

In It Together
September 2013

Hi, Everyone.....

Well, if you had the same kind of August that I did, it was a blur for you....I'm having a hard time remembering a whole lot about it. My nose was to the grindstone most of the month, and when my days off came around, I pretty much sat like a lump in my recliner and either watched movies on my computer, played games, or read. I kept my chores to a minimum and didn't mind one bit that there were a few cobwebs dangling in corners and dust gathering on the shelves. I worked hard and rested hard.

I got a call a few nights ago from a close friend who needed to tell me he and his long-time girlfriend had broken up. Though he was being stalwart in the telling of the story, I knew he had deep pain of betrayal and sorrow going on. (They truly love each other but circumstances are such that they have decided not to continue.) At any rate, after we hung up, I sat there and sent up a Prayer for them both, asking that they be comforted, and then tried to get on with my evening. I found my thoughts creeping back to my friend, however.....I was feeling sad for his pain, of course, and unsettled by their break-up. I can't say that I was worried per se, but I couldn't get my friend's anguish off my mind. I wanted to DO something to ease him beyond sending up my Prayer.

AND so, I sat down, closed my eyes and imagined his face smiling and laughing and happy. I held that image until I could literally feel the energy of Joy surrounding him. It didn't take very long and its effects were immediately felt in ME (my unsettled sadness lifted).....and though he possibly didn't feel any lift in his emotions whatsoever because he was in deep sorrow.....still.....*Where attention goes, energy follows....*AND, because every thought we have goes to God.....*All thoughts are Prayer.* Rather than feeling sad and anxious for him, which is the last thing he needed from me, I imagined his happy face and was able to direct positive energy his way.

I know that sounds simplistic and maybe even Pollyannish, but I am certain that at some level he benefitted. And if nothing else, it eased ME in my heart and my mind so that I wasn't directing my own "stuff" towards him in my thoughts, plus I had the satisfaction of knowing that I DID do something to ease him beyond just sending up my Prayer, and that felt really good in my heart.

We all know people who are struggling in some fashion or another - maybe WE are the ones struggling at any given moment. It's very hard to stay in positive energy when we're in the middle of a painful, challenging situation. But boy, if ever we had the chance to incorporate some of Dixie's teachings, to USE them on a daily basis - we have that chance in spades these days. *Where attention goes, energy follows.....All thoughts are Prayer.*

I'm striving to keep a firm eye on my thoughts, to see what energy I'm sending to another (or to myself) by my thoughts.....to be conscious of what Prayer I'm sending out to the Universe BY my thoughts. That phone call from a few nights ago reminded me that when people we love are struggling, there's something more we CAN do to aid them beyond keeping them in our Prayers. We can direct our positive thoughts their way and feel good in ourselves in the doing. We can also direct the same healing, positive thoughts to our world at large, obviously, and hopefully most of us are already doing so....if ever there was a time to do it, now is that time!

That's it from my world for this month, but hopefully that technique of positive visualization will aid you if you choose to use it the next time you find yourself having concern for a loved one. (And by the way, if it's difficult for you to get to the place where you can feel whatever positive energy you want to send to another, then go to a memory of an experience in your own life that filled you with great Joy and happiness and just let yourself be in the memory of that moment....fill yourself with the sweetness of that memory and THEN direct energy to your loved one.)

We have a lot of Work to do to get our world to the place where Harmony and Unity are the collective reality of mankind. Every positive thought we can add to the energy of our planet, every kind act, every smile we share, every thoughtful gesture brings us a little closer to achieving that. Though I know we still have a lot to do to get us to that point, I have no doubt we won't accomplish it. The Light ALWAYS overcomes the darkness.....always.....

Hold Onto Your Spirit,

Marty

