

THE VALUE & POWER OF SUBTLETY

Imagine what it would be like to move through each day unable to rely so fully on the obvious; that which we are able to measure, to weigh, to place a dollar amount on; that which we are able to touch, see, hear, taste, and smell; that which we are able to explain and understand; that which we are able to prove; that which is tangible.

We've been profoundly influenced, to one degree or another, by living in a culture that habitually recognizes and places enormous value upon the obvious, the tangible. Relying almost solely on this system of validation, we find ourselves depending upon it for guidance in making decisions both large and small.

With equal bias, we frequently ignore, deny, negate and even hold in contempt, that which is considered 'subtle;' that which we are less able to prove; that which is often diminished by words and definitions, and difficult to articulate; that which is mysterious, often intangible, and of immeasurable worth.

How might our own lives and the lives of those around us feel more full, round, and complete if we were to choose to remember and re-teach ourselves to practice standing in *equal appreciation of, and respect for*, the powerful offerings bestowed upon us by the subtle, as well as the obvious?

A couple of years ago, a client decided to receive the support of the wonderful **Dandelion Flower Essence**. This would be her *first* experience with receiving Flower Essences. Upon arriving home from her consultation, she was greeted by a **lovely, fresh-picked bouquet of Dandelion's** on her kitchen table! Feeling rather dismayed, she asked her daughter where they came from, to which the smiling daughter replied, "I picked them for you." **It had been nearly 10 years since her daughter had picked flowers for her mother!**

Interestingly enough, as the daughter joyfully picked the bouquet of Dandelion's for her mother, she was not consciously aware that her mother was receiving a Flower Essence consultation, let alone discussing the benefits of receiving the Dandelion Flower Essence. What further amazed the mother was that, as an avid gardener, she was thorough in her removal of any Dandelions in her lawn. When asking her daughter where she found the Dandelions, the daughter replied, "Back behind the shed." She had been 'wandering' there during the time of her mother's consultation, and when coming upon the presence of the Dandelions, felt inspired to create the golden bouquet for her mom.

How do we explain these wonderful and magical kinds of moments? How much is an experience like this worth? How do we explain the place in us that gets

touched? We are not able prepare for or plan for these kinds of mysterious occurrences other than to know they happen and to practice being receptive to them, welcoming them with curiosity.

As we practice making room in our conscious awareness for that which is subtle, inevitably we discover that some of what we notice will be less than pleasant, and at times, downright disturbing, while other times seemingly unbearable. The inner calling is to *notice* that these discoveries, while they may be unpleasant, are profoundly *valuable* in supporting our efforts to align more fully with our truest and most complete selves. They serve us well, as we continue to answer the deeper calling to teach ourselves to hold multiple viewpoints and realities simultaneously, and to invite our curiosity to join us in each moment.

For example, over the last several months I have felt inspired, compelled, and sometimes utterly driven to experiment with writing about the undeniable 'power of subtlety.' Each time I slowed myself down, both internally and externally, placed my fingers upon the keyboard and began typing, in flowed an endless stream of silent and oh-so-audible voices from who knows where, proclaiming in a most powerful whisper, "You'll never be able to put this into words. Why are you even bothering to try writing about this? No one will find it valuable. You'll only end up frustrated. This is a waste of time." While they convincingly rattled on and on in my head, reverberating throughout my entire being, I simultaneously noticed a steady, calm voice instructing me to "keep typing, Jane. It's okay. Deepen your breath. Keep listening. Keep typing."

The undeniable power of subtlety!

What could possibly be valuable about subtle voices that seem to sabotage our inspirations?

One simple response to that question might be that those voices create a sort of tension within; and that tension, that polarity, presents a fertile ground for transformation and change to occur by creating an opportunity for a **third** new perspective to emerge, a perspective that invites us to create something other than the either/or perspective from which to operate. This is transformation! This is change. This has us relating to others and ourselves in new and innovative ways. While the process itself may feel challenging, it can also feel rewarding.

May our genuine efforts to recognize and embrace the value and power of subtlety, serve to round out this world in which we live, on a personal level as well as on a transpersonal level.

In this moment...bowing, to the best of our ability...to ALL that IS.