

Following Your Heart in the Age of Crisis

Are you having profound personal insights about your priorities as the world spirals and spins uncontrollably into an abyss? Is the current linear structure making more demands on your time and energy, leaving you physically exhausted and emotionally, mentally and spiritually unfulfilled? Do you feel like you're being sucked into a black hole of doom and gloom? Is this downward spiral draining your life energy to the point where your body and mind are screaming for joy, sanity and comfort? Are you re-evaluating your life and looking at other options? Are you wondering how much longer you can survive being battered by the frenzied, schizophrenic, western chess game that exploits, destroys, and discards every human and material resource in its path? Have you begun focusing on something much more lasting and spiritually uplifting? Are you learning to follow your heart?

Regardless of the material cost, or the resources expended, I personally am learning that I won't survive much longer without finding the humanity within me, with which I was born into this world. Have you, too, been able to tap into the collective unconscious and remember why you're here? You were not meant to be or a slave, or a military or religious murderer; you were meant to be a spiritual warrior who fights injustice with compassion, courage and ethics. You were not meant to be a murderer who sucks the life force out of those who resist your country's imperialism, you were meant to spread love, joy, and wisdom, and show humankind how to nurture each other and the Earth. We all volunteered to be here right now, at this critical time in our evolving future, and for a reason; otherwise, we wouldn't be here to witness the final "showdown". So the issue really boils down to "What are we supposed to be doing at this time?"

I'm discovering that the only thing that really matters is being compassionate to those who are struggling, and projecting myself into their shoes to understand their pain without judgment, even under the worst of conditions. If nothing else comes of the effort, I have at least felt their pain, understood their suffering, and opened my heart.

On that note, I'm also noticing that many individuals are finding their soulmates after a lifetime of emotional suffering and pain. Suddenly, the person with the smiling face and laughing heart is there to greet you and is helping you to release your own pain and see the sunshine. It is important that we all focus on releasing our pain, seeing the sunshine, and spreading the light to others, as difficult as that may seem. The more we go through the motions, the more our body and spirit remember why we are here. It is important that we stop the western clock that runs our lives, and take the time to smell the roses and send some of this love to others. We will not find love or compassion from others if we don't first open our own hearts to others. Passing judgment on polarized world situations is not the way to open one's heart; but understanding each side's pain and the reasons for their insane actions, without condemning or condoning, is the path to enlightenment, understanding and compassion. We cannot change the world: we can only change ourselves and our own actions. And right action, comes from right heart.

It's very important not to be sucked down into the linear hole of the brewing military and religious storms that are now destroying the world. Instead we need to focus on the "uplifting" energies that help us to ascend out of, rather than descend into, the inferno that western civilization has built to imprison human souls. This ascension, however, is about lifting ourselves; no person or god is going to do it for us. The good news is we all have the collective memory and we must reintegrate it from our subconscious into our psyches, down into our hearts, and finally down into the Earth and out to others.

It is more important now, than ever before, to get off the western clock and reconnect to the cosmic biological time machine. It is most important now to start identifying and counting the blessings that we were meant to bestow on others, and make efforts to wake up others, regardless of what the physical or material outcome. The outcome and our new place in the cosmic community will not be weighed according to the material or physical results, but according to the efforts rendered. While our abysmal physical world of military might and repression cannot be changed overnight, the efforts of those with open hearts, who can still laugh and spread good will, will raise the vibration of the planet and help with the concurrent ascension process. That is ultimately what we're here to do.

While those who would destroy the planet attempt to counter this ascension plan by creating a living inferno--piling it with the dead weight of lost souls and underpaid corporate slaves--those who remember why they're here have the opportunity to create joy and peace, and uplift the human spirit, even if only on a day-to-day basis. That is all we can realistically accomplish at this juncture if we want to assure ourselves that there will be sunshine and roses in our immediate and distant future.