

H1N1 – Clues to the Bigger Picture

Last night I turned off my office light at 8pm. It had been a day of desperate phone calls, sobering news for so many as they tested their guts and their hearts for potential emotional and spiritual reserves to meet the on-coming collisions with illness and disaster.

Some people were dealing with cancer now spreading throughout entire families with grandparents, adult children and their children being diagnosed within a 10 year—even 10 month period of each other. Other clients had fears over the H1N1 potential pandemic and what it could mean if it strengthens. Others dealt with diseases that had historically been limited to a few cases now reappearing with a vengeance—like lung cancer in young- and middle-aged adults with no history of smoking. An oncologist, in a candid moment, told one of my clients, “*I’ve never seen anything like this—I have no idea what is happening.*”

And so I ask you—I ask me—I ask God—what in the world is going on?

For sure not just some-thing is changing but every-thing is changing. *The call to wholeness seems unmistakable.* For too many years we’ve looked at disease, whether personally as cancer or globally as terrorism, as being able to be handled and eliminated by focusing our ammunition on the problem and then blowing it out of the water. Whether using “gotcha” visualizations to eliminate unwanted toxins in the body or war games, we thought we could handle every enemy one at a time. And now all the enemies are piling on. It isn’t just our president who has a plate full—we all do!

There is no turning back to just fighting the individual problems in a piece-meal fashion, person-by-person and country-by-country. We are put on notice that the answer is evolving into wholeness—whole life—physically, emotionally and spiritually and nothing else will do.

We are called to wholeness in thinking about our families and our children. No longer can it be “this child is successful and this child has problems,” for example, but “the family” is in necessary change. No longer can it be this country or regime is dysfunctional, but the global family is out of balance.

We have entered a time for healing ourselves and our world which means awakening our own personal history of beliefs and attitudes and healing our lineage. Biblically, we might say the *sins of the father are returning to us*—but instead of sins, it is the unconsciouness, the lack of understanding and the blind insistence on our limited points of view that we must now confront. We didn’t know better then, but many of us do now. We can do better.

The human body, too, is in the middle of a dynamic change process. Not since losing our tails or arriving from the stars, have we moved so dramatically and quickly into new territory. We are developing a different level of immunity—spiritual immunity which grows from wholeness—whole thinking, whole living and whole action.

Spiritual immunity asks us to stay in alignment from our deep feelings to our words, intentions and actions—and all of which is based in care, awareness and positive intention. And this is where it gets tricky because our spiritual immunity isn't something we alone can completely develop. We can only develop our own personal spiritual immunity as we participate in the global family's immunity. Think in terms of spiritual immunity equals spiritual community.

Personal and spiritual immunity grow from realignment with our spiritual natures which are ready to expand, based not on what has come before in our lives or on the planet but what we intend for the future and are willing to begin living.

As we struggle to alter our normal responses of anger and resentment to what is happening around us and entering a way of solving our problems together, we grow our immunity against such things as H1N1 viruses, which are global radical viruses that have intelligence but not heart/spirit.

Enhancing Love/Spirit in our lives through attitudes and actions based in wholeness reduces the power of global viruses and enhances our awareness of community. This means sharing, aligning and making just. But because most of us aren't fully aligned with the idea of "all of us," and not just "us," we are prone to suffer the disease and problems of this in-between state—rather like the molting crab. We're not yet fully in our enlightened bodies. As long as we lead with only our rational thoughts about what's in it for us, we stay under siege from viruses and bacteria that can out-think us. But they can't compete in love or compassion—that isn't in their make-up— but it needs to be in ours.

Just as the human body is changing and adapting to this new energetic prototype of wholeness—enhanced immunity—the Earth also has manifested an energetic prototype that is based in wholeness. And anything in the way of this coming together is like trying to stop a freight train—impossible. We no longer have the luxury of squabbling over healthcare particulars or whether or not to take serious steps to manage climate change. We no longer are in a position to pretend that everything is really normal, just different. Nothing is normal and nothing is going to be normal until we accept that the new normal is called *togetherness*.

In metaphysical terms we are on the way to enlightenment, which isn't a final goal but a process. It seems as if *Real God—the Spiritual Electricity of the Universe*—is pushing us to wake up to our potential as whole living beings who are grateful for life and appreciative of diversity. Talk about tough love.

The fullness of possibilities is endless but first we must change the question from what about me to what about us—all of us. From "How do I fix *my* situation" to "How do we

fix *our* situation?” This coming together has been shown to be the way people react in an emergency, but then things go back to business as usual. So imagine that you are enhancing your own spiritual immunity and that of the global community every time you enter into a gathering with good intent and with love in your heart; a family sit-down around the dinner table, local council meetings, community pot lucks, school functions, political gatherings. The time is now to be involved, and educated, and open to change.

We must ask, “What is this new picture into which I want to step for myself and those I love, and those that I don’t yet call friends?” Next, we must create an image of the wholeness, yes, the perfect possibilities for a global community working and living together—as it can be—not because it makes sense rationally but because it is available in the energy of possibilities.

Practice living in that imagined picture of possibilities, not because it is so but as if it can be so. In bringing this new wholeness model to your life, ask yourself, “What does it mean for my family, my neighborhood, for the life in the pond down the road, at my job?”

What does wholeness mean and how can we come together to find the answers by which we must all live together? Will this be easy, of course not! But divinity gives us the spiritual insight to realize either we all make a contribution as we can to our families and to our lives or none will be able to. We can’t run a factory with half of the machines missing and we can’t heal our cancer with only half of our spiritual immunity in working order. We are connected to the community of life in ways that are only now becoming more and more obvious.

Working together we can manage all aspects of our lives and our world but it means what spiritual teacher *Adi Da* suggests in his book, *Not-Two Is Peace*. *We all have to show up and lose face together*. Put down the stuff that prevents us from solving problems and coming together as the human family that we are. No more masks to hide behind— in this poker game we’ve been “bluffing” too long and now we’ve been “called.” We must put our real cards on the table—show up as our real selves to participate.

The time is now to open to this energy pattern of whole life in order to solve the pandemics, the cancer epidemics, the viral and bacterial infestations. Now is the time, and we can succeed.

Blessings,
Meredith

As always, talk to me—what does wholeness mean to you? mysowers@stillpoint.org
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