

## Many Ways to greet the Spirit

Walk quietly into the woods  
To meet the spirits there  
Walk quietly and sit or stand  
with readiness and care

“walk” and “quietly” suggest peacefulness, low energy

“sit or stand” - open, not strong commands

“with readiness and care” – not just blindly, but with intention  
a seeking openness, a readiness to learn, to grow, to experience

Give yourself permission  
Breathe deeply where you are  
Sit with joy or sadness  
acknowledging your inward star

Give yourself permission – let go of resistance, go with your inner wishes.  
identify barriers when appropriate and then get by them, somehow...

Breathe deeply - often used to relax

“where you are” - “with joy or sadness” - it's ok wherever you are

“inward star” – not clear to me – but a little mystical

See the unfolding mystery  
Record it in your heart  
Share as life allows you  
Reflect it in your art

Be aware of the story of your reality as it unfolds

store it as best you can – let it imprint you

Share it when appropriate – there will be times

“reflect it in your art” – you can communicate what you experience  
and learn to others in ways other than words – music, graphics, dance etc.

Some words are art – like this poem

In ways that you are called upon  
Speak the truth you hold  
When it is time to play your part  
Be gentle and be bold

When life asks you to speak your truth, do so

Be gentle and be bold – interesting combination

Not arrogant or righteous, yet strong. I see humility with awareness

Hear wisdom when it resonates  
Question what sounds thin  
Remember truth abounds above,  
but most of all within

Those first two lines describe well what I try to do .. always, knowing  
I miss a lot on both sides of those coins.

There is much truth to be learned from on-going experience,  
but even more already inside you, from past experience and from  
other sources

For each misstep and each dashed dream  
Hold yourself in high esteem  
Yield to kindness above all  
Delight in miracles large and small

Those first two lines are very difficult for me. First off, this goal is fairly new to me. Secondly, I often fail and keep trying.

“yield to kindness” - being, receiving, supporting – all good, all powerful, but “**above all**” – wow – that’s a strong statement.

Delight in miracles large and small – become increasingly aware of them and delight in them

Disengage with honor  
from unresolving strife  
Seek kindred souls and friendship  
Reconnect with life

The first two lines are very wise – so much to learn. I have learned some of this – in recent years – but this is a clearer statement of this aspect of it than I have had.

The importance of recognizing “unresolving strife” in time to “disengage’. To “disengage with honor’ – without pettiness or judgement, or condemnation, or rebuke.

All good goals, all challenging.

“seek kindred souls and friendship” – I am so grateful for what I have found in this journey, and so aware of how much more was possible.

“Reconnect with life” – is my connection weak? Is everyone’s? Is this another “wake up” call. My understanding of this is foggy.

Sense with all your senses  
Be open to what stirs  
Accept the gifts you're given  
Take all that's truly yours

Two big lessons here – the first is to always strive to become increasingly aware of the flow of reality experienced by your senses.

It's the classic "Wake up!"  
call from the enlightened.

The second is be open to seeing, accepting, seeking, and using  
the "gifts your given" – not for pride, but for joy, and because  
they are gifts, grace, un-earned but still yours.

"take all that's truly yours" – don't be shy about it, live it when you  
find it – humbly but rightfully

Walk quietly into the woods  
or deep inside your cave  
Stand or sit with open arms  
be patient and be brave

Another message – some of what we seek is outside "in the woods", some is  
inside your cave" – and more peaceful motion on our path - "walk quietly"

"stand or sit with open arms" – no matter how you do it, be open to  
whatever is – to life, to reality, to eternity.

"be patient and be brave" - wisdom, in some ways the greatest challenges,  
the barriers that hold us back – expecting too much – hiding from the pain  
and the challenge – That message alone is a potential life changer.

We hear of "show stoppers" – these messages are "life givers"

And hold the hand you're given  
Love the one you're with  
Failure is an illusion  
Perfection is a myth!

Oh my – those first two lines seem especially written for me. I  
have done well, wish I had done better, but never really verbalized  
it that well. Now I can do even better.

Failure is an illusion – a lesson I have yet to fully learn – but points to  
deep truths – every "failure" is a useful lesson, a gift on our path. A worthy  
goal for me.

Perfection is a myth – Oh wow – “ a myth” – with all the richness and “teachable moments” that myths embrace. It’s OK to seek, knowing it’s unattainable – And remember – no matter how imperfect is your progress “hold yourself in high esteem”

Go in and greet the spirit  
In all the many ways  
Go out and greet the spirit  
In all remaining days.

More wisdom - major league

Go IN and greet (meet) the spirit, the spirit inside us “in all the many ways”.

Go OUT and greet the spirit – do not hold back, continue the quest, the path, even as energy and ability diminish “in all remaining days”

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