

Why There Is Upheaval In Your Life

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onto rotted wooden ones. Your soul is drawing these experiences into your life because it is actually paving the way for you to grow, as

you go with the flow, into your pure, authentic self.

As the dust settles, after you have fought, cried, pleaded, bargained, and resisted, in a short while you will be able to look back and say,

"Yes, I needed the old ways to be removed so I could move into the place I am now, both inside and outside in my moment-by-moment life."

Focus on what you would

The Still Heart Playing

Do you have the patience to wait till your mud settles and the water is clear? Can you remain unmoving till right action arises by itself? —Lao Tsu, Tao Te Ching

When I stay in my heart center, unmoving and still, without judgment, what comes back to myself and others is the Truth of the song being played; gentle and kind and without argument. Argument only aids the distortion of Truth.

The Truth and Grand Design of the planet is serenity. It is our hearts longing and desire to be in, and play in, serenity. Serenity is true strength.



Focus your efforts within true strength and you will be tireless and successful. To aid this coming about, for yourself and others, do it with open-heart strings. Let be played upon you all the games of illusion, and in stillness feel the vibratory response, only then deciding if the music is to your liking.

That is the music a master plays and it is so silent and quiet a song it breaks every barrier in its wake.

by Robin Leslie, www.robinleslie.com

Using A Pendulum

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over each one and ask something such as, "Is this the option that will help me the most right now?" The pendulum will return to using its established movements for yes or no to indicate the answer.

Once you have gained proficiency with a traditional pendulum, you will find that many other objects can serve the same purpose. Necklaces that are on metal chains and have just one pendant on them, no matter the shape or size, can often be used as a pendulum. I have even had success with off-balance pendants on silk

cords, round pendants, crystals on plastic thread, and a deer antler pendant on sinew. Once you're attuned to a pendulum, you'll find many uses for it, and your success will be potentially unlimited.

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love to experience when you feel afraid. Ask yourself if the upheaval serves you well, although it feels temporarily uncomfortable. Dare to shine a light onto the path you have always yearned to travel from the inside out, and as you see the light shining on glimmering gems that are new opportunities, experiences, friendships, and inner freedom from emotional suffering and tyranny, you will be glad for the temporary upheaval. You will know that it was the only way all you truly desire could replace what you knew deep inside needed to be transformed.

You will very soon feel inner peace if you have been feeling internal chaos. Remind yourself that when the old falls away — including how you are viewing yourself — if your ego feels temporarily bruised, know that this is creating room for greater growth that far exceeds where you are now. Move in the direction your heart is pulling you towards. You path ahead is a glorious, sublime, exciting, and blissful experience, because it is actually the real you that you are now growing into.

You are loved eternally. Be well and trust. All is in divine order.

Barbara Rose, Ph.D. is the bestselling author of 11 books; a leading world expert in personal transformation and higher self communication, the nondenominational study and integration of humanity's god aature into modern personal growth and spiritual evolution. Dr. Rose is known for providing life-changing answers; quick, practical coaching; and deep spiritual wisdom to people worldwide. Her work is widely published internationally and transforms the lives of millions across the globe. Dr. Rose works in cooperation with some of the greatest spiritual leaders of our time. Her website is www.BornToInspire.com



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