

justis

Towards the Spirit

How much have we forgotten to be ourselves? Quite a bit I think. We spend most of our time simply thinking about what we should eat and when we should eat it, how to pay for our electricity, when to wash our dirty clothes, when to hang them out, whether or not to buy that new shiny washing machine and drier that not only washes our clothes, but also irons them, fold them and then files them in alphabetical order. Most of our time is occupied with just the ritual of living, and living in fear of doing without something. It turns out, with all of the order and perfection that we have been trying to create, we have been missing out on something. It's called Life!

What would it be like, if for just one day, we didn't panic about what time it was? What if we forgot about it altogether? Shock! Horror! A travesty in the ways of the world!

We have so lost touch with our spirit, our natural rhythm, that everything now appears to be a huge

risk. Whether it is which way to walk across the road, or whether to simply live life for a change and forget about the dirty dishes.

Nothing is sacred any more. There's no respect for the basic fact that we are breathing. Who cares about which brand of dishwashing liquid you use? Do you think that the dishes actually jump up and down in the sink, like in the commercial, screaming and yelling about how many soap suds it takes to get rid of the grime and which brand they prefer? I don't think so. How did humanity get on before the creation of the kitchen sink? I'm sure we survived.

Perhaps it is time for us to remember the divine for a change. Plants grow, birds sing, cows eat grass and produce milk – not in cartons, but in a completely natural magnificent way. How many of you know where the milk comes from? Maybe you should take a visit to your local farm (if you can find one) and see where the white stuff that makes your coffee taste so good in the morning is created.

I think the reason that we were put here was to experience being great lovers of one another and the environment in which we live.

Take your shoes off and take a walk on the grass. (Just beware of the “don’t walk on the grass” Nazis). It’s time for all of us to remember the sacredness of the place in which we live. Including the people. You know those other things that walk on two legs and queue in front of you in the supermarket? Say ‘hi’ to them once in a while, you might actually like them. Even more, you might even get to learn something about yourself. What is the name of the person who served you last? Find out. Ask them how they are. You might be surprised how they respond. You never know. A Goddess might be serving you. It’s worth the risk to reach out, don’t you think?

I think the reason that we were put here was to experience being great lovers of one another and the environment in which we live. Why else would we feel as though we had lost something? I think that God and Goddess in all of their magnificence have given us the ultimate opportunity to find them – in everything and everyone. Maybe it’s time we started remembering that. There is no great God sitting in the sky, waiting for us to work out how to get back there. They are waiting right here, in the person sitting next to you and the very ground you walk on.

We are all heading back to a remembrance of the divine. So as we head back towards the spirit of that which we have so quickly forgotten, let’s celebrate what is all around us. The complete magnificence of the very fact that we are breathing. What a miracle! And it’s something every single one of us; people, animals, trees, birds and plants do as one.

Now that’s God. And we didn’t even have to try and find it. It was right there all the time.

With Love,
Justis