

# ATTUNEMENT— SURRENDER TO SOURCE

THE PULSE OF SPIRIT  
MARCH 30, 2015



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I'm present in this silence, in the generation of the beautiful prayers we just shared, and the sense of sacredness and communion they have created. Both words and atmosphere create this sense of sacredness.

After our Attunement Retreat this weekend, I have been reconsidering the purpose of attunement—the opportunity that we have through the process to open spiritual gateways in our humanity that can unlock blocked energy. The flow of the current of spirit moving can break down the unconscious patterns and habits that occur in our human capacities when we are not alert and awake to that very present spirit. And it's that opening to

the very present spirit that brings the healing power, that brings a sense of relief, a sense of completion, a sense of surrender and wholeness.

In a presentation yesterday, there was a biblical quote that gave me cause for reflection. It goes like this: “Let them make me a *sanctuary*, that I may dwell among them.” In some ways, the prayers this morning and the singing, the poetry, the expression of the ever-changing seasons of life, have already created a sanctuary in which we can be fully present. It is true that we have the opportunity in every moment to be present in sanctuary space because we choose to create it.

But there's another way to read that quote. "Let them make *me* a sanctuary, that I may dwell among them." Can we each say that for ourselves? Let them make *me* a sanctuary, that those who meet me, that those who share a relationship, a connection with me, can feel that sanctuary space, can feel the sense of presence. After all, it's not a room or a building or any kind of container that makes sacredness. This building is only sacred because each one of us is present in this moment, with our feet on the earth and our hearts open to heaven.

During the Attunement Retreat, we listened to words spoken by Lloyd Arthur Meeker (pen name Uranda), which he entitled "Group Attunement." It was more of a sharing of attunement than a text about Attunement. The sound of his voice, the way he spoke, all created the sacred atmosphere of attunement. It occurred to me that attunement can take place not only over distance but also over time. Just as we do long-distance attunement, and know very well that we share and hold the current of another in our very consciousness and awareness, between our hands, I realized that we can share and did share attunement over time, with Uranda yesterday. He was speaking those words in 1953, but I received the attunement yesterday, and today, as I

continue in that spirit now, and now, and now.

For the second time in a day, I realized that the passage of time is just in my consciousness. Whatever is in my consciousness, it is now. Whether it is my grandmother or a distant ancestor, if they are in my consciousness the attunement is happening now.

I have a distant ancestor whose motto was: "Loyalty binds me." Thinking of him, I considered what loyalty meant in terms of my ability to surrender to Divine Source, my capacity to follow through on my word, my strength to stand independently and receive insight, and to give back in the same manner. This is the complete flow of the attunement current, right? I looked up the word *loyalty* because I think it can be misunderstood as "blind loyalty," a kind of giving away of one's power. But it's not that at all. "Faithfulness: to commitments, vows, allegiance and obligations; true to one's word; steady in allegiance or affection; reliable; trusted." Contained in the ancient motto, I enjoyed working with what that quality of character allowed me to see. This is what I wrote for me, as it relates to loyalty:

*I bring loyalty, dependability, and resoluteness.*

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*I hold to my highest truth.  
My word is my bond.*

I say that in loyalty to Divine Source, to the All That Is, to the creative flow that fills us as we open to it. Holding back on this flow is surely death. Holding it back, stopping it up, blocking it—attunement provides the gateway for the current to

clear away those things that are unconscious, so that who I am may come forth fully in each moment and provide sanctuary for all those around me.

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*(Transcribed from a service on Sunrise Ranch,  
March 29, 2015)*



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