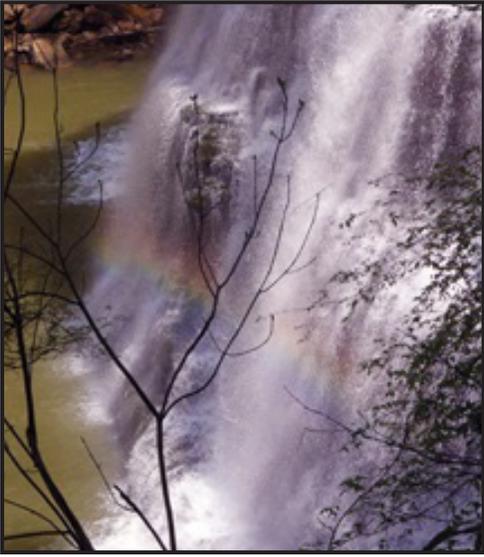


April 2013 • The Wisdom of You



Owls have special meaning for me. I see them as symbolic of a special wisdom. I don't hear or see them often, but when I do I feel so very blessed. As many of you know, I tend to be a night person and often will go outside in the middle of the night, listening to and getting my inspiration from the stillness of the night. About a week ago late at night, I heard an owl hoot, then a second hoot. I asked for guidance, "I feel so spacey and disconnected, something is very off, how can I reconnect?" There was a third hoot. What came into my mind was, "What you seek is beneath the surface, beneath the veil. Get out of your head, go to your heart and open to its wisdom and guidance. You are trying too hard to do. Stop doing from your mind, just be and listen to the wisdom of your heart!" As I said this mental message aloud, there was a fourth hoot and then silence.

So what is this wisdom of the heart? We tend to think of the heart in relation to love, romance, compassion - but there is a greater deeper wisdom than that, one that allows us to feel whether an action or direction is the one that is correct for us in this time and place. Just like the gut, the feelings and messages from the heart are wise and accurate. It is the source of our passion, that which gives dimension to the lineal world of the mind. The challenge is to learn how to listen. The heart, heart space is the place of spirit and connection to nature and the universe. When we feel that glorious high energy of nature and being one with the universe, we feel it in our heart as we expand to high vibration and "big energy." We may acknowledge or describe this using our mind to find the words, but it is not a mental or intellectual connection. There is a special type of knowing that comes from the heart that goes way beyond the knowing of the brain.

That is what the owl was telling me. Go to your heart and open up to allow that feeling to guide you. The answer, direction and connection is under the surface, not in the visible outer, not in the realm of the mind and intellect. The owl sees through the veil of darkness to find its prey, that which is hidden "under the visual surface."

My next question (to myself) was how? As soon as I thought it, the answer gave me another important incite: how in times of intensity, overwhelm, confusion and/or high emotion, the "default" path is to go to the head, kick in the intellect - analyze, judge, label, make plans and lists, categorize, rationalize, name and blame. And once the mind was allowed to "fly" with this, the path to the heart and wisdom of both the heart and the gut were under the veil of frenzied mental activity.

So the message was two fold. First I was made aware of my own state of being and what I needed to do to reframe it. Second was the realization of how easy it was to go to my head and disengage the wisdom of my heart without even knowing it. As I thought, it became very clear that the "default path" of going to the mental landscape had actually become a tool to avoid feelings and emotions that in my subconscious I had put in a box labelled undesirable, painful, too intense, too angry, too sad, too disappointing, too happy, too blissful.... !

As humans evolve, we are called to integrate the feminine (intuitive, creative, nurturing) aspect of our being with the masculine (logical, mental, structured) aspect. Quickly jumping to "another branch" of this message, as we open to higher vibration and expansion of our inner light, that light will heal and protect us. So, as we are called to allow our spirit and soul to fully experience and feel the deep emotions of human experience, our brighter light will allow us to release it. That is, the more we avoid feeling, the more that unexpressed feeling will build up inside and play havoc with our lives and our health. We are called to feel it and thus allow it to flow out - as the tide flows out. Then, as the tide flows in it brings new experiences guided by the wisdom of the heart; our light grows stronger, our vibration higher and our life force energy is no longer blocked by pent up unfelt emotions.

This full moon of April 25th is one of the more powerful full moons of the year. It is also one that aligns with letting go of the stuff - the habits, behaviors, tools, beliefs and emotions - that no longer serve us. Back to the owl's message, we no longer need the refuge of our intellect, our brain, to avoid the feelings of our heart. In order for our spirit to truly and fully have a human experience, we must allow it to feel totally. If we block the feelings, we are also blocking the reception of the wisdom, the intuition, the perception and the guidance and the passion that comes through that heart connection. The Divinity we each hold inside, our Big Energy, is now strong and powerful enough to handle it.