

Living Between Worlds

Many of us have been feeling like we've been going through a dark night of the soul. We've been feeling somewhat lost, knowing we're here for a reason and a purpose, but not quite knowing what it is. Some have said it feels like they're between worlds and don't know which one they belong to. Others have said it feels like they've jumped off a precipice without a parachute and have no idea where they're going to land. Most have felt, at least part of the time, a sense of loneliness and isolation. Interestingly, many people say that even with all the challenges they're going through, somehow they know it's going to be okay.

We are living in a time of unknowing, and a time when it seems our emotions and feelings are more vulnerable than they have ever been before. We've hurt and camouflaged our hearts so much throughout our lives that we often deny what we truly feel and even try to pass our pain on to others. We've attempted to fill our hearts with everything but love, or what's real, and have found that we are not happy, peaceful, or fulfilled. When we don't admit to ourselves how we feel, we hold ourselves hostage.

An important part of what's happening is our hearts are beginning to open and we're starting to see and feel the truth about what's going on in our lives. Acknowledging these feelings is not the easiest thing we've ever done because we want to avoid pain and sometimes can't see our way out of challenging situations or how things can ever get better. Yet conversely, working through this process gives us permission to love, accept, and honor who we are and *let go* of pain. This eventually leads to accepting others and allowing them to take responsibility for their own process without guilt. We are giving birth to our hearts.

Birth is never easy but it's worth every bit of effort because it creates a new way of being – a way of inner peace. How can we make the process easier? Sometimes situations appear that give us the opportunity to look at our lives honestly and we move forward. We can try to understand ourselves and others better and know that every one of us is who we are and where we need to be. That doesn't mean if you're in an abusive situation you have to stay there. Quite the contrary, instead of judging a person or situation as bad, accept the fact that no-one has a right to abuse you, and give yourself permission to move out of the abusive environment into self-love and a better life. There are organizations and churches with devoted people and supportive environments who can help you work your way out of fear and into balance.

Hold a place in your heart where it's safe to be who you are and allow others the same. When we learn to stop judging and labeling ourselves as well as others, we can experience peace in our lives

that is beyond anything we thought possible.

We're standing on a precipice of love and getting ready to jump full into it, and that takes trust and courage. The journey may be challenging but once we make the commitment to move forward, there is a web of love and support that shows up to guide us on all levels and it's with us now, as it has always been, and always will be.

We have the potential to use our thoughts and minds to join us together rather than separating from each other, ultimately uniting as One. That's the precipice we're standing on. It's powerful yet simple – to love and be loved in return is the world we've been searching for. It's in you and it's in me. It IS you and it IS me. It's who we are in essence and truth. Once we realize this we will no longer have to complicate our lives with pain or misunderstanding because we will be living in balance and truth.

It's no accident that we are at this time and place in the evolution of our selves. We can be grateful to each and every person who brought us here, and begin to experience the love we have in our lives *right now*. Not tomorrow. Not next week or next year, but *right now*. When we live this truth, any fear that holds us in it's grip will let go, and we will know and experience the pure essence of love and the truth of life.