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SPIRIT, MIND & BODY

Letters from Heaven

by Pam Bell

If you were to receive a letter from God? Buddha? the Universe? Goddess Nature Warrior? (or whomever you'd like to hear from in this realm)..... What would you like it to say?

A friend and I were having lunch the other day and discussing the new year. Not "New Year resolutions" because neither of us generally set them, and although I do think they have their place, I'm more one to set vows. (Vows like: I vow to be more patient; I vow to spend more time in nature; I vow to start a new creative project, etc.) What we were discussing however is a certain anxiousness that we both feel (and I know many other people do too) about the purpose and quality of each and every moment of our remaining lives. No small topic over a quick bowl of soup, I tell you.

Universally, there seems to be a human need not to

waste time. It's as if our collective conscience is saying to us: "Time is running out. Are you doing what you came here to do? Do you know what you came here to do? Are you engaged in meaningful activity? Are you listening to your intuition? Are you being loyal to your highest calling? Are you enjoying life, or are you suffering over your suffering? Do you know what it is to 'enjoy' life? Are you caught in the proverbial 'golden handcuffs'? When do you feel your best? When are you most alive? What is it to be happy?"

These are big questions and ones that deserve a proper mulling over. These are also questions that come to us again and again but with ever increasing poignancy. Hence, a general sense of anxiety occurs at not so much pondering the questions, but at wanting to get the answers right.

My friend and I, both over "45", have had this conversa-

tion so many times I can't even tell you. But as I mentioned, it comes to us with an ever-increasing sense of urgency. We agree that we are done 'processing' our lives ... well, you're never really done processing your life because it's required on a daily basis, but we are done processing our pasts.

We're done processing our pasts in a conventional way. We know by now, at this ripe age of our lives, why we are the way we are. We see our hangups, we've pinpointed our roadblocks, we've moved mountains and dug grand canyons and now, we want to do things differently. We're tired of the same old conversations as we sit in the "client/patient" chair. We're tired of being tripped-up by old ways. We're tired of buying into our "deep conditioning" and having it run our lives. And even though these aspects have much less influence and power over us that they did say, 10 or 20 years ago, they're definitely still there. We want a license of sorts, to be free. We want to relinquish the sense of responsibility that we feel for the entire world. We want to lift the "weight of the world" from our shoulders. Really, we want to throw it down. This doesn't mean that we don't want any responsibility or that we don't want to stand-up and count. It just means that we no longer want to carry all that weight around anymore. We no longer want to take on what's not ours to take on. We pass the baton and retire our lead position.

So, we thought to ourselves, who that we would listen to could grant us this

"license" so that it would make a profound difference? Who would we respect? Who would we take seriously? I mean, we've given this "license" to ourselves so many times that it's now crumpled up in the pocket of some jeans that most likely no longer fit. So who would be the one? Parental influence has long been over. We have become the mentors we used to seek. And even though spiritual guides and community leaders are inspirational, we don't have quite the intimate relationship with them that could guarantee this BIG letting go. So who then is the Big Chief? Who is the one that inspires awe, respect, reverence? Who carries the golden chalice, the elixir, the words of wisdom that, when bestowed upon you, profoundly change your life? And if they were to accord you words of wisdom, support, encouragement, love -- what would those words be? What particular words would work for you? What is it you most long to hear from the "wisdom being" you most respect?

This is the bottom line we reached that day over lunch -- and to answer this question, we decided to do a project. We're going to write ourselves a letter using the words

that we most long to hear, as if they were coming from the entity we most want to hear them from. Then, we're going to read our letters aloud to each other.

Words are powerful means of transformation (and destruction). What we say, hear, ingest and believe makes us who we are. Words written with sincerity from the core of our being and read aloud by others, free us to listen and help make manifest this reality we are hoping to achieve.

So, if you want to play along, go ahead and write that "Letter from Heaven" to yourself -- and ask a close friend to read it aloud in your presence. If you feel it's too personal to share with others, simply record the letter on a tape or digital device and play it back so you can hear the sound and meaning these powerful spoken words convey.

I'll be collecting these "Letters from Heaven" for a project and would love to have a copy of the letters you write. You can be anonymous, of course, but please note where you're from and send either email or snailmail to one of these addresses: pambell@desertmoonrising.com or 5811 Hwy 128, Geyserville, CA 95441.

Thanks and Best of Luck!

BALLARD STREET by Jerry Van Amerongen



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