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ONE WITH EVERYTHING

NEWSLETTER
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It's in deep reflection and with a tentative heart that I write this newsletter.

With daily news about Afghanistan, Haiti, natural disasters, emergency conditions due to climate change, wildfires, further new variants of the pandemic, all of us truly experience very different effects following these last one and a half years; may it be exhaustion, doubt, physical changes, emotional wariness, and so much more.

So, what can one write or say without sounding condescending, preachy, or too idealistic, disrespectful of the individual's as well as collective pain, fear and despair?

First – I believe in a benign, ever supportive Universe!
Instead of raging at the unfathomable pain we daily hear about, against any higher power, or blame whoever we give the power to, I believe we all need to feel understood, release our shocked disbelief, fears, doubts and lostness, and see the difference between *destiny or free will*.

Why would a benign Universe, a loving Higher Power allow children to be harmed, killed, lose their homes and identity, and more?

I trust that these terrors happen, not because we all have been forgotten or there is indifference from Spirit and our Highest Guidance but so we collectively, as a

human race intend to choose our free Will imminently, wisely, take much more responsibility whenever we can, and take a position to encourage, support, thus act accordingly!

We try to make sense of the world, sometimes see pain and death as ultimate *bad* or wonder if the Universe is untrustworthy. However, once we *know* that the Universe as *good and benign* and that everything, the means the ends and all the processes of individual lives, is covered by *higher Love, then we learn to trust and create change.*

Yet, we cannot *produce* trust just as we cannot *do* humility. We can just 'be' it! It either is or it isn't. Trust is our choice and is the fruit of our relationship with our own essence, and with the benign Universe. *Trust* is when we know that *we are loved!* Then *trust* becomes *peace!*

We cannot find it through judgment, condemnation, coercion, or guilt but only through a relationship of love. Especially by unconditionally loving oneself, our own essence too!

Fear is only a desperate attempt to find control over something we can't control. The freedom to live without that fear involves trust and surrender, to and inside a relationship of love.

That's why we *choose our free will* wisely - not for control, not for greed, not even to achieve something specific, but *to serve and step up and honour our own light, the power of our souls, the vision and far-reaching strength of our unconditional love, as well as to bring light to dark, soothing to heartache, trust to doubt, reassurance to hesitation and belief, and most of all when we bring love to fear!*

I wish for you to put your heart in charge and align with your soul-desired feelings! Instead of allowing yourselves to roll over and play possum, consciously benefit from this never-ceasing connection that allows you *to trust again, releases you of judgment of the world, of the human race but also of yourselves!*

We've done better than we are aware of, are closer to the realisations of our intentions and are helped more than we often realise! Therefore –

Let's not dim our light any longer but serve as a vessel for divine Love.

