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SPIRIT, MIND & BODY

Waiting for Fullness

Raise your hand if you are feeling stuck! If you are striving with little results or feel that time is standing still you are not alone. Many people I talk to lately are reaching the height of their own frustration. "What gives?" they say, as they carry on about their good intentions, thoughtful efforts and sincere regard for whatever their endeavor. "Nothing is happening!" they spout with a clenched jaw and tighter fist, wondering why their great ideas are sitting idle and stagnant in the back of their dream box.

I too have felt this frustration as I take on new challenges and stretch myself to meet my personal goals. My friends and I commiserate about the causes that appear to be far beyond our control or understanding. "Maybe the Earth really did get knocked off its axis," we say as we reach for some sort of salve to carry us forward to another day.

So many people I know are having this experience that I thought it a timely topic to write about. The concepts of effort versus results, creative ideas coming to fruition or not, immediate gratification, patience, frustration and trust, all come to the forefront of my mind when I sit in my own experience of futility. Futility after all is ultimately what we feel when we throw our heart

and soul into a project and come up empty handed. But it is important to recognize that futility is simply a stage, another rung on the ladder or spoke in the wheel, just as the planning and development is a stage, as is the reaping of great rewards.

The waiting for fullness however is the hardest part. Just as the grape has to ripen on the vine before it is made into your favorite wine, we and our ideas must also go through a period of ripening before the juice is naturally sweet.

Let's face it -- we live in a society that demands immediate results. We want things fast, fast, fast, and when they don't arrive as planned, we throw ourselves at it even harder, as if we have the ability to "make" something happen by sheer desire and will alone. I confess here to the fact that I lived under this delusion for many years. The idea that I had the power to "make" something happen seemed perfectly logical to me at the time. What I didn't realize then that I do now, however, is that not all possibilities are open to us. Not everyone is wired to become a brain surgeon and, although I do believe we all have artistic talents, I don't believe we can all become self-supporting artists.

If you think you are the

boss of Universal Law, as I did back then, boy do you have another thought coming! The Universe, God, your Higher Power, whatever it is that you call the force that threads its invisible silk through your experience of life, has a timing all its own and there is little you can do to intervene. Yes, of course, you can dream, create and work toward building up your karmic bank account. In fact, you must do these things to honor the life you have been given. It is why you are here. Your efforts and experiences in life will guide you toward your greatest good and fundamental lessons should you dare to listen closely enough. But no matter how carefully you apply yourself, if life wants you it will take you and if it is not your time, it will give you back.

The question to ask yourself is this: What can I do while I am waiting?

Not waiting for life to take you, but waiting for life to run away with you. Waiting for your dreams to blossom and your ideas to ripen on the vine. Waiting for fullness and the reaping of your own creative fruits. How do you maneuver intelligently and trustingly through this period of waiting?

1) Breathe! One of the first and most life-giving things to do is to breathe. Sit

down, be quiet and recognize the flow of life that enters and exits your body. Notice, too, that you are ALIVE and what a gift this really is.

2) Revisit your dream. Allow yourself to re-dream your dream. Get in touch with it. Ask yourself if this is what you really want. It could be that it sounds good on paper or that it is the current trend, but in your heart of hearts, it is not what you are wanting.

3) Notice whether the dream has changed. Often we are so focused on results that we can't remember what inspired the dream to begin with. Also in the process of striving to become or accomplish something, we can be led into an unexpected but welcomed opportunity that we might miss if we are adhering to a strict and narrow vision.

4) Share your dream. Talk with supportive friends to gain insight and new perspective. Fresh ideas are a great way to get re-inspired about your plans.

5) Clean house and get your affairs in order. There is nothing more grounding than having a clean and orderly home. Having things in their proper place creates a breeding ground for fresh ideas and frees you to respond

if opportunities leading toward your dream should suddenly appear.

6) Let go! This is the hardest thing to do, I know! But so often it is in the letting go that we finally receive what we have been striving for all along. By surrendering to the way we "think" our dreams will manifest, we open ourselves to a host of other possibilities. And often, if it is meant to be, it will arrive bigger and better than we ever could have imagined.

7) Start over. Dream a new dream. Remember not all possibilities are open to us and sometimes it is better to keep your finger on the pulse of life by moving on, than to wear yourself out by continuing to swim up stream.

8) Refer to number #1. Notice that you are ALIVE and what a gift this really is.

"Remember the old story about the farmer who was so eager to assist his crops that he went out at night and tugged on the new shoots. There is no way to push the river; equally you cannot hasten the harvest. Be mindful that patience is essential for the recognition of your own process which, in its season, leads to the harvest of the self."

----The Book of Runes, Ralph Blum

Star of India

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BALLARD STREET

by Jerry Van Amerongen

Gerald's growing weary of winter.