

IN IT TOGETHER

May 2013

Hello, Everyone....

I wanted to share a little story and in the sharing, I hope to illustrate a few things about these times we live in and how to help ourselves get through them.

A few weeks ago, my oven broke. Since I was at work, my friend Ava agreed to meet with the repairman when he arrived at my home. She called me once he was there to check on a few particulars regarding the oven. She got the information from me and said she'd call back with an update of the repairman's assessment.

And so, about an hour later, sure enough she called. She was telling me excitedly that it was a simple little fix and that I wouldn't need a new oven and went on to report all the repairman had said. She was talking away and I was trying to interject with a question and she was simply ignoring my voice and continuing to talk. I tried several times to ask my question and she continued to plow right through my words. My ears were starting to emit SMOKE as my anger built with her that she was totally disregarding me and continuing to talk. I finally said strongly, "AVA - STOP - LISTEN TO ME!!!"

WELL.....it was right about then that I finally remembered that I had called the answering service to retrieve messages.....that I was NOT talking to Ava but listening to voice mail. You should have seen my face when it dawned on me that I was listening to a MESSAGE and not having an actual conversation. I'm smiling at the memory of that moment.

My point in sharing this story is threefold. One, it's a classic example of how forgetful many of us are in these times of such intensity and stress. I'm the "queen of details", of remembering things.....but yet I had forgotten in the space of maybe five seconds that I had dialed the service to retrieve messages. Granted, it was a busy day, but we have many busy days in our office and I've never done THAT one.....but do it I did!!!

I'm pretty sure that moment was brought about because as I said, it was a particularly busy day and I was feeling stressed to get things accomplished.....but I also think that in addition to the intensity/stress of getting through our days, we are experiencing parts of our Beings simply being "gone" as the Veil lifts, making it easier to move between dimensions (though we have no awareness that that's what we're doing). So though our bodies are here, sometimes our consciousness is somewhere else and in the next dimension, where details don't

exist as they do in this dimension, it would make sense that we are "forgetful" more than ever before and we don't even know why.

I'm sure you've noticed more and more that though you had a conversation with someone (for example), they later tell you it never happened, or vice-versa. I am beginning to suspect that's why.....that sometimes we are "gone" in the moment when a conversation takes place and so CAN'T remember it. We dither that we're "losing it"...that something's wrong with our ability to think.....and I want to offer the possibility that perhaps everything's "right" in that we are already moving into the next dimension and don't even realize it. That's not an excuse by any means....but it IS (for me, at any rate) a reminder that everyone is experiencing forgetfulness, no matter the cause; we need to be as diligent as we can so as to avoid accidents, thoughtless mistakes, etc....and be kind to ourselves when we DO find ourselves simply goofing!!!

Secondly, I wanted to share this as a reminder that it is SO easy for us to misinterpret a situation. There I was, letting myself get really worked up about something that wasn't even a reality!!! I was certain Ava was ignoring me (though that isn't something she normally does), and my response to her total "disregard" of my need to say something was based on a reality I had created in MY mind, and not what was really happening.

As I said, that day was so busy that beyond my foolish grin as I realized I was sitting there arguing with a message, I went on to the next moment and didn't even think about what I'd done long enough to laugh with Dixie about it. It wasn't until I got home that I remembered and reflected on how utterly funny that experience ultimately was. And as I sat there and giggled to myself, I decided to share it via email with a few of my friends with the hope that they'd get a laugh out of it too. One of them (my friend Jeanne) called me as soon as she read the email. Her first word was "Marrrrrrty", and that's all it took to whisk us both off into such deep laughter that soon our sides were hurting and our bellies aching from laughing and laughing and laughing.

So my last point in sharing my "ditzzy moment" with you is to remind us ALL that we HAVE to laugh as often as we can. MY mistake was innocuous - there was no harm done to Ava when I "blasted" her "rudeness". However, in these times when we're all so subjected to misunderstanding each other and misinterpreting "reality", real hurt can be caused by our words and reactions. If that happens, we of course have conversations with each other when the reactions have passed, saying what we need to say to clarify what happened and what caused our reactions, and apologizing as necessary.....and then laugh about the moment as quickly as possible, saying something like, "Oh my gosh - did you see how MAD I just got? Why, I was ready to STRANGLE you!!!" Something like that is usually all it takes to get the laughter flowing and to dissipate the last trace of lingering hurt.

SO.....if you have someone you can easily and heartily laugh with, make a pact with them to do so as often as possible. In this time of chaos and the daily reports of horrific events in our world, it might be hard TO laugh.....but when we can, we need to DO it - keeping our humor close by will do much to get us through these times!!

I once went to see The Highwaymen with Ava. At the end of the concert, Kris Kristofferson called out to the crowd, "Hold onto your Spirit....." I LOVED that and am therefore going to borrow it to end each of my writings.....it just seems such an appropriate reminder for these times.

And so, here I go, calling out to YOU.....

Hold Onto Your Spirit.....

Marty