

Hopeful Healing Thoughts

13. A Phase of Change

Hello Lovely People,

Just as individuals go through phases of change and self-awareness so does the Earth and the Universe. As we are processing, learning, evaluating, changing, and becoming so is the Earth and the Universe. Expansion is ongoing. All things are in constant motion.

Every generation has a crisis of some sort whether it be war, sickness, financial, etc. and it becomes a “phase of change” for human survival; and one thing can be said, it will pass. As it passes, we integrate it into our personal universe as “normal”.

The Earth, actually all of the Universe, is a web of interconnectedness. We are all connected through relationships. Next time you are outside (or just imagine) looking and feeling a leaf from a tree. A leaf transforms the elements of the environment... the sunlight, rain, carbon dioxide... into nourishment for the tree branch which is a conduit of nourishment to the trunk which is a conduit to the roots which then draws nourishment from the earth, to feed the trunk, the branches, and the leaves. We inhale the oxygen that comes from this process and exhale carbon dioxide that feeds the leaves that feeds the tree... the leaf drops down to the earth bringing oxygen to many living things that rely on it to live. And on and on. It is difficult to know where one cycle begins and another cycle ends. Each living being is interdependent upon other living things for its survival. On close observation, this is not a place where different beings survive independently of one another; we need each other to survive and thrive! We are interconnected!

Most of us are in a phase of change brought on by this virus. Many are learning something new, discovering hidden talents or abilities, maybe even hidden desires are coming forth. Some of us are learning to speak up for ourselves or learning we can be more considerate of others. Some of us are creating havoc because we are so far out of balance with life that we don't know what else to do. There is so much distress and disruption. It's still part of becoming. We are them and they are us. We are interdependent on each other. This is our time in history for forgiveness, honoring humanity and our very human nature, and learning to become One.

In this process of becoming, we can develop and fine tune new qualities. It is natural, as we practice a new thought or ability or even talent that we tend to get out of balance. This is a normal part of self-development and transformation. This happens whether it is a new dance routine, a new song, a new idea about ourselves or others, a new way our world works etc. Some people want things to be the same as it was or “go back to the normal”. That is not going to happen. We are in the middle of change.

We will set new boundaries as we practice and explore new ideas of expression and empowerment. It's mastering new skills and eventually integrating it into our identity and then bringing it into a place of balance in our life... a mindfulness, a quietude, a kinder more thoughtful human.

This is not an easy time. As we think and feel together the power of Love will prevail. We still have much journeying together!

Tonight, I am going to suggest two simple, yet profound mindful exercises. They can be done quickly, or you can make them into longer meditations. I suggest these because it appears that we may need small quick ways to release anxiety/fear/frustration/etc. for now.

Let's begin our meditation.


Get comfortable. Shoes off. Palms of the hands open to the heavens, open to receive. Any time you can meditate outside it is generally easier to get quieter and perhaps experience the rhythm of the heartbeat of the Earth. A truly illuminating experience.

Breath work is profound in soothing the nervous system.

1. Take a slow deep cleansing breath. Release as if you are blowing out a candle. Now, inhale slowly, filling up your belly first (Buddha belly ... allow your belly to relax... no holding in) and then fill your lungs. Gently hold your breath for the count of 3. Slowly release, and then hold at the bottom of the exhale to the count of 3. Even doing this a few times will begin to release tension. Or you can make a whole meditation out of it by doing a cycle of 20 times. Adding in an affirmation to the inhale I Am Love. On exhale I send out Love!

2. Again, this is one you can do for a minute or less and get some relief; or you can do it and by using breathing and extending the time you are focused inside your body.

Close your eyes and take a deep cleansing breath. Focus your attention on the bottom of your feet. Feel the soles of your feet. (Your energy will automatically go to your feet, ground you, and release your thoughts! It's a great technique.) you can stay here for a few moments, and finish with a few breathes. Or you can extend the meditation by bringing your attention to other parts of your body, slowly moving upward until you reach the top of your head. Such as... After you have been a few moments at your soles, feel the right big toe... staying a few moments at each location... now the left knee... the left hip... move to your navel... move to your left shoulder... move to your right thumb... the right palm of your hand... to the left little finger... to the right collar bone... to the left ear... to the center of your forehead... to the top of your head... take a few deep breaths with the affirmation... I am One with All!

Good night, and may you receive all the blessings that are offered to you. 

Deborah