

October 2014  
In It Together

Hello, Everyone.....

I apologize, but it's difficult for me to find words to write my newsletter.....am experiencing deep grief from the unexpected passing of a life-long, beloved friend. I suppose I could write about grief, but we all know what that feels like.....sometimes no words are best.

I DO have a few words to say, though, about the explosive, intensified and very reactive energy that is currently being experienced by so many.....wow! I had a brief image of how each of our guidances must feel as they watch the emotions in which we become completely immersed. "Oh, WOE is me – woe is ME! This is the most terrible moment I've ever been in!", as we sob or we rage or we vent or we go into deep fear. We probably look pretty funny to Spirit as we act out our parts with Academy-Award-winning-performances, throwing ourselves into the "story" so utterly that we overdramatize even the smallest of things.

If we can keep ourselves from going into reactive energy ESPECIALLY in these times – if we can keep our observer self close by – ultimately it will make it easier for us to sense the loving and comforting presence of Spirit, and to feel the calm Knowing in us that everything's going to be fine, that "this too shall pass" and "All things ARE in Purpose." We wrote our own stories with the help of Spirit. We wouldn't have written stories that would bring harm to our souls.....but we WOULD write stories that would challenge us to grow.

I am recalling something Dixie shared with us once in a workshop – a message from her guidance, Samuel.....it seems like a good time to share it:

"You think meditation is supposed to be some great experience. We are in profound awareness of all that is.....and so it can be.....but most importantly, you're not going to experience that all the time, but come to us anyway. Give us a few minutes each day that you simply sit with us....sit with us and let us be in your presence. We won't always be able to touch you so that you can feel very greatly, very deeply, the presence of Spirit. As the stone that is thrown to the river is not greatly aware of the water that washes over it, given time, that water smoothes away the roughness....brings it to a shiny round, perfectly smooth stone. If you bring yourself to our presence – to the presence of Spirit – the presence of that which you call God through prayer and through meditation, simply sitting there, being with us...not looking for an experience, not looking to be filled.....then we can wash over you. We can ease the rough edges of your life. We can move through you in your life and with you in your life, and we can urge you in the directions that bring you the better understanding and the easier paths.

Sometimes, you're not intended to take the easy path. Sometimes you're intended to challenge yourself a bit more, and you'll feel compelled to take the more difficult path, and that

is as it should be, and we can go with you. We'll not keep you from the experiences of the path, but we can move ahead of you and warn you, 'Ah, there's a rough patch up ahead - be prepared! Ah...a bump in the road....a fallen tree on the path. There's a bear in the bushes, and this is how you should approach him' .....for you don't stop your journey because there's a bear in the bush or a tree on the path or a stone or a bump in the road – you continue. And you learn how to traverse bumps and rough patches and go over or around the trees and how to befriend the bear. That is what your life is.

And many of you have been saying, "Oh, woe is me. What is it? What have I done bad in another life or in this life that I should be receiving such a difficult time?" And I say, God does not punish you. If you're being punished, you're punishing yourself. For what do you feel guilty? Don't think that because you have rough patches in your life or bears in the bushes, that you're being punished. You're being given the opportunity that you can learn something.....that you can strengthen your soul....that you can have the experience so that you'll understand and have compassion for another that has that same experience. There are many reasons that these experiences are given along the path of your life, and they're not punishment. They're opportunities for learning. They're opportunities for strengthening.

We cannot give you the answer to the test, but we can tell you a test is coming, and we can urge you toward the right answer...though in truth, all answers are right, with varying degrees of comfort."

Amen.....

***Hold Onto Your Spirit,***

Marty

An update on Dixie: though she had hoped to be well enough to write her newsletter this month, she simply isn't able to do so. Thank you for continuing to keep her in your prayers.