



Coming from Wholeness

So many spiritual traditions and healing communities I've been a part of have focused on enlightenment as a goal and as something outside of us that we have to get. This means that we aren't already "there". Our humanity was seen as something to fix or get past, and emotions were something to rise above.

Following these traditions, I thought that peace came from being "above" every day hurts. I believed that if I became "spiritual" or enlightened enough, I would be in a consistent state of harmonious ease. I thought that if I fixed myself enough, everyone around me would come into this state of peace and my life would be easy.

What I've realized is that I had things the wrong way around. **The "peace" I was aiming for was actually a flat line – a high flat line, but still a flat line.** On an EEG, a flat line indicates death, and in a sense, that's what that type of peace is with its lack of vibrancy and *aliveness*.

To be clear, I'm not advocating you create drama. I'm talking about being present to and *feeling* the emotions and experiences that are a natural part of life.

The tricky thing is that the more we feel our feelings and go into our bodies, the more integrated we become and the more genuinely at peace we are amidst the waves of life. **Being peaceful amidst the waves is different from trying to ignore or control the waves.** The "fixing" I was doing before was based on ignoring my feelings and trying to control myself, situations and other people. This is at the heart of spiritual and emotional by-passing.

I'll give you an example.

For years, I was upset by how angry my husband was. I did all kinds of energy and psychology work trying to "fix" anger in me (and, to be honest, in him) so that it would ripple out and he'd be less angry. Finally, it dawned on me *that I was angry for a reason*. My anger was here to serve me.

Once I let myself feel my anger, I was able to take responsibility for it and take action on the things I was angry about. What happened then was that my husband began addressing *his* anger. I was no longer making him responsible for holding all the anger for our relationship, and he was able, and chose, to address his own. It was only

in going deeper into my body and emotions that I was able to accept the reality of my anger and use it appropriately. Burying it and trying to fix myself didn't work.

This is what I mean when I say that we have to go deep to rise high. Trying to rise high without accessing our deep energy first is like trying to fly a plane without fuel.

What the spiritual and healing communities were overlooking is that we're 100% human and 100% spirit. We can't *not* be light. We can forget that we're light. In fact, we came into this life forgetting that we're spirit, but having been given a body *through which* to rediscover it. **We're here for the experience of rediscovering our divinity through our humanity.**

This will be a messy process at times because our humanity is housed in our bodies and feelings. The body is connected with yin/feminine energy. Women and the body both tend to represent the messy, uncontrollable aspects of life. This is one of the reasons that the unhealthy masculine/patriarchy has been intent on trying to repress them both.

Magic is born in chaos and unpredictability. Repressing the messiness of life represses its magic. When we go into an experience believing that we know what it will be like and how it will look and feel, we limit the full range of what it can be. We rule out the unexpected and the miraculous. We leave no room for wonder and awe.

Of course, it feels safer to stick with the known. There's a strong pull towards repetition and business as usual. Our mind believes it can control things, and it works hard to do so. This is where the idea of brokenness comes in.

If we believe we're broken and need to be fixed, we keep playing small. We spend time, money and energy on seeking solutions rather than doing the practices and taking the steps that support our expansion.

So this month, we're looking at embracing our humanity and operating from the view that we're whole, just as we are. We're here in a body for such a short time. Let's make use of the gifts available while we're here, and discover our divine spirit in the process.

Okay, ready to do some exploring? Let's go!

Some things that I believed in the past were "broken" or a problem about me, and now realize aren't:

What I now understand about these things (be specific):

Something I currently feel is broken, wrong or a problem about who or how I am:

What I feel in my body when I put my attention on this:

What I'm scared might happen if I let go of this being a problem (or, what feels good about seeing this as a problem):

The best thing that could happen if I saw this as a strength or asset:

What I feel in my body when I put my attention on this as a strength or asset:

An action I feel led to take:

An identity, quality or way of being that will support me in taking this action:*

*Examples: Queen/Sovereign of Energy, inner Goddess/Goddx, Divinity of Love, strong, courageous, empowered, freedom to be myself