

chapter 11 Our Right Place

Standing tall in our truth with gratitude

What can happen as time passes and we have become more and more grounded and solid in our being, able to say yes or no as we need, is we start to stand tall in our truth. This can literally mean we have a bigger presence of spirit or life force in our body, and are physically standing straighter and taller. We may have old friends or acquaintances who have not seen us for a good part of a year or more remark how good we are looking or how different we look. “Did you do something to your hair?” or “Your posture looks different, you look like you are standing up straighter. Are you wearing platform shoes?” may be some of the questions we are asked. If we lived in Los Angeles, the plastic surgery capital of the world, we would be asked, “Have you had some work done?” For over time, as our spirit has taken more full ownership of our body and we have developed greater confidence in our being, we start to look different and have a bigger presence.

Much like Nelson Mandela spoke of in his inaugural address: Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. So we have learned not to shrink and thus we seem like we have grown. People are really responding to our presence, because they feel a difference, perhaps unconsciously, as they don't remember feeling this type of energy radiating from us before.

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They are likely not used to this amount of light shining from most of the people they are around, since we have all culturally been programmed not to let our light shine. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fears, our presence automatically liberates others.

Standing tall in our truth may mean we are now being a beacon to others to inspire them to connect to their own truth within. And we are doing this just by being ourself, with no conscious effort. The conscious effort was in all those many, many months or perhaps years of working hard on healing ourself. For this process is not a quick fix when we think about all the changes in our life we had to go through in order to be able to stand tall in our truth. We had a lifetime worth of garbage and fallout debris we had to process and sort through one way or another. For the most part we did it on our own with the help of a few friends and advisors along the way. We learned that when it comes down to it, we are our own best advisor; we just had to get down and do some digging, excavate, and then resuscitate our advisor within.

We don't reach a sudden point where we stop and are done either. However, there comes a time where we have reached a critical mass, and our own momentum of working on our self-healing and our ability to gracefully embrace change carries us forward and it no longer seems like such hard work. It can actually seem more like fun, or play, as we embark on each new adventure of self-discovery. For each new adventure will be exciting and different as we learn to work with another gift or treasure within ourself, that we have just discovered or uncovered. This is not

to say that the discovery process itself is always easy or fun at the time, as it will often be the opposite as we sort through our refuse pile. However when we think back on how we not too long ago were frozen by fear, not able to move forward, or in any direction, we now feel like we are flying in comparison, as we ride the different currents of our life. Our ability to intend something to be and have it come into manifestation gets better and better, as long as we are going with the flow of where we need to be and doing what we need to be doing in our life. Again, this does not mean there are not days or perhaps weeks where it may seem impossible to even intend ourself out of bed.

We have times when we can feel the clarity of our mind shining clearly, inspired by our spirit that is flowing down through the layers of our being through our emotions and finally into our body making us feel more alive. Again, this may not be an everyday thing we are feeling, for we may still have cycles in our life where things are not flowing. We may feel horrible as we move through yet another layer of stuff that needs to contact the healing light of our spirit. We actually can start to appreciate these cycles of healing where we know in our hearts that we are moving things that need to move or change in order for us to become more whole. We have the experience, confidence, and faith to know that we will get through this episode and come out stronger and healthier at the other end, after we have weathered the storm. Our heart begins to fill with more and more gratitude for being alive and being able to feel and experience all the depths of feelings within our being, be they pleasant or otherwise. For we can remember when we were more like that corpse on the

next bed, frozen with fear, and not able to experience or feel anything, for we were hardly alive then.

So we have come to where we can give ourself a big pat on the back, as we breathe in with gratitude, for all that we have been through. For as we have become stronger and stronger in our whole being — physically, emotionally, mentally, and spiritually — we have truly come to appreciate many things in our life. We are appreciative for the fortitude of our spirit for staying present with us through all the good, bad, and the ugly that we have encountered along the way, ever inspiring us on. We are thankful for our mental body for being able to find the flexibility to shift beliefs and operating paradigms, learning to go with the flow. We are grateful for our emotional body for hanging on to the burdens of all our denied and forgotten feelings, that have become our treasure chest recovered from the bottom of our sea. We are thankful for our physical body holding out, and pointing out through pain and discomfort where we need to work on ourself, and for providing the strength to carry on.

We are especially thankful that all these different aspects of ourself have been willing and able to communicate with one another, learning to once again work together as a team. And, last but not least, we are ever so grateful to our Divine Source, “That Which Is Greater Than Ourself.” We are thankful for being able to feel this Divine Presence, like a bubbling spring of life, in which we can put our faith and trust that it may always sustain us. So as our own spirit becomes larger within our being, we feel a sense of, as the French would say, *largesse de esprit* within us,

allowing us to be more generous of heart with others in our world.

May this serve as an example of how we may now perceive our gratitude and appreciation for the life that sustains us. Or for some of us this may simply be a gestalt of our feelings of gratefulness for being alive and for all of our blessings. For when we can stay ever mindful and connected to a deep, heartfelt sense of gratitude, we will know our right place in the greater cycles of life, as we come to understand and appreciate that we are a part of a greater whole. This too will help increase our connection with, and thus our trust and faith in “That Which Is Greater Than Ourselves.” For this connection and thus trust and faith will give us the strength and resolve to carry on as we learn to weather life’s storms, embracing life’s challenges with courage and grace.

Standing tall in our truth does not necessarily mean staying upright, tied to the mast as our ship heads into the eye of the storm. For this may be a foolhardy approach or even suicidal, as our ship may capsize, causing us to drown. We may need to be swept away as the waves crash across the decks of what we have always envisioned as our unsinkable vessel. This could be a relationship, marriage, friendship, work situation, or our dreams for the future, something that we thought would never capsize or sink. As we are washed over deck into the raging foam of the uncaring sea, all we may have is our faith and trust that we will make it somehow safely to shore. Making it safely to shore to be able to stand in our truth, may actually be but an illusion. For it is in that very moment as our body is swallowed by the raging swell of waves, all curled and twisted as we try to hold our breath, that we

need to stand tall in our truth and keep our connection to our faith. This is the test of our faith, not worrying about the future of whether or not we make it to shore, for our salvation may come in some other form. For we may need to totally let go and give it up to “That Which Is Greater Than Ourselves.” We may need to do this during the height of whatever crisis we are in. The key again is staying present in our body as we stand tall in our truth.

Words here may not be sufficient to convey the meaning. We may need to connect to the feeling of what is behind what is being said here. We may need to put it in reference of our own experience that we can relate to, even if it is not a personal one we have had to date. For our internal reference may be more of an archetype feeling that we will then be able to access during our hour of need. This is basically a positive program for survival that is being conveyed, so we may have a template within our being to refer to on some level, if or when the waves sweep us away into the raging sea. We are simply providing our deep survival fear with an image of hope or of a positive outcome, sending it some strength and light to be there should its hour of need arrive. This will help allow us to move forward in life during those times when we feel frozen by our deep survival fear, which can otherwise become a paralyzing terror, greater than we may want to imagine.

So as we learn to better connect with both ourselves and “That Which Is Greater Than Ourselves,” we will be learning to ride the currents of life, of which there are many. This is more of a yin, right-brain thing as well, where we simply have to follow our heart and go with what we feel to be true inside. For as

we are exposed to the many currents and eddies of life, there will definitely be those that we will want to avoid and those that we will want to flow with. Learning about our right place, that center within ourselves, will help us to swim tall in our truth through the many hazardous currents of life.

Another guidepost along the way, besides becoming better at setting our intention, is being able to laugh at ourselves. At first it may be all too scary and serious to find any humor in our situation as we learn to embrace change in our life, or as change embraces us. But gradually we will start to be able to laugh at ourselves and not take ourselves so seriously. As we further loosen up, we will find we can go with the flow of those currents better and better, starting to enjoy life's sometime crazy journeys. Laughter is a key to being able to do this, and will serve us as a helpful guidepost along the way, as we observe how much we are able to laugh at ourselves or our situation. So as we progress along the currents and flows of our life, can we look back at where we came from and realize that we can now laugh at ourselves much more easily than before?

Standing tall in our truth with gratitude is a process. We don't all of a sudden arrive at this place. Part of our help in reaching this place, our right place, may even in some cases include taking certain medications that we may have needed to help get through the rough times. The key is being able to get through the rough times. However, if we are using such medications as a quick fix and a means to avoid our work, well, let's just say that our spirit may never be able to fully occupy our body. This holds true for

recreational drugs as well. But if we are simply needing some temporary balance or relief from the raging storm of our life by using such, that may be fine. This is a good area to practice setting our intention. We can set our intention on manifesting the day when we can deal with our life without such help of these medications. There are, of course, a certain number of people who may need such help for the duration, due to a genetic or inherited chemical imbalance. But for the vast majority of us, such medications can keep us from getting down and going in, as they tend to disconnect us from our emotional body. It may require some good professional help during the weaning period, especially if our body has become accustomed to them, and accustomed to not feeling too much within. For feeling too much can often be what drives many to seek such medications. We always need to be as informed and educated as possible as to the benefits and risks, including what to expect during the weaning process. So, of course, we need to consult with our health professional before doing so, and perhaps receive a second or third opinion when possible. We realize that “not being able to connect with one’s treasure of one’s deep and buried emotions” will not be on the warning label or part of the literature as a contraindication or side effect for such medications.

We also need to remember that we cannot push the tide, as everything comes in its right time. This is part of our learning to go with the flow and to respect divine timing. So if we set our intention on manifesting total and complete healing, we may want to add “with grace” or “over a period of time.” For our intention may strongly convey “right now,” and

if we have a lot of work to do, right now means doing all that work at once, which may mean in the hospital. So a word of warning about timing: it can be helpful to respect that all may not change overnight (not usually anyway, but anything is possible). After all, it took us at least our whole life of stuffing things away and making poor investments with our energy to get to where we are right now. So it may take a little time to reverse this process as well. For those of us who do not have patience as our gift, we need be careful of what we ask for. Typically with healing, the more immediate or recent layers come first. Then as we progress, we go back in time healing the older, deeper layers last. So this can also help serve as another marker for noting our progress, by seeing if we have gotten down to some of the really old, early issues yet.

As we gradually find our right place, we are aware that it comes from this feeling of deep gratitude for all life and being alive, gratitude to “That Which Is Greater Than Ourselves.” When we can start to feel our right place, we can also begin to access our inner strength that makes it easier to stand tall in our truth, as our spirit grows larger in our being. We ask ourselves, “Who am I to be brilliant, gorgeous, talented, and fabulous?” Actually, who are you not to be?