



RUMBLINGS AND RUMINATIONS

Sharon Snir Monthly Newsletter

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Triune Healing

Integrating Spirit, Science, and Psychology

Warm Greetings,

Last night, whilst sitting in an enormous school hall, my heart began to beat so fast I thought, for a minute I was having a panic attack. I had been asked to do something that I did not know how to do.

With only standing room left, Dadi Janki, worldwide leader of the Brahma Kumaris asked everyone in the room to give her three gifts.

Sorrow Any type of sorrow.

Worry Every single worry.

Fear All of it.



She said that if any of us in the audience had any of these three things to please give it to her today and she will be very happy to take it. But, she added,

once you have given it to her, we are not allowed to take them back.

"Are you ready to give this gift which means you will never experience sorrow again?" she asked.

"No more worry. And never fear anything to be difficult. And then anything that seems impossible will be possible. Never again fear or doubt that something will be successful or not?"

I wanted to. I really did. But I didn't know how to do that.

Almost as if she had heard me (and the several hundred other people in the hall I imagine) she offered us three gifts, assuring us that if we accept her the gifts, it will make it easier to give her the gifts she had asked for.

Ok I thought. What can you give me that will help me let go of all sorrow, worry and fear?

Is there anyone in your life, right now, that you feel has hurt, offended or bullied you? Is there anyone who used to be your friend who you know is waiting for you to make the first move. (You know that because you too are waiting for them to make the first move.)

Then I ask you, what would it take to forgive them? Probably Courage.

Courage comes from the French word la couer. The Heart. That's why the Lion in the Wizard of OZ needed a heart to find his courage. It takes courage to forgive another. It takes courage to recognise the one that hurt you probably wishes to God he hadn't. It takes courage to realise that no one can hurt us unless they are hurting too.

Once we stand in our Courage (la couer... remember, just go to the heart) we automatically have more faith in our self. We begin to believe in our ability to overcome difficulty and hardship.

To have **Faith** in myself means I can also have Faith in others. To have faith implies that I believe that the feelings in my heart are true.

Truth means being honest to your highest self. The power of truth is that you never need to worry about proving it.

And so my Christmas/Chanukah/ Call it whatyoulike present to you this year is **Courage, Faith and Truth**

If you accept them please don't forget that you have taken them. They do not have a due by date nor can they be returned. And if you are willing write down the words, *sorrow, worry and fear* on three pieces of paper, and set them on fire, all the better. I promise you, if you ask, the Universe will take them from you, no questions asked

Until next year,

Love and Blessings

Sharon