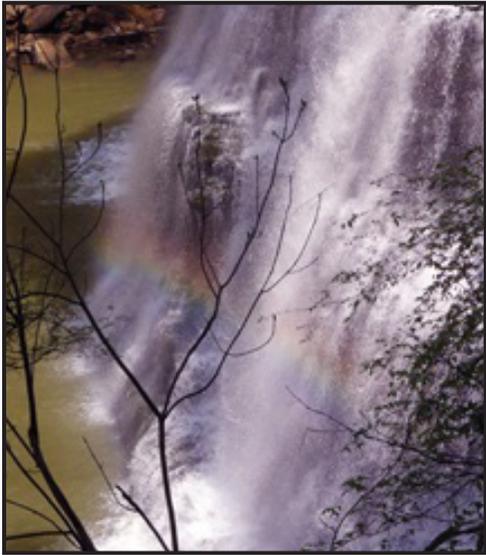


January 2013 • Human Experience



While the concept of being Spirit having a human experience sounds good on an intellectual level, the how to do that is more of a challenge. If we think of connecting with and opening up to Spirit as taking place someplace “out there” how can our spirit be actually experiencing our own human journey?

Am I the only one who feels like a ping pong ball?

It seems to me that we feel internal connections to a higher power - that moment of feeling one with the Universe, Nature and/or Divine Source/Spirit, we are “on top of the mountain” - then we plummet back down to the workings of the lineal physical world. Back and forth, like a ping pong ball - changing hats as we go from the top of that mountain, connected, feeling good, optimistic, hopeful - to the jolt of the reality of purely physical existence. I have, over the

years, at times and with intention and practice, integrated that top of the mountain connection with the physical experience.

A process that I have used...

Remember a time, a moment, when you felt that all was well - the joy of being outdoors is the first thing that comes to my mind, sitting by the ocean, walking in the woods, or gardening, watching a butterfly, a bird, listening to frogs and nature sounds, sitting on the porch, feeling the breeze on your face. Or it could be the warmth and rightness of being with a loved one, cuddling a beloved pet, listening to music that resonates with something deep inside, seeing the sun shine on green trees, the clouds against a wonderful blue sky, the stars sparkling like diamonds. Go to that place in your imagination and feel. Open to that feeling, expand and breath into it, allow it to fill you with the joy and rightness of that place/experience.

Where in your body does that feeling emanate from? Most likely it will be around the heart space, maybe a bit lower or higher. Focus on that space. Anchor that feeling and look around you at your physical environment.

Don't jump back into your head!

Keep your focus of being grounded in your heart as you perceive with your physical senses. If you move that focus to your head, the heart involvement will disappear. It takes intentional practice, but as you open your heart to maintain that connection, you will also be opening to your own higher wisdom, the intelligence of your spirit and the intuition that we refer to as “gut” reactions. In an abstract sense, you are expanding your essence to connect with the greater reality and the universe. We do this not by reaching out in an external movement, but by going to our internal space and expanding. This “seeing” through the heart space allows you to activate your higher wisdom and your intuitive sight.

I believe this is one way to be spirit having a human experience. You are not only physically seeing, analyzing and perceiving. You are intuitively and symbolically seeing and grounded in the space where one opens to Spirit, Source, Light and Divine Guidance.

Anytime we perceive something outside of ourselves we are creating a separation. We cannot be one with anything we label or perceive as other. If we can point to it, we have just separated ourselves from it. If we open and expand to embrace it, we have put ourselves in the picture, torn down the walls of separation. As humans, we have spent eons analyzing and pointing to and judging, bouncing back and forth between head and heart. All of that had a purpose - the information gained was necessary. Now we have the ability to break down the barriers of separation and begin to integrate the two realities of our perception and our existence.

I think you will find that your awareness of the world around you will be different. I truly believe that this is one of the ways we all will grow in 2013. I invite you to try this exercise and please email me to share your experience.