



Rumblings and Ruminations



Newsletter from Sharon Snir for March 2006

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First came the challenge, then came the confusion and struggle, followed by exploration, contemplation and finally, yes finally the Ah ha!

After teaching *The 12 Levels of Being* for the past few years I had the privilege of presenting to a whole new group of people two weeks ago. What a joy to be beginning the journey again.

Every time I teach the levels I feel nervous, anxious and very excited. This time I was a little more nervous than usual having already connected with an individual who challenged me on the phone.

"Why should I come to a workshop on the soul that seems to be so basic?" he asked.

"Good question," I responded, giving myself time to reconnect to my breathing and to ask Spirit what in the world do I say to that!

Eventually I answered, "You don't. However if you choose to come you will be presented with a new perspective on the evolution of the soul and that may enrich you in some way."

Phew!

I don't mind telling you I secretly hoped this person would decide that what I was offering was indeed too basic.

Spirit however had something else in Mind.

The challenges began early and sometimes I felt myself struggling to hold the energy and to understand what was happening.

Why was this occurring? It had never happened before. Who was this person and what was the lesson I needed to learn from him?

The workshop ended and everyone including The Catalyst, for indeed that was who he was, left acknowledging that the experience had been valuable.

I however, did not leave. I lingered in the confusion for days trying to understand what had happened.

I wrote a piece for Rumblings and Ruminations and although I thought my intention was to write about *being in the right place at the*

right time, I actually wrote a very righteous piece about The Catalyst, which eventually landed in the waste paper basket. Clearly, I had more work to do.

It was time to sit and meditate. "OK guys, what's this all about?"

The answer came immediately and shocked me to the core.

"The name of these workshops is a misrepresentation."

"What? How can that be? Am I not teaching the evolution of the Soul?"

"No you are not." came the answer loud and clear.

I tried to reconnect to my breathing in just the same way as I tried to do when I was asked, "Why should I come to a workshop on the soul that seems so basic?"

"So if The 12 Levels of Being is not about the Evolution of the Soul, what is it?" I asked.

"It is the Evolution of Consciousness, of Awareness, through the Personality, the Soul and the Spirit."

At that moment I understood how my definition of The 12 Levels of Being had not been in alignment with the energy.

No wonder I was being challenged. I was not teaching what I said I was teaching. Actually, had I been listening, really listening, I could have got the message in that very first phone call but I didn't hear the clues, being too occupied with saying the 'right' thing.

What a Gift to be so powerfully reminded that every event, every interaction, every moment is offering us an opportunity to listen more profoundly, to see more in-sightly, and to respond in a more heartfelt manner.

We are engaged, every moment of life, in the dance of a thousand scarves. Every scarf is a frequency of awareness. Sometimes we foxtrot, sometimes we tango, sometimes we waltz and sometimes we rap. However, it is not the dance that actually grabs our attention, it is the space between the dances. It is the moment the rhythm changes, when challenge, confusion and struggle enter into the swirls and twists and turns, that we are given another opportunity to re-member and re-connect with our true Selves.

Long may we dance in awareness together.

With Love and Blessings,

Sharon