

## **Spiritual Elegance is an Attitude**

In our continuing discussion and thinking about the consciousness shift underway in our world, it occurs to me this morning that unless we reframe the anger, fear and disapproval of others - the game of sustaining our planetary home and all beings, is lost.

Years ago in my book, *Agartha*, my spiritual teacher, Mentor, likened humanity's call to affect a consciousness shift to that of a yoyo that had been dropped to the bottom of the string and was waiting to be retrieved. While there was, and still is, energy to move ourselves and our planetary home into a new direction of becoming more compassionate showing concern for all, and creating peace – we need to take action and time is running out!

Even though our planetary crisis and the immediacy of the problem before us was a frightening thought, it was easier to set it aside back in 1984 and think somehow, someone would pull us through this pivotal period in our human evolution. Perhaps we thought there would be directives coming from enlightened ones on our Earth and beyond who would take away the fear and magically bring peace. But truly, you and I know now that the change can only come from within us and others whose hearts are open—and who are willing to address the challenge each and every day.

So if humanity's problems are based in a lack of conscious attunement to *Love, Real God or Source* and a different way of living, the solution becomes waking up. How do we awaken this inner light and knowing within ourselves and others...or can we? Do we stand back and hope that with enough lifetimes, we'll all eventually find our spiritual connection to ourselves and each other? If this is the case, we're all in trouble because we don't have hundreds of years. We are being called to compassionate action right now.

What kind of mentoring, sharing, supporting and helping is required to assist this process of consciousness change to a level where atrocities simply will not be considered an option, where greed and selfishness will not take over our good sense and good heart?

It comes down to realizing that elegance—spiritual elegance—is an attitude. We carry this potential attitude within us—every being loves something. Our work as light workers is to encourage spiritual elegance wherever we can and within ourselves. Every attitude and action counts - no exceptions. Holding ourselves fully accountable spiritually is a tall order and one that none of us is perfect at accomplishing. Yet the attitudes we feed are the attitudes that grow so it is not enough to be in our deep hearts when we're praying and meditating but rather to bring our spiritual elegance into the daily exasperations.

Spiritual elegance comes from an awakened deep heart where we default to an inner knowing that loving is always better than fearing, retaliation and resentment. It is so easy to let ourselves off the hook and point the finger. But all it takes for me to remember that I'm being called to account for my own spiritual elegance is to receive a call from the nursing home where my mother has been a resident for seven years and being told that she's not paying enough money and will have to leave—she's 95. The promise was that she could stay until she made her transition regardless of her financial situation. Justified anger is what we can so easily feel—and this is what we must

bring spiritual elegance to in order to assuage our righteous indignation, whether or not justified, and allow a new solution to emerge.

It isn't that our personal perspective with all of its likes and dislikes will ever completely leave us as a first response. We are, after all, human beings with vibrant and active personalities who only see life through our personal lens. But we can observe our attitudes and feel strongly the pain in the world—AND OUR OWN PAIN—so that we take seriously the quality of our every attitude and the actions that follow in our thoughts, words and deeds.

Spiritual Elegance is what the great role models showed us—Jesus Christ, Gandhi, Martin Luther King, Rosa Parks, for example. And now we must bring that potential greatness down to the level of our lives with our families and with our jobs because our potential is no less than theirs.

We can be afraid of the consequences, yet still step forward—still make the attitude shift from “poor me” to “what about all of us”? We can move from the loud noise of our own confusion and upset, to a quiet inner place where we sense a new path opening for all people and all life. It is this new path that we all must tread.

There is hope and we are it. Look for deliverance from the *Real God/Spirit* within your deep heart because that is what we've been guided through the millennia to learn. Day to day, we do make the difference.

For each of you who choose a more thoughtful, honest and cooperative way to respond today to your challenges – bravo! For those of you wanting a different kind of environment for your children and grandchildren and are doing something small to make life better today—bravo! For those of you who trust in a different outcome both personally and globally, beneath all the fear and anger and terror in the world, bravo!

Spiritual Elegance is what we all share – it is the thread that ties us “deep heart to deep heart.” And though this spiritual impulse lives within us, we must call on it not once but over and over again until it becomes second nature. We must lift our eyes from the pain in front of us to a reality of inner knowing that can and will manifest if we each do our part—until the consciousness shift becomes a reality.

Make today the day you take seriously your part in the grand scheme of this consciousness shift whether or not you have a dime to your name or a position of authority that you think will influence others. Influence others by first influencing yourself and let your spiritual elegance—the ability to rise above the fray in greater kindness and compassion—be your order of the day.

Blessings,  
Meredith

PS: Tell me your thoughts...e-mail me directly at [mysowers@stillpoint.org](mailto:mysowers@stillpoint.org)

PPS: If you enjoyed this piece, learn how you can work directly with Meredith through her new Fall Program, [\*Power Unlimited and Love Beyond Measure.\*](#)