

In It Together
April 2014

Hello, Everyone....

Congratulations to us all for making it through March!!! For me, the entire month was very much like Dixie said it would be - so many different "scenes" that flashed through - zoom zoom zoom, just like she mentioned - so many different moments.....so many thoughts that poured in and poured out just as quickly. My ability to think clearly was challenged tremendously, as was my body - it tired quickly from all the mud-like energy I was walking through. Despite the crazy energy, though, I also had wonderful moments interspersed throughout, spending quality time with family and friends as well as just with myself. Indeed, once again (at least for me), Dixie nailed the energy of the past month.....thanks for that heads up, Dixie Lee!

I was having difficulty thinking of something to write about for the April newsletter when a trip to my local market once again saved the day - LOL. I ran into a friend of mine and asked how he was doing. His reply was, "Oh, not too bad," and bingo....I grabbed onto that and decided to give it a go.

Now here I go repeating myself, but one of the things Dixie has taught me and countless others in her workshops and via these newsletters is that ALL thoughts are Prayer and thus, how we think about something is how our realities are created by each of us. So it's incredibly important to REALLY monitor our thoughts and attitudes as consciously as we can and make sure we're thinking it the way we really want it to be....because when we put our thoughts into words, we've taken one more step in solidifying our realities through the "power of the spoken word".....

So there's my friend, basically giving himself a negative affirmation that somewhere in him is the belief that life IS bad, though in varying degrees of intensity. I know this is a very "small" thing, and who among us hasn't used that phrase before? Certainly it's a common enough response to the question of how we're doing, but we're getting down to the nitty gritty here. Just as there's no such thing as a small lie, there's no such thing as a small "bad attitude" (and I put that in quotes because truly, nothing is good or bad unless we judge it to be). We need to start catching ourselves when we use phrases that confirm an attitude or belief in us that we might not ultimately want. One of MY key "negative affirmations" I've been having to rein in (again) is "I'm tired." You know, I DO know better, but yet I have been affirming that particular truth a lot of late (probably because I'm too tired to catch myself - ahahaha - and cancel that thought, God....) ALL I have to do is say, "In this moment, I'm tired." By saying "in this moment", I'm acknowledging that I am indeed tired, but adding that phrase allows me to have an overall knowing that it WILL pass so that I don't create the reality in me of perpetual tiredness. That's true of anything we find ourselves saying that ultimately limits our reality: "I'm broke", "I'm hurt", "I'm angry", etc., etc. Whatever it is we say that limits us, we can shift in us by

reminding us that we won't ALWAYS be broke or hurt or angry or whatever....that it will pass and we aren't forever locked into it. I hope I'm making sense!!!

I suppose the main reason I'm wanting to mention this is that for me, our attitudes will play an incredibly important role in determining how each of us gets through the coming years. Dixie has mentioned ad infinitum, and I'm beginning to catch up (LOL) that we write our own stories before we're born - that all that is in our life is there because we need to experience something in a relationship or a situation or it simply would not be in our lives....period. We set the stage and then proceed to have our experiences, with our thoughts and attitudes being the basis for how we respond to each person and every situation as we travel through each lifetime on our Journey.

As we ALL know, the winds of change are in the air for both Universal transition as well as personal transition. We can't BE in this dimension without the experience of change because each step puts us in a different place, each moment puts us in different time....each thought, each view, each vision changes us in that it adds to our perception and our knowing of the experience. This place REQUIRES the experience of change so that we can grow from one experience to the next as our Souls journey on our Spiritual paths. If things don't change, WE stagnate....and that defeats the entire Purpose, doesn't it?

There's a funny thing about change, though....in the chaos that it creates, a lot of people go into fear and we resist it like crazy. We stay in relationships or situations too long because we're afraid to make a change. We're willing to endure the pain and exhaustion of "holding on/enduring" because it ultimately seems safer in its familiarity than an unknown future. We forget that this dimension IS about Change....that there IS a Divine Plan.....that the many experiences this planet has undergone and will be undergoing are designed to lead us ALL to a better place, one where we can and will live in Harmony and Peace.....***or it would not be happening!!!*** WE write our stories in alignment with the Divine Plan. There's no way we would have written a story that would harm our Souls....no way. Yes, we may harm our bodies, each other's bodies, etc., etc.....but our Souls remain intact from harm because Spirit wouldn't allow us to do otherwise.

With all the personal as well as universal changes we're witnessing/experiencing, the question we might want to ask ourselves is: "Am I moving TOWARD change with open arms and a feeling of something wonderful in the works.....or am I holding back in trepidation because change feels threatening to me?" If the answer to that question is the latter reason, then our challenge will be to identify what it is we're believing that makes us feel as though we're victims of change rather than enthusiastic participants OF that change. We're here to help CREATE that change, whether we do it on a small scale or a large scale. Every positive thought, every word, every action that comes from a place of Love IS what creates the change - we forget how powerful we are in that respect.

So yes....change is indeed upon us and has been for these past years and will continue to be for many years to come. WE get to choose, by our attitudes, how we will experience those changes. We'll either thrive, because we're doing what WE came to do (which is

helping each other get through it), or we'll be miserable. We have to commit to doing everything we can to insure that we ARE thriving.....by remembering to get equal amounts of work, play and rest....by eating live food....by singing and dancing, whether alone or with others, and consciously bringing our bodies into harmony....by laughing as often as we can....by simply enjoying our lives and the ones we love, Knowing that we've written a beautiful ballet for ourselves....and calling on Spirit to ask for aid in making sure every thought, every attitude we have, are in Alignment with Spirit. It's up to us, ultimately, and we have one heck of a band of Angels standing by to help us through every step of the Journey....we just have to remember they ARE standing by and then remember to ask them for their help - they cannot go where they aren't invited.

I am completely shifting, now, because I saw this on someone's Facebook wall....there was no source cited. I loved it so much I wanted to share it here.....hope you enjoy it, too.

Dear Human:

You've got it all wrong. You didn't come here to master unconditional love. That is where you came from and where you'll return. You came here to learn personal love. Universal love. Messy love. Sweaty love. Crazy love. Broken love. Whole love. Infused with Divinity. Lived through the Grace of stumbling. Demonstrated through the beauty of....messing up. Often. You didn't come here to be perfect. You already are. You came here to be gorgeously human. Flawed and fabulous. And then to rise again into remembering.

Hold Onto Your Spirit!!

Marty