

## Spirit is our Oxygen

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I woke up very early this morning. Don't you love the silent clarity of those early morning hours? This is what arose today...

What does it really mean to live from our Spirit instead of from our ego? It means to surrender control but not give up. It means to allow all to be as it is and at the same time work to improve it by bringing ourselves to the task and showing up. What does it mean to live from Spirit? To see the fears that arise and to breathe them into the infinite loving intelligence that is our Source. How do we do that? By surrendering control of all outcomes while at the same time responding to life from our core instead of from our thinking minds.

What does it mean to live from Spirit? It means we do it anyway. It means we say yes to the inner prompting that sometimes terrifies the ego. It means to smile to the ego with all of its fears and hold it tenderly in our arms, while at the same time doing what our Spirit compels and inspires us to do.

When fear strikes, when anger arises, when negativity clouds our awareness, we must breathe it in, turn towards it and face it. But we must not face it alone. Spirit is here...always. What is Spirit? Spirit is the awareness that observes all things, embraces all things and loves all things. Spirit is our essence. It is who we are at the core of our being and we, as Spirit, inhabit this body, this thinking mind and express via these emotions.

We are both human and divine. Our job is to integrate both: not to avoid our messy humanness by escaping into the Divine aspect of ourselves, but also not to lose ourselves in the experience of separation that is so terrifyingly human. Our task is to be fully embodied humans remembering who we are as Spirit. Both are important. Both are vital for our maturation as spiritual beings. We are here to expand and extend light into the darkness.

How do we do that? By fully being who we are, vulnerably human, while at the same time maintaining a connection with Source. We are scuba divers exploring the far reaches of the universe. It is dark here and yet there are treasures to be found and revealed in the dark places of this world. We are explorers and we love it, even though we hate it at times also. We must stay connected to Spirit so that we don't choke off our oxygen and panic.

*"Don't panic, everything is OK", Spirit whispers. "You are safe. You have oxygen, breathe...see, all is well. You only thought you could be cut off. Take a deep breath, know that you are safe. Now, get on with the business of exploring this wondrous life and play with the creatures that live here. This is why you came. Not to panic, but to play, to learn, to explore, to bring light into the darkness. Play dear one and know that all is well...always."*

Playing here is how we bring light into the darkness and Spirit into matter. We are not here to simply survive the darkness. Rather, as we rediscover and more consistently stabilize our connection with Spirit, we can begin to consciously take up the unique role we are here to play in this grand adventure.

So I invite you today to remember who you are, take a deep breath and relax. All is well. You are safe. Now, what do you want to go do? How do you want to play? How does your Spirit wish to express in this moment?

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