

Waking Up!





The reason the world can often be a mess is, we are not “grown up” enough to be able to actualize our true loving nature here under these biological and physical constraints. We each have a lot of fear. We have a lot of room for personal and collective evolution. That evolution is happening even if it may seem slow from a given human’s perspective.

Christian Sundberg – *A Walk in the Physical*

Whoever finds his life will lose it
and whoever loses his life
for my sake will find it.

Matt. 10.39

For there is nothing hidden that will not be disclosed, and nothing concealed that will not be known or brought out into the open.

Luke 8.17

PRACTICING SELF OBSERVATION

- What's happening right now?
- Notice self talk
- How am I feeling right now?
- What am I feeling in my body?
- What am I believing right now?
- What am I wanting right now?

Teilhard predicted we're evolving into a collective, bound together by a center-to-center connection that he called love. We become as one, but do not lose our individuality. As we go deeper into our own nature, we discover that we are united with all beings and realize our unlimited nature as an expression of the One.

Robert Brumet – *Birth of a Greater Reality*

ALIGNING WITH SPIRIT

Contributions from Suzanne Gieseemann

- You pause before reacting.
- You feel guided towards kindness.
- You trust nudges from within.
- You feel peace instead of urgency.
- You sense “enoughness”.



