The Key to Unlocking Change: Be What You Want to See

I felt compelled to write about ‘being the change’ this week after all of the negative news going on in the world lately. I won’t get into it, as I’m sure most of you are aware of what’s been going on but I just wanted to take the time to remind everyone that it all starts with each and every one of us. We all matter and we all mean something. Somewhere along the line, it became acceptable; almost required to teach us that we are insignificant and we began to lost our luster, our soul shine…and that is the greatest lie ever taught. We are all significant, we are divine, we are love. Don’t ever forget that because once you remember, the world will reflect a place that won’t need changing.

In any situation, if there are opposing forces, which we all know is not uncommon in our 3-D world, then there are also likely to be some expectations of giving and take, of push and pull, and of certain roles you play. There are masks you get to choose from, but from the moment you are born, you must wear one. Your parents usually choose them for you until you are around the age of 18, and usually, the ones they’ve chosen tend to have an influence on the ones we later choose in life, and sadly most of us never learn to question why we’re wearing one at all or even attempt to remove it.

In this world of duality, in this modern society, there are certain ways to think, act and feel. And those of us born with different ways of perceiving, sensing, and feeling the world tend to not fit into the molds and therefore are more easily
capable of seeing where the chaos is occurring in the collective and how it can be most effectively addressed.

I say this most astutely, because of time after time, experiment after experiment, measurement after measurement, it always comes back to heart resonance. If you do ANYTHING from the heart, it will have a positive, beneficial effect on the matter, being, or species at hand. I’m not talking about mere good intentions or what we might think is good for another person, but actually feeling into our hearts and connecting to that knowing space that allows us to resonate with the truth of existence.

Some would say this goes beyond the boundaries that you simply do not cross. Some would say that our society is best to not cross them. Or not…

There is a wave of us (yes I do include myself in this group although I try to avoid labels), that was never ingrained with such filters and like Van Gogh’s bleeding ear, I find it as weird and fascinating as much as I can appreciate the act itself as beautiful, alchemical art. And some might think that is just fucking unheard of. I guess you could say I strive to embody what I would imagine it means to truly be a ‘spiritual gangster’. LOL We have all seen Deepak Chopra sporting those chakra-tactical Ts, right?

So what the that mean exactly? It means to not only fall into the trap of every thought must be positive, every move must be toward the light, every day must be full of sunshine and smiles, but to also have the awareness that it’s all about the balance and that includes the Darkside, my fellow Jedis! We are gonna have to face those shadows and feel uncomfortable at times to truly “walk the path”. The New Age Movement has become a dangerous arena. It can be a great resource to learn ancient meditation, yoga, pranic breathing techniques and offer insights into spiritual development that can help lead you to the cave of your inner world, but anyone telling you
that you need them to take you inside and show you the way is lying to you.

It is you who must be your own guide, your own light because it is you who is also the darkness you will overcome. And you will do this by facing all that is within you that is reflecting back from others. All that we immediately want to judge, blame, hate or be jealous of. It is all within us waiting for us to just take a damn look. And not a look of condemnation or judgment, but of simple acknowledgment and acceptance; like that poor kid always left by himself on the playground who never gets picked for kickball. Just let him know he matters, that his existence actually means something. This can make someone’s entire world. You really never know the difference you make, until you care enough to actually make it.