

## **GRAVITY**- Spiritual Theme of the Month

**July 2020** 

LIGHT: Everything in nature and the universe is operating in a fine balance; an elegance. While there are sometimes situations and events that create turmoil within me, when I step back into the bigger picture, I realize there are no big deals. As a matter of fact, there is a rhythm and routine to it all, and I am part of that rhythm & routine. The only thing that keeps me from smoothly moving up, is when I am heavy; heavy in heart. Meaning, I can get caught in other people's timing or in glory trips. That's when I need to remember my basics and put those basics into action — I am intelligent light. That simple fact allows me to float, or soar as high as my wings can take me. It doesn't mean I am immune to the 'tragedies' in life, but it does mean I recognize those "tragedies" as challenges (or opportunities). I see them, experience them, as part of a bigger picture; My bigger picture. In other words, it's all part of my plan. I am not inviting troubles nor am I saying I want them. But as long as I don't get into the habit of fighting spirit, I will naturally learn & grow into new plateaus of opportunity and fun. I will move beyond the wear & tear.

ATTENTION: I bring to life that which I give energy. In other words, "Energy flows where attention goes." If I am consistent, certain people and situations will be drawn to me and me to them. If however I have a habit of getting angry or depressed, I will be involved with that vibration . . . until I change. When I do change, I will stop 'calling' for it. I am the one that creates the weight in something, it is essential to acknowledge it is me who is doing that. There are always going to be people and things I attract to learn from. And the reverse is true too. And I will always be creating while I am involved. This is why it is so important to have a Balance in my two worlds and not get trapped in what is only temporary. Equally important, I must know what moves me? What are my motives? This means being honest and sincere enough to accept what I want; to truly understand what I am feeling. If I am going to be successful in this venture I have cut out for myself I am going to have to team up with spirit and put forth the effort to grow. I Get directed — I Get into action — I Get consistent — I Get my goals.

CONTRACTS: What I think is not going to change the laws of the universe, or its rhythms and routines. As long as I have chosen to be a captive of this galaxy system, it is a must for me to understand I am involved in those systems of laws. I chose to be here; I have a plan. This means there are things I come to do and experience; things from which I evolve spiritually. Another way to say this is, I have contracts to fulfill. Making this a practice brings the universal energy into what I do. There is a tremendous freedom which comes with my realization that I can just "Be". I realize everything is here for me. I know that everything is here for everyone else too . . . but it is no less here for me. I take this seriously. After all, it is my continuity I am working with. But I do not take it so seriously that I cannot have fun and laugh in my life. This takes the pressure off. It's like being in the 'business' of my life; I can have fun, but I make sure the bottom line is cared for. From this perspective, getting all the "facts," clean and clear, is being in the business-of-me. The "how I apply them," is where the fun and fulfillment is.

ATTRACTION: I am that I am. I am the center of my solar system; my universe. The greater my enthusiasm and commitment to my 'true-feelings', the greater the law of attraction is for my needs. This is the power of all things contributing to help me do what I have come to do. As a soul I need to have some get-up-and-go; I need incentive. As a matter of fact, it is said, one of the worst things I can do to someone is take away their "incentive." In other words, I do a dis-service when I try to save or fix people; I send them into limbo and now they will have to start all over again. I need both inner and outer incentive while I am here. Both contribute to my evolution and graduation. Ambivalence is a dangerous vibration to be in spiritually. This doesn't mean I force something to happen, because when I force things, there is always something left out and I have to go back and do it again. When I allow things to form and take action as they form I create genuine steps forward.

FORCE: There are few things as powerful as someone who has their Needs & Wants working in tandem. This is the same energy as the spiritual and material being one. The feeling is: I want my needs, and I need my wants. Think of it — having a deep thirst for the spiritual, while having a true calling for aspirations. To simplify this, I achieve and advance while I am here and I utilize the process as a means to grow in consciousness. I can tell how I am doing in all this by how well I am growing, how much I feel more peaceful and free in my opportunities and dealings with people. I become a force of nature and an ambassador of the universe and spirit as I do. There will always be pitfalls or some level of confusion around me until I fully understand & feel that love and respect is inside me, not outside of me. This is an energy pattern and it holds my cells together. That which I take with me is a need . . . and I want that. That is the gravity of a soul.