



Wayshowers Philosophysm

RECESS - *Spiritual Theme of the Month*

May 2022

WITHIN: Every moment of every day should be a joy to me. When I am true to myself and follow my life purpose, my life is dynamic and fulfilling. Anytime I feel bored, tired, or disinterested, in what I am doing, it is because I am not doing it for myself. I have not clarified for myself exactly how it fits into my purpose in life. It is not actually difficult to know what or how some things fit for me. The difficulties begin when I make a habit of minding-others'-business. Pretty soon, the outer becomes more important than the inner and I get distracted and all caught-up in everything . . . everything, that is, but what I have actually come to do. There will always be limits and suffering when I am ruled from without. There are no limits, and greater ease, when I am guided from *within*.

REGROUP: I could have the most powerful and strong body on planet earth, but it could be destroyed, just like that (Snap your fingers). So anytime my inner soul has needs that are not being fulfilled, 'destruction' moves in. The moment I allow everything (or even anything!) outside me to become more important than my inner needs, the destruction starts; I become nervous or sick until the physical body starts breaking down. When I am leaving myself out, I am opening the door to confusion and inviting in thoughts that do not belong to me. But when I *regroup* my energy and decide to be loyal to the **real** part of me, I become alive again. I have inner direction and a sense of purpose. Regrouping helps me reach that feeling of knowing what I am doing here, knowing who I really am.

TIME: There is a great need to have *time* for stillness in my day. It can be easy to get bogged down in things, to the point where I need to re-organize myself. If I convert a little of my *time* into a place of peace, a place of sanctuary, I am refreshed and renewed. Even when I am in my niche and doing well, there are times I simply feel like being alone. That is a sign my inner soul is yearning for a little *time* for itself, to return to and dwell in that feeling of "home." For the personal nourishment of the soul, there has to be a *time* of quiet. Without this care and concern I will fill my life with busy work and get very little done; I become tired and profligate with my energy. Respecting myself is taking that *time* to be with myself and be still. It is then, I begin to make great strides forward, because I made *time* my ally. I create such stillness and peace wherever I go and whenever I go.

BREAK: Anytime someone "rattles my cage," I can be sure I have a problem in that area. It is because I have not yet realized I am fundamentally one with all things. A lack of patience is a lack of understanding in my feelings. I have difficulty remaining patient when I operate from the impatience in the people around me, in my early years. I need to re-learn to be consistently patient with myself. When I am having troubles, all I need to do is take a little *break*. I can take a *break* for 5 seconds or five days. What matters is the shift in energy, the shift in thought. It is simply making a situation, a conversation or even a concept **align** with my mission. This came easier to me when I was a child. So, when I am having troubles, a "break" cuts that energy, and I can naturally return to my own vibration.

SPACE: When I relax, I can use the sensitivity in my inner feelings. If I believe nothing I hear, half of what I see, and everything I feel, I will be using the most effective means of communication I have — My Spiritual Sensitivity. With Inner Guidance and my balance of Understanding & Feeling, I can begin to discern the truth behind what people are saying. When I work with people, I need this ability to read between the lines. This is important in order for me to fulfill my needs and do what I have come to do. But when I get tense, I no longer have any *space* for sensitivity. I get lost, rigid and tight, bad combinations for discernment. In contrast, when I relax, I have the *space* I need. That “space” is what allows me to move in and out smoothly; to work with people and things harmoniously; to work well with my unique energy. Anytime I am feeling a little fear, all I have to do is to remember who I am. For what is inside becomes manifest outside. So, I *recess* to the soul and expand into the world, innately one-with-all.