

A Message from our Editor, Issue #19 - "The Shift"

Written by Jeanne Ohm, DC

Monday, 01 September 2008 00:00 - Last Updated Thursday, 30 January 2014 13:44

"The Shift"

It is a time of great change. Leaders in science are calling it "the shift." Leaders in healing are referring to it as the raising of the consciousness. Even politicians are talking about the readiness for our social change and our responsibility as individuals to contribute. Everyone is recognizing that the awareness and participation of each and every one of us is necessary. From a perspective of vitalism, what does that mean?

In times of great change, before the shift occurs, there is usually intense polarization. Fostering the polarization is the use of guilt and fear to maintain the old and fading modes of power. It is important we are aware of these tactics and that we do not fall prey to their influence. This means that we must not allow fear and guilt to motivate us to remain motionless and it also means that we must not resort to using these stifling emotions in our zeal to rush the change.

LETTER FROM THE EDITOR, JEANNE OHM, DC



IT IS A TIME OF GREAT CHANGE. LEADERS IN SCIENCE ARE CALLING IT "THE SHIFT." LEADERS IN HEALING ARE REFERRING TO IT AS THE RAISING OF THE CONSCIOUSNESS. EVEN POLITICIANS ARE TALKING ABOUT THE READINESS FOR OUR SOCIAL CHANGE AND OUR RESPONSIBILITY AS INDIVIDUALS TO CONTRIBUTE. EVERYONE IS RECOGNIZING THAT THE AWARENESS AND PARTICIPATION OF EACH AND EVERY ONE OF US IS NECESSARY. FROM A PERSPECTIVE OF VITALISM, WHAT DOES THAT MEAN?

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From a vitalistic perspective, this shift is inevitable. It carries its own momentum and will bring a state of balance and ease. Being true to the vitalistic principle, now is a time for us to trust this process with thoughts and actions consistent with this trust.

In Pathways, we have seen vitalism described as the recognition that there is a wise and conscious intelligence within us that reflects the wisdom of the universe. This wisdom is at the very core of our existence. It is the essence of who we are. In vitalism there is a respect of and trust in this wisdom, a recognition that we are all connected with this wisdom...not just those who agree with us, but everyone. We have a responsibility to ourselves and to others -- for the "good of the whole."

Sometimes, in these great shifts of consciousness, when we are bombarded with emotions of fear and guilt we find ourselves losing site of the greater picture and we react with like emotions. We must remember that these reactions serve to stall the momentum of the shift we are most desirous of. The emotion of guilt is strengthened when we are dwelling on the past and the emotion of fear is fed when we are focusing on the future. Both emotions lead to judgment and judgment is counterproductive to the change that is needed.

I do believe the state of being consistent with the vitalistic principle is love. It fosters respect and trust. It subdues the antagonistic, unwholesome emotions of guilt, fear,

judgment. It creates balance and ease. The "golden rule" tells us to love our neighbor as our self. So we attempt to love our neighbor and seem to forget that it is first necessary to love our self.

In the following speech delivered by Nelson Mandela, and written by Marianne Williamson, we can begin to remember who we are and how we can begin to love ourselves. Then and only then will we be able to transfer this love to others and therefore productively participate in this momentous and exciting shift.

*Our deepest fear is not that we are inadequate,
Our deepest fear is that we are powerful beyond measure.
It is our light, not darkness that most frightens us.
We ask ourselves, "who am I to be brilliant, gorgeous,
talented, and fabulous?"*

*Actually -- who are you not to be?
You are a child of God.*

*Your playing small doesn't serve the world.
There is nothing enlightened about shrinking so that other people
won't feel insecure around you.*

*We were born to make manifest the glory of God that is within us.
It is not just in some of us, it is in everyone,
And as we let our own light shine, we unconsciously give other
people permission to do the same.*

*As we are liberated from our own fear, our presence automatically
liberates others.*

To all of our readers--welcome to Pathways...one more step in the raising of the consciousness.

Many Blessings,
Jeanne Ohm, DC



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