

THE UNITY WITHIN ALONENESS

Paradox is intriguing. It plays with our comfort zones and our ideas of 'truth,' inviting us to stretch outside our limited viewpoints, and journey into broader vision and expanded perspectives. Paradox invites us to move *through* and *beyond* opposing truths and realities, into multiple truths and multi-dimensional realities, as if suddenly looking at life through the constantly moving and changing view of a kaleidoscope.

When you find yourself in the midst of paradoxical experiences, what sensations do you notice in your body, and where in your body do you notice them? What takes place within the matrix of your thoughts? If you invite your curiosity to join you on a journey toward deeper exploration of the paradox presenting itself, what is it that you discover?

Let's touch briefly into the paradox of the Unity within Aloneness. We have all experienced moments or periods of time in our lives in which we have felt unmistakably aware of our aloneness. We also know the feeling of being an integral part of all that surrounds us, a part of the human race, and much more!

It is a truth that we are *never* alone. We co-exist on this Earth along with *all* the other living, breathing beings that color, bless, and grace this planet with their presence. In our deepest moments of stillness, we cannot help but feel a part of the intricate web of Life on Earth, and far beyond!

In those same deep-felt moments of stillness, truth also reveals our own unique and separate identity. We are *always* alone. Our journey is our own. It is unique; and we, and we alone are each responsible for how we choose to move through our life each day.

No one else can live our life for us. No one else can perceive for us, or breathe for us. In this way, we are alone. Our personal choices, perceptions, and consequences are our own.

What freedom! What responsibility!

Broadening our vision *beyond* these two simple perspectives turns the wheel of the kaleidoscope once again, bringing our awareness to *additional* truths. How do we begin teaching ourselves to create the capacity to hold *multiple* truths simultaneously? An astrologer once said to me, "Everyone's natal charts are full of paradox, and our job is to learn to become big enough to hold *all* of it...to *be* all of it, in the healthiest way possible." Here, we are called to practice *living from a place within* that acknowledges and actively works with the reality of multiple truths, versus merely holding the intellectual understanding of their existence.

"Experimenting" is a wonderful way to test out a new approach. The next time you feel aware of your "aloneness," invite yourself to *also* become aware of the "unity" of All that Is. Hold them both in your awareness in that moment. Breathe into and honor both, while lovingly and gently beginning to open your awareness to the *infinite* perspectives available to you, just waiting to be discovered by your consciousness!

Practice, the next time you find yourself in the comfort and awareness of your connection and relationship to All that Is, simultaneously breathing into your aloneness. Feel your uniqueness and individuality. Stretching our capacities to live with awareness of multiple truths can feel expansive and profoundly rewarding. It has the potential to create intimacy and community, as it calls us equally to stand strong in acceptance of our uniqueness and individuality.

Learning to *live* within multiple truths and in multi-dimensional realities is a discipline and a practice! Allow your inspiration and curiosity to show you the variety of 'waiting-to-be-discovered' perceptions and realities touching and influencing your life in this very moment.

Encourage those around you to join in the exploration! Notice when and where you bump into your own contracted viewpoints, and the contracted viewpoints of those around you. Is there a particular topic of challenge or resistance? Do you find yourself interested in exploring a personal shift in your perspective?

Self-development and spiritual growth *do* make a difference!

In deepest respect and loving support,

Jane Ellen