



Soulestial Musings™

~April 2011~

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Healing Mother Earth

Our lives are the microcosm of the macrocosm. According to Starr Fuentes, what happens to us happens to the planet, and what happens to the planet happens to us. In light of recent tragedies, bizarre weather, and other strange phenomena, we must go within. Healing ourselves is the key to healing the planet and vice versa.

Chief Seattle told us that we are part of a Web of life, and what we do to the Web we do to ourselves. This holds true for Mother Earth, for she is the macrocosm of the microcosm. There is an interconnectedness of all life. We need each other in a way that is interdependent, each piece connecting like the pieces of a jigsaw puzzle. Together, the picture is complete and we are one.

Let's celebrate our oneness with one another and Mother Earth.

In the Zen

We've all heard the expression "in the zone." Athletes, musicians, and mystics all describe an experience of intense focus where they are at their peak, the top of their game. All else fades away as they make that game winning shot, reach that classical crescendo, receive that magical vision. Time literally stands still.

When we are "in the Zen," we carry a zone of supreme stillness within us. We can access it anywhere, no matter what is going on around us. From washing dishes to negotiating traffic to sitting in a courtroom, we can be in a state of calmness. It is with us at all times, and time becomes no time.

Each activity "in the Zen" is sacred. Washing dishes is a meditation, negotiating traffic is a dance, and sitting in a courtroom is service. An activity takes on a different luster, as it becomes a shiny sacred bead. When strung together, these "beads" create a string of pearls connected by the thread of wisdom and permeated by a sea of calm.

Find that peaceful place within you and carry its stillness with you throughout your day. Spend every moment "in the Zen," and make it count as if each moment were your last.

Poet's Corner

Dreams

In my dreams
There are items
Long buried in the past

In my dreams
There are events
Occurring in the present

In my dreams
There are places
In a future yet to be

In my dreams
All things are one
Past, present, and future

~ Kim Rene Kiefer

New Choices

Last month, we discussed replacing old habits with new habits. This has its place when we know we need to make a change. Sometimes change also involves making new choices.

Having choice means having options. In order to have options, we must have at least three things available from which to choose. This prevents us from the dilemma that arises when there are only two things from which to choose. We've all heard sayings such as, "the lesser of two evils" or "two sides of the same coin."

Look at some area of your life where you've been challenged. Are you feeling stuck? Fearful? Resigned? That's a place to start. Recognize that a feeling is an opportunity to examine one's self, make a change, or make another choice.

Knowing we can change and make choices gives a sense of empowerment. It helps us see that there is light at the end of the tunnel. We can connect to our own truth and hear our inner voice. It's that still small voice that has the solution to our situation.

Make time to listen to your inner voice.

Imperfect Vessels

Works of art, textiles, and pottery often have flaws. Yet, it's these flaws that make them authentic and unique. Each work of art derives its value not from its perfection, but rather from its imperfection. We as humans are unique works of art, although somewhat imperfect vessels. That is part of our design.

We often view our imperfections in a negative light. We think of them as weaknesses rather than strengths. Yet, we can turn our liabilities into assets. Sometimes our greatest weakness is our greatest strength. Our Achilles' heel can become our shining glory.

We as humans have a unique gift, one that might also be considered a flaw. It is our *emotions* that set us apart from other life forms. We can travel to the highest peak and fall into the lowest valley.

Our emotions can take us on a wild ride. At times, that wild ride is what moves us to the next level. We experience an internal earthquake of sorts, followed by a tearful tsunami, and eventually an all-out meltdown.

Our emotions are a gift if we accept them and allow them to guide us. Feelings are a guidepost on our journey if we pay attention to them. In so doing, we alter our reality much the same way a painter alters the canvas of a painting. With a few new strokes, a different picture is revealed as part of a magnificent masterpiece. And, that masterpiece is YOU!

Mirror, Mirror

Those of us on a spiritual path practice self-reflection. We take the time to look at events in our lives, feel into the lessons, hear our own truth, and get in touch with what's at the heart of the matter.

Some of us experience moments of greater insight through the mirror of another. There are times when we may project onto another, while other times we judge another. In these instances, we have the opportunity to look in the mirror.

Is there a particular thing being projected? Are we judging something that is or is not in ourselves? Perhaps it is some trait we need to work on. Or maybe it's a quality we lack. What is it that bears further examination?

Perhaps someone's way of being or behavior triggers a positive or negative reaction. What is the underlying cause? They may remind of someone else. Still, there is an opportunity for self-reflection and personal growth.

No matter what life brings us, every situation offers a lesson, an opportunity for personal growth, and a unique learning experience in the school of life.

Calendar of Events

Classes are available as scheduled or as private instruction. Please see our 2011 Calendar.

Work in Progress

Our splash page is up at www.SevaSoulas.com. The Web site itself is currently under construction and is a work in progress. We appreciate your patience during this time of transition and transformation. An announcement will be sent out when our Web site is available. We look forward to serving you!

Contact Us

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