

LEAP - Spiritual Theme of the Month

January 2020

JUMP: There are times for testing the waters; moving in slowly . . . and then there are times I need to simply *jump*. Regardless of 'How' I enter, I must enter. Hesitation, is denial of Self (that is important to remember). When I "hesitate" I invite troubles — I blow timing and waste precious resources. It is ironic that all the *thinking* I do to get out of suffering or being stuck, merely creates more limitations and constrictions; I can perpetuate the very energy I seek to be free from. This is not to say I do not evaluate what is needed in a situation, on the contrary. But, I cannot allow passivity or stagnation to move in. The thoughts that come along with action and involvement are creative, freeing and limitless. I am not naive, believing just because I am moving I won't encounter challenges or obstacles. It's simply a fact that when I am acting on my decisions, there are more solutions and sunshine in what I am working with: Energy in motion tends to stay in motion. So when the moment arrives, I will not wait, I will *jump* in.

SURGE: It is a far better space I grow to, then from where I sprung. What I sometimes forget in life is, I have already made a decision. It is the commitment to my "decision" that empowers me and frees me into my potential. There is no change without "commitment." What I have decided is to fulfill my unique purpose, here and now. I did not come to this precise moment in time and space to get involved in the decoys of glory trips, moral issues and the like. I am here to fulfill my contracts and be of service. It truly is that simple. I look at life from the viewpoint of energy (the soul) and my vibration (evolution) in it. From that place I can see clearly where I am, where I've been, and where I'm going. When I wake from nocturnal regrouping, I am empowered and enthusiastic. I look forward to the challenges of the day and within each opportunity. I accept, while many others decline their opportunity. This is simple for me because I remember why I am here. In that way I am a way-shower. Just as those who came before me, inspired me to surge ahead . . . through their example.

ASCEND: Every so often I have a special chance to grow further and faster; a growth spurt. It is a time when I've done all the work and am now at the right place, at the right time, doing what needs to be done. Dynamic growth comes from this. I then steady my course, getting my sea legs in new deeper waters. It feels as if, I have gathered a little bit more of the divine within and I feel more at peace; I have gained spiritual real estate. This comes about because, I am living life! That is to say, seeing life as one great opportunity. The Accumulative affect from doing this is a steady progression through consciousness. It is sometimes funny however, that the little things in life, that cause me trouble, can seem so big. They can seem overwhelming even. If I buy into this, I will slow my evolution and growth. I may even start spiraling down. This is because I have made the little thing a big deal. If I continue in this vein I become a negative example, manifesting enslavement or separation. Nonetheless, it is crystal clear to me that I can ascend as fast or faster than the speed it took me to "get caught." For once I decide I've had enough of "less than," I resume building and build even stronger. And as I do, it is as if a magic elevator brings me back to the heights of where I formerly was . . . this time however, with more wisdom.

ESCALATE: My energy and my time are valuable. It is important for me to discern whether I am spending it or investing it. Or perhaps a question to ask is, "Am I building, tearing down, or staying the same?" With People too I must be discerning. Or as it was said to me once, "Show me your friends and I'll show you your future." You see, within me is a builder, someone that seeks to *escalate*. This is natural. This can be used against me though. If I am not discerning I can start picking up what other people are going through . . . picking up not-so-good habits. Pretty soon their limitations will become mine. This of course will never truly fit for me, for I have a destiny, my own distinct dream, and I came to fulfill it. If I accept the limitations of others I squander a great deal of time. So instead, I resolve myself to be a beacon of purpose, abundance, fun and fulfillment. I commit to be a shining light of hope, peace and freedom — I make this a way-of-life. I then simply allow people to move in and out as needed; friendships will form and transform — people will come and go. This is called giving opportunity, while being of service to myself.

SOAR: As messengers of the universe, my guidance are always available to communicate. They are consistent and have a bigger picture. The universe too, is consistent. It is my playground and my true home. Cosmos and Spirit together give me choices, continual occasions to free myself. This is the ultimate respect and love that can be offered and passed-on. But when I am timid about walking through the doors which open in front of me, I have a tendency to become earthbound, or heavy with ideas and things. It can be seductive to be possessed by my possessions. I then remember, it's all a means to an end—all for me to learn and grow! Regardless of emotions, I treat people and things with respect, because it is in my interest to do so. It's time for me to soar above the bounds of lack, hesitation or fears. The truth is, I don't really have troubles. The only troubles I have are when I do not discern what I truly want. Once I do, everything lines back up, or to put it another way, I'm totally "in alignment." There is no fear, no loss, no separation, no limitation that can stop me when I move in my own energy. To Leap, is to meet my destiny.