

(Note: Reprinted from the December, 2001, Newsletter "Keeping In Touch ...")

## **Peace, Compassion & Ascension Amid War & Terror**

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On Sept. 11, our nation and our world received a blow that will require all our gifts to amend, with the terrorist attacks on New York and Washington. Since then, our nation has gone to war, with untold effects in potential harm to all beings. The pain and suffering that occurred on Sept. 11 and is ongoing today extends far beyond America's borders, to the world community, and beyond. It will require all our gifts to be brought to bear to exercise the utmost of which we are capable in prayer, compassion and forgiveness to heal and to create a new reality of positive good. Each of us in our various ways has gifts to share: -- For those practicing Reiki, it's time to use the long-distance healing ability and focus on the most troubled spots of the globe: New York, Washington, Boston . . . Israel, Palestine, Afghanistan. -- For those practicing Consegurity®, create best frames for healing, making sure the merkabah is functioning, extending beyond time and space, to all points of the globe, offering healing mirrors to all who need it. -- For those practicing Shamanism, meet with your helping spirits and guide those souls that have left their bodies who are lost and confused toward the light (psychopomp) so that they may find rest and healing, and understanding beyond human understanding in the Creator's eternal love. -- For drum circles, raise your vibration rates to direct the Earth energies of the Great Mother to bring peace and healing to all her children, across the globe wherever pain and suffering is found. We as lightworkers, healers, Children of Light, must do this work; it is our duty as citizens of the Earth, responding to the call of our destiny and our life purpose to come forward. If not us, then who? We must reach deep to find forgiveness, compassion and prayer. And it may be difficult. Why? Because it is a test by the Creator for each one of us. Consider it an Ascension test. It's easy to "forgive" where there is no harm. When we are harmed and harmed grievously, as our nation and our world is harmed by the worst terrorist act in history, it is easy to hate and difficult for any human being to truly forgive. Yet, already, nations around the globe and people of all faiths have joined to condemn the terror and focus on the unity of spirit. What we are seeing is the potential for a new global awareness of the unity of all peoples, the divinity within each of us, the similarities, not the differences. This is our true test: focusing on unity of spiritual awareness and rejecting hate, separation and differences. Out of will for war can come peace. But what about those who caused this

atrocities and those who perpetuate and cheer on such misery and tragedy? Can we -- should we? -- find healing, compassion and prayer for them, too? As spiritual beings, it is our duty. We are not just human beings; we are spiritual beings in human bodies, each and every one of us, no matter how "high" or "low" or what personal dramas we create for ourselves. We each and all are evolving as spiritual beings. Our soul purpose at this time and at this place is not to perpetuate polarity, but to foster holistic healing -- for the planet, for ourselves. Can we love one and hate the other? Love, true love, compassionate love that reflects the Divine within us, knows no polarity. The Creator doesn't love one of His/Her children and hate the other. For us to do so is to turn our backs on Divine love, the unconditional and unlimited love and will of the Creator. We cannot have love in our hearts and hate on our faces toward anyone, least all when looking to God for help. And, in fact, when we hate another, we hate ourselves, for all our brothers and sisters are mirrors or aspects of our own being. On Sept. 11, while our nation mourned, children in Palestine were seen jumping for joy at the death and destruction, egged on by parents and teachers, being tossed candy, and led in a chant extolling the death in America. No single photograph could spur more anger here, but it should exact compassion. Are these children, these innocents, worthy of our hate? Are they not as much the victims of this horrible act of Sept. 11 as those who died and were maimed? They will grow to kill and be killed and if we do not instruct our children and will ourselves to break the cycle of death and destruction, of affront to human dignity confronting itself again and again in escalation. If not us, then who will? To have compassion for those who have done us wrong does not mean we condone the act. We share the pain that all feel and reject the hate in ourselves and others by committing to ease the suffering and heal the pain of all involved, to bring oneness, kindness and understanding to the loving hearts we share. Applying the separation and division of hate does not bring wholeness and healing, wisdom and understanding to anyone. Those who committed this horrendous act will be punished. It is up to us to bring healing and understanding to all who suffer. Our commitment to compassion is deepened by the enormity of the loss, for those who hate are reflections of each other, united in a polarity of love and hate, peace and war, whatever their motivations. There is no "them" and "us," for we are they and they are us as human beings caught in a drama of pain and suffering that takes victims back and forth. So, how do "we" forgive "them?" First, we forgive ourselves. We forgive the hate and polarity in ourselves that drives hate and polarity in the world. We see those who hate us as reflections of ourselves, our own actions turned against us. Second, we realize that by giving away

our pain and our anger, our want for retribution and revenge, that we are healing ourselves. We are giving away (for-giving) the cause of suffering on our part, our want to hurt others, which only hurts ourselves. Third, we pray effectively. By that we do not ask that something to go away. We ask what may be and ask Divine assistance in making a positive outcome BECOME. We surrender to the greatest potential good of the moment. Remember, there is no past or future, only ideas we cling to; reality is only the present, the stillpoint from which all reality arises. The great reference beings of all our cultures -- from Jesus to Buddha to every indigenous teacher -- have all said that the Kingdom of God, the source of all BE-ing is within us (each of us, individually, the spark of the Creator) and all things are possible through prayer. Through uniting our hearts and uniting our prayers, we can bring a new reality into existence. And we must do so, to heal the Earth and ourselves. Through prayer, forgiveness, love, compassion, we can create a reality better than what the current chaos and pain is leading us toward. As we raise our own awareness, our vibration, we move closer and closer to a quality of consciousness that approaches "the absolute," a point in frequency that is high enough to resonate with the highest levels of creation. We are on the verge of creating a new consciousness that, using transmutation of our inner and outer lives, can create any type of world we wish. We are on the threshold of Ascension, not just individually, but for our entire world. We cannot discount the power of a single human being to create change, even momentous change. The terrorist tragedy and its aftermath of war is a personal test by the Creator, aptly named "The Great Mystery" in Native America. We can react in polarity and hate (loving one, hating the other -- even withholding love is polarity) or we can be the holistic healers we need to be and practice our faith and beliefs with all our hearts, with all our souls, with all our ability. We are spiritual masters each and every one of us. We create the world in which we live by the energy of our thoughts as well as actions. As we hold in our hearts, so the world will reflect. As above, so below. We must be the best BE-ings we can be to heal the Earth and ourselves in this time of personal and global crisis. Mitakuye Oyasin! Aho.

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