something in worry). A concern had sneaked into my mind and all of a sudden the day, which had been great, was no longer feeling so wonderful. "Dithering" can sometimes be an insidious thing, at least for me. I don't always recognize the moment my carefree thoughts start filling with worry. Once I realized I wasn't feeling as wonderful as I had been, I knew I needed to sit and be still within myself, to be as quiet as possible so that I could figure out what had "triggered the dither". It took me awhile to get out of my mind enough to allow a few reminders from Spirit to float through, but float through they did.

First, I remembered a scene as I sat in my silence, the setting of which was a Dixie workshop. She was sharing information from her Guidance, Samuel. He had spoken about a time when Dixie was a young girl and had gone to see "War of the Worlds". As she watched the movie, she became SO caught up in the drama of it that she began to believe it was real and went into great fear. Sam wasn't able to get through that fear to offer her comfort, to offer her the reminder that it wasn't real, that she was safe...her fear prevented her from being able to feel his presence, and despite his ongoing attempts to remind her it was NOT real, she wasn't aware of him. (There was more to

his message - he likened our own lives to "dramas" based on the illusion of reality, but that's for another time.)

Dixie speaks repeatedly in her newsletters about "being in Partnership with Spirit"....and I suppose the point of the previous paragraph is to mention that first and foremost, in order TO be in Partnership with Spirit, **we MUST stay out of fear.** The minute we go into fear, Spirit is unable to get past our very strong minds to offer comfort, ease, insights into whatever we are experiencing, and to assure us that it's all going to be OK (despite our minds' attempts to convince us that it won't be OK).

So HOW do we stay out of fear when we have our own versions of "War of the Worlds" going on? For me the thing that works, when I catch myself "dithering", is to sit quietly and go to Spirit in prayer, asking for Spirit's aid.....until I can get to the place of remembering it's ALL in Purpose - something good WILL come from any and all situations because Spirit is in charge. Even if it's hard to believe that in the moment, the more we say it, the more we come to believe it and we can transform our fears into Trust, the opposite of fear. Having lived a number of years, now, I've built up enough evidence to know that the most difficult experiences in our lives ultimately bring us the most knowledge and understanding....EVEN if that knowledge and understanding takes a few lifetimes to realize. The most difficult experiences usually are intended to open our hearts to others in similar situations so that we can become Compassionate.

We come to this dimension to learn how to be Love and to eventually gain Wisdom by having a multitude of experiences. There's no way we can have

every experience there is to have in the course of one lifetime, so we come over and over and over again....each of us with a "curriculum" of what experiences we'll have in a lifetime according to what our Soul needs to experience next in our particular Path to Graduation. It's so easy for us to make the mistake of believing that someone isn't living their life "correctly", that what they're doing or believing is leading them down a path of pain, disrespect, physical/emotional harm, etc. We forget that THEIR curriculum isn't the same as our own, and we therefore naturally (because we're human) believe they're not living their lives in the right way, and if ONLY they'd do it like we would do it, they'd be fine.

Frankly, that's what I was doing when my anxiety was swirling all around inside me. I was fearing that someone I love very much was headed for a world of trouble because the choices he was making weren't the same choices I would make. And yes, ultimately he might end up in a world of trouble as I would define it. But who am I to say what HIS curriculum is? Who am I to say that HIS "trouble" isn't exactly correct for what HE needs to experience? (That's not to say I can't and won't speak to him of my concerns about his choices, for I certainly will - again - but it IS to say I HAVE to know his choices are ultimately going to benefit him, no matter how it looks to me or how long it takes.) Thankfully, my silence and time alone with Spirit helped me to remember that truth, and the last of my anxiety left me.

I know we've all got so many people in our lives who are struggling right now, either physically or emotionally or financially. It's soooooo hard not to fall into a place of worry for them because we care about them - we love

them. AND, our "worry energy" doesn't do them one bit of good, nor does it do us any good. (Remember - every thought is a prayer, for all thoughts go to God.....so we need to be conscious of our thoughts and KNOW what we are "praying" for.) We HAVE to know whatever experience another is having (or that we are having) is ultimately going to be of benefit, or it wouldn't be happening. None of us are victims. Each of us experiences what we experience because we agreed TO experience it, despite how painful or harmful it appears in the moment to ourselves and/or others. It wouldn't be happening to us or another unless something good was intended to come from it. In my very strong opinion, that is always the bottom line.

Fear is dense energy; Spirit is light/Light energy. They are two different frequencies that can't "hear" each other. When we are in fear, we put ourselves in a place where we are alone - we shut ourselves off from the possibility of aid, whether from a friend or Spirit. We can't hear their advice, their suggestions about how to help ourselves - we are locked into our world and our beliefs as surely as a prisoner is locked into his cell. For many of us, fear is a habit we've come to cling to because we always HAVE clung to it. We have to catch ourselves when we have a fear-provoking thought and command our minds to STOP (remembering that we are "praying" with every thought). We say "Cancel that thought, God" and put our Will to breaking the habits that keep us in our dense, worry-filled energy. Spirit can't enter denseness, so it's up to US to make our Beings as light/Light as possible (physically, emotionally, mentally, Spiritually). We eat live foods (meaning unprocessed food) and keep our bodies hydrated.....we process our emotions with a trusted friend so we can get a pain-filled or fear-filled moment out of us and into the Light....and we

commit to Spirit to have even a few minutes alone with them every day so that they can help US stay as clear as possible in these times when confusion is everywhere.

If we seek to lift up and out of our fears, *WE WILL*....but we have to consciously desire it and put action to that desire BY sitting with Spirit in a prayerful state, quieting our minds, and asking Spirit to help us rise above the fear and thereby allow us to BE in Partnership with them. It's easy to do - WE just have to remember to DO it!

Here's to June.....let's see how we do with whatever IT brings!!!

***Hold Onto Your Spirit.....***

Marty