



RUMBLINGS AND RUMINATIONS

December 2010

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Triune Healing

Integrating Spirit, Science, and Psychology

Greetings Everyone,

It has been a tremendously eventful year on every level. Globally the effect of nature has touched everyone of us. The climate is changing, the earth has heaved and sighed and occasionally shuddered, lives have been miraculously saved and tragically lost. We have asked many questions and some have been answered and many not. We have struggled and resolved issues with loved ones, friends and colleagues. We have cried and laughed and sometimes wondered what's the point.



In this last issue for 2010 we look at what it means to be who we are.

When we say, "I am just being myself" what do we really mean?

Are we apologising or defending our actions?

Are we stating our profession, our gender or our role in the family? I'm just being myself. Why do we say *just*, "I am just being myself" What does *just* mean?

How do we fully be who we are? How do we know that what we think, say and do is fully aligned with the truth of who we are? How do we walk and talk in authenticity with who we are?

Six ways to know when we are not being who we are

1. Our role (mother, sister, father, friend) , our gender, and our profession are not who we are but are merely functions through which we learn to be who we are.
2. The minute you find yourself rushing to an appointment, forgetting where you left the keys, or missing a friend's birthday, anniversary or party, you are not being who you are.

3. Arguing, insulting, blaming anyone for your upset is a sure sign you are not being who you are. Remember when you are upset, who are being set-up to remember who you are.
4. When we feel anxious, irritated, angry, depressed, miserable, jealous, we are being given clear signs that we are not being who we are. They are emotional reactions. And we are not our emotions.
5. When we try to be someone we think we should be, someone we wish we were or someone we know we are not, we are not being who we are.
6. When we take nature for granted we are missing who we are.

Six ways to Be who we are.

1. Be Aware of how and what we say, how we react and what we think about ourself and others. And then take loving, harmless action to address the issues that arise.
2. Be Discerning- of what you read , hear and see around you. There is always more than meets the eye.
3. Be Understanding of others especially when they don't understand you.
4. Be Gentle- with yourself and with others, at all times. Notice when you put yourself or another down and then ask yourself what is going on right now?
5. Be Clear about what nourishes you and what doesn't and choose what does.
6. Be Mindful of how you connect to yourself and take time every day to Be with yourself in silence.

Finally ask yourself, at least once a day, Am I having fun yet?
If the answer is yes, then rest assured, you are Being Who you Are.

We are Personality, Soul and Divine Essence.

So what's the difference?

The Personality wants and desires. It must have. It demands from itself and from others. It needs things and often creates then either wants more or different. It needs to be satisfied to feel safe.

The Soul aspires to bring things into manifestation. It hopes and sometimes creates. It seeks more to be more. It guides our personality when connect to it.

The Essence is our Divine Spark. It dreams things into manifestation. It knows and so creates and is at peace. It is always complete and simply wishes to experience.

Let Them Dream



Our children are forgetting to dream.

One of the ways I would get into trouble as a child was when I would sit in class staring out of the window, day dreaming. I loved doing it and no matter how often I was told to pay attention, the pull to day dream was often too strong. I would walk out of my front door and sit under the red hibiscus tree and meet up with my imaginary friend. Actually I don't think she was imaginary but that's another story. The point is I spent hours in conversation with 'the golden woman' and I remember these times as some of the happiest in my childhood.

With TV, computers, i-phones and game boys children have so much to occupy their time, they have forgotten how to day-dream, and when they do day-dream we think they have a problem! We try to 'wake them up' and redirect them to something else. Every time we interrupt a child who is staring out the window, talking to themselves, sharing tall tales, we stop them from connecting to their higher self.

The Essence or Higher Self whispers to us through dreams. It floats images into our Mind that become our imagination. Day dreaming gifts our children with the opportunity to find their joy and to truly be themselves. It helps the personality to pay attention to It and to guide us through life. And yet we adults are repeatedly breaking that connection. We think our children should be busy, occupied, active and 'intelligent'. We try to offer them countless options to develop. Ballet, soccer, piano, violin, singing, drama, tennis, swimming... you get the message. We pass on to our children our own fear of doing nothing and yet, doing nothing is the key to Being Who We Are.

Sitting on a rock, on the sand or in the bath, walking in the bush, to the shops or around the block, watching the horizon, a drop of dew on a blade of grass or our own navel, are ways we learn to connect to Being who we are.

May the last few weeks of this year be joyful, fulfilling and peaceful. I wish you many fruitful moments, doing nothing.