

# July 1, 2014

## Mercury: Hurry Up & Go Forward...

*... And Take Me With You!*



I want to gracefully and graciously move back into the flow of life fulfilled, journey on track and in line with my soul's purpose. I want to step up and take my unique place in the Universe, embrace and own my Oneness with that which is greater than I.

Yes, these past weeks, while Mercury was retrograde, I have reflected, remembered, re-visited.... the message is "move or be moved."

But "move where?" I ask.

The answer I am receiving is to "move into the flow and allow that part of your being that is excited about the unknown to surface, flourish and once again be in charge."

Yes, I was in that place once - years ago - the confidence and belief that I would be lead and taken care of was strong and firm. What happened?

Life happened. The challenges became too great; the fears set in; I put up barriers, boxing myself into a space where I thought i was safe.... As the energy of this world becomes stronger and higher, my sensitivity becomes stronger. By fortifying my defenses against the lower energies I felt around me, I was also putting up a barrier that kept my own energies from expanding. What was intended as a safe place has become a place of being caged and trapped.

So Mercury take me with you. As you move forward I want to move forward also. I am setting my intention that the self imposed protective walls created out of fear, emotional and psychological exhaustion and physical weariness are coming down.

I do not know what life and the Universe has planned for me and that is fine. I do know that the known only keeps me small, shrinking fearful and stagnant. My ability to soar is connected to the unknown, trusting that the flow will open up directions, situations, abilities and opportunities that are well beyond my ability to foresee.

After re-reading what I just wrote:

This sounds brave, courageous, affirmative. The truth is that embracing these words and intentions deep inside (as opposed to just reciting them in my brain) will take honesty and a bit of strength to face those fears, tear down the walls and open to hearing where I am being lead. ... And I feel a few flutters of fear, the insecurities of self doubt. When one is down and struggling, those walls of protection can become very strong and determined as well as confining. Changes that were exciting when life was not a struggle become threatening when life is difficult.

As I type, I can hear my ego piping in those old tapes about security and being safe (the bills that are behind, the income that is not there.) Zen meditation comes to mind.... acknowledge those thoughts and gently let them flow away, refocus on trusting in and opening up to the unknown.

BUT, moving into the flow could be nothing more than revisiting the world as a child. Each day is an opportunity to receive something cool, fun, new and different. Perhaps it is as simple as welcoming change (realizing that the tough times have made it into a villain when it is really a hero) and opening to changes that were not even in ones radar, anticipation of potential blessings and miracles (like having enough change to be able to buy what i needed from the grocery store, seeing a hummingbird (without my glasses) while we were practicing tai chi qigong on Saturday, the red tailed hawk that soared back and forth in front of me a few days ago.)

Ancient wisdom speaks of being like a child - can it be that simple? Perhaps it can....