

BE THE GIFT

PULSE OF SPIRIT
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Due to the current elections in the United States, to say this has been a highly anxious time for many people would be an understatement. I have had some personal events happen this week that were intense for me and many others. I realize the anxiety of the election was adding fuel to the circumstance.

At times we can feel overwhelmed and not be aware of all the contributing factors. That's not a good time to make any big decisions. A friend taught me her spiritual medicine for those times...slow down. Move more slowly. Wait before you speak. Don't rush to make a decision. My own medicine is...wait 24 hours, things will be different then.

A primary source of support is knowing you are loved. You are backed up by the universe. How do you know? Are you breathing? That

is love. Is your heart beating? That is love. Has a new day begun? That is love. When we open to the source of love it pours into our heart. It is easier to find it when you have slowed down and welcomed that reality.

As our heart is filled with the magic of that love we can welcome the thoughts of our mind. We can bless what we find we are thinking and we can allow our mind to be open to what we are feeling. The result is we experience understanding. We can have compassion and forgiveness for the cycle we are in and be surrendered and willing to see a larger picture.

These are all the basic steps in the creative process. First blessing received, then welcome the capacity to think and then we have understanding. What follows is

intelligent action. That is why slowing down and waiting is valuable.

I had an experience this week where I found myself overwhelmed. There was so much unclarity and misinformation and so much deep feeling amongst a group of friends. I was there as a crucial representative in a meeting with the board. I was invested because so many people I cared about were being affected. I did slow down. I did think through the factors. I did take my time and wait before I spoke. I silently asked for help and I prayed for guidance. I had a couple of nights of restlessness.

After 2 days I woke up and realized there was no obvious answer. The only gift I had to give was to offer a blessing to all involved. I had to allow myself to be filled with the love coming into me and pour it out into the circumstances. I knew I would be facing a number of the people involved the following day. When I went to the meeting I went as my normal joyful self!

What happened was interesting. There was a follow-up meeting with the board immediately after our regular meeting. In the time that had passed, everyone realized the person they were apologizing to three days ago was being dishonest and manipulating the facts. All the passion for wanting her to feel better changed into all of us wanting to be a blessing in the circumstance. There was love present and loved provided the next clear steps that would be best for all concerned.

While the overall effects are yet to be seen there was a feeling of peace and possibility after a time of uncertainty and fear. We were in a process together. Something was evolving.

Isn't that always the case? Not always so dramatic but things are being born and passing away all the time. We can take intelligent action as midwives in the process. It is merely a moment in time or a snapshot in the process that feels so large and insurmountable. We are actually participating in a moving picture.

My friend Andrew Horwood shared with me a poem he wrote for his daughter who is facing some challenging circumstances. His fatherly wisdom is fitting for anyone feeling overwhelmed. Here are his opening and closing stanzas.

*So many good things are happening for
you,
I hope that this is giving you a clue,
Though life's moments may be sad,
That doesn't make them bad,
And it will all make sense in course due.*

And his final words...

*There's so much to be grateful for
As Life shows you more and more
That when you say "YES"
There's no more "I guess"
For Design reveals the next open door.*

These words carry the love of a father who can see the bigger picture. We don't have to

be related by blood to do that for one another. We hold the circumstances, knowing they are a part of a moving picture. When our heart feels troubled or our mind is disturbed we can forget to receive the Truth of love, which is always available. With our words or actions, we can bring the message, then slow down, take a breath, or wait 24 hours.

The truth of love proves out. Things usually don't go as planned unless you are having a different experience than me! When we create a weave of love amongst us we hold the creative process, accommodating love's purposes. That weave is not a wall but an expandable membrane. We are created to create. New things are created as we each bring our loving blessing.

If you have ever been a cook you know adding a new ingredient can create a new

favorite meal. You or a friend may be that special ingredient that makes the special sauce.

Let us be bold and trusting that the truth of love moving through us will add to the outworking of the creative design. You are important. We are important. Bring your kindness, your blessing, your strength, your forgiveness, your generosity. Strengthen the weave amongst us so that the container that serves love's purposes is strong on Earth.

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