

6 DEC 2016

## THE SOUND OF MUSIC

FOR A REALLY LONG TIME IN MY LIFE; TOO LONG; ALL I COULD SEE WERE CONTINUOUS PATTERNS OF BEHAVIORS THAT RESULTED IN ME HURTING OR HARMING OTHERS, AND ALWAYS ULTIMATELY AN INTERNAL DRIVE TO HARM MYSELF. THANK GOD, MY CREATOR, THAT THIS WAS A LEARNED BEHAVIOR. YEARS AND YEARS OF ON-GOING TRAUMA REGISTERED EVENTUALLY AS NORMAL.

BUT THE CIRCUMSTANCES AND CONDITIONS THAT PRODUCED PROFOUND PRESSURES OF PAIN, ALSO CREATED A PROVEN SACRED SPACE AT THE CORE OF MY BEING. HURT PEOPLE, WILL ALWAYS HURT PEOPLE, IF THE HURTING CONTINUES. BUT ONCE THE PAIN IS GONE, THE ONLY STRUGGLE LEFT IS TO REMEMBER <sup>TO NOW</sup> WE HAVE BECOME SO SENSITIVE, AND PRACTICE THE ART OF SELF-CARE. ALL THE WHILE MY SOUL, AND ITS HOLIEST SPIRIT, CONTINUES TO LEAD ME WITHIN, TO A LIFE TRANSFORMED AND EMBEDDED IN PRACTICES THAT ALLOW DIVINE CONSISTANT PATTERNS OF MY CREATOR TO REMAIN FORWARD AND EVER PRESENT, ONLY REQUIRING ~~MAY~~ THAT I INTENTIONALLY, EACH DAY, WITHOUT FAIL, SET TIME ASIDE TO GIVE MY SELF & MY CREATOR, MY UN-DIVIDED ATTENTION.

THERE IS NO GREATER MOMENT OF CLARITY THAN THOSE WHEN WE, I, AM SOLE-LY FOCUSED. TIME, SACRED TIME WITH SELF & BEING AVAILABLE TO THE CREATOR WILL REVEAL WHAT REALITIES WE REALLY ARE CONNECTING TO. SACRED-SELF-TIME WILL PROVIDE US THE OPPORTUNITY TO CONSIDER THE STILL SMALL VOICE WITHIN. ONCE WE REMOVE AND REDEFINE OUR PERSONAL DEFINITION OF "NEED", WE WILL UNDERSTAND THAT ALL OF OUR NEEDS ARE PLACES THAT AWAIT THE PRACTICE OF OUR GIFTS.

AS WE PHYSICALLY MOVE THROUGHOUT THE DAY IT IS MANDATORY THAT WE, I, RECOGNIZE THAT WE ALSO MOVE SPIRITUALLY, AND PSYCHOLOGICALLY, AND EMOTIONALLY. WE MOVE IN, OUT, AROUND, AND THROUGH ENERGIES, MOODS AND VIBRATIONS THAT CONTRIBUTE STATIC, AND HEAVY FREQUENCIES TO OUR PRESENCE, OR ENHANCE AND COOPERATE WITH THE HARMONICS OF OUR UNIQUE SOUL SONG MELODY.

WHERE EVER WE RECOGNIZE NEED, ACCESS OUR GIFTS.

ALL THE RELATIONSHIPS THAT WE VALUE THROUGHOUT OUR INTERACTIONS ARE OFTEN MADE OUT-OF-BALANCE BY THE ABSENCE OF CONSISTANT PATTERNS OF RITUAL SACRED GREETINGS, MEETINGS, AND SALUTATIONS. A REGULARITY OF SACRAMENTS REAFFIRM THE DEVOTION, JOY, INTIMACY, AND COMMUNITY AT THE CORE OF WHAT WE ARE BUILDING TOGETHER, AND MOST IMPORTANTLY, "HOW" WE BUILD. HOW? H-O-W-, HONESTLY, OPENLY, AND WILLINGLY, MAKE CHANGE A COMFORT ZONE SO THAT FOCUS, GROWTH, AND AGREEMENT BECOME A FAMILY OF PRIORITIES AND UP-GRAD OUR MIND AND MOOD. MAYBE THEN WE WILL EVEN BEGIN TO SPONTANEOUSLY PLAY, ALONE, TOGETHER, IN TUNE.

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