



The Dignity Project

Guiding the Way

Promoting awareness and understanding of dignity
through education, communication and spirit.

Navigating Chaos VI

Steady At The Helm

When we follow others, having not discerned our own path, uniqueness, or values, we are straying from ourselves and from the potential to participate in life as only we are designed to. There are others who will have the same purpose, the same contributions, but they will not have the same background, themes, or challenges as we do. So it is essential to consider our differences, make positive comparisons, and measure our progress based on how well we know ourselves.

When I was twenty-seven my path unexpectedly turned left, leaving my family's ideas as to how I would live my life. I didn't consciously desire to change it all up, but in retrospect I can see that I was conforming in order to fit in. The real me was happy in nature, reflecting, communing with beauty, feeling oneness that I rarely felt with people. Turning left wasn't about running off to the woods, wearing Birkenstocks, or giving up money, but it did involve seeking spiritual growth over material gain. I felt at home in myself, not in the world, yet my mind was questioning more than ever if I knew what I was doing. Yes, I did not know what I was doing! I was forging a new trail. I wasn't emulating anyone. I had no human guidance. The heart's domain and the intuitive faculty were clearly the orienting factors in my human design and I wanted to learn how to let these lead the way.

The world has changed markedly since I charted this new path. Before internet and widespread travel, it didn't seem possible to grasp the scope of humanity and its challenges. As my experience of the larger world grew, I suffered through overwhelm and judgement and seeming helplessness enough to put my own existence in better proportion and contemplate how I could be of service in the world story. There may be endeavors and causes that I could align with ultimately, but first I needed to feel my true passion - the kind that doesn't come and go, and fuels Life itself - to know what I was called to Earth to do.

I experienced an enlivening with the discovery of my passion, something that wasn't there in any of my studies and training. My wakeup was linked to feeling the emptiness in people: I am an empath and remember as a child feeling a gap in what my parent's friends said and what was in their hearts. I longed for people to speak tenderly or honestly. I longed for eye contact that melted fear. I longed to be seen as a person with feelings, not only potential to excel. Today I am living the longing. It was my north star and it led me to my passion. The fullness that would allow me to be of service is what I call dignity - knowing that everything I need is within. I speak with tenderness and honesty. I know how to melt fear. I respect my feelings. I turn within for guidance.

Exploration of the infinite universe can begin and end with the Self. The chambers of our own being and the portals that lead to knowing, to remembering, to the interconnectedness of all

life, are as exciting to me as outer space, cave spelunking, or scuba-diving! My flesh is stardust and as ancient and as it is new. Through my heart I connect to the universe of unending relationships and patterns that I see reflected in earth's life forms. As I explore who I am, I come to know the universe. As I explore the universe, the more I understand my existence.

And so, in these chaotic times, what could be more essential than to be clear about our passion? Passion fuels the spirit, bearing out our unique design and purpose. Then we are fueled and enlivened - no matter the state of the world. We are born into complex and sometimes anguishing family dynamics, and we experience war, illness, loss, separation from loved ones... and yet if we know our design, our passion, and we act from the conviction that arises from the heart, we are steady. The mind may think we are never steady - perhaps for more than a moment here and there! But the mind is affected by the 'weather', while the heart/soul remains steady and calm beneath the surface changes. Even in times of urgency we can hear the voice of the heart has the same even rhythm and volume.

May chaos remind us we can navigate from the calm place inside that is not influenced by the outer world, but knows the terrain and storms through intuition and a timeless Self/soul that innately cooperates and communicates for the good of all.

