

Natural Space

How many of us in this day and age cry “I don’t have enough time or, I wish I had more space”?

These phrases are all too common today, especially in our technology rich culture.

As religion has taken a back seat we are challenged to get all of our needs met by a myriad of things; romantic relationships, work, family, houses, cars, internet, T.V, science, social lives, doctors, therapists.

All of these things are not wrong in themselves but if they are our primary source of fulfilment, we can end up just running between them all, taking a bit from each in the hope that together they will fill us up and make us complete.

I don’t believe that it is the busyness that is making us feel time poor I think it is the connection to truth (Religion) that is missing.

Religion is our primal calling. It has always been there and always will be. It is our connection to our truths, our own natural balance with the whole from which all else follows. There is clarity in this connection that naturally leads us towards what will fulfil us and away from what will not.

Prayer or silent communion tunes us in to this place and in this connection is a sense of Natural Spaciousness. This connection allows us to hear ‘the still small voice’. It allows us to remember our own true calling and gives us the strength and courage to follow through.

With this connection you may well choose to marry, have a specific career, diet or exercise regime and get someone to help you with achieving it, but this information will come from within you, not from without. This is the difference I am talking about. Something that has been chosen with God connection or from that place of authentic connection will be calm, clear and well advised leading to growth and maturity, not constriction and loss of freedom.

There is only one special you in the entire world. You will never be repeated! You have a special gift to share and express in this time and place, and only you can know truly what that is. When these gifts are not being expressed then there is a sense of un-ease, of frustration or general lack even when you have all the things that would seemly make you happy on a physical level.

For myself it has taken me a long time to trust my own intuition over others opinions and to know what is true for me. I have had to get quiet, listen and then practise working with the answers. I have also had to wait and learn from experience that this type of problem solving and living works.

Sometimes this is hard and challenging but the best things often are! I think nowadays we are being bought up now to expect no struggle or strife. If there is some, then we quickly go to someone or something to ‘get us out of it’ or ‘fix us’ as quickly as possible. We can miss out on the valuable learning from these situations. Some of the best learning I have had has been through my own experience, without me voicing it as a problem, and has been based on my own intuitions and feelings about a situation.

By giving the problem the natural space it requires, listening and praying we can then watch fascinated at the working out of the so called 'problem' through the Wisdom of God.

With very little spiritual education for children now, they grow up substituting God with their parents, teachers, sports coaches, or any other adult in seniority, leaving no space for their own inner communion and learning how to work out problems on their own. Although humans like to think of themselves as a God for others, they are not and can never give another everything they require or save them from all harm. For all the good that parents and society does for children (and it is a lot) we need to let children learn to make their own decisions and give them the appropriate space to work it out, building the connection of trust with their own sense of God.

What we may not anticipate is the reaction that your new connection may have on others. The real truth of the situation is that what is good for you is good for all the others around you but this may not be appreciated straight away. A new soul connection can unsettle others. People love being God for others! It gives them a sense of being needed and we all have that as a basic human need. What we don't have is the authority to determine and overly influence another life.

Some pain may be felt as your relationship with God gets stronger and outer things move and adjust.

There is a lovely Christian quote I like "As you live the Christian life, you may have periods of darkness or of doubt. You may encounter painful struggle and discouragement. But there will also be moments of exultation and glory. And most important of all, you will become free" – John White

Freedom is the Natural Space that comes as you begin to live a life based in soul or God connection. (These are just new words around the old religious themes)

This Natural Space and feels free, honest, true and eternal and leads you to an authentic and purposeful life maturing naturally over time into graceful wisdom and peace.