

What Role Can Spirituality Play in Healthcare Reform?

This is the time in history, perhaps all of human history that we've been preparing for. This period between 2008 and 2013 is when it all comes together—or not.

We are all watching the anger and fear played out in the national discussion over healthcare. It doesn't matter what our personal beliefs are, the issue at stake is one of much greater magnitude—human nature and its evolution in consciousness.

Perhaps we thought the global changes would only affect the climate, the extinctions of animals and indigent populations—over there somewhere. I'm not sure I realized that the battle as drawn up in all the great spiritual documents between good and evil would come quite so close—in fact would be in our very faces and hearts. **The consciousness shift is upon us and we are the players in this great drama.**

The forces of good versus evil...so what are they, and who are they? Are they the people who hold different views and ideologies? Are they the ones who are destroying the planet and raping and murdering? Are they the ones who are selling drugs or ripping off consumers in Ponzi schemes? Just who is this enemy and how can we get at him/her/the regime to get things right?

Our anger is real over the injustices we know and read about. And now these injustices are on our doorstep here in the US as well as around the world. Who can make things right according to our beliefs? Who are our friends and allies in whatever “war” we are personally fighting? What can be done?

This is the reason we have been practicing spiritually for so many years. Whether we meditate everyday or occasionally, whether we care for the earth actively and grow our own vegetables or just buy foods carefully and with intention, this is the time for awareness.

Awareness is different than reason. Awareness tells us that we are awake to the reality that human nature moves according to the emotional pulls of trying to stay safe and out of harm's way. The swing is ever-present, conditional upon circumstances and backed up with rage and justification. By contrast, reason suggests that we can appeal to people's minds to understand the truth of a situation and thus swing people into our column of belief and behavior.

To understand that reason alone doesn't work, watch the town hall debates and you will see that reason isn't what is at play. Fear is what we're watching and feeling. Fear over losing our way of life, fear over losing our homes or incomes, fear over changes we can't understand or control. It is fear that is behind the anger.

So, then, if reason can't “win,” and just shouting louder can't win, and force can't win, then what can win? **Awareness can win because it doesn't seek to win.** It seeks to

participate, to cooperate, to find resolution, to be strong from within and to bring this powerful spiritual intention into respectful dialogue with those of whom we disagree.

I do believe that the only evil is that which is below the line of integrity. Spiritual teacher David Hawkins posited that there is a line of integrity that separates our ability to use awareness of our thoughts, feelings and actions (love) to be steadier versus the reaction through unrestrained anger, greed and fear. There are for sure horrible atrocities that are performed. But it comes from those who have not yet evolved through their spiritual development to understand or hold a more loving and cooperative view of all life.

And so, if evil is perpetuated by those who are unable to hold an inclusive view, then we find that inner action must go hand-in-hand with outer action. The one without the other is useless in solving problems. We find ourselves faced with the need to use our inner awareness, our ability to quiet the fear and rage at so many things in flux in our lives right now, to recognize that this is the time for which we've been born.

We are the light workers of the new era and this isn't couched in hearts and flowers but hard and difficult effort to manage ourselves. The enemy is within. Our reaction is the only thing we can really be in charge of. And our reaction is what we need to watch, mitigate, relax into and allow our better natures to prevail.

We are on this Planet Earth together, for better or worse. And you and I and all those millions of people who speak to a new level of shared power and a way to have a decent conversation are called to put our spiritual energy and beliefs into action.

The old ways are dying and we must seek a new direction of actively talking, listening and acting from awakened understanding, patience and love within ourselves if we hope to prevail in sustaining our human family and even our personal family.

Practice your spirituality in all the ways that strengthen love and diminish fear, opposition and resentment. Be patient with yourself and others. Smile a lot and let your natural wisdom emerge whether or not it's popular. Be all that you can be—right now. We are all depending on each other to shepherd in this new age.

Be the change you want to see.

Blessings,
Meredith

PS – for responses e-mail mysowers@stillpoint.org. Rather than whether or not you're in favor of, or opposed to, healthcare reform, talk instead about how you are managing your own anger and/or frustration about these changing times.