

# Appreciate and Hold True to the Great Mystery of Life

By Meredith Young-Sowers

This morning I tuned into a television show that featured “Daybreak in the Peruvian rainforest.” There were no voices, just the sounds of some animals waking up and others going to sleep. Tiny multicolored spiders, ants and millipedes went about their business of looking for food, mending their nests and houses, and calling to a mate. All were just existing in this Garden of Eden into which they were born into. Life was normal, rich, unpredictable and vast in reflecting the imagination of the Creator.

It was impossible not to consider our own existence and the struggles we face. Several thoughts came to me as important to consider. **First, the Earth wasn’t made for our comfort but for our experience.**

As human beings our curiosity about how life works has led to a belief that if we understand something, we can and should replicate it. We can never reproduce, however, that which the Great Mystery has created – either in the way of the Earth’s environment and its flora and fauna, or in the miracle of our own bodies. We humans are no more or less important than all the other elements of life that populate our splendid Earth.

We are meant to find our place within this Garden Paradise without destroying it. The miracle of our Earth cannot be replicated through managing our reactions and responses. There is a limit to where our need to know something must slow and our deep love of wildness, diversity and mystery will take over.

When I pick a brilliant yellow day lily from my garden, for example, I know that it will live only a day and my need to keep it alive longer isn’t necessary. It is what it is – and that’s magnificent! *Real God* is imagination which is reflected in every iota of our lives from the smallest dust particle to the vastest rain forest. And this majesty will always be beyond our need to pare it down and itemize its attributes.

**Second, the sheer population of our Earth puts us on a collision course with the preservation of the mystery of our planet – the creatures, environments and living space that we inhabit.**

As people continue to populate the planet, resources are needed to feed, house and support them all. Rules of what we can and can’t do will inevitably replace the freedom to roam wild areas. Most of the wild areas will be reduced to parks and zoos, miniature representations of the expansive wonderland that was our Earth’s natural environment.

Population will need to be controlled – resources distributed according to rules that allow for the survival of all. We’ll probably always have some resources, but most will no longer be generated and maintained by the Earth’s natural systems but will come from a test tube and the chemist’s lab. We can see it already in the need to create uniformity in everything from the crops we grow that we want to genetically change so they are

resistant to a particular disease or in the over-harvesting of rainforest flowers or herbs in an attempt to generate drugs for the marketplace.

We are uncomfortable with the unknowable aspects of our environment. We feel compelled to manage life so that we will receive only a steady stream of positive, healthy and lasting material gain.

I'm reading a book, *Man's Walk to the Moon*, by Andrew Chaikin. The author's insights add to my own thoughts about the Earth and our need to preserve its majesty. The book chronicles the Apollo Space Program and its flights that resulted in Neil Armstrong walking on the moon. As one of the astronauts' wives reflected on the inherent lethal danger of entering the space program, one astronaut said, "***There is more to Life than Living.***"

**This third idea to consider is just that – that there is more to life than just going through the motions of playing it safe.** This means that what gives life its meaning is what we do with our time on Earth and the path we follow. It means the courage we exhibit to value what is truly lasting and important, and to act on those impulses. We can explore and experience the Great Mystery without owning it or trying to take it apart in our enthusiasm.

Some experiences are larger than life and need to remain such. As I watched the Peruvian rain forest come to life and a small brown and red bug crawl up a long log, looking for food, and heard the hundreds of crickets and wild bird calls in the background, I realized how as human beings we long for the great mystery to fill us and feed us.

Sometimes when I'm standing in front of the refrigerator ready to eat something that I don't need and don't really want, I become aware that what I really want is to be held in the arms of the Oneness – to feel full within – to know that I'm ok and that my living experience is more important than the immediate comfort level of my life or even my body.

**A final thought is that, we are terribly uncomfortable with being uncomfortable.** We think that something is wrong if we aren't being fed something every moment of our day. We are excessively stimulated by the television, radio, even books, engaged in thinking, acting and doing all day. No wonder we're exhausted.

Where is the time to listen to the silent awakening of life around us – to wonder at the varieties of life that we'll never understand or never be able to reproduce in a test tube?

The wonder of life leads to a sincere desire – almost a reason d'être, a reason for living – that says, my job in this life is to enjoy, conserve and preserve the Great Mystery in all its forms for future generations. Because once it is all reduced to a manufactured existence, we will have lost something that gives our lives its bearings and its nourishment.

We all know that when we're exhausted from the strains of life, we can be renewed by a walk along the ocean or a nearby stream. It is because we move from the known to the unknown, and in the wondering at life in the natural world, we find ourselves. We find once again the Great Mystery within our deep hearts. This remembering of the Great Mystery is how we can manage change, make good decisions in our lives and manage to not always take the easy path of least resistance. In the process we honor the wildness within ourselves and within others and our Mother Earth. And we realize – this is a display of Real God.

We cannot be a spiritual people and destroy that which is the very essence of God's creation – the greatest show of Divine Potential and Manifestation that we'll ever know. Likewise, treating our bodies as sacred is another way we can honor the great creation of life. Our bodies are miraculous and when we move into *dull-down mode*, we lose the edge that makes us happy and conscious of our place in this glorious universe.

We need to know our place within the Great Mystery – and that has yet to be defined. This is the real challenge – what is humanity's place within the world of creation? It's more than a matter of right versus wrong, or good versus evil. These examples are just elements of the Great Mystery reduced to a very limited explanation of the way human beings act and react to life.

When we lose our desire to imagine the Great Mystery as essential to all life, we reduce our passion to mere mental struggle. We shrink from the heights of what is possible for human beings to the lowest level of mere survival and resistance to change. We become no better than two-year olds throwing chocolate pudding at each other.

As I turned the channel from the quiet and beauty of the awakening of Earth in the forest, I found only advertisements for a laxative and a weight-reduction system, and news channels filled with bickering politicians. I realized how easy it is to be seduced into the manufactured mentality of life and daily existence. It is no wonder so many of us are overweight and without the moral backbone to stop fighting. Instead, we need to learn from and listen to one another.

*Whenever we bring up a problem, we think that there must be a solution.* There is no one solution to the population problem and the manufacturing mania that keeps us from awareness of what is truly valuable. If I hadn't turned on that channel by accident, I would have missed the sunrise in Peru. Symbolically, I would have missed the Great Mystery touching my life and my heart this morning – and filling me with the passion to risk yearning and loving that which is the Great Mystery within me and all life.

I wish for all of us today the ability to slow our thoughts, to stop believing that in order to be happy we have to fix immediately what is considered wrong in our lives. We can mend what is broken by refusing to lose our inner passion and connection to Spirit.

We can resist inner arguments about the rightness or wrongness of our choices. We can trust the process of life and that we'll recognize guidance when it's right to make a move.

We can put down our anger and violence toward ourselves, others and other countries and recognize that personal leadership through our individual small steps is always more effective than pointing fingers. Do and be what you intended in this life. There is no resistance but your own.

Preserve your passion for life and for seeing the reflection of the Great Mystery in all its many forms. Breathe easy today knowing that as you renew yourself, you renew Mother Earth's "heart-fire".

God Bless – breathe well,

Meredith

PS: Email me your thoughts and feelings to [mysowers@stillpoint.org](mailto:mysowers@stillpoint.org). While I may not be able to answer all your e-mails, please know that I read them carefully. And when there is a request for healing and support, I put these on my personal altar.

PSS: For information about Meredith's newest work,

***The Consciousness Shift and the State of the Earth***

Learn how to manage your life during these tumultuous years – 2010-2013

**Part 1** – “What to Expect and How to Manage Your Life – **Click link below**

<http://www.stillpoint.org/utility/showArticle/?objectID=4092>

**Part 2** – “How to Recognize and Actualize Your Full Potential – **Click link below**

<http://www.stillpoint.org/utility/showArticle/?objectID=4170>