

FROM THE INSIDE, OUT!

I feel vulnerable, shy and a bit afraid as I begin this writing, but those feelings will not stop me from sharing what I am compelled to share. It is important to say that I also feel free and alive in this expression, as if I've just been released from a lifetime in captivity. I think, without realizing it until this very moment, I have been waiting my entire life to feel this way...free and alive.

Living as a hermit has come easily and naturally to me. As far back as I am able to recall, I've basked for hours on end within the safety of the quiet, mysterious, internal world. Early childhood graced me with a single friend. Equally shy and awkward, words were not necessary when we played together, we understood one another perfectly. I liked this world.

During my teenage years, I had walked the spiral further inward. Without a single friend, I spent my free time with a set of earphones placed firmly over my ears, listening peacefully to music with lyrics that touched the pain and love I was utterly unable to express. This was medicine for my aching soul. I was in prayer with the unseen world, and that suited me just fine.

By the time I reached my mid-twenties, I had journeyed all the way in to the center of the spiral, and discovered there, to my surprise, the silent land of depression. By choosing to face all that was crying for my attention, I saved my own life, and for that, I am grateful beyond words. That slow and gradual unveiling lasted nearly 20 years. What had not changed much, however, was my love and appreciation for the sanctuary of my inner life. What was new and different, what had been birthed out of those years of self-discovery and reclamation, was the transformation of the inner realm as a place of darkness, depression and

isolation, to becoming the fertile ground and incubator for my creativity, my intuition, and my spirituality. It was there, in that lovely land, that I would spend the rest of my days, that is, until I discovered my vocation five years ago.

Now, at 49 years of age, there remains a familiar place of shyness, introversion and caution that gently tugs upon me each time I begin to move outward, hoping to convince me to stay hidden in the safe walls of my inner home and engage little with others. In those moments, I am reminded of how I cherish finding connection and relationship with Nature, how devotional music eases my mind, and how the few close friends I have (most of whom share a similar lifestyle), along with my dear partner, David, are all I need.

Ah, but the Current Of Life is strong within me, and it carries me into new and uncharted waters, and in the midst of feeling trepidation and hesitation, I welcome this change wholeheartedly, and I feel thrilled!

I could never have predicted that recognizing my vocation would eventually require outward movement and focus. I could not have known that nearly 50 years immersed in my inward focused lifestyle would create the very *foundation* from which I would move out into the world with my unique gifts and offerings.

The loveliest surprise of all, *so far*, is the Loving Compassion and Pure Joy I've discovered through my relationship with the flower essences. It is *through* five years of receiving them regularly, and it is *through* their energy, their presence, their language and their vibration, that I have found a most lovely and irresistible way of connecting with my fellow human beings. It is *through* them that I am able to be of service in a way that aligns me with my Soul in the most perfect way at this time.

In the last six months, I've breathed into this new movement, this movement *from the inside*, out! It has taken form so perfectly and beautifully! I have immersed from the cocoon of my home office, and spread my wings into a beautiful new healing office space from which I may offer my loving and compassionate support to my fellow human beings, a place from which I may serve others, a place from which I may serve the calling of my Soul.

Creating this new, outwardly visible space has required that I join in harmonious relationship, the richness of the inner realms with the brilliance of the outer world, uniting them with equal respect in the center of my Being. Each step of the way has called upon the value and presence of both!

I am writing this from my "new space." I am sharing this, *from the inside*, out!

It is rather amusing to me that I remain a hermit by nature, yet I am called into the life of an extrovert when it comes to serving others through my life's work. So it is here, where the River meets the Ocean, that I breathe deeply, softly letting go of that which has been familiar. I step gently now, into my Boat, and sail *out and into* the Sea of The World, with a well-established and grounded intuition, with offerings of loving compassion, with flower essences for all those who invite their subtle and powerful vibration, and with creative experience and expertise traveling regularly from the outside, in...and from the inside, out...learning to stand in both worlds simultaneously.

Joyful blessings to us all!

Written by Jane Ellen on September 15, 2008