

GRACE UNDER FIRE!
Transitions & Allowance Energy
January 7, 2007

During a recent healing I was told, “You are honoring your space and your own divinity.” I related this to “allowance” energy—the state of being that allows us to have *what is* while transitioning into *what will be*. I have learned—and continue to practice—that when I come from my faith—not my beliefs—I experience Grace.

It was over 20 years ago when I first recall experiencing the energy of allowance and, as a result, a state of Grace. I had advertised my VW station wagon for sale. A week later, I had not received a single inquiry. My friend said, “No one has called about your car in a week. Apparently it’s not going to sell.” To which I knowingly replied, “I don’t need—nor do I want—100 people calling to *inquire* about the car; I just need the one person to call who will buy the car. That evening the call came. They asked, they came, they looked, they drove, and they bought— at my asking price. Easy, simple, graceful.

Growing up with authoritarian type parenting, I remember hearing the word “NO!” a lot—endlessly, in fact. No to this. No to that. No to most everything. And when I would ask, “Why?”—which I asked endlessly—the typical response was: “Because I said so!” Even at a young age, I found that infuriating—invalidating—although I did not at the time understand why.

Later I came to realize I felt frustrated and hurt because it felt dishonoring and dismissive—as if I wasn’t worthy of a real response. So, years later when Blake, my now 22-year-old stepson, was about nine, I found myself feeling disappointed and concerned about saying “No” to him so many times about so many things. I was aware I was working control energy and I continuously sought a balance in offering good guidance without trying to control him simply for the sake of controlling, which was an easy pattern for me to fall into.

Artist and author SARK, in one of her books, talked extensively about saying YES a lot more. She suggested we start saying YES to ourselves, YES to others, YES to life—and I took it to heart. I wrote the word YES in places where I would frequently see it, reminding me it was good and right and easy to say YES. It felt like flow versus no feeling like resistance.

I started to LET GO; I started saying YES more and in so doing I created space for allowance energy and freedom from control energy.

Blake experienced a testament of YES and allowance energy when he came for his monthly weekend visit. He asked for dessert seconds and almost in the same

breath—knowing I would say no like I always did—he stood up to clear his dishes. When I happily responded YES! he turned and looked at me with disbelief—and as if I had gone totally bonkers! Staring at me with a twinkle of excitement in his eyes, his jaw dropped and his eyes widened. He disbelievably responded, “Really?” I repeated, YES. He was even more surprised when I added, AND you get to cut your own piece of cake—whatever YOU want. He was delighted and tickled, which delighted and tickled me.

From then on, Blake served his own dessert and, not really all that surprising, the pieces he cut for himself got smaller and most times he opted for one serving instead of two. And, sometimes he decided he didn’t even want dessert. We both experienced a new found freedom—freedom from control energy. We experienced transition: change and created space for allowance energy.

Aussie would have said it this way: *Wag more; bark less!*

Most or all of you knew Aussie—some more than others—and that Aussie made her transition Christmas Eve. About 15 months ago, when Aussie was 5-1/2, I had a pet psychic look at her to confirm what I was getting: Her opening comment rang true: *Aussie is a highly evolved soul who came here to learn about pain and disappointment in her body.* She went on to confirm that Aussie not only did not want hip replacement surgery, but that if that were to take place, she would find another way to leave. She confirmed as well that Aussie did not plan to stay here very long—another 6 to 18 months.

I asked her what Aussie needed most from me—how I could best support her in this incarnation. “She says you can best support her by allowing her to have her experiences.” “Oh,” I replied, aware of the irony. I consistently teach and preach and remind my students, clients, congregation, family, friends and me how much power there is in ALLOWING others to have their experiences—regardless of what we think may be best.

When Aussie did some major healing last Christmas and it was clear she had decided to stay, I rejoiced in knowing I would continue to experience her wonderful companionship. I remembered the pet psychic’s words and what I, too, had seen in her space, and watched her change her agreements and reality so she could heal and grow strong.

One day, I clearly got that some movement was better than no movement for her so we started walking 12 min. every other day. We both grew stronger—her hip and my knees. Months later we were walking 40 to 60 minutes every day and nothing seemed more special than our time together. Animals started presenting themselves to me on our walks—raccoon, egret and, numerous times, coyote. Our walks felt

enchanted and magical. I started connecting with the earth and nature in a way I had not done in this lifetime. Our walks were very grounding and healing.

Aussie attended nearly every class I have taught here for the past three+ years; she attended church as well—even when her visiting friends chose to stay in the yard to play and chew bones. She has attended the Energetic Boundaries class no less than seven times—always waiting until the students learn to ground—before joining us; she attended the 3-month Clairvoyant I and 6-month Clairvoyant II class as well as the 10-month Grad Clairvoyant class. She loved the Psychic Teachers class and tolerated the six-month Ministers' Program until we got into ceremonies, at which point she made it clear she had no interest! In the process, she learned how to be in her body and how to get out as well. She learned how heal herself. She learned how to change and update agreements.

Just a week before this Christmas Aussie started holding up her paw and crying out in pain. I couldn't find anything. She persisted. Three days later she was diagnosed with bone cancer and I was told she had a few weeks or, at best, a few months to live. I knew it was neither, and that it was, in fact, going to be days. Aussie made it clear it was time for her to go home now, and four days later, on Christmas Eve, I said goodbye to the amazing highly evolved soul known as Aussie.

I asked Aussie if she could wait until Christmas Day as my parents were arriving around noon and they would be very sad if they did not get to see her and say goodbye. No; she said it needed to be today and it needed to be soon. I made calls to put the process in motion.

Because it was a holiday, I had to take her to an emergency vet clinic. The recording on my vet's phone gave me a choice of Alameda East or Aurora Emergency Clinic. Even though it was considerably further away than Alameda East, I knew Aurora Emergency was where we needed to go. I called and spoke with the vet tech five times that day before actually bringing Aussie in. Even on the phone, I was aware of an energetic connection with him—a recognition of who he is—but my attention was focused on Aussie and I didn't look at it other than to acknowledge that I noticed.

My friend brought his 4-wheel drive vehicle over and we loaded Aussie onto her couch bed in the back. We arrived and the vet tech, who knew we were on the way, came out with a stretcher. When I heard his voice, I turned and when I saw him, there was confirmation of the energetic connection and recognition I noticed earlier on the phone. Even through the distress and grief, it was there; however, my attention was on Aussie and facilitating her transition, as was his.

When we hold the space for others to have their experiences, we are, indeed, in a state of Grace—and, sometimes, the circumstances help us realize that even when we're under fire, we can remain neutral about the experience itself, knowing that each one of us is creating and experiencing and reacting precisely the way we need in order to learn, heal and grow as we intended when we incarnated. Aussie was no exception. She was asking me to have allowance and to be with her, doing what needed to be done, in a state of Grace.

The entire process—from loading her into the car—to saying good-bye—went incredibly smooth and well. I knew I was doing the right thing at the right time in the right place, and I knew that Aussie—who expected nothing less—had led me here. There was allowance for her process and her transition was full of grace, love and light.

And, even in the sadness of saying goodbye for now, she brought a bright light to me: the vet tech. I have no doubt that Aussie (and DeLisle, who made her transition three years ago and who was there to take Aussie with her when she left her body), plotted and planned and guided me to exactly where I needed to be when I needed to be there. And I later discovered the vet tech who assisted us is a temporary who worked at this clinic Christmas Eve and not again until mid-January.

Just when the caterpillar thought the world was over, it became a butterfly! And it experienced GRACE as never before!