

## THE 'ONENESS' IN THE BELLY OF IT ALL

Here is what I know, besides absolutely nothing. I'm finding out what it feels like to have *moments* of sitting **in the heart of my mind**, listening, and hearing my own wisdom, and knowing there are no words for what I understand. I am finding out what it feels like to have *moments* of sitting **in the mind of my heart**, feeling, and sensing my own soulful truth, and knowing there are no words for what I am experiencing.

These lonely and beautiful places are bittersweet, private, and personal, and they greatly influence what I bring to others...to the world. Sometimes, these understandings and experiences are reflected back to me through the eyes of another, and I feel myself momentarily touching **the oneness in the belly of it all**, and I feel blessed.

## THE UNION OF OPPOSITES...THE HEART OF IT ALL

Reflecting on my life of 48 years, I see how, time and again, I place myself in the midst of the 'tension of opposites.' I have studied mediation...the art of settling differences between individuals; I have studied Polarity Therapy...the art of bringing resolution and healing to 'polarities' within our being; I now work with Flower Essence Therapy which involves bringing one's awareness to the 'patterns of imbalance' and the 'positive qualities' represented within the themes we are addressing within our Self in order to invoke an alchemical change and create a new place from which to respond, a place that has incorporated the Wisdom held within each of the opposites.

Picture a figure eight laying upon it's side...the infinity symbol...the point in which the two sides meet, the point in which the exchange of energy flowing back and forth indefinitely, comes together as one...*that* is the point of the "**the union of opposites.**" I want to live there, in **the heart of it all!**

## SOUL AFFINITY

Our first impressions leave a powerful imprint upon and within us. Having grown up in an environment filled with the strain of all the many *loudly and quietly unspoken words* was a perfect introduction to the 'tension of opposites.' My first response was to go deep within. To this day, it remains my first response, and it may always be my first response. What is new, and what is bringing me ever more deeply 'home' to my **Soul's Affinity**, is for me to **blend** this first response with s-l-o-w-l-y emerging additional responses...the response of **reaching out**

**from within; the response of speaking into the silence; the response of seeing through the dark.**

My life is in the midst of a transformation of sorts, change stemming from a call to dismantle all that no longer rings true, while bringing forward, and building upon, what nourishes my deepest **Soul Affinity**. What does my Soul have an Affinity for? I have a **Soul Affinity** for *learning* to stand in the oneness in the belly of it All...to stand in the heart of it All.

### **WHAT DOES YOUR SOUL HAVE AN AFFINITY FOR?**

**MAY WE EACH SIT IN THE HEART OF OUR MIND, AND IN THE MIND OF OUR HEART, LEARNING TO RECOGNIZE THE *UNION* OF OPPOSITES, HONORING OUR UNIQUE SOUL AFFINITY, AND TOUCHING THE ONENESS IN THE BELLY OF IT ALL...IN THE HEART OF IT ALL.**

Written by Jane Ellen on June 13, 2007