



Living in the Balance

May 2010

Oh, how great the world would be if it were run according to me! If only I could be the All Knowing Benevolent "Dictatoress" of.....say..... the Western Hemisphere. I would but intuit how things should be done and everyone would honor and be guided by my wisdom. My thought waves would go out and then one and all would immediately "jump to" to obey. Nothing would be coming back to me from anyone else because.....if I know everything..... what would be the point of two way communication? Yep, I'm just the woman to be the Supreme Her-ness.

Dig underneath all this bravado and you will find my shadow side. It is a side filled with angst, ambiguity and anxiety. You will know it because I start spewing "my way or the highway" hoping to gain both control and certitude. But how many times have I thought I had "THE Truth" to later discover that I was either very wrong or unwise or both? How many times have I said or done things in haste or in righteous indignation and later regretted them? I confess that it is many.

And then I am whapped by Gandhi as he says, "It is unwise to be too sure of one's own wisdom." Hmmmm..... So what are my spiritual tasks when I am immersed in this overwhelming, stomach knotting uncertainty? I find that one of my tasks is to let go....I mean *really* let go.....of the completely egotistical belief that I am the oracle and controller of the world. A turning loose has to happen before I can even hope to open a space to hear from the depths of Soul and Wisdom. Simultaneously, I have to be willing to sit with the tension of not knowing and accept uncertainty as part of the process without being seduced by distraction. The siren of distraction is just that.....a distraction.... and it will only serve to delay the return of the gnawing uncertainty but in some new and equally unresolved form.

I recognize that my need for certitude and guarantees is unrealistic. Life is what it is. The world will not spin according to me and even if it appears to be, it is only a fleeting illusion. But "knowing" and "accepting" are two very different tasks. So.....will I open up to Possibility and accept that I have to be *willing* to leap out into the unknown and trust in a Net that I cannot see? Can I dive into Grace? If I can, I will be able to close my mouth and take my fingers out of my ears long enough to hear the Spirit in the day-to-day uncertainties of life.

Learning to incline my ear toward the Divine is more than formidable enough. But there is another equally important piece I need to wrestle with. I need to listen to and speak with others in mutual respect. I ask for Wisdom and Mystery to help me speak my truth while recognizing that everyone else has a piece of the truth as well. I seek ears to hear and eyes to see both myself and others through the lens of our mutual humanity and individual world views. To say Namaste.....honoring the Divine in them and acknowledging that we are all indeed in this cosmic mystery together.

Each evening, I am lighting a candle and offering to the Universe everyone and every situation that I do not understand or cannot change. This ritual in silence helps me turn loose and trust in that Divine Energy which holds me and thee in the web of the mysterious, unknowable All.

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When science
discovers the
center of the
universe.....

a lot of people will
be disappointed to
find they are not it.

Bernard Bailly



Sometimes we can feel a little “root bound”
.....like a plant in a too small container.....
needing a little replanting and feeding.....
a space to stretch our roots for new growth...

Come for a morning of self-renewal,
replenishing and “repotting”

Saturday, June 12, 2010

9:30 until 12:30

We will gather together in a sheltered outdoor area about fifteen minutes
north of Travelers Rest....rain or shine.....

There is plenty of space for walking, meditation, and reflection.

Much of our time together will be spent in silence.

The activities will be hands on and all materials will be provided.

The cost is \$30 and space is limited to 20 participants.

To register, please send your name, email address, phone number and check payable to:

MeadeLLC, PO Box 14940, Greenville, SC 29610

Complete details and directions will be sent to registrants.

For more information contact.....

Wanda Meade

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About Spiritual Direction —

- Offers a space and time for you to explore, reflect upon, and deepen your relationship with God.
- Provides a haven from the daily busyness of the outer world and opens a time to be still and to reflect on your inner journey.
- Is a companioning relationship grounded in dialogue and discernment.
- Explores ways you may integrate spirituality into your daily life.
- Is not limited to any one spiritual practice or tradition.
- May involve one or two meetings or multiple meetings over time.

You may wish to consider spiritual companioning if you are —

- Longing for a deeper relationship with the Divine
- Looking for a place to dialogue about spiritual questions
- Seeking ways to connect with the Spirit in daily life
- Questioning how the Spirit is working in your life
- Discerning ways to live in a more integrated and whole way
- Standing at a difficult crossroads in your life
- Exploring new or fresh ways to be in relationship with God

For more information about Spiritual Direction, please feel free to contact me by phone
864-246-3960 or via email at wmeade@meadellc.com

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