



## Sunrise

life IS

One long continuous process of gathering and shedding and embracing and then shedding all that we think we are  
And as we move through this life there exists within us a revolution of consciousness that enables an  
evolution of spirit that could not be more perfect in its timing and grace and for the most part

it's

worth

the

effort.

Or at least I'm hoping you will think it's worth the effort,  
otherwise why be here?

Why be here now, especially when 'living' and 'effortless' don't appear to be mutually exclusive partners? Especially when there is probably very little appreciation for the irony that grace lies beneath and actually supports anything requiring effort. If you're still here after working your way through that 'run-on' introduction, what I am hoping for is that you found yourself slowing down; not only enough to perceive it's meaning, but to observe just how easy it is to become frustrated and impatient.

With increasing frequency, most of us are far too easily frustrated and impatient with our bodies and their symptoms, our relationships, and our changing work environment for our own good. Impatience is one of those emotions that is ready whenever we are, willing to express itself should anyone turn on the faucet. It possesses qualities much like water, flowing steadily, filling in the spaces, wherever there is space to be found. It creates an undercurrent of restlessness, undermining our ability to live abundantly and feel spiritually vital.

No one is immune to these qualities, not even my inner spell-check, as she battled the instruction of Spirit to let go of what would have looked like perfect sentence structure and punctuation had I played by the normal rules of engagement. Not that I don't already have a tendency to alter the rules, but underneath the willingness to swim upstream is the fear of criticism and who amongst us hasn't tried to slay that dragon once or twice, or more I dare say?

There is wisdom in slowing down. There is solace in living more deliberately and full of care (which is ambient in its nature, a shade different from being careful, which tends to descend from not wanting to make a mistake.) I was able to reconsider my rules for what is perfect, tasteful and acceptable. I could have walked away, but there was something soulful in the message that glued me to my seat ... something about Love taking me where it wants to go, even though it wasn't exactly written that way.

Each time I read the passage, it's as if some race going on inside me gets canceled. I am left experiencing a more profound sense of peace than the breath before. There is a rhythm to its wistful nature that reminds me to let go, to stop trying so hard (ego,) to let 'flow' take the lead (heart,) and surrender into 'gathering and shedding and embracing,' because it's not just about the stuff that I gather as much as it's about

my willingness to shed, to stand more revealed, to embrace my Self more cleanly, to be more open, more loving...and each time I take a step and choose to engage in the mystery...each time I say Yes, I am reminded that it is worth the effort.

It's not a secret that our culture craves more than it can digest. We are reminded regularly that there isn't enough nor are we enough. The seeds of discontent get watered regularly. So we gather and acquire and gather some more trying to fill some unnamed deficit. It's just another expression of fear; we either won't have enough of something we desperately want, or something we don't want will last forever. Either way the urgency to act taunts us. Impatience begins to seep into every pore and we continue to gather.

Rare is the life that doesn't encounter its fair share of bruises, scrapes and cuts, inflamed emotions and wounded spirits. We hold onto them like trophies as they anchor themselves in our memories, traveling farther in time and consciousness than any of us could imagine. Even those we treasure the most, the ones we glorify as the best of times, can interfere with that which may be seeking us. If left to gather dust, even those treasured ones can hinder our pioneering spirits from reaching toward new horizons.

It takes great courage and bravery to invade your safe places. To risk living fully into the unfolding adventure, to lift your feet from their resting place, to let Love take you wherever it wants to go is the ultimate point of surrender. To free ourselves for effervescent and peaceful living we must shake loose the heaviness of all that we have gathered before it crystallizes, leaving us powerless to move beyond our creation. Spiritual Living requires a revolution of consciousness because letting go is the only way to Be Here Now.

At some point you will be offered the chance to let go with all that you've got; to let go of all that has kept you from raising yourself to your highest level of attunement. Undoubtedly it will avail itself to you on more than one occasion. It's known as sunrise, each day being the opportunity to begin anew. And that is our salvation. That is the journey of being lost and then found, living into our questions and into our wholeness. Each experience provides another clue, moving us towards our very own 'revolutionofconsciousnessandevolutionofspirit,' where we find ourselves, know ourselves, embrace what we know and remember that we have enough and that we are enough, 'perfectinourtimingandgrace.'

It is indeed worth the effort.



*Practicing the fine art of Original Medicine, Dr. Lauren Nappen, a natural born healer, has created a unique system of healing that incorporates the most beautiful and successful healing tools that she has studied thus far in her 18 year career. She is an author, visionary, educator, Spiritual Intuitive and witness. She holds advanced certifications in Chiropractic, Medicinal Aromatherapy, Flower Essence Therapy (international educator for Bach Flower Essences,) Energy Medicine (Reconnective Healing, Reiki Master Teacher, Jin Shin Jystu) and Nutrition. Whether you are in transition or merely wish for a smoother wave, the personalized plans she creates will have you falling in love with life again! Her gentle ahhhjusting style allows for a tenderness in healing that is not often seen nor experienced and is applicable to all ages. She welcomes your inquiry or your visit at her sanctuary in Mechanicsville, PA., minutes from Doylestown.*