

RETURNING TO THE ETERNAL WELLSPRING WITHIN



It happens this way sometimes, Life reminds us, one way or another, of the importance of *returning to the Eternal Wellspring within*. We need only remember to lower our cup, dipping it gently, allowing it to fill, and raising it steadily, lovingly to the quivering lips of our soul. As we sip from this cup of Holy Water from within, and sip again, we remember. We remember our Divinity, our Wholeness, and our Beauty. We remember our Uniqueness and our Preciousness. We remember we are Love. We remember we are Loved.

Two weeks ago, a reality train barreled through the home of my heart. With the power of its direction, it penetrated through the potent realm of my unconsciousness, and left me broken open in its wake. This blessed event opened my eyes once more...this time to a new level of awareness around a very old and familiar pattern within me of looking outside of my

Precious Self for Love...landing in the lap of disappointment each time I was not met in the way I wanted to be met.

SOMEWHERE IN-BETWEEN BLACK AND WHITE

This recent awakening has gifted me with an entirely new set of intentions...for now. Intentions like...I find the courage to face the True Infinity of Love. I have the capacity to recognize that Love's Teachings are Truly Limitless...I mean *Truly Limitless!* I remember that sometimes my deepest pains are prompted by the Face of Love. I recognize Love's Presence in each and every Life Experience. I remember to breathe into the Sacred Space *somewhere in-between black and white*...the indefinable space where Love lives.

THIS WAY

I've shared intimately over the years about the places I have journeyed within my partnership with David. Time and again, I've been advised by many not to share so openly...to be careful...to protect my Self by not making my Self too vulnerable. I have not felt a resonance with these warnings, and so I continue sharing openly. *This way*, I realize that my greatest protection lies in keeping my heart open and speaking my truth. *This way*, I am able to interrupt those familiar voices that beckon me back into complacency and a false sense of safety and security.

THE HEALING NATURE OF RELATIONSHIP

David and I have, once again, come to a new place within our relationship, a place that opened us to an opportunity for healing as individuals, and healing through partnership, regardless of what form our relationship takes from day-to-day. The catalysts for this grand opening wore garments we've all tried on from time to time...garments of fear,

addiction, betrayal, denial, enabling, avoidance, shame, pain, illusion, projection, anger, blame, and guilt.

So often, as we each attempt to get our needs met, we find ourselves face-to-face with the patterns we learned in the earliest years of our lives, patterns that no longer serve our True Selves, or our Well Being. It is a time to remember that our current needs long for a new response, from a new place, a place other than the instinctual responses that worked for us as children. It is a time to dip our cup deep within for something new, something wiser. It is a time to drink from the cup of loving compassion and mercy...for Self and for Other.

Sooner or later, Truth always finds its way to the forefront, and in those sometimes awkward, *always valuable* moments, we are offered the chance to free ourselves from the limitations of our past, and create anew. This humanness guides us home to our Divine Self...back to the Eternal Wellspring within. This is *the healing nature of relationship*.

MAY WE EACH REMEMBER TO RETURN TO THE ETERNAL WELLSPRING WITHIN

Written by Jane Ellen on January 20, 2008