

When asking for guidance on what the “thought” would be for this issue, I didn’t seem to get any response - or maybe I couldn’t hear it! The clues usually come from things my friends say or I hear on TV and the same topic usually comes in loud and clear. I set the intention that it would be more “light-hearted” than last months and then I sat back and, fully aware, waited.

So here I am now writing this feeling slightly abandoned. In fact the more I think about it the more I realise several areas of my life have suddenly become rather quiet . The postman rarely visits, the phone hardly rings and the email’s hardly worth checking!

Last month’s Wokingham Group meeting was only attended by 15 people having never dropped below 26 before. People who were keen to help the Network can no longer do so for various reasons.

What’s happening? Is this the end of the Network? Should I start panicking now? Have I made a terrible mistake? What went wrong? I was so sure!

And yet, I remind myself, we now have over 100 members and Kathryn’s done a fantastic job with the advertising. I’m being contacted by people further a field, news of the Network is spreading. So has it all gone wrong? Of course not!

Talking with others it seems that many of us are being forced into a reflective state of mind. This is taking many shapes, listening to what we are guiding others to do, feeling less than cheerful, tired, forgetful, help “falling” away ... mourning the loss of a loved one.

Time to go back to basics, go within, remind ourselves of our goals and intentions, see if they are still where we want to go. Time also to check that our methods and directions are the right ones for us.

Many of us are also feeling the need to clear out, get rid of over stuffed rooms, attics, shelves. This time, not to make room for new “stuff” to fill the spaces, but to leave the spaces there! Maybe it’s also time to do that for our minds.

We all know meditation is good for us to do everyday, it quietens the mind, gives it a rest. How many of us actually do this? I, for one, am the first to tell people in crisis to remember to meditate - when it comes to me, when is there time? Of course there is time! There is time to do everything you need to do. It’s all a matter of priorities!

Meditation takes many forms and you don’t need a quiet room to sit in for 30 mins - that’s just an excuse to put you off! How about when you’re doing the dishes? When you’re in the bath? Even on the loo! (I’m sure there are many meditation experts who would agree and those who would disagree with me over that!) I feel the point of meditation is to quieten the mind to let the answers have a way “in”.

Searching for my own answers to the unusual state I find myself in, I came across Nina Holman’s website: www.souldestiny.co.uk. In it she talks about the mind being out of sync with the soul, leading to a sense of confusion. Through meditation it allows our soul to “talk” to us while the mind is quiet and for us to regain our sense of being in balance. Back to basics. You see I needed a reminder: *the answers are always within you, not outside you*. Meditation is the key to unlocking them!

So my panic is over and was short-lived. Now my awareness is heightened once again to see the new possibilities as they approach. We set our goals and intentions and how we expect to reach them. We feel good and know we are headed in the right direction. What we forget though is that sometimes the Universe knows of another pathway, one we haven’t thought of, one that is better for us.

When you are sure you are going in the right direction with your life, and then it feels as though it is falling apart, don’t panic, don’t give in to fear, ride it out. Go within, meditate and have faith and “listen”. Then enhance your awareness and get excited. New opportunities are on their way! Just a thought....

With Love and Blessings,

Lisa Lyman, Founder

Remember:

- F False
- E Expectations
- A Appearing
- R Real!