



All My Relations



Many years ago I was fascinated by native, First Nation's, traditions. "All my relations" is an expression that acknowledges that we live in relationship to the rest of the world. It meant more than cousin Bill or Auntie Mary, but also included them. All my relations refers to our relationship to all the animals, rocks, birds, mountains - everything in creation. In other words, we are related to everything and we are in relationship to all that is. What a different world this might be if we remembered that we are a part of all that is, all that ever was, and all that ever will be! We are not separate from anything. Just as dropping a stone in a pool of water creates a ripple, everything we do has an effect on everyone else. Instead of playing a role because it is what is expected, we can be present and conscious in our actions influencing everyone around us.

With Christmas on its way people turn their thoughts to family, friends and loved ones. We start to fuss about all the material details like buying gifts for everyone, having big holiday dinners, and happily getting along well with everyone. This is the reality presented by TV commercials but it is not the reality for most of us.

When we "try to"—notice that word "try"—we fail, because we cannot "try" to be who we are. What if this year we take the time to be honest with ourselves and reduce the stress load whenever and wherever possible? Also, it is important to know what really matters to you. Do you long for solitude and peace within the "busy-ness"? Create some space for that. Do you desire harmony with your loved ones? Make the decision inside to honour yourself in all your relationships. We must always start where we are.

"Love thy neighbour as thyself."

If you treat yourself with respect, then treat everyone else with that same respect and miracles begin.

People long for honesty and truth. They do not want someone to be on their best behaviour and treat them in some special way. This is not real. People want what is authentic. The best way to do this is to be yourself and meet everyone with an open heart. This can be challenging at times because some of your beloveds may only be used to defending themselves. In other words they are used to pushing buttons, fighting for everything, and making everything a battle that has to be won. Many years of painful situations may have created their response to life. It is not up to us to change them. If you bow deeply to the divinity within them, they may do their own changing (or not). Allow them to be as they are. Simply love them and refuse to engage in any dispute. Being loving is the best way to dis-arm them.

At this time of year people sometimes get depressed because rather than being in the moment and embracing life now, they tend to slip into the past. The way we were or the ghosts of Christmas past begin to haunt us. Old expectations and relationships may make us question who we are and the course our life is taking.

One way we can help ourselves is through dealing with issues when they arise. Sit quietly, focus on the heart. When some emotion or past situation comes up, allow your presence to meet it. Everything is consciousness and whatever is arising is asking for your attention.

"Nothing can resist tenderness. When tenderness is present, everything has to open." - Neelam

Be tender with yourself. There is too much harshness in the world and in the way we treat ourselves. This cruelty has come in the disguise of building character. It builds nothing except broken spirits and people who do not believe in themselves.

Having been a counsellor for many years, one of the biggest issues I see in many people is that they do not value themselves or see their own beauty. This lack of self love begins to erode their sense of love for others and we create a world that is full of war and hatred. Being tender with yourself is the beginning. If we can honour ourselves we can honour one another, our creations, and our place in this global community that we all live in. We can be in harmony with all our relations consciously creating a world of peace and love.

LIFE IS THE HIGHEST ART

Into my life you walked one day
 Searching for answers to
 a life gone astray
 Time passes and the memory of your
 greatness haunted you.
 Still you resisted your heart's calling.
 Doubting sometimes, trusting at others
 Afraid to open fully to your
 own magnificence.
 For if you truly owned your glory
 You'd have to remember the whole
 story of the secret you hold
 You'd have to let your life unfold
 As told by the beating of your pure,
 pure heart
 Knowing life itself is the highest art
 Experience the beauty of being that
 gives life meaning.
 Breathe in and trust one moment
 at a time
 And so you decide to let your life shine.
 For after all you are a creature divine.
 Remembering that....all is transformed.

