

OUR TRUE DIFFERENCES ARE THE SAME

THE SMALLEST SHIFT IN PERSPECTIVE CAN SOMETIMES MAKE A WORLD OF DIFFERENCE, AND OFTEN, MAKE A DIFFERENT WORLD!

I remember the day I became aware that I wanted to live my Truth, and openly share it with others, through my work. Initially, that seemed 'easier said than done!' Eventually, it became '**easier to honor my Truth than *not!***'

Twice each month, I enjoy the ritual of sending out the New and Full Moon emails. Several days prior to composing them, I begin to 'open' to 'listen', and to 'watch' for the theme or topic that will **inspire** me to write. Most often, the inspiration comes from drawing from the deep well of my simplest daily experiences...those seemingly mundane encounters and interactions with myself and others that offer me, time and again, **the absolutely invaluable opportunity to shift perspective**; the invitation to ***create a different world*** for myself.

I have had the rich blessing of being in relationship with my partner, David, for nearly 7 years! For the first four years of our journey with one another, we painfully met up with our differences on a daily basis, often asking one another, "What are we *doing* together?" I can't count the number of times I packed my belongings to run from the pain. David even went to the extent of building a shed out back for me to store all my packed belongings in, which I somehow felt would make me feel less vulnerable...less at risk of being hurt...should I actually follow through with my frequent urge to part paths.

One day, in the midst of a familiar moment of challenge and pain, and in the midst of *my habitual, patterned way of responding*, I distinctly heard my Self shout inwardly, "Wait a minute! I am SO sick of this pattern!!!! DO SOMETHING **DIFFERENT**, Jane! You already *know* this way. TRY SOMETHING NEW...ANYTHING...JUST DO SOMETHING DIFFERENT!!" Well, needless to say, that caught my attention. I decided to listen to the voice of my Self, and do something new and different!

I brought all my belongings into the 'house' and began teaching myself to call it 'home.' I made a genuine commitment to stop running from the pain, anger, frustration, disappointment, and fear that would **inevitably be touched** in me **through** my relationship with David. I decided, then and there, to **turn directly toward whatever was presenting itself** to me, within the context of the gift of this relationship I had chosen, and to do my best to **see with a fresh perspective**; to ask questions where I would normally assume; to let go of my

habitual responses and viewpoints. **THIS REQUIRED EFFORT! This required recommitting on a daily basis to a shift in perspective.** This required some of the following:

- o **Profound** letting go of *everything* I'd previously known and accepted;
- o **Investment** in my spiritual growth and development;
- o **Willingness** to 'not know' the way, the answers, or the truth;
- o **Bring** awareness to my breath and learning to ***breathe through the old and into the new***;
- o **Re-directing** myself when I recognized I had stepped back into old habits and patterns; and
- o **Being** in conscious relationship with my **Will**.

It required: a **PROFOUND INVESTMENT** and **WILLINGNESS** to **BRING RE-DIRECTING** to my **BEING**.

In the last two years of consistently recommitting to this internal shift in perspective, and training myself to respond rather than react, I have come closer and closer to my own **Center**, to my own **Truth**, to my own **Wonder and Awe**. The journey has been rich, meaningful, excruciating, liberating, frustrating, enlightening, rewarding and necessary. Do I still meet up with feelings of pain, challenge, disappointment, anger and fear? Oh, yes. I also have had the pleasure of meeting a more Authentic Self, of having a clearer understanding of David...a David freer from my projections, expectations, and judgments, of glimpses of unconditional love, of the freedom to be True. I've experienced the joy of witnessing his uniqueness and all that he offers me by being *exactly* who *he is*. I have also experienced the joy of witnessing my own uniqueness and of being who I am. Above all, I am learning *why we are together*. I am learning we are together because:

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I must acknowledge that the blessed Flower Essences were always my allies on this journey of transformation, and it is their *way* of offering support that played an integral role in this shift in perspective.

I celebrate your Unique Beauty in this precious World! May we enjoy our differences, and realize our sameness, with compassion!

Written by Jane Ellen: February 16, 2007