

November 1999

*Keys for Living*

**This month the key is: "Belief in Something Greater"**

Laughter. That was going to be the topic of this newsletter. However, when I meditated, the Universe was very clear that now is a time to remind people of the nature of the Divine, specifically Love, Wisdom and Vision. So here it is...

This is the time of holidays and celebrations. Whether we celebrate Christmas, Hanukkah, Kwanzaa, Winter Solstice, or some other holiday, the common key is a connection to and belief in "Something Greater." We can call this "Something" God, The Universe, All My Relations, Jehovah, Yahweh, All That Is, The Source, the Tao, A Higher Power, The Great Spirit, Wakan -- the list could go on!! The name does not shape the Divine; it only gives us a way to speak of it.

**There are three attributes crucial to this "Something Greater": LOVE, WISDOM, and VISION.**

**LOVE.** The Universe has a caring that is far beyond what we can imagine, but from which we can learn about love: unconditional acceptance and choice. First, this means loving ourselves. Often, this is one of the most difficult challenges we face! **In the work I do through Healing Options, I have discovered that loving our self is the foundation for everything else.** Love also offers choice. It does not tell someone what to do, or believe it knows best for others. **Love accepts each person's path as their own.** Maybe that is why there are so many religions and paths to use in connecting to the Divine.

But how do we accept someone else's path if we believe it causes hurt or pain? We are all connected to each other; we do not live our lives in isolation. **The most loving thing we can do is focus on and take responsibility for our own path.** What do we speak up about, how do we speak up, how do we live our lives, what are our values? **Our lives are living examples of what and whom we love.**

**WISDOM.** It can be hard to believe in the wisdom of the Universe, especially when pain or hurt is involved. Often the wisdom is revealed much, much later, if ever in this life. Sometimes we see our only choice as faith that the wisdom is there. The dictionary defines being wise as "possessing discernment, judgment, or discretion; characterized by or showing such power." **Knowledge, discernment, love and a rightful use of power are all a part of wisdom.** "Something Greater" is able to make decisions from a place full of knowledge and love, and devoid of revenge, hurt, anger, or confusion. it has great power and can be trusted to use it in appropriate ways. **I believe the Universe wants us to each find our power, and use it in appropriate ways, with wisdom!**

**VISION.** The workings of the world are so vast and interconnected, as are our relationships with each other, that it is difficult, if not impossible, to have the whole picture. Our own perceptions are often limited by our individual perspective, time, anger, hurt, or confusion. **The Universe grasps the whole picture!**

**Once while meditating** I asked to understand exactly how some things in the world were related and interrelated. **I was told** that it was not worth the effort to try and grasp an understanding of everything. **We can trust the Universe to have vision, and we can trust that we only need to understand part of the picture.** If we need to see a particular aspect of the larger vision, the Divine will help us grasp what we need to see. **Our job is to have a personal vision and to be open to what the Universe has to share.**

**Our lives can be a collaborative process between the Divine and us.** As a psychotherapist, I bring skill and experience to the sessions. But I also trust "Something Greater" to guide the process for us.

**So as we enter the holidays and turn the Y2K corner,** maybe, instead of mayhem and chaos, **we can usher in** a call for a connection to "Something Greater," with **a flowing abundance of Love, Wisdom, and Vision!** (And laughter, too!)