

New Beginnings

The month of February is an interesting combination of winter and emerging spring. As the cold winds blow across steel grey skies, signs of the coming spring are beginning to pop up. Even though the ground is frozen in the grasp of winter, glorious bright daffodils are pushing their way up through the rock hard soil to put out their spectacular yellow blooms.

In March, the tulips will take their turn, turning plots of brown earth into vibrant patchwork quilts. By May the irises and lilies will be providing us with bright palates of color.

Each flower bulb is destined to become a specific flower. There is no threat of a daffodil bulb becoming a lily or an anemone bulb turning into a gladioli. The scientific name for this goal-directed energy contained in each bulb is entelechy (en tel'i key). Essentially, this hundred-dollar word means the actualization of potentiality or fulfilling one's life purpose.

Bringing one's destiny to fruition is not limited to flowers. It also exists in each of us. In her book, *The Hero and the Goddess*, writer/philosopher Jean Houston says we have a need "to tap into a symbolic or archetypal expression of the entelechy principle operating in our lives. Entelechy is all about the possibilities encoded in each of us." We all know an acorn is programmed to be an oak tree and a butterfly lives inside the caterpillar,

but what about us? Do we know what our entelechy or soul purpose is?

Unlike flower bulbs, our life purpose does not emerge spontaneously when we mature. In fact, there are so many people searching for their "true calling" a cottage industry has sprung up around the topic. Shelves of



Everyday Spirituality

by Colleen Foye Bollen



books and dozens of workshops offer suggestions and road maps to find one's life purpose.

In his book, *Callings: Finding and Following an Authentic Life*, Greg Levey says fear is a major obstacle for people trying to find their life purpose. Often this fear manifests as a fear of failure. Some people deal with this fear by believing that if they don't try, they can't fail. Levey says he gave up that line of thinking after being told, if he was not failing regularly, he was living so far below his potential that he was failing anyway.

For me, writing has been my teacher regarding the fear of failure. It is a simple fact, if I don't submit my work, and face the possibility of rejection, I can't get published. Repeatedly facing the fear of failure in my writing life has thickened my skin and given me the gumption to try other endeavors.

As Sue Monk Kidd says in her book, *The Dance of the Dissident Daughter*, entelechy "pulses inside us, trying to complete who we are uniquely meant to be." We can fight against it, but in the end trying and failing is better than not trying at all.

Do you agree with that idea? Beginning this month, I am inviting readers to share their thoughts about my column through my new blog, <http://flowingstillness.blogspot.com/>.

Over the past two years I have had the pleasure of listening to feedback from readers, but there has been no avenue for readers to communicate with each other. Now you have a forum for sharing your thoughts with other readers.

After you read my column, log into my blog and share your ideas. This community exploration will allow new ideas and perspectives to emerge. The deeper you go with your reflections and personal exploration, the more we will all learn.

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Are you ready to take the next step with your life or business? Do you want some support to unravel some issues in your life? A life or business consultation with Krysta Gibson helps you to access your own wisdom while being able to share in hers. Krysta supports her business and personal clients with compassion and full acceptance for who they are and for where they are in their journey.



Explore what she has to offer with books, DVDs, CD, classes by visiting her website: www.krystagibson.com

March 21st & 22nd in Seattle

Spiritual Discourse & Darshan

Saturday, March 21st, 10am

Seattle Unity Church

200 8th Ave North

Seattle WA 98109

One Day Silent Meditation Retreat

Sunday, March 22nd, 8am - 6pm

Embassy Suites Hotel

20610 44th Ave W

Lynnwood WA 98036



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