

When Affirmations Don't Seem To Be Working

by Judi Lyn Wilson

If ever your affirmations start to feel like sprinkling sugar on a monster, it might be time to slow down and slide back into your story for awhile so Beauty can learn to love the Beast. Patience is not just a good idea which we can will our way into. It is a hard-won virtue which comes from fully softening, opening to, and accepting the truth of where we happen to be. Enlightenment is — and is not — a race. So, once we embark on the inner path of developing consciousness, we commit to a luscious, trying, and exuberant epic journey.

Our narrative begins when we shed the light of our awareness on wherever our karma happens to have brought us over the course of many lifetimes. For some of us, a newly awakened awareness reveals that, at this moment, our conscious soul essence, our "hero," happens to be sinking in quicksand. Or we find ourselves wandering in a dark, haunted forest. Or some of us are climbing an enormous snow-capped mountain, then finally we see the jeweled palace in the distance. But before any of us can arrive at the palace, we must pass the test at the gates where the gaze of sphinxes will destroy our soul unless we can utter the secret code words: our affirmation.

We will all go through many strengthening and transformative tasks and trials. Fortunately, along the way, we meet our allies, the helpers who appear and give us the missing information to help us complete our quest: healers, spiritual teachers (visible and invisible), books, psychics, films, coaches, psychotherapists, and kind strangers. Wisdom is knowing, accepting, and humbly trusting which kind of magic we need when we need it. This can happen through insight and trust, through sage advice from trusted helpers, and also through the trial and error of experimentation.

In the land of Depth Psychology, we are encouraged to look into all phenomena, to

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re-learn the soul's symbolic language and to accept all that is, before transformation can take place. Simply the acts of seeing, naming, and contemplating (also in many meditation practices), are already forms of soft magic which unfreeze judgment into the flow of life's natural evolutionary movement. Love, in the form of acceptance, turns an arduous challenge into deep and thorough understanding, maturation, and fulfillment.

Spiritual healing, on the other hand, is the powerful magician's wand which brings about swift and dramatic transmutation of all forms of energy. This type of magic requires courage and a thorough willingness to change rapidly and profoundly, to be catapulted to another dimension of consciousness and existence. Affirmations are the powerful incantations which lead us directly to the truth of our essence which is in close resonance with the creator, the ultimate, God beyond form (even the forms of the hero, the helpers and the story).

So, if the spiritual healing of an affirmation is not (or is no longer) working, it may be time to slow down, breathe into, and first face and admit what is. No need to be discour-

aged, this is also a time of heroism!

Perhaps, before we can leave and move ahead, we need to return and find the orphaned child we left behind, or rescue the princess held captive by a sadistic ogre. We might need to face and dismantle an intricate legacy which had been named "reality" in order to free the butterfly of our soul with greater awareness leading to gratitude for the compassion-forging challenges of our difficult relationships. For the moment, we just might be called to take our shining consciousness back into the darkness in order to become whole before we can make it to the

final gate and cross over into the new land.

We can already trust that a full acceptance of the task will begin to drain the shadow of some of its power over us. This is love's magic. Then we can climb out of the rut, brush ourselves off, muster our courage and, once again, utter the name of God/I Am through our positive thoughts and affirmations as we make our way to the palace of spiritualized matter, our symbolic reality of the divine on earth.

Compassion and wisdom come from fully acknowledging that our journey is both swift and slow, relative and ultimate, swaying between humble acceptance and

swashbuckling courage, and full of intricate lessons, dramatic transformations, and sweet release. Trust where you are, grow in intelligence through mistakes and their correction, and fully experience life's many forms of magic, the blessed gifts to help us in the small adventure of relative being, as we seek, grow, learn to love, and transform all aspects of the story in an increasingly ecstatic flow towards ultimate being.

Judi Lyn Wilson is an artist channel, shamanic healer, and intuitive guide helping others find, define, heal and express their unique, vital, and creative life path. She offers phone consultations and healing sessions. (206) 282-2794.



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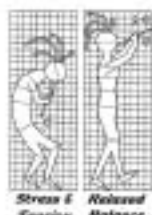
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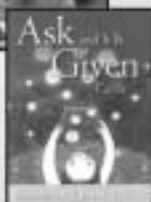
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