

WALKING THE FINE LINE...

Earlier this year, during a wonderful energy work session I was being gifted with, I was invited into an unusual perspective by the voice of Wisdom. I've been kneading it, and playing with it, ever since! 'It,' this unusual perspective, has become my teacher; living and breathing throughout the very cells of my body. This viewpoint offers occasion to reveal judgment, acceptance, expectation, letting go, self-righteousness, humility, contraction, expansion, and infinitely more.

"Home is, **nowhere!** Can **you**, live nowhere? Can you **live**, nowhere? Can you live, **nowhere?**"

Imagine yourself suddenly in space, in pitch-black, infinite space. The void. Floating in that empty space, that nothingness, you notice a serene, transparent voice begin decidedly instructing you. You listen with a complex mix of trepidation and curiosity; somehow knowing you are receiving an invaluable teaching. The message is concise and potent.

A wisp of golden thread appears suspended in space, resembling a tight rope, a tight rope that disappears into the darkness at either end, a tight rope whose thickness is that of a single strand of hair. You walk this tight rope, this fine line, listening with anticipation.

"Walk the fine line. Walk the fine line until the line becomes thinner and thinner. **Walk the fine line, until the line *disappears.***"

What happens for us when all 'lines' disappear, when the maps and directions are dissolved into thin air? What happens to our ability to

choose and discern when there are no more either/or, right/wrong, good/bad, success/fail; no more black and white perspectives? How then, do we respond?

Life seems increasingly precarious to many these days. These moments of persistent uncertainty and unmistakable instability present us time and again with rich opportunity to choose to move through life in new, profoundly unfamiliar, and yet limitless and rewarding ways. We are prodded, by Life itself, to faithfully *birth ourselves* right into entirely new perspectives and ways of responding. This, of course, first requires the death of, the letting go of, what no longer serves us in living our truest and most authentic selves. Shedding our old, sometimes oh-so-comfortable and familiar, yet often out-worn attitudes and responses can have us feeling simultaneously nervous and excited. I call this mixture of feelings, "anxious." When I feel anxious, I know I am in an auspicious moment; a perfect time to *practice* staying open, flexible, and receptive; a time to learn something new!

Repeatedly choosing to return our awareness to our breath, and to our ability to be flexible, will transport us through these unprecedented and fertile times. This is a true 'practice,' and like any practice, requires our conscious attention and our persevering will. The practitioner offering me the session earlier this year heard a lovely perspective on the word "nowhere." She noticed "now here." Yes, these times invite us to continue to **be**, now here! Are we **willing** to live, now, here? Notice what you feel when you pause, deepen your breath, and say to yourself, "**I live, now, here!**"

Notice what happens within your relationship with yourself, along with your relationships with others, when you allow the lines to disappear, particularly in a moment of feeling challenged. When we are certain that Life has shuffled the deck of cards we were playing with, and it

feels as though we suddenly have a 'losing hand,' what happens when we expand our awareness to include the possibility that there may actually be magic happening? If that too becomes a possibility, what else is also viable? When we become aware that we are always in the midst of All that Is, when we remember that there is no separation, no dividing or defining line, how then, do we feel?

May we all enjoy our consistently increasing awareness, and the wonderment of a richer, more fulfilling and authentic life, as we gently and lovingly allow the fine lines to dissolve and disappear!

With loving support and deepest respect,

Jane Ellen

"Security is mostly a superstition. It does not exist in nature, nor do we children of men as a whole experience it.
Avoiding danger is no safer in the long run than outright exposure.
Life is either a daring adventure, or nothing.
To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable."

-- Helen Keller --