

SPIRIT, MIND & BODY

The Truth of the Matter ... Even if it Hurts

by Pam Bell

Here we are mid-winter at a very crucial and dynamic time on the planet and I bet you're wondering what's happening to the person you thought was You!

"Everything seemed to be going along just fine and now, for some unexplainable reason, I can hardly recognize the person I thought I was or even the path I was so comfortably on. It all seems so foreign to me now," says a recent client of mine -- and I can totally relate. I bet you can, too!

Life, it seems, is moving very fast and changes are happening more rapidly than we are used to. It is obvious when we look around us and in the faces of the people we know. However, when it comes to ourselves, we are not so keen on picking up on the cues. We can feel it, we know something's going on, but we just can't put our finger on what it is. So, let me help to explain and perhaps inspire. The biggest change, the one that feels so strange and uncomfortable, is the deeper change in our consciousness.

This deeper change and growth in our consciousness is demanding our attention now! It insists things have not been going as swimmingly as

we've led ourselves to believe and that we must literally stop doing things the way we've done them in the past. It demands, instead, that we make a total revolution in our thought and deed and it's not taking "no" for an answer. In fact, if you don't play the game right, it's going to be one of those times where you literally get hit-over-the-head in order for you to "get it." Savvy?

Who cares so much about "why" this is happening (you know.... stars, planets, collective conscience, mother earth righting herself, etc. ... things beyond my ability to explain)? The key here is to recognize that it "is" happening and to learn to go with the flow.

What's being asked of us now is to take an honest inventory of how we're living our life and see if our choices, actions and intentions are truly aligned with the our deepest values, our greatest potential and the greater good.

Well, are they? Only you can know!

If you've had the feeling that you've outgrown your shell, you're no longer inspired and you know there has to be more to life than

this, or you're just plain crabby and you don't know why -- chances are that you are not living a life aligned with these "greater" qualities.

The good news is, if you can even recognize your squirming discomfort, you're in the perfect place! In fact, you're right on track and most likely ahead of the game. Recognizing that things are simply "no longer working" is a huge step in the right direction. This is a difficult place to reach and I know you didn't get there with any great ease.

The hard part however can be in the letting go. Letting go of what you know, being willing to stand in the void, willing to be empty for a while so you can create a more dynamic life that resonates with who you are now. But, letting go is exactly

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what is being asked of you and honestly, what is your alternative? To stay where you are? Really? I think not. I know you better than that and I know you deeply want what is being offered -- a chance to truly connect with your greater purpose!

Getting to the truth of the matter is not only "not easy," it can actually hurt! It's painful to recognize the source of our discontent and unhappiness. It's painful to turn and face ourselves, especially if we've been blaming everyone else! It's painful to stand in a place where we say, "I don't really know where I'm going or what I'm doing, but where I am is no longer acceptable." It's painful, I know -- but, it's also Courageous! And, that courage will take you to a life more fulfilling than anything you could ever imagine!

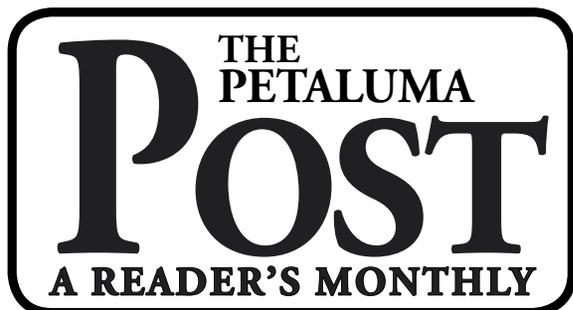
Faith, trust, listening, willingness and letting go, all of this is required of us now and the more you lean into it, the easier the transition will be. Resistance, in other words, is futile, and you'll just be making it much harder on yourself than it needs to be. Surrender. Jump in feet first. Take the leap. Be exhilarated!

You can do this and you must! Know you are not alone. We're all transitioning right along with you. Is that comforting?

"Life is a series of natural and spontaneous changes. Don't resist them - that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."

---Lao-Tzu

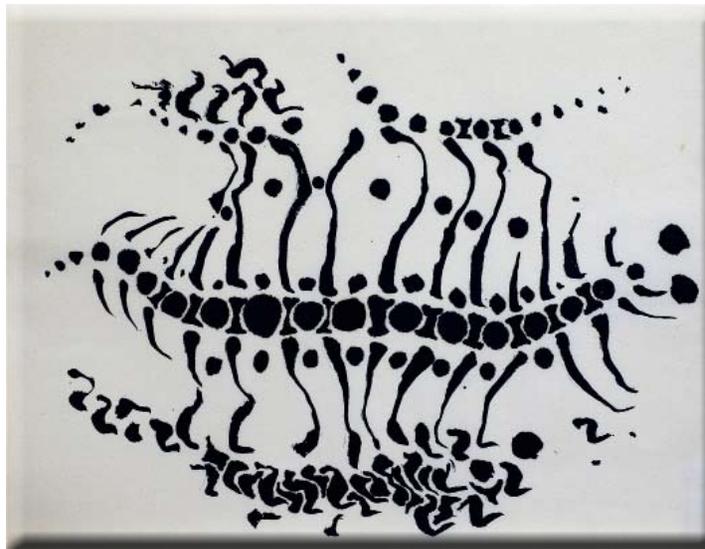
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