



Sundance Project Newsletter for May, 2008

Time is something we humans invented. In reality, all things are ageless and timeless. Our Spirits know this. Lessons unfold and we flow into the current of vast, endless universal knowledge. We have a choice in this process. We can either resist or we can acquiesce and trust.

As we learn to be silent, non-reactive witnesses to our circumstances and the energy of those around us, we connect more deeply to our true selves....our spirits, our authentic source of wisdom and serenity.

In recent weeks so much has changed for me. I abruptly lost my job. I threw myself into a temporary job that was not a fit for me. I quit after 4 weeks and began a new position learning a technology that is completely new to me. The energy it takes to rise each morning at 5 AM to spend the day in an intense learning situation is very draining.

As I sit here in reflection on a beautiful Saturday morning, I am grateful to feel connected to my spirit, knowing that all is divinely well and good. My life is interesting, challenging, exhilarating, wonderful, painful, frustrating, surprising, and all things in between. In choosing not to react to whatever happens, knowing that change and challenge comes and goes, I feel profoundly peaceful.

We are all on our journeys. God and Spirit are within us, around us and beside us as we travel. Our ultimate destinations are the same: growing into that perfect reflection of the Creator that is already ours within our beautiful heart lights.

May you feel this truth as you travel!

Namaste,

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