



*Celebrate the  
Journey:*

*Experiencing Spirit in Everyday Life*

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# **Celebrate the Journey: Experiencing Spirit in Everyday Life**

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*Blessings to all!*

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# **Celebrate the Journey: Experiencing Spirit in Everyday Life**

## ***Introduction***

For four years, I had the good fortune to be a minister with a clairvoyant church in Denver. As in many clairvoyant churches, the mission of this church is to create an environment for everyone to connect directly with their own experience of Spirit and with the God of their understanding. Each Sunday becomes a time for the officiating minister to share about Spirit. It was a gift to have a platform to communicate my spiritual experiences at a time in my life when so much information was emerging and I was changing so quickly. As I shared messages at church services or in the church newsletter, I found myself returning again and again to the value of having a dream for oneself, as well as the courage to act upon the dream.

I have taken the stories, messages, and experiences of Spirit from those four years and put them together in this book. The book is divided into sections. Each section is placed in context with a brief introduction. Some of the messages I created for church have a brief meditation included; other messages and all the newsletter articles I wrote stand alone.

In choosing to publish this material, I have created a physical manifestation of one of the dreams I've held for myself. You will find in these messages that I encourage everyone to find their own experience of Spirit, and to celebrate it with passion and enthusiasm. It's been a gift to me to learn to celebrate Life, a gift that I feel honored to share with you!

May it be with the blessings of the Supreme Being that each of us experiences the infinite wisdom, grace, and love of Spirit, and comes to our own unique celebration of Life!

## ***Spirit and Self***

*Celebrating life begins with our ability to see for ourselves the ways in which Spirit manifests in our lives. It's an opportunity to open up to something bigger than ourselves, to a sense of flow, connection, and universality that surrounds everyone. Sometimes, our awareness opens up suddenly and we know immediately that we are in harmony with Spirit. Other times, it may seem that we are walking around blindly, seeking something we cannot even name. And then there are times when we have inarticulate knowing of Spirit and the chance to trust that what is important to know will be forthcoming under Divine timing. All these experiences are part of realizing that we are more than just our bodies, emotions,*

*and thoughts. These experiences are Self  
awakening to Spirit.*

## ***Telling A Story***

*There's something about stories that everyone enjoys. A story supports us in experiencing our own creativity and imagination, and lets us express those secret yearnings that our more pragmatic self censors. And when we do that, we experience more of who we are as Spirit. When we let ourselves tell the story of who we truly are, there is a sense of freedom and ease, all the attributes of Spirit moving in our lives.*

Let me tell you a story of bringing a dream into reality, step by step. There's a quote I have on my desk at home, from Louisa May Alcott (a story-teller, imagine that!).

It's called 'Follow Your Dreams' and is:

Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.

This message sits right next to the card that says, "Follow your Destiny wherever it leads you," and that, too, is a story, a story for a different time.

So let me tell you a story about a writer.

Like all stories, this one starts with 'once upon a time.....'

Once upon a time, there is an 11-year old protagonist (that's grown-up writer-talk for the main character) who wants to make something, to create something. At first,

our hero (that's shorter than 'protagonist') considers music as the path for this creative expression. It's the year the Beatles landed in America and everyone's making music! Our hero has always (well, at least for four or five months, since the neighbor got one) desired an electronic keyboard to jam on. Our hero, convinced Santa will deliver the requested electronic keyboard, is somewhat disappointed to find the trusty old elf has left under the tree instead a typewriter, manual version even! Never one to neglect making lemonade when lemons are on hand, the former musician, now a budding writer, sits down to write with this typewriter. After several hours of typing, the hero discover that this telling stories thing is quite fun! The writer invents a whole new world with a typewriter. Four chapters later, the writer presents the initial stages of the great American novel for review and critique to the writer's 10-year old sister and mother. The critical response is gloomy, and the writer tucks the typewriter away in a closet until later years, when school work demands a type-written presentation.

Time passes. The budding writer is now twelve years old and has just read a great story. It's a story about a young man who so desires to train horses that he poses as the long-lost heir of a horse farm in England. The writer also loves horses and is of the impressionable age to imagine that living a life as a horse-trainer would be heaven on earth. Here's a story that has it all! So the budding

writer, when asked to write a book report for a seventh-grade English class, uses this favorite tale for the assignment. The writer reaches into a creative bag of tricks, and crafts the book report as a continuation of the young man's story. All the standard book report information is present (who does what to whom, proof to instructors that the book has actually been read,) AND the writer creates a next step for the young man, that includes him training race horses that win all the steeplechases that are England's equivalent to the Triple Crown. When completed, the book report contains narrative paragraphs and dialogue and all the attributes of good fiction. With great pride, the writer hands in the book report. A day later, the teacher hands back the book report, with a stern admonishment to follow the directions and re-write it as a 'real' book report. The budding writer places all future creative writing dreams on permanent hold.

So the writer successfully traverses high school, or as successfully as high school is ever traversed, and even writes great factual copy (book report quality, even) for the high school paper. The only fiction the writer produces is one short haiku, published anonymously in the school paper.

Parental insistence on college sideswipes our hero's desire for a horse-training career. The budding writer

goes off to pursue a career in Egyptology in order to dig up old pyramids (as if that's not past-life driven). Dreams of an Egyptology career last approximately one semester. It turns out that many of the prerequisite classes to an Egyptology degree are very dry, as dry as Egyptian mummies; only the geology prerequisite intrigues our hero. So the budding writer, almost horse-trainer, never to be fully trained Egyptologist becomes a geologist. All of our hero's writing becomes very focused, directed, and dry as the dirt, which is good for those geology assignments, not so good for the inner storyteller!

Years pass, and colleges and universities confer degrees upon the writer. Our hero now practices geochemistry and works to solve insults to the natural environment. This career involves riding a lot of airplanes between Washington State and Washington DC. On one particular flight, the once-almost-a- writer pens a story in the back of a technical notebook. It's an interesting story. It combines the writer's interest in music with that early desire to tell stories. It's a story about a guy who is a sessions musician for Mark Knopfler's Dire Straits band. It's told from the point of view of the guy's cat. The cat has to be one of the funniest observers of the pop music scene ever conceived. Most of the cat's observations sit in the bottom drawer of our hero's desk in a folder.

The cat story begins a few years of dreaming and desiring. The politics of environmental science are almost as dry as the prerequisites to Egyptology; the players are almost as old as the Egyptians. To relieve the sameness, the budding writer takes weekend getaways to interesting places in Washington State and Idaho and fills numerous little note pads with the idea of “I’ll write this piece in a story someday.” Buried under the energies of responsibility and duty, the writer never seems to create the ‘someday’ for the writing. Our hero reads a lot of books about writing, how to write, how to unblock as a writer, even does a brief stint with Julia Cameron’s Artist Way process to get the creativity flowing. There are more first chapters to the great American novel in the writer’s bottom desk drawer than there are pencils and erasers! However, there are only first chapters. Life looks grim for the protagonist (remember, that’s writer-talk for ‘our hero.’)

Then, a miracle occurs. (In writing, this is called deus-ex-machina.) I imagine you were waiting for God to make an appearance; after all, this is a church message! A friend says to the budding writer, “you must go see this fellow from CA speak; I can see that what he teaches will be important for your life as it unfolds”. The writer goes to hear the speaker, sees and feels the validity in the material presented, and takes the proffered class in basic

meditation. The writer is enthused, and goes on to several years of further training, all the while developing as a clairvoyant reader, and eventually a minister and teacher. Gee, I wonder if you're beginning to guess who the protagonist of this story may be?

Here's where I'll change the voice, as those in the world of writing would say....

Most recently in pursuit of this dream to express my creativity through writing, I finally committed to experiencing all of the Artist Way process. And when I finished, I was so enthused by it that I facilitated an Artist Way circle for other budding writers. I've been watching my dreams come into reality. When I sat down to put the message together, I was so excited about being able to express myself in writing again after all the false starts, that I wrote the little story I just told you. Little by little, I have been bringing my dream into reality. There's another story growing at home on my computer, page by page. So far there's more than just one chapter and it's not in the bottom desk drawer! The budding writer business is beginning to flourish. After all, the challenging experiences I've had along the way have provided me with great material for telling stories!

So how does all this end up in a message at church, where we are often seeking for more information about

expressing our spirituality, following our spiritual path, and connecting with God? Remember here at church we encourage everyone to become aware of their own experience of Spirit. How does this story reveal the movement of Spirit?

Consider the possibility that God is the ultimate author of our dreams. When we express the things that are near and dear to our hearts, we are expressing God's will for us. God desires us to be happy expressing who we are, through whatever avenue that brings us joy. Ask yourself when and where in your life are you happiest? Those are the areas where Spirit is moving in your life. Perhaps for you it's a career path, or a special relationship, a hobby you'd love to do full-time, or connection with family and friends. Perhaps it's all these things at once! These are the dreams that God's written, with you as coauthor, in order to create a space in which you can express who you really are.

Our dreams are the story that God tells through us. Through our expression of ourselves, in our roles as family members, workers, volunteers, members of a spiritual community, artists, sports enthusiasts, however we express ourselves, we are being God's story in the world. God's story has incredible diversity, as many different versions as there different people in the world! God's story can range from triumph to tragedy. God just

wants us to express ourselves authentically. God doesn't judge our creations, rather God encourages our wildest dreams and even provides the little miracles that help us find a path to expressing our dreams....witness the friend of mine who pointed me toward attending a lecture that allowed me to experience more of the movement of Spirit in my life.

Thank you for listening to the story I've been telling today, a story that is my way of expressing God's story through me.

I encourage you to look at your life from the perspective that those things you most enjoy doing are God's story for you.

*Meditation:* We will be setting a meditation space using three steps.

First, go ahead and close your eyes, and just become aware of your breathing. Let yourself focus inside yourself, becoming aware of the movement of your chest as you breathe in and out. Let yourself feel the floor underneath your feet, and the chair underneath you. Go ahead and imagine the tip of your spine, the place where your first chakra spins. Imagine using a line of energy to connect the tip of your spine, that first chakra, to the very center of the planet. Perhaps the line of energy can be

seen as a tree trunk, or a rope, or a waterfall, or a beam of light. Allow yourself to sense the connection to the center of the earth. Let this connection allow you to relax and to release any thoughts, feelings, or energies that are not comfortable.

Second, go ahead and place your attention behind your eyes, in the center of your head. The center of your head is the place you can sit with neutrality to everything going on around you. It is related to the sixth chakra, the center of clairvoyance. Go ahead and allow yourself to have as much of your awareness behind your eyes as possible. As you place attention there, you may notice things getting quieter, less distracting. Let yourself sit in the center of your head and just observe yourself and the space around you.

Finally, go ahead and imagine you are surrounded by a beautiful smooth egg of your own energy. You may have heard this egg of personal energy called the aura. Just imagine it extends about arm's length out in front, on the sides, behind you, above and below you. It's an oval of your own energy, a bubble, so it feels very comfortable to sit in. Just allow yourself to sit there, breathing in and out, observing without reacting, just being at home in your own energy. Allow yourself to experience this for a moment or two. Now, go ahead and pick one of your favorite colors. Imagine painting the inside of your aura

bubble with this color. Let yourself relax further. Enjoy the color surrounding you.

Now, go ahead and imagine that out in front of you is a magic TV screen. Just notice it; it's about 12" or so in front of you. It may be blank to begin with, or there may be colors or pictures on it. Imagine turning the channel until you find a blank channel. Now with a sense of intention, intend that the screen light up with images of that which brings you much joy in life. Let the colors or patterns or images just appear; perhaps they are more like thoughts than pictures; that's okay. Just allow yourself to begin to really enjoy yourself in whatever the activity or relationship is. See the people, see the things, watch your self enjoying this. Allow yourself to become fully engaged with what's on the screen. Know that this is God's will for you, and you've got all the permission in the world to express it.

When you have had a sense of your joy, your enthusiasm, this wonderful experience of yourself, go ahead and put away the TV. Know that you will remember all that you need and desire to remember of the experience.

Allow yourself to imagine a large ball of gold energy about 18" above your head. Let this gold energy vibrate in harmony with you, it's your energy. Let some of your enthusiasm for what you just viewed enter this ball of

gold energy, too. Know that you are an important part of the big story of life. When you are ready, imagine the gold ball of energy moving down into the top of your head, filling up your body from head to toe with your own energy and enthusiasm. Feel it move down across the shoulders, through your body, down your arms and legs. Let yourself vibrate in harmony with your spiritual essence. When you feel all filled up, go ahead and open your eyes. Let yourself be fully present and aware. Stand up, stretch, tell your neighbor a story, “once upon a time, there was a little boy/girl who found much joy in .....” Go ahead and share your dream with your neighbor if you choose.

### ***Another Door Opens....***

*We don't always know in advance what the consequences of choices are going to be. Sometimes the uncertainty may make it difficult to make decisions. Isn't it a lot easier to make a choice when the outcome seems certain? So it takes courage to make choices, to allow ourselves to trust the movement of Spirit will continue to support us. And once we make a choice, sometimes it appears as though we've closed a door on all other options. In Spirit, however, there's always the opportunity to choose again. Or, another door always opens!*

It was early summer, and I was wavering about committing to a minister's program at a clairvoyant center in Boulder. I lived in Colorado Springs, where I operated a small business, and had heard numerous horror stories about the Denver Tech Center traffic. The idea of driving weekly to Boulder in an automobile equipped only with windows for a cooling system was daunting. I knew I desired the opportunity that the class would provide to affirm my experiences of Spirit, and I also was deeply involved in life in Colorado Springs. It was easy with my analytical background to turn decision-making into "a big deal!!" Finally, it was something as seemingly small as class starting on my birthday that tipped the scales. On that birthday, I allowed myself to follow the inner urging of Spirit, and I gave myself the gift of the Boulder classes.

What an awesome gift it has been! In the first month of class, I released a job that was my passion for years. At the time, I was saddened by the circumstances, and viewed it as an unexpected closing of a door on a life that I loved. Depending on the degree of neutrality and ownership I could bring to it, sometimes I saw that door closing in my face, and other times I saw myself reaching over and deliberately shutting the door. Today, in hindsight, I can see it as a step I created to gain a deeper appreciation of trusting the ways of Spirit. It was an opportunity for me to trust in the movement of Spirit, even when I didn't have the clarity of the big picture at the time.

Through the search for my own truth, I opened a door to a new way of being. The more I choose to respond only to those energies that support my spiritual growth, and allow myself to express who I am in this moment, the more that many doors continue to open! The adventures I've discovered by stepping through these doors have been filled with wonder and awe at the grace of Spirit.

So when outside circumstances begin to look like one or more doors are closing on life as it you know it, consider that it's actually time to take heart! Notice how you are working with Spirit to allow another door to open, so more of your own truth can flow to you. Appreciate the

opportunity to listen inside, and, then, step forward with joyful anticipation, and let the journey unfold!

## ***Shining Light in All the Dark Corners***

*The journey of bringing forth creativity and light itself is inspirational. It manifests in different ways, always in alignment with divine plan, which supports each of us in coming to our experience of Spirit in our own unique fashion, under divine grace and timing. In the following church message, I incorporate the process of coming up with something to say into the message itself.*

Let's take a look at the concept of bringing light, where ever we go! I came upon the title on Monday night as I was taking my walk. It was one of those wonderful occurrences where the title just popped into my awareness; I'd had a brief thought about, hmm, gotta start creating the church service on Sunday, and boom, "Shining Light" arrived. That's the kind of connection to God and the divine that I really enjoy, it satisfies all the humanness of 'instant gratification' and it does it with God energy! Great stuff!

Of course, at that moment in time all I received was some information about a title.....there still was more creating to do around the entire message. What I've come to realize as I stay in touch with Spirit more and more is that the rest always arrives, as I create time and space and allow it to arrive.

Because this topic resonates for me, I didn't have to wait too long for more information on the subject to arrive. Tuesday morning, I was taking recyclables down into the basement of the apartment building where I live. The tenant in the basement unit moved out, and there was no reason for the stairway light to be on. So as I arrived at the top of the basement stairs, I switched on the light and noticed a very quick, wiggly motion at the side of the first step....it was one of those many-legged hairy critters who prefer dwelling in the less-well lit areas.....the kind I'd normally have screamed about when I was younger, and dumped all the newspapers and empty plastic bottles down the stairs.

Again, Spirit was there. I hung on to my recyclables, noticed the critter with some level of neutrality, and even said a brief hello as it wiggled into a crack and out of the light. Suddenly I received more information about this message....very clearly the title was to be "Shining Light in All the Dark Corners." The owner of our building also takes classes here, perhaps that accounts for the building being so inspirational!

So let's take a look at this topic. My own process in the past month has been one of noticing how life situations move through cycles, and how to honor cycles as certain ones complete and new ones begin. In many ways transition times, those completions and new beginnings,

are great times to shine light in all the dark corners. Sometimes we go through transitions consciously, sometimes we find a transition to be such a shakeup that there's unconsciousness around it. It's too scary, too uncomfortable, or we're too busy to take time to shine any light on the changes we're experiencing. Often times we go through transitions as quickly as possible, to avoid shining too much light on what motivates us to make transitions. Often there is resistance to shining light on the pain that prompted us to change.

As a result of the energy that can build up around transitions, it's interesting to notice what events or spiritual promptings can call someone to the activity of shining light in all the dark corners. As I meditated on the topic this week, I received a picture of a pile of moving boxes, stacked in storage. So let's consider these boxes—they may have sat in storage for awhile. Outta sight, outta mind. They may be in the basement. They may not get noticed very often. There's no call for any light if the boxes are just sitting in a corner unobtrusively.

Likewise, a person doesn't usually get called to shine the light in dark corners of the self when everything is going very well and there's plenty of amusement....when we're having fun, enjoying life, creating and experiencing ourselves, our friends, our situations in a vibration of

happiness, the light is all shining on the moment. Ask yourself, how often when your life is just the way you like it do you get up and say, “ahhh, life is great, time to go to the storage area and just look under some of those boxes that have been sitting there forever.”

I, for one, haven't made a practice of it!

Part of the reason we aren't always willing to use our ability to shine light in all the dark corners is that we may have preconceived ideas of what we'll find. When someone finally goes to move this hypothetical pile of boxes, what may be discovered? What creepy-crawlies may have moved in under the boxes? What mini-floods may have soaked through the bottom of the boxes, making everything inside soggy and stuck? As I watched these pictures that came during meditation, I saw them as great symbols for the kinds of energy that may be associated with completions and new beginnings. The excitement for the change can be balanced with the lower vibrations of resistance or avoidance of that which causes us discomfort, pain, or loneliness. When we look at what calls us to the activity of shining the light, it's usually a result of dealing with something that's coming out of the box into which we stuffed it! We can no longer ignore whatever it is that is arising from the box in the dark corner.

At this point, several choices exist. Life can become “attack of the basement box creatures”, whatever they represent for any of us. We can choose to avoid them, and run screaming from the house, never to return, and let the boxes overtake all. Great grade B movie stuff—until we realize how far away from our body such an approach takes us! Another choice is to call a professional—‘hey, tell me what you see about the boxes and where I need to shine the light.’ Around here, we call this approach one of consulting a healer or a spiritual intuitive! Another alternative is to take the brightest light of our being and bravely look into and under the boxes. It’s amazing sometimes how most of the creepy-crawlies either exist only in our own minds or promptly disappear when the light of Spirit is shined upon them. If you respond in any way like I do, you may combine all three choices at some point. (First: ‘help, runaway, runaway’; then: ‘well, what exactly do I need to look at’; finally: ‘it’s not so bad, I can look at it!’) All or some of these responses may be yours, as you start to shine light in all the dark corners and make the completions and new beginnings that are calling you.

I find that willingness and being able to own, rather than resist, the dark corners helps to lighten them up that much more quickly! Wherever we shine the light, the darkness begins to match it and becomes transformed.

That's the cool thing about shining light in dark corners, everywhere begins to become light!

It's also interesting to notice who we call upon to help us to shine light in all the dark corners. It may be friends, it may be family, it may be teachers or healers, it may be those with whom you have interesting past connections or karma. Often times at some point in the process, it's definitely the Supreme Being, God, the Divine! We call to us that which will assist us in making the next step with as much growth as possible. As we get more aware of the process of transition, we also begin to call to us those who assist us in making our next steps as easily and graciously as possible.

I'll share a little about a process of transition I'm making currently. When I first stepped out on the path of recognizing myself as Spirit in a body, an eternal piece of Divine Life, I came in contact with the bigness of my enthusiasm for Spirit. I followed that enthusiasm somewhat blindly, and made transitions from the corporate world abruptly and with finality. I even packed up all the books and papers from a 15-year career in the environmental arena and stored those boxes in a garage, and then in a storage unit, for longer than I care to admit to. (No creepy-crawlies, there, unh-uh). When I chose to release the need to store them, I did so again abruptly and with finality. What I hadn't counted on was

the stuff that was beginning to come up out of the boxes! I may have thrown the boxes away literally; in a symbolic sense, I had not shined light in all the dark corners. When I finally stepped back to look at the relationships and actions of the past, there was a noticeable 'attack of the basement box creatures'. In other words, it was the kind of growth period that had me looking at some energies that were slower and darker than where I wanted to be.

My response was to seek assistance by attending a retreat with an empowering teacher and healer during this time of transition. The environment created at the retreat allowed me to look at some of the dark corners in safety and light. And following the retreat, I spent a week at the Oregon coast, where I'd first been trained in my previous career. So I was able to take time to make peace with the past, to appreciate all that I'd learned from that earlier part of my life, and to feel a more solidly grounded and conscious sense of completion.

During my process, I found the beginnings of a next step that will involve integrating spirituality with my environmental background. In order to get to the point of the new beginning required me to shine light in the old dark corners first!

We can validate the changes we make by noticing what manifests in the physical world. For instance, after this healing, I was able to reconnect with one of my old mentors from Oregon, and begin to meet the kinds of people who are supporting me in gaining neutrality to the old games of the corporate arena. (As another example, I met a great guy who practices law recently. At first it was impossible for me to tell him that I was a minister; I couldn't own my spirituality in that way. Now he knows and has started to express a little bit of interest in Spirit...) As I allowed myself to shine light in my dark corners of experiences in the corporate world, I let the transformation begin. And I created space to begin to help others shine the light in any of their dark corners that are similar.

So what do we learn from shining the light in the dark corners?

First, we learn we can handle whatever emerges from the dark corners! Spirit does not lead us to heal anything that we are not ready to heal, even if our human minds and bodies are shouting, 'no, no, not yet!'

We learn that the boogie man's not as scary as the imagination suggests. Overactive minds create much uglier possibilities than actually exist--it's the mind's job

to keep us away from the boogie man so the mind overdoes it in the zeal of keeping us safe!

When we shine light in all the dark corners, we give ourselves permission to be even more of who we really are! We are actually that Light which causes the transformation of any darkness. We are able to be even more of the unique divine gift that each of us as individuals is.

Have you noticed how the world itself is shining light in all the dark corners in the past year? The Sept. 11 event allowed everyone to begin to transform fear, isolation, and terror into community and unconditional love. The corporate activities of Enron and World-com, among others, are allowing us to begin to transform greed, arrogance, and abuse of power into accountability, trust, and cooperation. There is certainly a lot more we can transform in all these situations! And as we do, we give permission to ourselves and everyone else to be present in the world as more and more of the eternal Spirit that each of us is.

## ***Letting Go of Attachment!***

*As Spirit moves in our life, it allows us to experience more and more light. Sometimes Spirit bumps up against energy that deflects the joyful motions. One of the energies that provides the contrast to Spirit's beautiful and graceful dance is the energy of attachment. Sometimes we aren't open to Spirit's dance because we are resisting the changes involved. Here's a little story about finding a way to move beyond attachment.*

Ten years ago I owned a 1987 Subaru 4wd wagon. It was serviceable, it got me into the mountains and around in snow, I found it useful, and I liked it. I also had a dream of owning a sports car.....it wasn't a practical dream. Dreams rarely are practical! So one day I found myself buying a 1991 Nissan 240sx (the practical part of me insisted on a second-hand sports car). It was fun, went very fast, and was the only car I've ever owned that was more like a toy than a car.

I justified having two cars because of the weather. In reality, I had become attached to the Subaru wagon. I felt like I needed it someday. Well, the years went by, and the Subaru sat in the front driveway. I loaned it to friends and family to drive when they visited me in Washington State where I lived.

Then I moved to Colorado Springs. I drove the sporty Nissan down to Colorado in the early fall. The moving

van towed the Subaru along behind it, a few weeks later. I began to consider that I didn't need both vehicles. I was moving to Colorado to pursue a dream that was more a labor of love than of money. Washington State car insurance cost much less than Colorado insurance. Suddenly having two vehicles was a financial liability. Because it was not easy for me to let go of either vehicle, I decided, albeit unconsciously, to allow Spirit to show me where there was the least attachment energy.

One late October day in Colorado Springs, I was teaching up in the foothills west of town. After class, I had an evening engagement out east of the city. I drove to the class on a beautiful, sunny day in my sporty Nissan. By evening, there was a sudden Rocky Mountain snow storm. I got the sense it wasn't a good idea to drive myself twenty miles east of town in such snowy conditions. When I asked some friends for a ride, they indicated that there was no more room in their vehicle.

Despite my intuitive flashes, I got behind the wheel of the sporty Nissan. That was the evening I experienced the truth of the signs that used to hang in front of all the bridges back on the east coast where I grew up. As I recall, the signs said "Bridge freezes before road surface." In exploring the dynamics of cars on icy roads, I allowed the sporty Nissan to be transformed into an insurance check. This was Spirit's way of answering both my

request to have just one vehicle and an earlier request for more money. It wasn't a method that I had consciously considered when desiring change; it certainly was an efficient way for change to occur! I went back to driving the trusty 11 year-old Subaru. Which I continued to drive, and drive, and drive.....

Until one day, when I was a teaching assistant in a beginning meditation class. It was my assignment to teach people the tools of energetic creating, what we call mockups. I learned in preparing for the class that what I really wanted was a new car to replace the now 14 year-old Subaru wagon. And I knew just the car I wanted! It was green, it was a Subaru, it had all-wheel drive, it was second hand to me with low miles, and the price fell in a range I could afford.

I taught the class on making a mockup using this new car mockup as an example. It was a fun class! Several of the students received their mockups fairly quickly. A year later, I was still looking for my new Subaru....I'd be driving down the road with green Subarus in front of me, in back of me; I'd park and green Subarus would park next to me on both sides. And I still drove the trusty 15-year old white Subaru. Could I have been attached to it? One day I finally saw the picture.....I loved the car, I depended on it to run smoothly, I healed it when it wouldn't run (sometimes it wouldn't start for my friends

whereas it always started for me). In other words, I was ATTACHED to it. So I pulled the energy of my attachment out of the vehicle and the mockup, and became willing to release the old car.

A few weeks later, 2 blocks from my apartment, I found a big “For Sale” sign on my second-hand, green Subaru Forester with the low miles. It’s in the parking lot this morning.

What did I learn about attachment from the experience of the little white Subaru wagon?

I had an experience of attachment as an energy that holds on, that resists change. Attachment does not let go. It blocks the flow of energy, the natural expression of Spirit. By becoming attached, we hold on very tightly to what we are attached to, thereby resisting the addition of anything new to our lives and experiences. Sometimes in our human perspective, we lose track of the vastness of Spirit. We may not even be able to yet imagine what else there is for us to experience and learn, if we stop being attached. I may have bought myself a sporty car, yet over time, I could not have the change. I was still driving the old Subaru wagon.

What motivates us to hold on to something? Let’s start with the easy stuff—physical possessions. Some of the

motivation to keep a possession is that it's useful, it's beautiful, it feels good, and the energy of "I just like it!" These energies validate and support Spirit. The possession is part of us enjoying life and having life be easier.

We can also hold on to a possession because it's something we are afraid that we'll need someday, it's too valuable to just give away, a relative gave it to us and they'll look for it the next time they visit....you get the picture. These energies come from limitation or obligation, they are much heavier than the energy of Spirit; and with these energies, Spirit is blocked from its natural flow. I really liked my white Subaru wagon; however, at some point, 'liking it' was transformed into an energy of 'needing it', an energy of being attached to it. And so it took years to allow Spirit to deliver a new vehicle.

Where I look, attachment manifests around areas where we are afraid of change, so it associates with the energy of fear. Attachment actually can hold us in fear, a place that is far away from Spirit. We get controlled by the fear of losing what we are attached to. Attachment generates statements like:

"If I don't hold on to this one, I may never have something like it again."

“If I let go, I may not be capable of creating it again.”

Actually, it was only when I was willing to let go of my attachment to the old car that I could allow Spirit to bring me the new car I said I was desiring. I envision the energy of attachment as a big snow plow that keeps pushing that which is ours by divine right out there ahead of us. We can see it out there; it's the attachment keeps us from manifesting it right here and now. Attachment keeps us always 'wanting', never 'receiving.' Witness all the green Subarus I saw before actually purchasing one!

We let go of attachment when we transform it into preference. Preference is the energy of “gee, this is my choice today; I'm still okay if I don't receive my choice today.” Attachment slows things down until there is no movement. Preference allows Spirit to continue to express. I notice that when there is attachment to something, rather than simple preference, things start to shrink, and the energy drops. When attachment is transformed into preference, Spirit begins to move again, things change and grow. Letting go of attachment allows us to create a whole new relationship with that to which we are attached. When I let go of the need to have the sporty car, I could have it in a different form, a big

insurance check, and I could have a new appreciation for the durable wagon.

We let go of attachment when we can have, or experience, things fully just the way they are. “Having” something depends on our ability to receive what Spirit hands us. Our “having-ness” allows us to hold what we are given in stewardship, rather than in possession, so we can easily release what we have, when it serves the highest good. When we are equally neutral to having a possession, job, relationship, and not having the same thing, then we have moved from the energy of attachment to the energy of “having-ness”.

Transforming attachment into having-ness and preference is often well-demonstrated in relationships. Consider your response to this statement of attachment, “If I don’t keep this friend, lover, business partner, will I ever have another one?” Sometimes we hold on to our view of who a person is and how they should interact with us. When we can let go of the attachment, we can experience the person in a whole new way. Chances are, you probably have at least one example of letting go and seeing the relationship shift and change into a new form. Friends become lovers and even spouses, old lovers become friends, business partners become surrogate family members. Spirit continues to express when we let go, and give space for Spirit!

As in the anecdote about the white Subaru, we can become aware of attachment and release that which is not in alignment with our highest good. We can envision letting go of any fear of change, letting go of any resistance to the unknown, and letting go of any distrust around the divine timing of Spirit.

We can affirm that Spirit provides us all that we desire. Because Spirit is vast and our little self is limited, sometimes it may seem as though we are wearing blinders called “attachment”. As we open ourselves to trust that something bigger than us is flowing and moving through us, we begin to let go, and begin to receive the synchronicity and serendipity of the universe.

So consider releasing attachment, those energies that can choke the magic out of life. When we let go, we create room for life and Spirit to express. When we experience life as it is, we receive more of that which truly supports us on our spiritual path. We create space to have the abundance of God. When we let go, we let “be”. Whether it is possessions, people, relationships, when we let them go, we give them a chance to be who they are, a manifestation of Spirit, of God’s light here on earth.

## ***Whole and Complete As You Are!***

*Spirit is wholeness. There are no divisions within Spirit, only connection to divine love. In our humanity, we encounter challenges to expressing all of ourselves; there are parts of us we hold close to keep safe and protected. When Spirit fills us, we are able to share the wholeness of our essence and present an integrity of body, mind, and Spirit. This is one of the many gifts of the spiritual life.*

Two years ago, I traveled to Hawaii for a retreat that involved swimming with dolphins. I still remember the telepathic communication that I received during one joyful encounter with these graceful beings: “Whole and Complete as You Are.”

It’s a simple expression, with many levels of energy in it, such that I’m still learning this lesson several years later! I’ve embraced it as a command to love myself as I am now, loving all parts of myself, even those parts I judge to require change! In wholeness, even our ‘warts’ are lovable. Our ability to have ourselves completely releases us from the energy that slows down spiritual growth. And it is not uncommon to find it difficult to have our wholeness in every situation. In some situations we compartmentalize parts of ourselves in order to feel safe.

I just recently returned from a mini family reunion, where I had an opportunity to revisit this idea of wholeness and to see how there are areas in my life where

I still compartmentalize and keep parts of my self separate.

For example, I do shut part of me away when I visit the family. Over the years of pursuing a more spiritually focused path in life, I've adopted practices and perspectives that are different from those of the majority of my family. Vegetarian amongst steak eaters is just one of the areas of noticeable difference. Others include: minister in a clairvoyant church amongst the Episcopalians...or "Catholic Lites" to quote Robin Williams from his recent comedy tour; divorced amongst the 'married until death do us part' believers...you can begin to get the picture.

So when I go to visit my family, it's with mixed sentiments. On one hand, I enjoy the sense of common history we share, and the affection and affinity we have. On the other hand, there are parts of me that I have chosen not to share. You can imagine how well a family full of attorneys and scientists would embrace the psychic in the family. One of my aunts, a very capable yet misunderstood trance-medium, spent most of her adult life in and out a mental health facility because of the way the family deals with psychic abilities! So there isn't a lot of permission to be all of who I am in this family ....and I haven't yet taken the step to reveal the full extent of how different my choices are from everyone else's!

Sometimes I slip up in this attempt to disguise parts of myself. On this most recent trip, my sister, who practices law, and I were going through my mother's effects, cleaning out closets and dressers. Many of the clothes were being divided into piles for my sister, and for another sister who hadn't made it to the reunion.

I began to notice my mother sending me telepathic messages about where she had last worn the outfit, or who should get it from her perspective. While I could influence some of the selections, I wasn't communicating to my sister, "Hey, Mom says she last wore this dress to a dinner over at the club before they went to the symphony, about three years ago." And my mom was getting a little frustrated that I wasn't cooperating in her desire for communications! At one point the energy was flying and a whole pile of things fell off the bed all over of the floor and out of my mouth popped, "Boy, she's not too upset to not be here in the flesh!" My sister looked over with a look that said 'what on earth are you talking about?' In a way, it's the most recognition she's given to some of my choices and abilities!

Spirituality and accepting that we as Spirit are much more than just the body can be a very uncomfortable concept! I've tried explaining to my mom that this is the reason I'm not acting as her personal Sylvia Brown and

delivering messages from her to the living members of my family...mom's always had a very strong will and shows up periodically to insist I try!

So what I've done, in this particular situation with my family, is hidden away part of the whole me, in order to fit in.

It's always interesting to notice the experiences of hiding part of oneself. Sometimes we don't show everything about us to all the people we interact with. A lot of us do this splitting up of our lives. Maybe it's hobbies that we are passionate about, maybe it's our lifestyle choices, maybe it's our work life that we don't bring home. Maybe it's one of set of friends that we don't introduce to another set of friends. There could be lots of areas where we hold a little of ourselves separate or back. And when we do this, we are not creating space to be "whole and complete as we are."

There are a few questions we can look at around this topic. For instance, what are the parts of ourselves which are easy to be in touch with? Those aspects of who we are that we can access easily and express freely are the parts of ourselves where Spirit is already present and flowing. What about those parts of ourselves which are hard to be in touch with? Perhaps those are the parts

where there is energy that keeps us from allowing Spirit's full presence.

Finally, what do we do to make room for wholeness, for more Spirit? How do we express all of the qualities, attributes, and characteristics that make us uniquely ourselves?

As we look at answering some of these questions, let me go back to the example of my recent family visit. What parts of me can I express easily? It's easy for me to be in touch with appreciating my family, with being grateful for the fun times we had, to be compassionate about the current situation of family members. It's easy to laugh, it's easy to be silly, it's easy to have fun with the family. These are parts of me that I can share freely because the energy of Spirit is overflowing for me in these areas.

As I already mentioned, it's hard for me to be in touch with the psychic part of me related to medium-ship (seeing and talking to beings with or without bodies). As I prepared this message, I scanned my life for other situations where it was hard to be whole and complete, and I noticed a common theme. I can be reluctant to come right out and say, "I use psychic and intuitive abilities in my work." It's hard for me to express to everyone that I can have conversations with beings other

people can't see and that I have great precognitive abilities or the ability to see energy clairvoyantly.

One of the energies that make it difficult to own this part of myself is the energy of atheism. From a psychic perspective, atheism is the energy that doesn't believe in Spirit, and may not even believe in God! These energies came from the structures associated with science and with law, two kinds of structures that my family embraced before I ever was born. What a great way to gain absolute certainty around one's spiritual abilities.....choose to be born into a family of scientists and lawyers, and even practice science myself for awhile!

There's also the energy of judgment, that it's bad to have medium-ship abilities; look at Aunt Alida, in an institution for so many years! There's also the energy of perfection and competition, if I'm not as capable as Sylvia Brown or James Van Praagh, then obviously I'm not even a good medium!! Atheism, judgment, perfection, competition: all these energies get in the way of letting Spirit be present. When Spirit is not present, then we are not allowing ourselves to be whole and complete as we are.

So let's look at the final question I mentioned. What do we do to make room for wholeness, for more Spirit? Start with recognizing the blessing in all of it! Start with

knowing that it's all Spirit, those parts of ourselves that we can own easily and those parts of us that are more difficult to love. Know that we are whole and complete as we are, right now. That there is nothing God doesn't love about any of us. And when we accept this, then the energies that keep us from expressing all of ourselves start to move, and we create more and more room for light and for Spirit.

And we are always at choice. We are always able to choose love for those parts of us that we judged or ignored or blamed or hated for imperfections. When we choose love, we are inviting in more and more light and again, we are whole and complete as we are. Pretty fun! We are whole and complete as we are. Choose love for ourselves in every choice: clear and effortless instructions for healing ourselves, and the planet, all at once!

## ***Spirit's Journey***

*Bringing Spirit into our lives is an ongoing process. As we become more and more aware that we are more than just our bodies, feelings, thoughts, beliefs, and behaviors, we have a sense of the grandness of the divine design. The journey has been likened to climbing a mountain. After the energy we put into the climb, the adventures we have along the way, the people we meet and the relationships we have, we may imagine we've finally arrived when we reach the top of the mountain. And as we look out from the one peak, there are so many more mountains to explore! Spirit is infinite; how we make each journey is Life.*

## ***Trust Where You Are***

*Sometimes as we pursue our spirituality, we get impatient. We want to arrive at whatever our concept of spiritual perfection is. What we are learning through the journey is that everything is perfect in Spirit. It's up to us to trust where we are.*

I overheard someone receiving a clairvoyant reading the other day emphatically declare the desire to change their job situation. The readee was asking the readers what they saw about the energy of a job change, and would it happen soon? Many of us seek Spirit-to-Spirit communication from a reading when we are in the middle of something we'd like to be different. Often the situation is challenging, so the desire is for change NOW!

From a spiritual perspective, the first step to having any change is being able to experience a situation as it is. Can we find a new relationship to things as they currently are, as the first step to having our desire? Is it possible to appreciate the situation for what can be learned? When we allow ourselves to be fully present in the situation, to have it the way it is, we begin to release any resistance that may be keeping us stuck!

It's also helpful to trust that we are engaged in something because it's part of a larger spiritual purpose. Perhaps there's a gift that our presence in the situation is giving. Perhaps there's a wonderful lesson that only this set of

circumstances can offer! When we trust where we are, and embrace things as they are, we are allowing the light of who we are to shine. And as that light shines, the changes we desire begin to manifest.

So when the circumstances of life seem challenging, it's time to trust where you are. Your steady presence is the light that welcomes in the new!

## ***It's in the Journey***

*We all know about the value of making things happen in life. What we accomplish is a validation of our natural urge and ability to create. Many of us are learning about the way in which we create; is our path full of challenge and hardship or are we expressing ourselves in the lightness of Spirit? This article considers the energies involved in what we manifest.*

Many may have heard the expression “Life is a journey, not a destination.” It’s interesting to notice the emphasis that our society places on the “destination.” I remember receiving many questions from family and friends throughout the years: “Have you graduated yet?” “When are you getting married?” “When’s the dedication ceremony for the new lab?” “Have you decided to have kids yet?” “Is that big project done?” “When are you getting divorced?” All these questions focus on the destination, the end point. I received far fewer questions about how well or how smoothly each aspect of life was going! With all the attention on endpoints, it can become easy to overlook the journey.

It certainly seems fitting to mark major life milestones and accomplishments with celebration and validation. We deserve to recognize the growth and change that accompany the manifesting of our desires. However, sometimes the symbols of completion and external validation, whether those symbols are the diploma, the marriage license, the award plaque, are valued more

highly than the ways in which we enjoyed learning, relating, or creating! Sometimes we lose track of the path by which we got to our destinations. And when we do, we risk missing out on life itself.

There's a special gift to being fully present in each moment. There's vibrancy and aliveness, a richness and a depth, to be able to experience each step of our journey. Sometimes the step is filled with laughter and joy, sometimes there is pain, or fear. Joy-filled and laughter-filled steps are easy to take; we experience them most deeply when we have the joy or laughter without clinging to it. With the pain-filled or fear-filled moments, we often deny, avoid, or resist. It's not until the pain and fear become too intense to conceal that we allow ourselves to experience them. And in the experience, we take our first step toward transforming such energies to the blessing of healing that they are. We become able to experience and transform any difficult moments along our journey.

As we see the healing in every moment of the journey, we can have the celebration in every moment. There is no call to wait until the destination to validate ourselves--we can do so every step along the way. We appreciate both the journey and the destination. And life itself is celebrated and honored and lived to its fullest!

## ***Start at the Beginning***

*In our desire to create, we often jump into a project without noticing what outside influences are affecting our ability to manifest our creation. In other cases, our enthusiasm to be 'doing' has overwhelmed our spiritual essence of 'being.' What we can learn is that Spirit is present everywhere, and is always at hand to assist us in creating.*

Does this sound familiar? You are at the beginning of a new project, perhaps it's work-related, or possibly a fun home or garden improvement, or even an idea for an artistic creation. There's lots of excitement for both the journey and the destination. In other words, you like the kind of activities involved in the new creation and you are enthused about how you see it turning out. It's possible you have already envisioned what life will be like as you are doing the project and completing the project. Then you encounter all the energy around beginning the project.

Sometimes, all of a sudden, progress slows to next-to-nothing. You may have created lists of steps to do for the project, and the steps may even be simple. Perhaps there's a phone call to be made, and you just don't get around to looking up the phone number. Maybe it's looking up something on the web and every time you log into email, you forget to do the search. Perhaps you are even in the middle of writing the first paragraph of an article, and the phone rings, and the situation presented

by the phone call touches an area you're passionate about, so the distraction is effective and the project is further delayed (not that such a thing ever happened during the writing of this article!)

What is all this energy that makes some projects easy to conceptualize and more difficult to bring into physical reality? There's a lot of energy of the 'status quo' in our lives that allows us to be distracted from our new creations. This energy may manifest as the maintenance activities of life (eating, sleeping, exercising, errands, laundry, among others) and it may also be comprised of the energies of everyone (including ourselves) who likes the things 'the way they are.' There can be energy from past projects that inhibits the start of something new, judgments and fears like "It won't work," "I don't have the abilities," "What if people don't like what I do?" "What if it's not perfect?" All these past experiences form an energetic barrier to beginning the project, no matter how many lists of 'things to do' there are!

To start at the beginning is to recognize the existence of these energies, and release them. The first step is to clear away the past apprehensions, expectations, judgments, and fear. This clearing allows us to truly start at the beginning, from the place of enthusiasm, creativity, and invention that generated this wonderful project in the first place! When we start from the beginning, we center

our awareness on the present moment. Our focus is on the joy of expressing our creativity in the steps and activities of the project. The present moment allows us to be in the creative flow of the project. Now we are more free to take the steps outlined in our project plan or our 'to do' lists!

If learning to start at the beginning with a creative project is an area of interest, consider learning more about how energy moves and Spirit manifests. There are schools and teachers who teach the energetic tools to release energy that inhibits us from getting going on creative projects or elsewhere in life. Learning to be in touch with Spirit is a great way to start at the beginning of a wonderful adventure, that of creating your own life!

## ***Appreciate Every Step***

*There's an expression that 'Spirit will not take us where we are not prepared to go.' Sometimes we are surprised, however, where Spirit takes us! We may not be conscious of where it is that we wanted to go until we are headed there. That's the best time to let go and trust that Spirit is flowing in harmony with the divine plan!*

Have you ever seen or heard of a 'ropes course'? A 'ropes course' consists of different configurations of ropes, boards, and guy wires, usually built among trees in an outdoor setting. Often, many of the elements of the course are substantially above ground. The intent of the 'ropes course' is to provide individuals and groups an opportunity to experience themselves in a setting where both individual awareness and team cooperation are important to successfully navigating the elements.

At one point in my life, I spent numerous weekends assisting on such a course. One event is particularly memorable for the instruction it provided in being fully present in the moment! There was a circuit of wires and ropes connecting six or seven trees in a circle, about forty feet above the ground. The task was to traverse the entire circuit of guy-wires, and then hook the climbing harness to a wire loop and swoop down the wire to the ground. The event provided the chance to become aware of where fear and uncertainty could impede forward progress, and

to release any limiting beliefs about what focused intention, attention, and trust can accomplish.

The beauty of the high-wire circuit is in the opportunity to choose a new experience at every step. Reaching the circuit requires climbing up 40 feet of tree, step by step. It was interesting to notice the energy people experienced in the climb. Some people would rush up the tree, just to avoid looking at the distance they'd risen above the ground and to get to the platform at the top. Others would move up a few rungs, hit some personal limitation, and cling immobilized to the tree for awhile before finally re-engaging in climbing. Still others climbed leisurely, looking around and enjoying the view. Similar patterns would emerge as people rounded the high-wire circuit, grabbing at overhanging ropes and moving through webbing, in varying degrees of presence to the experience. It was especially exciting to watch someone gain certainty of safely traversing the course, when they became completely present to each step along the wires. Their posture would loosen up, smiles would appear, and their appreciation of the event became noticeable, sometimes so vocally that the noise of celebration would echo up the canyon where the course was built.

As we look at each step we take in life, we are given the same opportunities to choose the energy of how we experience the step, and the level that we are present in

each step. We can find ourselves in fear and resistance for some of what is unfolding around us. And, we can also then choose to transform these energies by finding something to appreciate about the particular step we are in. We can appreciate the present-moment equivalent to the texture of the bark on the tree we are climbing, or the view in front of the wire we are traversing. As the journey of our life unfolds, and we are presented with new challenges, each step of the way allows us to find new depths within. In appreciating each step, we allow ourselves to relax into the embrace of Spirit and walk the path that is ours to walk.

## ***Spirit in The World***

*As we express more and more of who we are, we begin to create a ripple of spiritual energy into the world around us. We begin to experience that we do make a difference by our very essence, our being-ness. While the world may look to what we do as an indicator of worth and validation, Spirit validates the energy we radiate through being. Just as a small pebble thrown into a pond generates a ripple felt across the entire body of water, our energetic presence brings harmony, beauty, peace, light, and healing to those we encounter. What a gift!*

## ***Here and Now***

*The mystery of presence and mastering the ability to have our awareness fully in the present moment has long been the focus of spiritual practice. Popular spiritual teachers from Ram Dass to Eckhart Tolle have shared the power of being present. Ultimately, how we experience presence is an expression of the spiritual uniqueness that each of us is.*

Well, **NOW** it's Sunday, Feb. 10, and **HERE** we are at church. Rev. Sue just led us in a meditation to get us here, as much of our awareness as we can bring here, and now is time for the message. Even the expression "getting us here" is appropriate—as spiritual beings having the human experience, we are very capable of being everywhere and anywhere except here and now in our bodies!

Actually, there's quite a history to the origin of today's message—it started becoming 'Here and Now' almost 6 weeks ago! Isn't time wonderful? If we didn't have time, everything would be happening all at once. And perhaps it is!

And finally, it's time for this message to be shared. Let me start by sharing how the topic came to me.

I was traveling recently, over the holidays. One of the things I really enjoy about traveling these days is the

internet access to making one's own arrangements. For me, it's fun to play with combinations of airline itineraries until I get the best fit and the best price. So I had the intention of maximizing my stay with family, and minimizing both the duration of my time in the air and the cost of tickets. Therefore, the final itinerary involved staying overnight in one of the cities along the route. And I love the ability we've been given through the internet to obtain quality hotel rooms where ever and just about whenever we choose, so I had an occasion right before the New Year holiday to stay overnight in a good hotel.

Of course, since I was traveling, there was not a lot of leisure time involved in the overnight stay. I found myself at 4 AM standing in the hotel shower, preparing to get to the Atlanta airport to spend two hours going through security checkpoints. Even with a good night's sleep, my body is still telling me "hey, it's 4 AM on the east coast, which is 2 AM in Denver, so what are we doing in the shower, huh?" You may have had similar experiences.....

So as the water drums down on my head, I'm coming more into full alertness, I'm beginning to work my energetic space for the day, and all of a sudden, a complete phrase drop into my awareness. And as it dropped into my awareness, it carved itself there fairly

indelibly.... “There’s no there that’s better than here.  
There’s no then that’s better than now.” So my first  
thought was, this phrase sounds like one of those  
quotations that come from calendars or daily planners.  
However, right on the heels of the thought, I realized that  
a whole lot more information about Spirit’s relationship  
to the physical and to time/space was just flowing into  
my awareness. It came as pictures and images, as ideas,  
and as energy. I had one of those experiences where the  
world seemed to slow down and stand still. I could feel  
more and more of myself converging in that one instant  
in time, under the shower in Atlanta. It seemed as if the  
lights in the room actually got brighter and clearer, and  
that the water slowed down. Finally the stillness began to  
dissipate at the edges.

At that point, my second thought became, how soon can I  
get out of the shower and write all this down?

Less than 2 minutes later, I’m wrapped in a towel, sitting  
on the edge of a hotel room bed, with those little pads  
that are found by hotel telephones, writing. And again, as  
I wrote, the world seemed to expand, and time seemed to  
slow. As I wrote I was experiencing energy on many  
levels: the excitement of the information I was receiving,  
the enthusiasm of writing with such clarity and certainty,  
and the awe at the stillness I found myself in. Even after

I found myself with nothing more to write, the clarity and stillness seemed to linger.

What I realized later, as I stood in the security line at Atlanta Intl. Airport was that I had triggered the experience I had by a single thought that happened just before my mystic moment. The thought had been, “so let’s intend an easy, rapid pass through security, with a trouble-free flight, and once I get home to Denver, then I can do what’s next on my plate and it will all be okay.” Let me restate the last part in a slightly different way, “once I get home to Denver, then I can do the next thing there is to do...” Was I in a state of being in the ‘here and now’ with that thought? Was I even really with my body in the shower stall? Or was I already in Denver? No wonder the universe decided it was an optimum time to allow me to bring in more of my spiritual information!

I discovered three interesting things about the ‘here and now’ from this experience. First, that it’s possible to have it all in the ‘here and now’. Second, that in the ‘here and now’ we are connected to all life. And third, it’s when we are in the ‘here and now’ that we are fully connected to God or the Supreme Being.

When we bring our full attention, awareness, and focus to the present moment, to the ‘here & now’, we have permission to have and create anything and everything

for ourselves. When we are fully here and now, we can truly have it all! Because in the 'here and now', we are standing right in the middle of every dichotomy, and every experience there is. Take a single dichotomy, for example, fear or no fear. Envision it like a seesaw. When the individual stands right in the middle of the seesaw, balancing both sides, it's possible to have 'fear' and 'no fear'. In any instant, the choice can be made to move toward the fear side of the seesaw or the no fear side. At that moment of choice, it's even possible to have both, by standing fully 'here and now' in the moment!! When all energy and awareness is in the present moment, there is nowhere else to be and nothing else to do, except experience the moment in its entirety.

In the 'here and now', there is no judging or evaluating that it will all be "better" when "the next thing" happens, whether the next thing is an anticipated phone call, a meal, or getting back home while traveling. There is no comparing the present moment with all similar past moments, and flashing it a mental score card on a scale of 1-10. There is just being, experiencing, having the present moment. And that's when the moment slows down and seems to stretch to infinity.

We experience a connection to all life in the 'here and now'. Envision standing in a vast sea of light. Around you is every other living thing. In the 'here and now', the

vibration we call life connects each of us to the other. The connection may be the vibration of appreciation, reverence, or dignity, it may be a connection of telepathic communication, it may be a connection of knowing each of us is linked to one another through our individual link with God!

We experience our spiritual connection to God in the 'here and now'. As we bring more and more of ourselves to the 'here and now', we expand our awareness and are filled with an ecstatic energy. This experience is our link to the Supreme Being.

When we overlook the experience right 'here and now', there's a level of unconsciousness in the moment. There's a contrast of past or anticipated future pain or pleasure with current 'now-ness'. This comparison with a past or future experience keeps our attention focused on past or future emotions or thoughts and limits our experience of the infiniteness of Spirit. When worry, anxiety, tension, and fear color our thoughts and emotions, we are primarily in the future. When the energies are guilt, resentment, anger, judgment, and pain, we are primarily in the past. For a moment, bring your attention right to the 'here and now'. There's nothing to fear here in church; no one will judge any of your actions and it's unlikely a meteor will be hitting the building this morning! Sometimes it's harder to let go of past energies;

yet for right now, there's no one or nothing to hate, resent, or judge, unless you brought that person physically to church with you, and that in itself is a healing! So allow yourself to be 'here and now' if just for a moment!

When we are fully present, here and now, we are fulfilling our purpose of being Spirit in a body on earth. When we are fully present, here and now, we are able to participate fully in our own experience and healing. In doing so, we give permission to everyone else in the world to heal. What easier way is there to create heaven on earth?

In the here and now, you as Spirit stand directly on the center point, the fulcrum of all dichotomies. Now standing at this fulcrum doesn't make us the center of the whole universe; it does allow us to be the center of our own individual reality. The 'here and now' moment allows us access to all of creation. When we allow our perception to shift, when we bring more of ourselves here and now to a new awareness, when we shed another level of unconsciousness to all that is, we see more of the infinite beauty that is God. What other reason is there to be than to experience our part of the infinity?

*Meditation space:* Go ahead and close your eyes and be at peace within yourself. Allow yourself to grow the grounding chord again, connecting the tip of the spine to

the center of the planet. Place your awareness behind your eyes, in the middle of your head. Notice the peacefulness of being there. Allow your aura to flow completely all around you, above, below, and all around. From this quiet place in your own meditation space, just consider the following from neutrality and curiosity:

Where is most of your awareness? In the past, present, or future?

What do you need to let go of in this moment to be more fully here and now?

Imagine a colorful balloon out in front of you. Imagine putting what you'd like to release into the balloon and float it away. Watch the balloon go up, up, up, up.

Now imagine just letting it go so you can be here/now.

Create a gold ball of neutral energy over your head, and allow it to fill in with your own spiritual essence and your own energy. Just let it fill and fill, as you become more and more present.

If you wish to, add an energy that you'd like to share with everyone you meet for the rest of the day: peace, joy, appreciation, happiness, enthusiasm

Allow the gold ball of energy to release right into the top of your head. Bring in the gold until you are overflowing!

Bend over, release any excess energy, and stretch the body. Be here and now and enjoy who you are!

## **Open to Receive**

*When we are in harmony with Spirit and filled with an abundance of well-being and joy, giving and receiving flow naturally. This is our birthright; to be a source of giving and in turn to receive. Sometimes in the course of everyday life we get off-balance. All it takes to return to the fluidity of the cycle is a willingness to be open.*

Perhaps you are familiar with the expression that “it is better to give than to receive.” The act of giving is linked to an experience of well-being. Sometimes this sense of well-being arises from gratitude, sometimes it comes from being validated externally, sometimes it comes from an internal validation of ourselves, sometimes it just is. Giving is something that feels good!

Giving is also part of a bigger picture. It’s part of the cycle of giving and receiving that allows universal abundance, whether it’s love, friendship, time, or money, to manifest and flow. It’s part of being connected to our divine source. Both sides of the cycle, the giving and the receiving, are part of abundance.

Let’s look at those times when we find it hard to receive; this seems to be something we fall into more than finding it hard to give! When we are not able to freely receive what Spirit wishes to give us, we may notice that the flow of abundance begins to contract. This temporary disconnection from the source of all abundance is Spirit’s

way of letting us know that we're distracted from our divine connection.

It's always interesting to notice what energies color the ability to receive. Sometimes there's unworthiness or guilt; sometimes there's judgment that giving is, indeed, better! Yet when we receive, we are allowing someone else the gift of giving. When we receive, we are declaring to Spirit that we are joyful participants in the whole cycle of abundance. We allow the flow to continue to manifest when we are open to receive.

When we do a lot of giving, chances are that we're a healer at some level. It's interesting to ask: Am I giving to myself—do I offer myself the same blessing of healing, love, acceptance and joy that I offer others? Am I allowing myself to receive what Spirit offers—both the blessings and the opportunities for growth? Life changes when we can give a “yes” answer to both these questions. By allowing the flow of Spirit to move freely, we are connected to God and to the flow of divine love. When we are open to receive, we have that much more to turn around and give, keeping Spirit present in each moment.

## ***'Tis the Season***

*There are times of each year when every one is connected to Spirit easily and with enthusiasm. What a great world this would be if those times were each and every day!*

In the past, I've heard lots of people comment on the length of what we call the "holiday season" and how it appeared to increase in duration annually. People would joke about Christmas decorations making their appearance before Halloween. 'Business as usual' would be on hold from late November to early January, as the holiday season provided numerous opportunities for gathering in community and celebration.

This year, extraordinary events have already disrupted 'business as usual', with no sense that early January 2002 will bring a return to 'normalcy'. Uncertainty about the future has become the norm, giving a nervous edge to parties and celebrations. People openly discuss their fear, and need for safety and security in a changing world.

One thing has not changed about the holiday season. It still is a time of renewal. As we approach the end of December and the anniversary of the birth of the Christ, there is a noticeable increase in the energy that Christ made manifest on the earth. There's heightened awareness of joy, spiritual connection, serenity, and peace. It's easy for us to love our neighbors and to find

more acceptance for ourselves. It's easy to slow down and take a moment to connect with one another in Spirit. There's no effort in expressing our appreciation for life and for one another. As spiritual beings, we resonate naturally with the holiness and grace of the season.

This year it's especially important to embody the energy of this season and carry it forward into a new year. People are seeking to create a world where all live at peace with themselves and with one another; people are hungry for community and connection with their own spirituality. By actively manifesting the energy of this season in our interactions with one another throughout the year, we contribute to bringing heaven to earth.

From the holiness of the season, let us make wholeness, for ourselves and the world. Blessings to you and all of yours!

## ***Grace-filled Living***

*Living with grace and ease is a sign of Spirit's presence in every moment. Sometimes it's challenging to achieve, sometimes it's natural. As we keep our focus on the way Spirit moves in the world, we spend more and more time in the energy of grace. What a gift!*

How many of us when we see the topic is “grace-filled living” visualize a discussion of the latest tips on making the home a beautiful place, in the manner of Martha Stewart? Oh no, that must have been the message on gracious living! Although, when it comes to Grace, the concept of Beauty is seldom far behind!

Or perhaps the expression, “there, but for the Grace of God, goes me” springs into our awareness.....again, when it comes to Grace, the ability to be grateful and relieved is seldom far behind!

What is grace? Let me share some of my truth about grace, with the caveat that each of us will have our own perspective or spiritual truth. As I discuss grace-filled living, I invite everyone to consider their own experiences of being one with grace!

For me, Grace is the flow of honor, dignity, and respect within my life, and the offering of these experiences to all around me. Grace is accepting ‘what is’, rather than struggling against it or struggling to create ‘what is not’,

all the time in resistance to that which is judged in some way to be unacceptable! If there is struggle, it isn't grace! Grace is effortless, while struggle is HARD (that's why they call it struggle!) When my life is grace-filled, there is harmony within, and peace throughout my external environment. I feel great and I am surrounded by laughing, loving, happy people!

So what are the reasons that grace is not an all-the-time experience?

Actually, the experience of disharmony on the inside or contention on the outside is a sure sign that I am no longer in alignment with the energy of grace. It's a great wake-up call for me to see what is needed to realign with the sense of effortless honoring of life in all its attributes. Grace is a way in which I face life, with a desire to be whole, connected with the divine, and embracing all of life. Grace requires that I surrender, rather than resist! It requires that I give up the need to control, and rather embrace the flow of Spirit and of God in every moment. The energy of grace keeps me in a flow of acceptance and assists me in living in such a way I create harmony, peace, and acceptance amongst all I touch.

So if that's grace, what are the hallmarks of grace-filled living?

For me, the key to grace-filled living is to be aware of what and how I can contribute to making my world a place of harmony, acceptance, and respect for the divine within every other being. I am always at choice in my interactions with myself and with others.

Have you ever noticed that when many of us create a non-gracious moment or choice, that we immediately start the self-trashing tape running through the head? Well, for sure, I do that. And when I do, I get to ask myself, am I creating harmony and acceptance with this internal self-talk? Not as a rule. And what I've done is filled my energy field with crankiness, low self-esteem, lack of self-respect. Is that the kind of gift I want to be to others? Not as a rule! So grace-filled living means that when I catch myself doing it, as I do on occasion, I stop, and offer a blessing for the awareness that I am not treating myself with dignity and respect! Then I ask to find the blessing in the initial non-gracious moment or choice...what have I learned from this experience that allows me to release fear or guilt or other of the denser vibrations?

Let me share a recent example of how this works. Let's take a situation where the overwhelming response is frustration—i.e. traffic at rush hour at the Denver Tech Center is certainly one such situation! In commuting to Denver from Colorado Springs, I have found myself in

traffic jams, with a deadline to keep. At that point, I am faced head-on the choice of being frustrated and in disharmony, or being in grace. Grace is what I choose when I allow a person to cut in line in front of me and smile and appreciate them! Grace is what I choose when I offer blessings that someone in the traffic jam is being saved from a far worse experience further up the road, because they're caught in traffic. (Didn't you know, traffic jams are not arranged just to piss us off, they're a gift that keeps us from ending up under a semi-trailer 5 miles down the road!) Finding the blessing goes a long way to restoring the energy of grace-filled living!

For me, grace-filled living is about inner peace and harmony with everyone I interact with. And, if there are times when I want to bop my friend in the nose, for her constant complaining about rainy weather on vacation, or about the high cost of food in a foreign country, those are the times I call on grace so I can align myself with appreciating the divine aspects of my friend! It's amazing how much I appreciate her when I remember she is another divine and eternal Spirit!

How are we to be and what are we to do in order to have grace-filled living?

I am filled with grace, when I stop judging what I experience, when I stop comparing my life to others,

when I just accept that what is, is my life and I have created it this way. In those moments when I'm not at peace inside, and I've lost alignment with grace, it's my way of creating the lessons I require to release fear and move beyond guilt and grief.

*Meditation:* Go ahead and allow yourself to find that quiet space where you are in touch with Spirit. Close your eyes and go within. Imagine your awareness is centered behind your eyes. Imagine the grounding chord that connects you to the center of the planet. Imagine the grounding chord is magnetic and it is collecting up anything that stands in the way of you living your life from a place of grace. Let yourself sit in this place of calm, and release any energy that keeps you from a state of quiet, inner appreciation.

Picture a soap bubble out in front of you. Imagine it shimmers and glows, imagine its roundness. The soap bubble contains a magnet. Picture this magnet collecting up into the soap bubble all those energies that keep you from experiencing grace in all aspects of your life. Let the magnet in the bubble do the work. You just sit quietly behind your eyes and observe. Let the energy move easily into the bubble.

Be delighted that you can release these impediments to grace! When the bubble is filled, however you perceive it

being filled, go ahead and pop it, releasing those energies back to the source.

Put a big gold ball of neutral energy over top of your head. Allow it to vibrate with the energies that allow you to manifest grace in your life. Put in something special just for you. Imagine this gold ball of energy releasing all the vibrations down into the top of your head. Let all that gold energy fill up your body and your aura. Come back to the room by opening your eyes when you are all filled up.

Turn to your neighbor and tell them, “I’m enjoying the grace of your company today!”

Consider the following words of Paul Ferrini, a mystic and writer: “If you want to understand Grace, look at the tree moving in the wind. That is the best metaphor you will find. The tree has deep roots and wide branches. It is fixed below, flexible above. It is a symbol of strength and surrender.

You can develop the same strength of character by moving flexibly with all the situations in your life. Stand tall and be rooted in the moment. Know your needs, but allow them to be met as life knows how. Do not insist that your needs be met in a certain way. If you do, you

will offer unnecessary resistance. The trunk of the tree snaps when it tries to stand against the wind.

Move in the wind. Your life is a dance. It is neither good nor bad. It is a movement, a continuum. Your choice is a simple one. You can dance or not. Deciding not to dance will not remove you from the dance floor. The dance will continue on around you.”

May your dance be graceful and your living be grace-filled!

## ***Celebrate the Journey!***

*Do you remember when you first heard the expression, “Life is a journey, not a destination?” I remember the moment as though it were today, not 20 years ago! Then it was such a novel concept to me, focused as I was on achieving concrete accomplishments in a world that didn’t put a lot of emphasis on Spirit.*

*As I’ve grown, I’ve found deeper and deeper levels of truth in that expression. As I’ve learned to connect with Spirit, to allow it to move in mysterious and graceful ways in and through me, I appreciate each and every moment, each and every breath. I know that the journey is why each of us is here, because the destination has always been a deep connection with God. Our*

*connection with God is our celebration of  
Life!*

*It's been a blessing and gift to share  
these pages with you. I send my  
heartfelt thanks to you for sharing this  
experience.*

*May every step along your path be filled  
with Spirit's Light and God's Love!*