

In It Together

January 2015

Hello, Everyone.....

Wow – in two days’ time we’ll all be writing 2015 on our checks! (Obviously, it is December 30th as I’m writing this). Dixie has mentioned on countless occasions that Earth’s energy literally is speeding up – I think if anyone doubted it before, this past year – 2014 – was the proof in that pudding!!

I’ve thought of several things for this month’s newsletter, none of them earth shattering and none of them really related beyond sharing a common denominator: attitude. So let me just get these thoughts out of my head and onto this computer screen and then on to our wonderful webmistress Susan for her to post before the New Year’s holiday arrives. I meant to get this written well in advance of the first of the month, but then CHRISTMAS came along and there went THAT intention!!!

Every year, many of us make New Year’s resolutions, and every year, many of us “break” those resolutions in fairly short time. We promise ourselves on December 31st to either begin to do something that we view as beneficial to ourselves, or to stop doing something that we deem to be non-beneficial to ourselves. We “resolve” that we’re going to stop having that extra cookie our hand reaches for. We “resolve” that we’re going to pass on lighting up that next smoke or pouring that next drink. We “resolve” that we’re going to go to the gym on a regular basis or get out and take walks, rather than sitting on our behinds most of the time. I think many of us make our resolutions with a resigned attitude of having to begin something that we’re dreading having to begin, or sacrifice something we still enjoy doing. I say that because if you’ve ever been a smoker (like I have been), you know how enjoyable having that cigarette can be. You know that inner message of “OK – I finished THAT task. I think I’ll reward myself by having a cigarette”, as if smoking a cigarette is truly a “reward”. (And of course, our “rewards” can be in any form – another cookie, another drink, another round of non-movement – whatever it is we “reward” ourselves with so often that it has become a risk to our physical and/ or emotional health.)

So in light of that, I was thinking if we could consciously shift our attitudes from one of suffering to an attitude of knowing we are GIFTING ourselves by deciding to create a new, more wholesome habit, that shift in how we think about it can and will make all the difference in the world as far as how easy it is for us to create change in our habits. When we’re in an attitude of suffering, resentment isn’t too far away and in no time, we break our resolutions so we can go back to our unhealthy “rewards”. However, if we can remind ourselves that we are GIFTING our Being every time we resist an old habit or endorse a new

one, there's an entirely different energy/attitude within us. We are reconditioning our minds when we take an attitude of GIFTING ourselves rather than an attitude of suffering by having to give something up or take something on that we don't really want to take on.

JUST a thought to pass on in case you're one who makes and then promptly breaks New Years resolutions. Again, not earth-shattering.....but another reminder of how important our attitudes are no matter WHAT we are or aren't doing. **"Am I suffering or thriving in this moment?"** is the bottom-line question we should ask ourselves on a very frequent basis. Of course I'm referencing New Year's resolutions in particular because it's that time of year, but that question should be something we consistently ask ourselves every day and in every situation: **"Am I suffering or thriving in this moment?"** If the answer is that we're suffering, then it's up to us to change how we're experiencing a given moment. That may be easy for us to do or difficult for us to do, but the point is, if we are feeling like we're suffering, then we need to assess ourselves and do whatever digging around in our emotional state we need to do to transform our experience so that we know we ARE thriving. Our attitudes are key to how easy our lives feel or how difficult our lives feel.

Another thing that has been floating around in my mind these past few weeks is noticing that all kinds of people have mentioned lately they feel as though they are waiting for something BIG to happen in our world. Shoot, if truth be told, most of us have probably had a feeling of waiting for something big to happen all our lives, which makes perfect sense when you consider that each of us wrote our stories and know the major chapters we'll be living in our lifetimes somewhere in our subconscious minds. So yes, we're waiting for the "future" to be in our "present" because at some level of our being, we know our own life stories and the Big Change mankind came to experience. Of course we're hearkening to it. We WROTE it.

At any rate, I was talking with my friend Ava about so many people feeling like they're waiting for the Big Change (actually, SHE brought it up). I was thinking of that Heinlein phrase from Stranger in a Strange Land: "Waiting Is", and so I repeated that phrase. That's when Ava reminded me that Edger Cayce believed we live in three dimensions: Time, Space, and Patience, the latter being the energy required to move through the other two dimensions. I loved that reminder! Though I've always loved the idea that there IS an action to Waiting, it also feels as though we're pretty much at the mercy of it. However, when I switch the words around in my head, and make it about learning Patience and not just Waiting, THEN I feel like I'm in control of my experience. The accompanying antsy-ness that always seems to be in me when I'm waiting for something is transformed AS I switch my thinking from waiting to knowing I am learning Patience. It's very subtle.....just one more adjustment to my attitude that allows for a sense of Peace about it all rather than that underlying sense of impatience that waiting can invoke in me. Peace allows our minds to be quiet, and Spirit needs our minds to be as Peace-filled as possible in order for them to be of greatest aide to us. Again, nothing earth-shattering, but certainly an example of working to refine our attitudes.

Lastly, as I was thinking about 2015 and adding up all the numbers, I realized we're entering an 8 universal year. Among other things, the number 8 has to do with manifestation in this physical dimension. SINCE all thought is Prayer, am just reminding us all to pay attention more than ever to what

we're "praying for" in our thoughts, our beliefs, our attitudes.....because manifestation is literally becoming almost instantaneous for a lot of people these days. We think it/speak it and BAM, it BECOMES.....so hopefully we're aligned in our hearts, minds and souls so that our Highest Dreams and Aspirations can be made manifest in the coming year (rather than our greatest fears).....!!

SO....Happy 2015!!! May there be countless Gifts in 2015 for each of us that we not only recognize, but receive as well.....Amen!!!

Hold On To Your Spirit!

Marty

We'll be posting Dixie's January newsletter and calendar in the next week or so, if all goes as planned. As mentioned, her energy is still fragile and the holidays have also made it difficult for the two of us to get together so she can dictate. THANK you for your ongoing patience!