

Journeys-of-the-Heart

**A Way Station on the Spiral of Transformation
From the Essence of Life to the Essence of Life
Alpha is Omega**

Password – If the answer is Yes, what is the question?

Welcome to this Way Station on our Journeys of the Heart. Come in and look around. If you like, stay a while and ponder the possibilities. Come and go as you please... My name is Ava, and I Love who we are and what we're coming to be in this Time of Great Change. This is how I see it as I look through the windows of this Way Station out into the world we are creating with our thoughts and our Choices...

Thank you, to All who have contributed and will contribute, along the Way, to the creating and sustaining of the expression in this space and time, and the sending it out into the world. My Gratitude goes Deep and Wide...

Love All Ways,

Ava

Home-Is-Where-The-Heart-Is Picture – Protecting the Commons

Entry

Transition Support Zone

Since the Entry to any Shelter is a transition zone, let me first say something about Transition.

In our personal world, the experience of Transition comes to each of us during those times of intense change in how we see ourselves in the world and in the lives of our loved ones just before that shift into the new when we're not "this" anymore and we're not "that" yet... We don't know if we want to be "this" anymore, and we don't really even know what "that" is. We're in the pivotal moment of our Transformational possibilities and really stretched by the process, and as uncomfortable as can be before resolution.

Some of these opportunities that we've come through in ourselves, and some that we've had in relationship to others, are birthing, death and dying, beginning relationships, and separation, early childhood/second teeth, adolescence, pregnancy, and first weeks of Life, teething/weaning/learning to walk, parenting, mid-life/menopause, economic instabilities, and job change, illness, and disability, retirement, and loss of a loved one... We often feel overwhelmed in these changes of Life as we've known it, or become stuck in a resistance to change, a fear of the unknown.

Transition is the time when we need a refuge from the confusion and complexity of the world outside, and a comforting space to share our concerns and express the doubts and uncertainty that can extend or even block these shifts of individual growth in our changing participation as human beings in the world that we hold in Common.

When I started out as a Transition Counselor twenty-five years ago, people would often say to me, “What is Transition, and what does that really mean, anyway?” Now we are rapidly and progressively coming to understand the nature of this challenge, and its rippling effects, through the intensity of these times we’re living through. This is a time of Universal Transition of major proportions that adds a bunch of zeros to whatever number we’re already working on in our own lives.

The stakes seem particularly high now as our focus begins to shift from all that’s happening around us to how we are responding to what’s happening. We can seek to be prepared and proactive in our intent for these turn of events as they appear, and at the same time open to a calm reflecting on those awkward moments that we all have in learning from our choices and moving forward.

It’s helpful to have a place to sort things out, weigh them against other possibilities, and find the attachments and disappointments that can turn into resentments and unfinished business that carries into the new and returns time and again. What do we want to bring forward, and what are we leaving behind? How can we even know?

We can cry it out, sort it out, clean it up, move it around, look ahead, and hold the intention to begin to create what we see as possible, sometimes in baby steps and sometimes “in the blink of an eye.” It could come in 12 Steps, or 5 stages of grief, or hours of support in Council, or maybe just a willingness to move on... In these times of great need for Clarity in Intensity, it’s about us being here for each other, one to one, in small groups, and in vast Council Halls, sharing our Wisdom, our Love, our enCouragement, and our Vision for the opportunities in the future we are creating together.

Rituals have been enacted in the past and will be again to hold the intense insecurity of these universal turning points in a Sacred Light that signifies and protects this timeless process, as sustained by those who have come before and those who will follow. These extraordinary shifts in consciousness, and in physical enactment, have been recognized through Ceremony as the Common Ground in which all have participated, and will participate, to bring the necessary Clarity in Intensity to these tasks, and a Universal definition in time and space to the New and unKnown.

Because of the confusion around letting go of what has been and allowing ourselves to participate in what follows, we can become overwhelmed and stuck in the sorrow of what appears to be leaving and the fear of what might be coming until some strong change or breakthrough pushes us into the opportunity to release and respond. My role as a Midwife, and in Transition

Council, and for Education as well, has been to be present to hold the Light on the Process, create a safe and supportive environment, and assist when needed to help with Trust, the most important element in sorting things out, receiving the Gift, and moving along. Often it's three steps forward and two steps back but it is movement, and movement is healing.

It seems we are now All being called to be Midwives to Life moving into new forms, and my hope is that this Way Station can be a Light along the Way, and a safe place to pause and check in from time to time for these Journeys of the Heart we find ourselves in on the road to Peace.

In facilitating an awareness of where things stand and how they might go, we can explore our talents and interests, challenges and opportunities, responsibilities and intent - all facets of the Creative Logistics of choice and enactment. This might also show the roadblocks in our limiting interpretations and belief systems that can impede a natural creative flow into new Life, both internally and externally. We are all experiencing a time of profound Transition both personally and Universally. The outcome is in our choices, moment by moment. That is how we create our reality in the world we hold in Common. I feel the significance in the function of our group work in this is to absorb, share, circulate, and distribute energy throughout time and space.

As we are detached from our ingrained emotional preferences regarding relationship, and the changing truth, and Lighten up in consciousness enough to acknowledge a Bigger Picture, we can begin to move along into our next experience of Living Love. As we trust in discovering and expressing the layers of feelings that arise in moving through this process of Lightening up it gives us glimpses of the vitality of renewal that is how we heal the hurt and acknowledge the fear. It's a process that takes us to wherever we are focusing into and choosing to dwell upon, whether it be ascent or descent...

It seems there has come a turning point in the experiences of all of us who are making a Spiritual Approach to Life along some specialized line of thought, where a meeting place will become necessary and apparent. I suggest this meeting place is first of all in the heart of the matter where essential unity-under -adversity of forms and methods and techniques will be acknowledged, where we pilgrims on all these ways of approach can Know ourselves to be One Tribe of demonstrators of the Unity in All-That-Is. I see that meeting place in the heart as our saving Grace, and our sharing of it also, with the whole world and at the same time. By our group endeavor, we make every effort to establish that stage of Essential Oneness which will confirm our enrollment in Life as Servers of the Whole.

A Transition Council Movement that meets in the heart and circles the globe...

We've all been talking recently about the intense times we're going through on this planet, in our families, our culture, and our world as a whole, and the ways it is affecting and influencing our personal lives and commitments. What is the purpose and what is our part in it? We seem to need a place and time to come together in a spirit of cooperation to discern, evaluate, and

discuss challenges and opportunities for these precarious times. So often when we have concerns they are brought out into an arena of opposing forces, or one-sidedness, where we feel fortunate if we are even heard.

We are experiencing intense change in every aspect of our lives; social, political, economic, religious. These are manifested through our challenges in health, education, safety, and the environment. In seeing how others are feeling and in sharing our insights, we can look at the kinds of choices we are making, and can begin to make. We can face our problems and create ideas for working with them, and begin to move forward in creating the kind of world we want our families to grow in, and find meaningful for ourselves as well. What if change is easier than we thought? What if it is the resistance that is so painful? I saw this once in embroidery - **We're safe. It's only change. Go forward in Love.**

Now, if you have the time, come on into the Parlor and we'll taste more of the possibilities in perspective...

Parlor

Common Ground

Welcome to the Parlor. After while, I have a parlor game for you if you'd like to play that is called Parallel Realities. But for now, in this "meal" we'll be sharing in this part of the Way Station, I suggest that it is not fast food, and perhaps taking small bites and chewing slowly. If it does come in "gulps" at first, please take the time to let it settle and digest.

Since you have decided to stay a bit, let's talk about Common Ground and the part it has always played on this planet in the organization of Life through the integration of living organisms into systems that allow a vast diversity of expression to Thrive into a Unity that becomes the Symphony for Life, and a Synthesis that comes out of its Synchrony of movement, and Symmetry of design...

We have come to a place in our evolution as a people on this beautiful planet of our birth, where the lessons for Thriving in the Business of Life have now become our Common Ground, and our daily bread. Who are we as a people, and what do we want our future to be? What is our purpose in being here, and what is the plan?

What is our Common Ground and how do we preserve and protect it for the good of All-That-Is? What does it mean to Thrive and how does that play out? What is the Business of Life and how does that work for us? Where are we coming from with it, and what are we heading for? Do we know? Do we have the time to care?

The place we're at, as I see it, is that we are the ones that choose by where we put our focus, and we are the ones to experience our choices into reality.

It is our right and our responsibility. The stakes are high, and the time is Now. This is our challenge and our opportunity. We know that Universal changes are happening everyday, and in every way, and we're coming to Know that we're All in it together. It has always been so, but now we are activated and intensified by the Knowing that we know it and in living through this Transition into a time of Peace.

We are moving beyond the shadow of a doubt. The wake up call is loud and clear in our hearts and on our minds in one form or another, across this country and around the world. The clear Light of this Knowing is dawning on the Common Ground that we are remembering and renewing back into reality in the very questions that are coming out into the open, along with the resolutions and Transformations they bring.

Now instead of continuing to allow ourselves to be divided even further into the thousand pieces of our thousands of issues, we are pulling it together by pulling ourselves together. Who are we, and what do we want? How do we see our part in Life on Earth, and how do we intend to live it? The way I see it is if we move together and work and play as much as possible in each situation and locale to see that all of us have the rights and responsibilities of the vital part that our Commons have in providing for Life, then everything Spirals out from that Center. We work and plan and pray and play towards creating the future that we are holding in our awareness and remembering in ourselves. The Earth is our Common Ground in this Life, and in this awareness we can see our unique expressions reflected throughout that Unified Field. The Dance becomes a Way of Life that is in Harmony with the Flow of the Seasons, where all Life is Sacred, to create through, and plant in, and to protect and cherish.

What does it mean to Thrive in the Business of Life in today's world where our culture brings its own incentives and motivations to how we do our business, or busy-ness, perhaps? What could a sense of Thriving bring to our normal routine of just trying to get by, day to day? How have we come to a place where many, now turning into most, are scarcely surviving in the format that currently exists as "reality"? Are some of us just "lucky" to be the ones to still be allowed in the game, and that losing ground or dropping out just hasn't happened yet? Is that how it inevitably must go - to try ever harder to go faster and do more to prove that we are worthy of being successful or "chosen" to be allowed to stay in the game? What is this game we've been playing? What is it we are choosing to sustain and perpetuate with our time, attention, energy, and where we put our money? Are we choosing it? Is it what we Love? What are the rules, and who gets to decide?

I see these questions and the possibilities they may bring forth as part of a Transition Council Movement that might help us through these rough waters by linking up, spreading out, and embracing All Life on Earth for the understanding and protection of the Big Question, "What is the Nature of Reality, in this Reality of Nature we're co-operating in?" This holds a space in which to imagine a Bigger Picture that we can have in mind for seeking a greater Vision of the part that culture can bring to this Ceremony called Life. What is the Harmony and Alliance we need for the future we are working to

create? Where is the Culture of Peace that weaves that together with All Life? What are the rules and standards, and who decides? Transition Council meets first in the heart and then Journeys through Council Rooms around the world to gather in person, from time to time and place to place...

I'm seeing that there are Universal Laws that All Life operates under, consciously or not, and that it is in the Spirit of our human nature to be seeking the answers that create the solutions that bring it all back together, and move it all forward, into balance and Harmony. By looking at it in this way, and with other aspects as well, we can get a clearer picture of what the relevant questions might be by asking them, in ourselves and with each other, in our hearts and out loud in the world. We are each integral cells in the One Body of the One Earth and All-That-Is, in this Universe of many Universes. For me, that is the Big Picture and by us seeing it in our own way and holding it together, we can create our reality in Resonance with the hearts that keep this Dream alive by holding it in common.

What does my heart say is the question I ask myself when I feel the hesitation in a moment of Choice, and then I ask my mind to pause and listen. If I still don't know, then for me it isn't Known yet, or I have a doubt somewhere standing in the way of that Knowing that needs to be heard first and resolved. I need Council where I can center into attunement, and align myself for that Clarity in Intensity that comes with the mirroring in others of Common Intent.

And so it goes with the Bigger Picture on the Infinite Spiral of Life - DNA and Milky Way - from the Essence of Life to the Essence of Life, as Alpha becomes Omega and re-turns again. I see Transformation as the name of the game we're playing in bringing the rhythm of our heartbeats into unison with the rhythms in the Dance of Life. This brings our lives into a Harmonic Resonance that becomes the Synthesis to provide the Synergy for our Synchrony of movement, and our Symmetry in design, enacting a Ceremony of Gratitude for Life that is the Way and the Dance. For me, this concept and construct are all contained in the Science of Grace we're coming upon in our awareness for study in this Time of Great Change where often our only Prayer is to be as Graceful as possible in the move we're on, and that Intention in itself can be our Common Ground for Thriving in the Business of Life.

Parallel Realities: A Parlor Game

Premise: In God We Trust

Do we dwell in the Land of God as Love, or do we dwell in the Land of God as Fear?

Two different game-boards - which one do you want to be moving your token around on to see where you land? Which set of rules do you want to follow? Who do you see in the game with you? How does it play out?

The game is that you get to choose which domain you will participate in and the experience is built into that Choice. It's a process in Pausing to Consider. Hmmm, will this be a world of...

	Land of Love	Land of Fear
	Manifestation	Monopoly
	Creativity	Accumulation
	Enjoyment	Suffering
	Graceful Context	Foreboding Context
Naming for the Purpose of Common Language		Naming for the Purpose of Claiming
	Think it the Way	Think it the Way
	You want it to Be	You fear it will Be
	Recycling Life-force	Consuming Life-force
	Being in the Moment	Projection
	Conscious	Unconscious
	Trusting	Defensive
Growing in Ourselves		Changing Others
	Responding	Reacting
	Completing	Avoiding
	Clarity	Denial
Making Choices		Blaming Others
	Fluid	Stuck
	Contemplate	Worry
	Eternal	Linear
	Idea	Illusion
	Facilitate	Resist
Internal Motivation		External Motivation,
Focus, and Direction		Focus, and Direction
	Purposeful	Random
	Opportunity	Threat
	Evaluation	Judgment
	Open	Obsessive
	Creator	Victim
	Receiving	Taking
	Affinity	Aversion
	Forgiveness	Shame
	Gratitude	Selfishness
	Compassion	Condemnation
	Comforting	Uncertain
	Guidance	Control
	Generous	Possessive

Light-hearted	Gloomy
Flexible	Rigid
Discernment	Prejudice
Power Through	Power Over
Wisdom	Data
Elucidating	Clouding
Confront	Blame
Responsibility	Guilt
Abundance	Hoarding
Giving	Getting
Nourishment	Distraction
Enlighten	Obscure
Apparent	Hidden
Communing	Dividing
Courage	Doubt

This can be an interesting game of awareness, observation, and imagination within, and with others, and as a group endeavor as well. It can start simple and grow in depth and breadth as the Way clears and opens out. Who are we and what do we want and which format do we choose for our game-board on the Reality of where we are going, what moves we will make, and where we might land along the Way?

Kitchen

Food for Thought - Stirring the Pot

Water is Precious... Water is Sacred... Water is Life...

Let's those of us who still have the resilience and resources talk about this, and band together in our Journeys of the Heart at this time to consider those that have already had theirs taken away. We are All, quite apparently now, considered to be part of that "Third World" so to speak, in the loyalties and interests of those few that have decided to control and exploit the Natural World that is the Common Ground for All Life. This greedy and selfish (I mean that scientifically of course) perception and determination of reality is at least providing the benefit of turning us into One World in our own minds, and thereby bringing us to a formation of the Courage and Commitment that this feeling of Unity can instill and foster in our hearts and minds. It becomes the Unified Field Theory activated into a Consciously Creative mode.

What would have been unthinkable to the awake minds and open hearts of a people standing tall and working together in the protection of All Life is now taking place "even here," and has already happened in much of the world while we weren't looking outward and around. Water, Food, Shelter, and the People themselves, are being "owned" and used as commodities for the all-consuming monetary profit of a few. This can only continue to happen if enough of us are not able to think about it openly in our hearts and feel our

way through it with our minds because we are so caught up in the isolation of our own daily issues of survival. We have been conditioned to believe that our challenges and concerns are in competition with those of our fellow participants in Life because of the persistent enforcement of a belief system that deals in scarcity and threat. We are not safe with our God, or with our Nature, or with each other, not even with ourselves... oh my Goodness...

How have we come to this stage on a planet where the Garden of Eden is still the archetype for what the Earth offers to All Life, but is so distorted and obscured in this time? When did the Tree of Life stop representing Shelter and Sustenance for All Life in the consciousness of the people that we might now be losing our Great Forests? What beliefs and attitudes about the Nature of Reality have brought us to this Common Ground of awareness we now find ourselves waking up in, like from a bad dream? When did our interpretation of the orderly dynamic of following the seasons get twisted into a dynamic of opposing dualism where the "other" represents an "instead" in which we have come to creating the world we fear might happen instead of the world we Love to see? The way I see it, the solutions to our problems are found in first listening to our hearts to find the answers to these questions.

Have we been sleepwalkers, overwhelmed by circumstance and numbed to the reality of the Wholeness in us - the Holy-ness in us - by the ideas and images of disaster and despair we are constantly being fed through media? Does this fear-mongering extend and perpetuate the trauma and violence as it reflects it? Is there intention in this at some level?

Do we put everything we've got into just trying to get through the day, the season, the year, the moment - to fill our basic needs for Water, and Food, and Shelter, and Caring for our Loved Ones? What has the idea of Caring for our Loved Ones by taking care of Life come to in this reality, this culture of insecurity and threat we're participating in and perpetuating?

Are we doing what we Love, what we're good at, what we're called to, and what we Thrive on, so that even in the hardship of it all we're doing our best to do our part? Are we appreciating that others are doing theirs? We can be nourished by the strong sense of purpose and benefit that's built into just imagining this in and of itself?

**"What you are is what you have been, what you will be is what you do now"
- The Buddha.**

When was money inserted into the middle of every equation in this society as the only solution for all our needs and desires, our talents and our goals? When did money come to represent our god, our healer, our trade, the decider of all abundance and security and wellbeing, and why aren't we content in always needing more and more of it to show that we are good people, and that we really do Care? How did we get stuck in the belief of being "no good" and at the same time battling that condition in others? The way I see it, that just proves that we really are each other, mirroring along the Way...

How have our needs and desires in the purpose of protecting and providing for Life become so tangled up in the process of making money and spending money, and finding constant challenges and shortfalls in access and distribution? Where is the Joy? How is it that we have allowed ourselves to accept the designated title of consumer, and then doing our darndest to play that role correctly to show that we really are worthy and do Care?

It seems to me this has become the state religion of our culture, the structure of our basic beliefs and goals, our worthiness and rewards, and that it prevents us from thinking truly about the “whos,” the “whats,” and the “therefores.” I feel it is wholesome for culture to hold the space for religious practice rather than for religion to determine the space that culture operates in. Culture is a name for the Common Ground of Unity-in-Diversity that sustains a healthy organism for Thriving in the Business of Life. “Somehow” the money game became the only thing we ALL have in Common in our attempts to survive and to measure up in the very core of our existence as a people. Even the Ceremonies and Celebrations of the Seasons, the Holy-days going back forever in time, are turned into profit making opportunities rather than a way to honor Life and show Gratitude. What if “they” told us to give them all our money and they would save it for us for when we needed it, you know, like “insurance against harm” and what if they didn’t...? What if “they” sent it all away somewhere else, out of our reach, to “have it all” for themselves?

Without the basic cultural stability that comes with the assumption of our rights and responsibility to Celebrate and to protect the Sacredness of All Life as the Common Ground of our system of attitudes and beliefs, we have been conditioned over time to persistently compete for the seemingly never-enough-no-matter-what materials we think we need to be a functioning part of the Community. This challenge and burden perpetuates itself as the ever-growing and more complicating notion of what it is that we need to attain and achieve in order to be OK, and to Love each other “correctly,” and to pay our “due respects” to the god of this religion of money that most of us have been brought up in. It is never satisfying or fulfilling for long, and is never enough, because it is all an illusion in the first place. This religion is not about worshipping God. It is about playing God...

Over time we have been transformed in our beliefs and endeavors from being citizens of the world to being consumers of an ever-growing array of products and diversion. We are participating in an illusion that the money game of survival of the fittest, as measured by how much is “earned” and “owned” and what we can control “in our own best interests” is the basic value system for success in being the “fittest.” Meanwhile, our human rights, and the rights for All Life on Earth, to Water, Food, Shelter, and Freedom to Be, have been “bought up” in the game and turned into the expensive private commodities of the never-enough-no-matter-what profit of a few.

Our Common Ground in the Natural Order of the Earth beneath us, and the Sky surrounding us, has been pulled out from under us or blown out from around us, and obscured from our view by a darkening cloud of ongoing confusion

and uncertainty and grief. It is being demonstrated for us in an obviously inclusive way now, that we might all be the losers in this never-enough numbers game that talks in trillions... .. unless and until we wake up to the Purpose in the Oneness of All Life, and the Joy and Gratitude in that Knowing, and then keep that Light on so we can see the Way on these Journeys of the Heart we're taking Together. "Joy lets the Light in."

"Those who contemplate the beauty of the Earth find reserves of strength that will endure as long as life lasts" - Rachel Carson.

The Peace in the Knowing is the Freedom that leads to the Abundance that leads to the Freedom that leads to Peace.

Study

The Science of Grace - Spiral Technology

Genesis Revisited: A Fable for this Time

31 In the Beginning there was Love, the Dynamic Synthesis in which All Life Co-operates...

... And then it was drowned in the salty substance of a million uncried tears of shame and regret, in guilt and the fear of loss of Love, creating the illusion of separation from the God of All-That-Is and the Innocence in the Understanding of Purpose and Intention with the First Idea. What was left hidden and unexpressed in the growing shadow of doubt, became the unconscious creator, and was re-experienced "time and again" through the projections that came out of this sense of the loss of connection with Innocence and Wholeness as the Nature of Reality. The creative activity of Play shifted into a defensive reaction to the creation itself, to the environment and to the "others" in the world - a living and growing organism whose immune system became allergic to itself... This created the growing "evidence" used to justify the next round in the illusions of alienation and isolation, giving a sense of random insecurity and confusion as to cause and effect in this realm of our circular and cyclical Universe.

In this Fable, Free Will, as conscious choice, is the Sacred Covenant for participation on this planet Earth that provides the safety and Truth-in-Love for the Garden of Eden experiment to unfold over time and space. This Covenant has been distorted and subverted in the shadows created by the denseness of going ever-deeper into the matter of things until the Big Picture, as Eternal Sky containing All-That-Is, i.e. heaven, is lost from sight. Participation in the Dance of Life transformed "over time" into the unconscious projections of a cloudy consciousness in the fear-guilt-shame game expressing as regret and disappointment in how things "turned out." This game gave form to a "past" which colored and predicted the next projection/interpretation through the influence of "pre-conceived notions" about the Nature of Reality. Thus were created ever more complex patterns

of “thinking things through,” becoming belief systems of pre-judgment/prejudice that set in motion the next round of causative factors...

The resulting unconscious reactions and repetitions of worry, insecurity, and dis-ease were added into a mass consciousness that carried on a life of its own through creating en masse. These cause-and-effect patterns continue in this Day to create what we believe is the Nature of Reality in Life on Earth, through the belief that we are not worthy, that we are not Good, that we can not be trusted as co-creators, as Playmates in this Garden... **and yet that's exactly what we have been and what we still are.** This game in all its variations has been enacted and portrayed time and again in the betrayal/victim struggle for survival in a blind illusion of powerlessness and vulnerability, the game of loss of Innocence over and again - the Fall from Grace.

The fable continues...

As Spiritual Being that chose to blend ourselves with the Joy of Experience on this beautiful and bountiful Earth by the slowing down of frequency in accommodation to denser forms, we were “captured” in the Wonder of the Dance, and moving in it to the ever more complex and breath-taking sensations that abounded in the possibilities at hand, until we became so caught up in the density/destiny that we lost sight of our state of Being in All-That-Is and our part in the Dance of the Oneness of All Life.

What were “in the Beginning” the awkward moments of learning to cooperate and maneuver on this Playground for Universal Consciousness, became altered through the slow motion of substance into the murky illusions of an interpretive mode of reality as separate from All-That-Is. This perspective of “other” as an “instead” brought the game of “more or less” scarcity into the Unified Field of Creativity that continues to actively re-appear and divide it up, again and again, into a power dynamic that attempts to prove our worthiness of being “allowed” to co-create, or to at least stay in the game. Have we forgotten our part in the Dance of Creation, and no longer hear the Song in our Hearts?

In the vagueness of our limiting viewpoint of the Big Picture of who we are and what we're doing here, the inherent Innocence in our awkwardness of learning the “rules of getting along” in what has become our Schoolhouse as well as our Home, has been misinterpreted and misused into the idea of a reality that is inherently “bad” and “wrong.” Ultimately, we translated that misinterpretation all the way back in time to “the Beginning,” and have persistently projected and instilled it, time and again, onto all Innocent Life, everywhere, in the natural world, in human nature, and in the young. Now it seems we're coming to a time where there is no place in the Dance to Play in the freshness of New Life, no Springtime for our awareness to renew itself and inspire us to carry on in the Purpose of Life as Harmony in the Flow of the Seasons..... until.....

I feel we are now being awakened, quite abruptly it would seem, from a Long Winter Sleep for the germination of individuality as conscious Free Will, into a

time of the Sprouting of Remembrance and Renewal in the First Idea, and that we are also the Garden itself in welcoming All Life into growing and blooming and producing the fruit of its labor that sustains in each new round. In that Light we have our work cut out for us as well as our reward, because we are waking up in the middle of the dark moment before the Dawn, a Universal Life Transition in the rebirth of awareness in All-That-Is, and we are the Midwives, the Mothers, and the Ones being born... the protective Father Principle, as well. And we're caring for the Garden also because that is our nest, and our Quest...

In this Story, Free Will plays out as making conscious choices with the resulting forms "in mind." It is the power and responsibility of consciously participating in the manifestation of reality from a group consciousness viewpoint. It is co-creation within the Playing Field of Divine Will, if you will... That is the game we are playing in this Covenant of Free Will zone that we "signed on for" before we came, in order to re-member how to be Free to Dance in the Garden of Life in Harmony with the Flow of the Seasons.

Conscious choice brings a resulting appearance and opportunity to our minds, and with our intentions, for co-creating a Reality of the Good of the Whole of Creation throughout "time" as the expanding and ascending Spiral of Life - the DNA and the Milky Way. This Dance of Intention/Attention/Action is the Law of Manifestation that we operate under, and must abide in through the outcomes we produce. That is our task and opportunity, our inspiration and our fulfillment. Whether consciously creating or unconsciously creating, we are creating in every moment, with our thoughts of how it is and how it goes "all the time" and we are doing it Together. This is our Covenant with Life.

Genesis Revised: In the Beginning there is Love...

Dynamic Synthesis

In defining the Science of Grace and the awkwardness it mediates, moderates, and sometimes seems to measure, here are some questions we might ask.

What is the Essence, the character, the capacity, the intent of this co-operative Play on Life, and how is that portrayed in the leaders and in the parent figures in our culture? Is it Loving, Protecting, Wise, and full of the Freedom and Wonder of Response-ability; or is it full of the disorienting awkwardness, and pain, of judging, wrathful, punishing, and possessive attitudes and behavior? What is the nature and purpose of being "good," of being "alive," and of living in Harmony with the Flow of the Seasons in Nature? How is that portrayed in this world of experience we find ourselves in today? Do we have a choice in the matter? Where is our Free Will in all of this? What are we learning along the Way... ?

Who am I, and what do I want, and with whom do I want to participate to be my most Graceful as much as possible in this confusing time we're living

through? What is the Nature of the Reality I am helping to create in this Reality of Nature being provided? In other words, what are we doing here? Why have we come? What is the original Covenant that was our ticket to ride? Was it given to us in Joy and Innocence or in wrath and judgment? What is the purpose in staying or re-turning? Do we remember? Do we Know?

It seems that the patterns in our unconscious thoughts are our beliefs, and that believing is seeing. Do we see ourselves banding together with others in a Picture as Big as the Sky in order to participate in the reality we find ourselves in, even if we don't like the one we're currently being shown.... or do we Fall from Grace again and again into the outrage of reactionary energy expressing as anti-energy, through the unconscious projections of what we have been led to believe we deserve and are not getting, in the drowning of LOVE in a flood of uncried tears of regret, and in the illusion of living in a reality we can not change, and where we are not safe and provided for in our needs, and where we really might not even deserve to be?!

The way I see it is we can do it because we are doing it because this is it! We can forgive our awkward moments and those in others by Trusting our intent, and learning in the human-tide of ebbs and flows, that as we know better, we do better. That's evolution right there, with the help of those great leaps of Transformation that we're grateful for - usually after the fact... We have only to "wake up" to the awareness of Conscious Choice..... to ring the bell again...

“Wilderness reminds us what it means to be human, what we are connected to rather than what we are separate from.”

Council Room

Thriving in the Business of Life

Council Framework in a Unified Field: To create and sustain for this Earth, and around All-That-Is in the greater realm of existence, a Circle of Safety ⁵⁴and Caring, and in separating the wheat from the chaff, giving only Food.

“What do we do before Enlightenment? We chop wood and carry water. What do we do after Enlightenment? We chop wood and carry water. First the ecstasy, then the laundry”... and then...

To my mind and in my heart, the message carried forth, and conveyed across time by the indigenous tribes of this planet, including those who still ⁵⁷hold strong in their connection with Nature as the basis for culture, is that the right and responsibility for access to clean Water, Food, Shelter, and the Freedom To Be in that system of choice, is the basic element of our Common Ground with All Life, and with Universal Law, and for our mutual participation in it. This message is carried forward for the sake of the Ancestors and those yet to be born. It is a Covenant in which this Garden must be able to abide in order to continue to flourish, and to protect All Life.

The Maya and the Essenes, the Nubians and the Celts, and all the myriad and multitude of tribes and traditions across time and space, that are expressions of Spirit moving through form, have had culture as format for the experience of the Whole. In losing touch with Common Ground as cultural design, we also lose a sense of the purpose and meaning in our daily rituals and activity and of the Intrepid Tenacity that keeps us together and sustains us throughout.

Here's a definition of Tenacity, which I see as a vital part of the Science of Grace: "The cohesive force among constituent particles, and that property of material bodies by which their parts resist an effort to force or pull them asunder." This might also be called the scientific definition of Love... and while we're at it, here's a definition for Intrepid: "Resolute Courage - literally meaning without agitation or alarm."

With the potent and precarious place we find ourselves in at this time, we seem to have arrived at a major turning point in our Journeys of the Heart for the opportunity to think again, and relearn. All change comes from a feeling of chaos and travail, along with an opportunity to learn that dignity, Love, and purity of intent can exist without all the trappings of the "advanced" societies of this world. In the barest of situations we can not only exist but blossom and flower beautifully, if we have what we truly need. Let's consider this, and hold on till we get all the way around if we can, OK?

So now within this framework, let's look at the idea that for thousands of years there have been those who practice a belief system that leads to a way of Life expressing through culture, that holds the Good of the People and All Life as Common Ground, through the protection and preservation of those resources and ideals that are held as Commons - the Land, the Natural World, and the work of the people in how they choose to live out their lives, their tradition, their beliefs.

This way of shaping space and organizing people has also been presented "from time to time" as being a threat to the projected belief systems in some parts of the world that are based on conquest and competition in the showing of prowess amongst individuals as a way to be more, and to take more, and to get ahead of the game through the control of a situation for personal gain. Over time, this became the inherent value system of those cultures, and its driving force. For the indigenous peoples who co-operated in a way of identifying with the Life-force that is the very richness of the Natural World that they protected and held Sacred and shared in with All-That-Is, this is also what put them on a "new world map" and on the list of places to be "developed" for profit. Whoever was seen, personally, as a threat to the ideal of this ever-expanding way of doing business or was a part of what had become the next venture for the acquisition of necessary resources to run this expensive machine, was given the designation of irrelevant, and ultimately if persisting, as enemy.

Where are these indigenous communities around the world whose way of Life has always been derived and sustained through the knowledge in living and working in a Harmony with Nature that preserves and protects those same

natural resources and components of labor that are still being coveted for “development” by the few, and what is it we can learn from their way of Life for this “time we’re in for” on this planet? Let’s look and See... We might even say we’re about to have the “time of our lives” with it.

How is it that the rest of us are now arriving at the place where the Common Ground of our hearts, as well as the voice of our scientists, is telling us that this Way is what we need to survive as a people and a planet in order to Thrive in the Business of Life? In the Moment before Dawn that we find ourselves in, this Story as last night’s Dream, is turning us All into focusing Together, from all Walks of Life, as the people who share this Earth and the Sky as a Common Ground in our mission for a Choice to continue existence in form. This is not only our Home, it is our Schoolhouse, and we have so much to learn from the Ancient Wisdom that gives our Science of Life its integrity and purpose.

The Teachers, and the peasants, as we have All been called to Being in one time or another, work long and hard to keep Culture and its place on the Earth intact, and some of us never do give up, no matter how many are lost, and how much is taken away, because that is like giving up on Life Itself – the end of the world as we Know it to be...

It’s telling, as I see it, that ultimately the connection with the land and resources by the generations of family farms that replaced those tribes who had held this connection before, have now also practically become extinct, and for the same reasons. The global corporate machine with never-ending profit incentive as the bottom-line, continues to consume and exploit for the benefit of an ever narrowing few. Now it even shows itself, openly, to be willing to abandon its “own” as we have all played our parts in just trying to find the means and security to live our lives.

This is what Evo Morales, the new President of Bolivia, who is of the indigenous people of that area, said recently. “So there’s this strong feeling of excluded people, discriminated peoples to unite, but not for revenge against anybody nor to oppress or to subordinate anybody, but rather our struggle for the recognizing that we have obligations that our rights be fully respected. The thinking of indigenous peoples is not of exclusion. I can tell you about the experiences of the Aymara, the Quechua from the highlands and the valleys in Bolivia, of how they welcome people in, but not exclude people. This is the sector that’s been discriminated against. We’ve been called everything. We’ve been called animals. Manuel Rocha once called me the Andean Taliban. But we want fundamentally our rights to be respected. That’s our struggle.”

In this time we are beginning to see, in the Big Picture, that All our Ancestors were, at some time and in some place, indigenous tribes living with the Land, and that this is our Common Ground in protecting the Earth. Our Ancestors have All been indigenous peoples and immigrants too. We are now called to re-unite in this Common Awareness that we can no longer continue to operate unconsciously when it comes to our rights and responsibility for clean and available Water, Food, Shelter, and Freedom to Be. We must co-

operate as a Whole and learn from one another for the Good of the Whole of All-That-Is...

I know this Story might sound like its about politics and economics because we've been led to believe that all discussions about people's lives take place in that domain, and maybe religion too, but that's not it. It's about Culture and the part it plays in the quality of Life for us All, and the purpose we share in Caring for it. On the economic front I try to stay out of debt and to choose whom I give my money to as much as possible. The bumper-sticker on my car is a quote from the Dalai Lama that says, "My religion is simple. My religion is kindness."

In politics, I am not a democrat or a republican, a leftist or a rightist... etc. or etc. I am greatly saddened that we have put so many labels on ourselves and each other that keep us separated from standing together as a People by being focused on and threatened by the perceived differences in who we are, and what we are against. This keeps us from getting to know each other and having the benefit of identifying ourselves as people with common interests who need to work together to create the kind of world in which we Thrive.

I vote in order to hold the space that we may continue to have a vote. However, I find that I am liberal and conservative. I am liberal about some things, and I'm conservative with others, and I think we all are. I'm liberal at some times, and conservative in others. I'm choosing to find what we all have in common and expand from there. If we do have two teams in this game, it seems to me when the cloud of fear is lifted from our eyes we see that we are the ones who care about the Life of All-That-Is, and the ones who don't, and in the Light of our Seeing and our Caring, our diversity becomes our strength. We are recognized in each other by the Light in our eyes, and the Song in our hearts, and in Loving who shows up for the Dance...

It seems to me that the Light of Understanding is dawning in the minds of many individuals now, and changing our mass consciousness into seeing that there are a relative few who continue to choose to see the people and natural resources of the Earth as objects to be acquired, owned, manipulated, and exploited for personal gain, and with no concern for the suffering and destruction that it brings.

My heart says that's not for them to decide that for the rest of us, and that it is a parasitic existence of accumulating power through living off the Lifeblood of the Earth and its people, even to the last drop it would seem, and now even focusing to spread that clenching grasp out into the Universe itself. I personally don't think that will be allowed to happen, but we certainly have a lot to learn in the "mean time" and we All do need to choose which team we're playing on...

This scenario now unfolding "before our very eyes" has been unimaginable and unthinkable for most of us in this young country who have been in the narrow focus of Caring for Life by just being who we are day to day, and perhaps that is how we were caught looking the other way... or maybe with so many "baby-boomers" born after WWII, it means we were caught with our

pants down - grin. However, be that as it may, it might be time for us to stop being manipulated by being led into focusing on what we are “against” and how we are divided, and thereby perpetuating an arena of opposing dualism of “eithers” and “ors” and “insteads” that keep us in reaction rather than Response-ability.

“There are some things you learn best in calm, and some in storm” - Willa Cather.

The way I see it our real “enemy” is simply those blind and unconscious fear thoughts in the mass consciousness that seek control for the sake of security, and that have built up over time and across space. Clear discernment, and Trust, is what has been missing from our world for a long time. These great distortions in our system of reality might be the age-old accumulative reactions to the pain that is caused by believing the lie that we are worthless and no good. The antipathy and the antagonism that come out of this are intensified and perpetuated in the attitudes and beliefs that separate us from each other and therefore from the very Source of our Awareness of being a part of All-That-Is, along with the power and purpose that operate in that Knowing.

What we’re meeting in this time could be this concerted mass unconsciousness being sent out, and because we live in a circular Universe, coming back around again to be dissolved in the Light of our Love for one another and All-That-Is. Only our fear can delay this happening. What are we to one another? We are one another... and what do we think about that idea? I’m interested because my understanding is that we vote with our thoughts!

Now, it seems, we are coming around to remembering what we can do when we Know we’re doing it together, hand-in-hand and heart-to-heart. This is what we have come to in our evolution of being, and we can create in that Light the kinds of culture we need in which to Thrive, locally and globally. It’s probably the ones that we have always really wanted, lost sheep that we sometimes have felt ourselves to be when we feel cut off and in danger, over time and in space.

Rather than living in the crouch of a defensive and reactionary posture that provokes and perpetuates the insecurity and conflict, we are coming to remember and renew the passion in our desire to be putting our combined focus and priorities to our Common Ground, and working out from there. In consciously choosing to turn away from this poisoning cloud of anti-energy spread through fear and confusion, we are moving together in our ideas and with our words as a creative force that Loves Life into form just by where we put our Intention, our Attention, and our Action. The world will be in Harmony when the desire for revenge is gone.

The goal becomes the process and thereby formats the Essence we seek into our quality of Life, and then that quality monitors and regulates the quantity of factors involved in living in Harmony with the Flow of the Seasons, and for Thriving in this Business of Life. The Beauty of the House of the World, as the

Maya call this planet of our birth, and its place in this Universe of time and space, is in and of itself enough for us All, just in being able to be a part of it by participating in caring for it together. “Caregivers of the World Unite.”

We have our unique parts to play in the All-That-Is on this expanding Spiral of Life in regards to the matter of form, and that is what creates the dynamic. The Dance is in the Essence of Being continually revolving and evolving in the awareness of the Essence of Being, with all that is experienced and learned along the Way. The Way is in imagining how it can be, and what we need to Thrive, and to Know that we can Thrive, as a People of this Earth and All-That-Is. It is to choose our belief systems with the Creation in mind and to enact them “with all our hearts.” Friends becoming Families - Families becoming Cultures - Cultures becoming Networks - Networks becoming the Grid that surrounds the Earth, to Light and Protect the Way, anchored in place by the Sacred Sites of All Time.

Systems Theory - Teamwork in Co-Creating the Future

The Economy as a Living System: Are our theories integrated with our practices? We are borrowing this life - this human experience - how are we going to manage it? We are a lending institution - how can we lend a helping hand?

How can we guide, encourage, and support Life in the realm of all possibilities? Clear Council during these times of social and economic disequilibrium, when transformation can/must take place, is worth more than everything we own and all the knowledge we have gained so far. We can focus not just on the crisis/problem, but on the opportunity/solution in moving from individual reactions to the proactive agendas of the integrated affinity groups who work as teams.

“One is rich not through possessions, but through that which one can, with dignity, do without.” -- Epicurus.

“We can’t all be famous but we can all be great because greatness comes through service.” -- Martin Luther King.

... And the system can be great because service is the “fuel” that sustains and drives the mechanism in itself.

It seems that today’s busy-ness in money has taken on a different Golden Rule as its standard: Those that have the gold make the rules. These rules are formulated for profit and cost effectiveness alone, with the intention to bring more and more of the world’s assets and resources into the control of a smaller and smaller group of individuals. It is a taking and hoarding economy, solely for personal gain, and use. It’s easy to see this now, and we’re all feeling the effects of this illusory game.

What I am seeking, through recognition and choice, are the systems that operate under the Golden Rule that says that we give and receive with others what we would have them give and receive with us, until it appears that the giving and receiving are one process in each moment. These systems see that the assets and resources provide for the growing numbers of people who are consciously investing and participating in the protection of Life as the Common Ground for All. These systems are the families and communities that spiral out and network into larger yet still connecting systems. Here, communication and co-operation create and sustain the quality and purpose of the business itself.

The first “gold standard” mentioned that seems so prevalent today is a fear-based economy operated on mistrust and the premise that we will never be safe because there is never enough - always more “things” are needed and it isn’t fair. Life is a gamble and no one can be counted on, and nothing lasts. The people who do Thrive Together are often portrayed as, and thereby become in the minds of many, a threat to the general wellbeing and to the security of the status quo. We are told the only thing that will provide “real” security is the money to buy what we think we need from those that own it. We have lost our memory of the systems that provide security through the Gift of Service in sustaining Life. How many remember that gas stations used to be called service stations?

Now the money seems to be going away, generally speaking, as it mostly passes onto, and is hoarded by, the relative few who have a different viewpoint on the purpose of the human experience. The Good News is that it gives more and more of us the opportunity to remember and renew how systems can work when we give and receive in service to the quality of Life that we choose to sustain, and thereby manifest in that Light. It’s a Grand Adventure and challenge that can occupy us while all these changes are taking place!

How do we create systems where the sustenance is built in, and how do we use the money that we still have available to guide and foster this Transition?

We might begin by recognizing our Common Ground and building upon it. We can use Common Language as reference. We could create a Center-place in our hearts and work our way out from there, while drawing in the needed energy and resources offered to that Purpose, always by Choice. We envision - we choose direction - we clear the way. We create open systems where Life can pass through and bring to form the possibilities “for seven generations.” Our Common Ground is integrity, which is its own reward and sustenance and as we live it, its Purpose is revealed. In our affinity of ideals, the ideas are received, conceived, held in the Light of recognition, offered in Trust, and let go to All-That-Is.

Transition is a good thing - it moves us to where we want to be.

The most powerful slogan I have seen is “**Caregivers of the World Unite.**” This powerful idea can include all of us who care, and express it in our daily lives

through participating in Community as extended family, and as the core principle in our Business of Life. Yes, we need returns for our efforts because that's what keeps it going! We're providing for ourselves by providing for each other. This is the definition of Community as expressed in the tribal living of our Ancestors before the change in the Gold Standard, where it was assumed that the Good of the individual was contained in the Good of the Whole and vice versa. We can play our role according to our talents and interests as a complementary offering to the quality of Life as a whole system - a Cultural Biosphere of Unity-in-Diversity

We are actually living in a system that is as Big as the Sky. Life is Holy, and Whole-y, and yes, quite "holey." at times as well. It's time to weave again the netting that holds it together so that we don't fall through "in the mean time."

The power and the functional protection of a system is in the Synthesis of the Synchrony in its timing, and the Symmetry of its design, providing a Synergy through the movement of the individuals and groups invested, while holding the Big Picture as format and guide. Integrating Life choices in business through common goals and purpose brings enrichment, inspiration, and balance along the Way, i.e. sustenance for All-That-Is.

We are lending to each other, and borrowing in the present, what is ours already in the future - our inheritance and our reward. We create the future by living it today. A healthy culture of giving and receiving in the sharing of Life, and its ability to have a positive influence on the system and its environment, provides the ongoing existence of reality with a balance that enables survival and evolution of the whole system and all its parts.

Window of Opportunity

Timing/Tools/Connection

I am leaving my Mountain Home in May and June to Sojourn in Chaco Canyon for the Summer Solstice. I invite any of you who feel the Calling to join me in Exploring the Nature of Reality in this beautiful Reality of Nature and Ancient Sacred Site to Pray for Peace and Celebrate the Light. It's a Desert camping experience so come prepared.

My Dear Friend, and film partner, John, and I are producing a series of videos on the Cultures of Indigenous Tribes and Sacred Sites and the timely Message they bring to our world today. The one in Chaco Canyon is ready and available if you are interested. There is one on our journey to Palenque, in Chiapas, coming soon, and also one in the Land of the Hopi on Second Mesa in Arizona in Summer. The Gift of Trade to the cost of making the DVDs and to keeping more coming is \$17 each. Please send a check or money order to:

Ava Thiesen
P.O. Box 117

North Fork, CA 93643

Since we do live in a circular world of breathing in, and breathing out, and breathing in again, I would Love to hear from You about where you're at in this Thriving in the Business of Life, and how You see it in this Time of Great Change in our Journeys of the Heart into Peace on Earth and Good Will within Humanity and throughout the Natural World. Our Comfort and our Strength is in Being in it Together and Knowing that We Are.

You can contact me at Ava@Journeys-of-the-Heart.org

Visions and Viewpoints

So it would seem, accommodation is the keynote to tranquility in Transition, an Active Intelligence that is fluid in it's awareness of what might work. How do we Thrive rather than just survive, or not survive at all, in the physical world of this Beautiful Earth Domain with its sensory phenomena and emotional drama? What do our bodies truly need and what is the nature of relationship and the vital part it plays in the Thriving Game?

What are we learning from this human Experiment about the Nature of Reality? Here is the reminder we are Spiritual Beings having human experiences in the guise of human beings having Spiritual Experiences in ascending and descending vortices of energy, blending and dispelling in Infinite Waves. It is the Dance and it is the games. It is the dynamic of dualism presented in the Covenant of this Freewill zone. Choice is the Nature of Reality in this dimension of Transition between pivotal moments.

When the power of thought to create reality is enacted through unconscious interpretations that lead to attitudes and belief systems, i.e. Culture, the Playing Field becomes clouded and the Dance Floor is obscured. The insecurity in the illusions that the perception of alienation instills in our thought-forms, colors the dynamic of human experience - the game. It seems to be one of opposing rather than complementary dualism, with reactionary rather than creative incentives. Life appears to be a constant fight for survival rather than the Dance of Thriving that is, in reality, living in a Graceful Way as much as possible in so much Change and Opportunity, and learning through Acceptance to let the awkward moments pass right through us as soon as possible while we find our balance and move forward. This could also be called The Science of Grace... And, it's All part of The Adventure...

We are learning some handy hints along the Way from our awareness and experiences in both the ascending and descending Spirals of Life—the wisdom of the Sky and the Earth, of Spirit and matter, as above and so below. We are learning that the particle physics of no-thing matters, and the quantum physics of riding the wavelengths through the Moment, vertically and horizontally, is the Spiral Dance of Life. We are learning to Trust the Way, and to blink into the next Moment to move things along. Ultimately, we are learning, again and again, to live in Harmony with the Flow of the Seasons, by

seeking Common Ground through the Common Language of the Heart. In the Beginning is the Word, the Breathing of Life into form...

Morning always comes.... "In a completely preliterate society, the oral tradition is not memorized, but remembered. Thus, every telling is fresh and new, as the tellers review the imagery of origins, journeys, loves, hunts. Themes and formulae are repeated as part of an ever-changing tapestry composed of both the familiar and the novel. Direct experience, generation by generation, feeds back into the tale told." -- Gary Snyder.

The way I see it we are here by Choice to learn rapidly and to help as we can that All may experience the Joy and the Peace and the Innocence that is the Essence of our Being - the Harmony in the midst of turmoil that brings Clarity, Peace, and Joy to one another through the Resonance of being in it Together.

In the midst of terrific circumstance we can see great Beauty, for rising out of it will be cleaner brighter expressions of the Essence of All-That-Is. We can stay out of chaos by living our lives prepared for chaos, not fearing it but having what we need and being in touch Together.

"Can you be simultaneously enraptured by the intrinsic freedom of reality, and unnerved by the symmetry-breaking cascade of experience about to burst forth in the next moment?"

It appears it is our task to stay open to the Light, that we can bring it to others that we're in it Together, and that is our safety and our Joy. Where two or more are gathered..... and two billion or more are gathered...

We're here about Loving each other and Loving the Earth that is our Common Ground and looking to the Sky for the guidance in the order of the Universe of All-That-Is and that's what we're about.

It's a time to be aware of the influence that the reactionary energy of anger has on the energy of the group - the Creative Principle. Love is what we're here for - and a time of Breathing Together... The true meaning of conspiracy is "to breathe together"... Deep breathing communing with rapid breathing blends both to mid-range and modulates our frequencies so we're operating on the same wavelength. It's a calming technique used in Healing, in Birthing, and in Council. In riding the Light-waves and sending out harmonious sound-waves and thought-waves we are the beacons - Lighthouses in the Storm - finding/showing the Way around the rocks and into safe harbor.

"The Sky opens, the Wind runs wild, Laughter passes over the Earth."

On this bright Spring Equinox Morn I was walking up the Mountain by my home near Yosemite, Celebrating the welcoming feeling of Equilibrium in the Light, and the Resurrection into a New Day, after an intense Transition through the dark nights of Winter. Suddenly, as the Sun went behind the darkened clouds rising up over the Mountain, the Wind blew up, the Sky opened, and Rain poured over me, soaking into my hair and skin, as I had come out wanting only to be open to All-That-Is... The remembrance in my heart carried me full circle to my experience in the Land of the

Maya just before this last Winter Sojourn began, where I Danced in the downpour of that warm Tropical Rain Forest of Palenque in Chiapas, Mexico until the Lightning came down with a BOOM and told me “in no uncertain terms” that it was time to move into Shelter. As my bare feet moved over the wet Earth of that magical place I was breathing in deeply the moist healing of the Maya Rain God after those bright and sparkling months of my Sojourn with the Sun God and the Tribes of Stars in the clear and vivid spaciousness of the High Desert of Chaco Canyon, in New Mexico.

Full Circle Once Again..... Autumn... Renewal... Winter... Renewal... Spring... Renewal... In Harmony with the Flow of the Seasons of Life we move on to Summer Solstice with All-That-Is.