



The Dignity Project

Guiding the Way

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

Navigating Chaos

Open to Life

When we contemplate the future, we usually include our personal preferences and desires. It is challenging to include further social upheaval, climate related events, or the pressures of a prolonged economic downturn. We are conditioned to have preferences. We experience longing for a better world that comes from a deeper knowing of harmony. But reality is hard to face and avoidance and fear abound. How can our preferences for ease, security, and peace coexist with the dynamics of gross imbalance of power, sustenance, voice, agency?

Our way of seeing is learned, shaped by childhood influences. Material, spiritual, abundance, limitation, authority, freedoms, all play into our preferences and avoidances. Playwrights, artists, activists, and comedians put a different lens on a subject that repositions it or makes comparisons that cause us to “think again”, to question, to shake loose of how we see something.

A doorway through all conditioned seeing exists -- as intuition, taking us beyond wanting and expectations, to considering, “What is life asking of me?” This is a question we can pose in situations at any time and immediately go beyond the mind. We don’t need to know what the mind would do, but what the larger field is positioning us for.

I know that I am being asked to not be divided by the surface level of life, which is the world. This requires sensing for truth in what I read and hear. I also need to consider no event as wrong, rather, as misinformed, or too multifaceted to assign blame to any one thing, or born of a more primal human reaction. If I do this, events will not escalate in my mind.

Life is also asking me to be respectful of humanity and my own humanness, while keeping the perspective that I am a cosmic soul that is visiting Earth. I know that despair arises from losing our sense of the soul. Losing touch with the soul, in a temporal zone, we are left unequipped and bound to suffer, without understanding why. Only the soul can give this larger context. The word despair is prevalent today because many people are not in touch with the soul.

When anger and fear about the way things are reach an apex, despair is there waiting. The solution or counterpoint is to come in touch with the soul in the context that there is a vaster existence, like visiting a foreign country and remembering our home country.

Life asks of us only what we can give. Now or later. It is programmed in our genes to read the Earth, to commune with the network of beings here, to know what to eat and when, and how to replace and replenish according to the laws of Nature. We need not fear what life is asking of us, so let us go inward and ask. To listen for the answer is the first step toward vanishing fear and living on purpose.

I offer this statement, to be read once a day, feeling how it contributes to the body and mind through the vibrational frequency of each word:

The center of my being is still and organized,
unaffected by the disorganization of the world.
All that participates in this chaos is part of Consciousness,
in the process of awakening to itself.
This individual consciousness that I Am shall continue to awaken.
I choose to flower all along the way.

And so it is.

