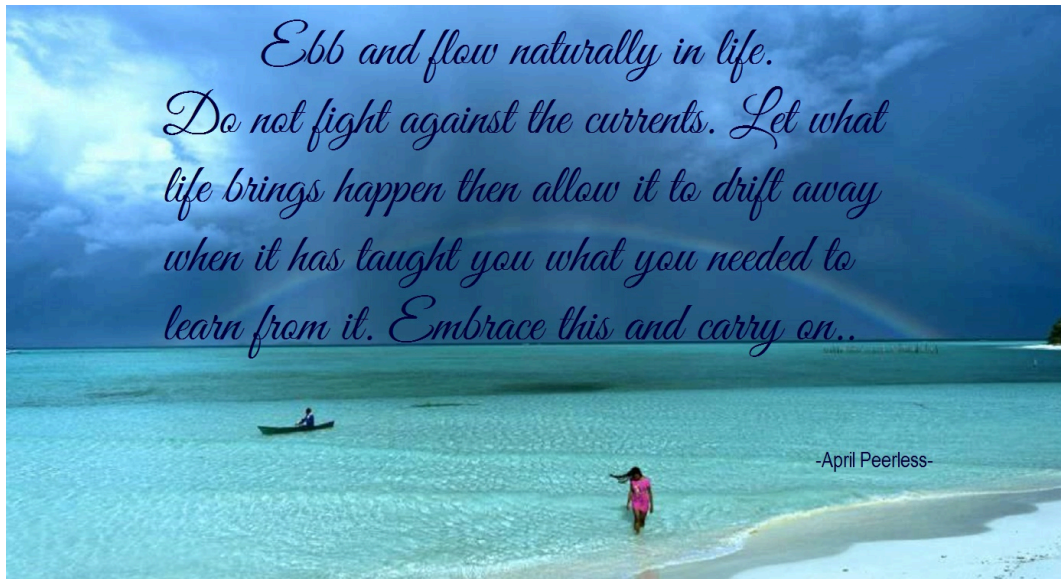


# Are & Be – The Rhythm and Blues of Spirituality



It seems that when we really tune into life, we can feel the ebb and flow of creation itself. The in-breath of constriction and the out-breath of release. And if we look deeper within our own physiology, even our own bodies perform this same breathing rhythm to sustain our very lives. So, don't ever let anyone tell you that you don't have rhythm LOL

If we look at this ebb and flow from a spiritual lens then we can see how this rhythm shows up in our personal growth. It is reflected in what we could call our "good times" and "bad times" although I detest placing labels such as that because growth comes in all forms of experiences and perhaps more-so from the more painful ones, no? Regardless, we see this ebb and flow, this rise and fall of our emotions, the ruse and reclaim of our comforts with our egos continually being pushed beyond its precious place of power.

And in an even broader sense, this rhythm demonstrates the periods in our lives that literally act as our milestones. We can easily see the areas where we were in one place either financially, romantically, career-wise, etc. moving into

another. And in reality, we are never *not* moving as the state of change really is the only constant. It acts as the pull and the push, the river and the rocks, mending and molding us, day after day, year after year with each new experience, every new lesson, even each new thought if we let it at a conscious level. And whether we know it or not, our thoughts are constantly changing us, or perhaps fighting us to stay the same (there's that good 'ol ego again).

This is why it is so important to not only pay attention to your thoughts but to honor them and recognize how powerful they are. I know we all hear those spiritual gurus out there telling everyone to ignore those negative voices telling us we can't achieve our dreams, always reminding us of our flaws and failures, etc. but I disagree 110% and I'll tell you why. I feel it's just as important to hear those voices out as well, but to simply shift to how we are letting them AFFECT us.

Denying and repressing your thoughts are only feeding them, and pushing down emotions and negative thoughts are like a ticking time bomb. It will eventually explode in one way or another through your relationships, your work, your health, etc. The Universe and life will let you know whether by means of a whisper or a wrecking of your entire present life structure to get your attention to something dire that you continue to repress and ignore.

So, it's not so much that we believe what those negative voices have to say, but rather acknowledge they're there and that they are not some evil, scary monster but rather an unhealed part of ourselves that took form at some point in our lives, most likely early on in our childhood before we could rationally make sense to having our feelings invalidated.

When we do not know better that it's always ok to feel what we feel, no matter what we feel, whenever we feel it, then we learn to feel shame instead, and those initial feelings, our TRUTH of who we are, get repressed and we begin to believe

subconsciously that we are not allowed to express that part of ourselves, and thus that some part of us, is unacceptable, not good enough as-is.

We must teach our kids at a young age that like life itself shows us in every corner of nature, emotions are meant to be ridden like a surfer rides the waves of the ocean. He does not order the wave to come, he makes himself available and open to it and when it appears, he takes what it offers him, respects it, and becomes the wave itself. He does not request anything of it. And if we learn to see our emotions like this, it's easier to become less attached to them and more importantly less controlled by them.

We can embrace ALL periods of our lives, all stages of our growth and metamorphoses. We learn to hear our own song and dance to our own rhythm. We learn who we ARE, so we can live as whom we were meant to BE. The most beautiful music you'll ever hear...



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