

August 2013 • Getting to the Core

*“Our souls are not broken that they should need repair,
nor deficient that they should need anything added.
Our souls need only to be uncovered and allowed to shine.”*
(Source: www.Chabad.org)



This is a powerful time of energy on this planet, the Star of David formation of last week is said to have opened an energetic portal for more intense transformation. (Another Star of David will appear the end of August!) And here I am, still letting go of the stuff that I continue to find coming to the surface after having been deeply buried! Are others experiencing this same phenomenon?

In order to receive one must let go of the old to make room for the new. We all know that on an intellectual level - just as we know so may other positive affirmations that we read daily. But do we really take it to heart? Are we feeling what it means to actually let go - or are we allowing the old tapes to continue to run in the background? More important, are we clinging to those positive affirmations and squelching the feelings that do not align with them?

By squelching them, we are compressing them and giving them more power so that when the pressure of the “container” we have hidden them in becomes too great, the container will explode and we will rant and rave and try to express all the displeasure and anger and disappointment and hurt that we have not allowed ourselves to feel and express?

The quote above really speaks to me. Not only does it affirm that I am not broken; but it also points to ALL of me being perfect. That is, the not so positive emotions and expressions that are coming up from years past, from childhood, disappointments, hurts and feelings of not being good enough are not a deficiency. They are a valid part of my experience. They are not an indication that I am broken or in need of repair.

If I am still and truly feel inside, the visual I get is this bright light spirit jumping up and down, pounding with all her might against the walls of the box I buried her in.... she wants to get out and soar and shine and express the total Divine essence of who she is!