



Wayshowers Philosophysm

OVERHAUL - *Spiritual Theme of the Month*

March 2021

REBIRTH: There comes a time I must do more than alter a little habit here or there. A time for more than simply adjustments. And I will know it by how often I feel unsettled inside. It is knowing there is more to me than where I'm at. That feeling can be echoed as, "If I do what I've always done I'm going to get what I've always got." Of course, that saying doesn't do the feeling justice; it's only the tip of the iceberg. Instead, as a matter of fact, there is a need for **more**, the need to out-grow where I'm at. This is my time for *rebirth*. It is a reawakening and opening to my next adventure — notice I said "my adventure," and not someone else's. And so, change and transformation come easier and smoother with **vision**; that which cannot be seen by the naked eye, but rather with the inner eye alone. The *rebirth* will also come when I align myself with spirit, then I will willingly change to fulfill my goals. I begin with what is simple; a step, a breath. I follow that with doing what I can do now; another step. And if I stay loyal towards my goals, step by step, I will evolve and change along the way. My new heights, my new boundaries, my new freedoms and yes, my renewed Me, all arise from following the feeling of peace & freedom — Following spirit's call.

REBUILD: Wavering, hesitation and doubt do not serve me. Not only that, they are based on ignorance & fear . . . usually someone else's! In other words, it's making something "out there," more important than the "in here." I do not carry or exhibit these impediments and hindrances when I am doing my thing. If, however, I have entrenched myself in other people's issues for a long time, I may start forgetting what's me and not me; I will have difficulty discerning who I am. That is the time for me to strengthen my spiritual moral fiber. Strengthen my commitment to doing what needs to be done, through feeling peaceful and free inside. This has little to do with others. As a matter of fact, it has **very** little to do with others, and everything to do with me. If I think I am going to change someone else or force my way onto others, thinking that will make things different, I am actually creating a bigger mess . . . and that's a fact! I must re-make myself, *rebuild* myself, not simply place a veneer around me. It's a beautiful thing when I give myself the opportunity, and the permission, to be spiritually free. And what is just as interesting is, by doing so I free and heal that which is all around me as well.

RELEASE: I can be who I want to be, who I came to be . . . who I am. All I need to do is *release* that which does not work for me any longer. Perhaps it is an old worn-out pair of shoes. Maybe broken tools. Or even pictures of friends where there is no friendship any longer. These kinds of things are important to evaluate and do, but they are all but snowflakes touching the warm ground. The real challenge is rejuvenating my habits and revitalizing the ideas I have about myself, because these concepts can be with me for a very long time, even if they work against me. There is no point in trying to accumulate new tricks and formulas if I am not ready to *release* the past. Unless I let go I will become a pack rat of old ideas and concepts that have passed their usefulness. It's like

having a great amount of knowledge and information, but having no way to be of service with it all. Pretty soon, I will get filled up and even forget my purpose. There have been times when I received the same negative results, time and time again, even though I was with different people and in different situations. From this, I have felt fear, anger, depression and worst of all, giving in to feeling sorry-for-myself. How could this be? The only constant in it all, is me! Well, since I am the constant, it's well past time to clean house and start enjoying life!

SLACKEN: There is a saying, "Do not become possessed by your possessions." For me, that is a simple reminder that all things are a means-to-an-end. I enjoy them and I respect them, but I remember that everything is passing and temporary . . . with the exception of *one thing*, and that is the inner; that which I take with me. I must come to accept and work with the reality that I am the one that really changes, I am the one that is constantly evolving. Sure, there will always be changes in the things around me, but the truth is, everything was here before I arrived and it will all be here when I go. In other words, the more the world changes the more it stays the same. And why not, it is made up of planet earth and subject to the laws of gravity. This includes certain things I take for granted; Religion, Politics, Rules, Regulations, etc. If my feelings and thoughts are 'heavy' in them I will be bound here. If my feelings and thoughts are lighter, I am free to come and go. This can be a little difficult to swallow, let alone digest, but it is reality . . . and no matter what I think I cannot change the rhythms and routines of the universe. It's time to *slacken* my grip on material things and heavy ideas. This doesn't mean I stop enjoying my preferences. But I need to do what it takes to really shift within so I don't buy into the 'rights and wrongs' of one side or the other. If I want to graduate from this beautiful school I am in, I better start fulfilling my purpose and live MY life.

IMPROVE: Desire is everything. To put it in perspective, I am here because of "desire." I am here because I want to *improve*. There are many souls that have not organized themselves to be here. But I have. That means I have already made a decision. Now is not the time to get all caught-up in the would've, could've or should've. Now is the time to live! After all, I have paid the price of admission, so I might as well enjoy it and get what I need. It is my inner desire that says, "I am willing to do it." I don't want anyone to do it for me. Sure, people can help me, but I am the one who will build my state of consciousness. No one can do this for me. I don't even want my Guidance to do it for me; they can just give me a point in the right direction and I will do it! This is my commitment to my purpose and my Guidance; my commitment to evolve and grow. More than once, I have been struck down but then built myself back up. And I know that's a pattern that will repeat over and over again along my way — hopefully with progressively greater ease — because I am resilient, adaptable and fresh. My overhaul is my freedom.