

Embodiment of the Sacred Feminine in a Chaotic World

I am feeling a resounding call to women and men for the ministry of the Feminine in these times present and to come. Much of the destruction we are witnessing is happening as a result of the shadow masculine energy which is present in both men and women. While the Earth is being ravaged by this energy, so are her people around the planet. To look at all that is happening right now around the world and in our own country is overwhelming.

At the Vancouver Peace Summit in September 2009, His Holiness the Dalai Lama declared that "The world will be saved by the Western woman." According to a report by *The Guardian Life Small Business Research Institute*, His Holiness said, "Some people may call me a feminist... but we need more effort to promote basic human values -- human compassion, human affection. And in that respect, females have more sensitivity for others' pain and suffering."

We are those women. We are the western women the Dalai Lama is speaking about. It's a daunting idea, mythically one of those *impossible tasks* and yet, here we are. We were born for this time. If you recall the myth of Psyche, when she came upon each impossible task and swooned at the thought of what she was required to do, the helpers appeared magically. As a witness to the lives of many, as well as through my own experiences, I completely trust and rely on the fact that this happen for us, too. What is needed appears. Whether we have the heart and eyes to be aware of it as well as receive it, is another issue. We must learn to ask for help and to receive it. These can be very powerful life initiations when they come to us.

For quite awhile now I have been witnessing world and national events via readings, audio, and video on the web. I have not subscribed to television for about six years. Day after day I witness the darkness, the horrors, and the psychopathy that is being played out in front of us, noticing that all that has been hidden is being revealed very rapidly these days. I am seeing and hearing about things that seem beyond possible in so-called civilized countries, like the US. Concurrently, I am increasingly aware of more people waking up, hearts are opening to others in compassion and kindness, generosity and collaboration are becoming ever more present as we realize this is a tiny planet and we are one world community. What happens in Japan affects us, what we do with our consciousness, our minds and hearts, affects the planet. This is the wake up we have been waiting for!

If you are on a path and living a life that is serving your eve-olution as a fully embodied and empowered human, then keep doing what's working for you. If you have questions, doubts, wonderings about what else you might do, you could consider making prayers, doing ceremonies or novenas, or engage in a conversation with the Mystery, the Divine Mother, or other unseen Helpers and Guardians you are attuned to. Pay attention and you will experience a response. It could come through any and all channels, so be wide open and release any ideas about how the response will come. We don't have to know the how or the what of it, just ask for HELP and 'listen' with your heart. The Mystery answers us in all sorts of interesting and surprising ways. When you ask, notice if you are willing, or not, to accept the response given. Notice if your ego wants something else, something that will make it feel better.

As you know, and probably experience very personally on some levels, we are in a field of tremendous collective initiation, a time when everything around us is rapidly changing, including us. We don't have to look far to see a world of chaos, war, economic instability, famine, genocide, radiation exposure, nuclear and biological warfare, strange weather and intense earth happenings, deep shadow emerging all over the place

especially in the arenas of politics and government, and a call for change within us in, some of it in ways we have never experienced in our lifetime, at least not like this. Awakening is happening very rapidly now all over the world with all kinds of people. It is real. It is manifesting at different levels of life, from people realizing that they have the power to rally and march and protest the injustices, to the profound Shakti awakenings and spiritual openings that are coming quickly now. The planet herself is shaking with the deep convulsions of a labor that is birthing we don't know what—hopefully a new earth and a new way of being on the earth in peace and collaboration.

I am hearing from many of you that you are aware of strange or uncomfortable feelings, intense unfamiliar energies and emotional experiences. There is no doubt that our personal issues and physical beings are being affected deeply by the collective planetary field. We probably cannot begin to know the depth and breadth of its impact on us and our lives. There truly is no separation between what is out there and in here. We can look at anything happening in the world and find its correlate, it's reflection within us: war, tornados, earthquakes, starvation, killing, meltdowns, you-name-it.

I have come to realize that it doesn't matter what I think is individually 'mine' and what is collective or part of my family or ancestral field. Whatever arrives here in my awareness is mine to meet, and same for you. Being embodied is both challenging and ecstatic, painful and joyful. At this point in the evolutionary spiral, it is essential to meet *everything* that arises if we are to give what we are here to give and be fully who we are. We have a sacred response-ability.

The demon of self-doubt, called Mahisha in the Hindu pantheon, is the biggest demon of all, and he is running wild these days. He may show up in your neighborhood from time to time. The myth is that the Goddess Durga slayed him with her feminine power when none of the masculine gods could. Durga is an archetypal warrior (not *worrier!*) energy that we can call upon in our own moments of self-doubt and second guessing as we go through these initiations. Initiations take away egoic structures and leave us with greater access to our authenticity and heart.

Self-doubt is different than not knowing. Not knowing is a good place to be and can be the invitation to be alert, to not know anything and be ready for instructions at any moment, without knowing what they will be or how they will appear. It's most useful not to hold any ideas or images of what is to be or what you are to do. It may look and be unimaginable, and often we only get information or instructions necessary for the next footfall, no more. It requires that we be as present and quiet as a cat waiting for a mouse.

From what I witness in the world, read, dream, and feel in my own Medial bones and cells, it seems obvious that we are rapidly shifting into higher vibratory frequencies and at the same time being pulled by the lower vibrations. Energetically we may feel like we are coming and going at the same time, great and expansive one day, and in the darkest despair the next, or even at the same time. It is truly a chaotic time on so many levels. The planetary consciousness shift is really happening and the resulting changes, inside and outside, come and go in all dimensions. The physical dimension, 3D, is the last and sometimes the most difficult dimension where shift happens because of its density. This includes our physical bodies as well as our 3D life situations, so know that your bodies need extra care and compassion, good food and exercise, sleep if possible, though I know many are not sleeping much.

The Divine Kundalini Shakti is strongly activated now and quickening so much within us and our lives, raising our vibrations. You may be feeling the Kundalini surges coming and going as I am, intense and

uncomfortable some days, quiet or blissful other days. At times, it is a bit like trying to walk on a boat that is on rolling seas with high winds. Right now it can be difficult to find stability if there is a lot of de-construction happening in our inner and/or outer lives. If you feel like you or your life is falling apart, you may be scared, and you can pray to trust that all is happening as it is meant to, in service to your awakening. Pray for alignment with Divine Intent.

Old identities are going fast these days. Old psychological structures and armoring are dissolving. It doesn't feel good, sometimes feels really awful. Depression, despair, rage, all the unhealed traumas may be arising and you may feel raw and vulnerable at times. You don't have to go through any of this in solitude. If you are fortunate, you may already have conscious community of generous-hearted people who are highly skilled and loving, in which to receive support. If not, seek it. It may be right around the corner and if you were not looking you may have missed it. I strongly encourage asking for help. Inanna, the Sumerian Queen of Heaven and Earth, had her friend Ninshubur holding space for her as she went into her underworld initiations. We all need the containment of trusted sisters and brothers as we descend and our conditioned identifications are de-constructed. One of the graces of community I have witnessed now for so many years in this Temenos is that each woman's awakening quickens the awakening of all the others, the men as well as the women and the kids, in this tribe. Again, no separation...

This heightened initiation process can be scary if you don't realize that is what is happening. Some of our identities fall away easily and we are glad to be done with them, while others go with claw marks from our clinging. We cling when we fear that there will be nothing and no one here without that identity. We fear we won't know who we are without it, and maybe there's nothing here. Yet, what's left, what is revealed as these skins are shed is our authentic, essential self, parts of which may have been cut off, shut down, denied, not welcomed. This is shadow work, soul retrieval, that allow any fragments of soul that were left behind due to trauma to come to consciousness and be integrated. They then become a great resource. Some of this is taking us down to the most primal neurological layers of our being, where survival and fear were wired in. Know that our neurological wiring can change and one of the best vehicles for this change is meditation. New neuronal networks can be established. Neuroscience is bringing cutting edge info through now and the ways we can accommodate to this evolutionary leap we are in. Here again is the stretcher from Grace when we need her.

The ego does not decide or get a vote in this process of awakening. This is the entelechy of our humanness: the caterpillar *must* become a butterfly even though being a caterpillar feels familiar and we know how to be that. The initiation process, the deconstruction process itself, teaches us what we need to know for this next stage unfolding. This is a time when it will serve all of us to make friends with the Unknown, perhaps even fall in love with it since it is truly our constant companion. I have learned through koans to invite it in. There is a koan where the Master says to the student, "Bring me the rhinoceros fan." The student says, "It is broken." The Master then says, "Then bring me the rhinoceros!" What this means is "bring me the unimaginable, the unknown." It's going to come anyway, so we may as well welcome it.

The all of everything is possible in any moment. The Hathors, a group consciousness that speaks through Tom Kenyon (www.tomkenyon.com) speak of this time as a period of going through 'chaotic nodes'-- a simple way of saying no one can know or predict what is going to happen next. The unimaginable--whether we judge it as horrible or holy--is just around the corner.

The planet herself is going through deep initiations, as we can see by all the earthquakes, tornados, wild storms and strange weather patterns. How can she not be affected by the violence being done to her, the radiation, the fracking, the pollution, oil spills, all the bloodshed...? Some of us are feeling in our own bodies the violence that has been, and continues to be done, to our Mother Earth. It seems that we each have our own particular karmic connection/relationship with Mother Earth, so we may be called to experience and attend to different things in different ways. There is not one way for anything...whatever you are called to is what is right for you.

For me, Samyama, doing novenas, taking care of my body, self inquiry, making art, walking on the earth, hiking, and gathering in sacred circle and ceremony with others are the practices that root me in Reality as so many shifts are happening in all dimensions so rapidly. Thank the Goddess for Samyama, for this portal into the Heart, for the grace of being rooted there, even in the shakiest of times. As Little Grandmother said, Love is the medicine. Love is what is needed to heal the world, to heal ourselves...and we have this marvelous vehicle to access boundless Love. If you are not doing the practice regularly by yourself, find a partner to do regular samyama on the phone. If you don't yet know the practice, want to brush up if you have been out of it for awhile, there are two mp3 downloads in the Store on my website. They are called *Always at the Beginning*, volumes 1&2.

As energetic beings, and with all that is happening on the planet, we are truly being affected by *everything that is happening in the world field*, known and unknown. I find my capacity to stay focused and aligned with Divine Intent, my ability to meditate and stay committed to spiritual practice, is challenged almost every day, in one way or another. I hear from many of you a similar thing is happening. We have to work harder now to stay centered, present, awake, grounded, and especially physically strong and healthy. These precious bodies have a lot to carry energetically and emotionally. You may find your food and exercise needs are different or need to be. Health issues long hidden in the body may surface. Our bodies have a lot to say if we listen and, right now, listening and tending are important.

Being with others in sacred space - where two or more are gathered in Love - makes all the difference, provides the container to stay in alignment, especially when the seas are rough and the boat is listing toward oblivion (unconsciousness). The forces to be awake and to be supported in this are unparalleled. At the same time, in this world of duality, the forces that pull us into spacing out, going unconscious, *seem* to be equally powerful. They are strong. Engaging our support systems is essential. It is time to take on any resistance to asking for help. So many of us learned to take care of ourselves as babies or young children out of necessity. We have become extremely competent at doing things for ourselves, not *needing* anything. Need may be something many of us don't want to have, yet as humans, we cannot avoid it. We can deny it, cut it off, but it is still there, buried in the shadows.

We actually can get over ourselves and dissolve the old identity of "I can do it all myself." The fact is, we cannot. Not now. We need community, we are communal beings, we need our spiritual friends to walk this walk now. Not only does it make it easier, we get the support to move through the resistance and the release of old identifications faster and more gracefully. It's easier to keep our hearts open when we are in loving relationships. Giving birth alone is a bummer...we need our midwives and doulas.

The Kundalini Shakti is working with us all the time, so change and impermanence are constant on the human level. As wabi sabi (a Japanese term) beings in a wabi sabi world, we are constantly dealing with

impermanence, imperfection, and incompleteness. We embody these qualities, even as we are timeless perfection incarnate. Alchemy is the process in which we work through and transcend our dualistic identities and attachments. It is the vessel in which we struggle with and are pulled between the opposites, consciousness and unconsciousness, good and evil, light and shadow, love and hatred, etc. It is going on within each of us and in the world. On a world level it often appears as war, and there are plenty of those going on now. I think I heard on the radio--could be wrong--that there are more wars going on now in more places in the world than ever before. How do we hold the Mystery of the horror and the holy with war? How do we come into the Mystical Union of Love and Heartbreak? This is one of our tasks... the task of alchemy, the task of dealing with love and heartbreak every day, in our own lives, in our work.

Right now, it seems to me that the horror that is happening and the beauty of human hearts opening are unparalleled. Maybe it's just my perception, but it seems that the darkness is becoming more obvious, blatant, and omni-directional as the Light is getting brighter and stronger everywhere. I find this true in my own life. Things surface very quickly, especially if I am asking to know my inner obscurations and obstacles. I no sooner ask, and they are right in my face to be met, which is good, though not always easy. Awareness alchemizes, transmutes what appears negative into its full beauty and becomes a resource. The novena process seems to accelerate this, at least in my own experience and in my witnessing of others doing novenas. If we can see it, meet what arises, open to what is as it is, however shadowy, it alchemizes and becomes energy that can be integrated and used for good.

I deeply trust that the great darkness that is appearing in the world so strongly right now is birthing goodness and light in its midst. It's this light, ironically, that shines so brightly the darkness is exposed. Duality makes strange bedfellows and calls forth the Mystical Union of Love and Heartbreak. Many beautiful stories of love, compassion, and generosity have come out of war, the places hit by terrible storms and tornados in the US, as well as the horrors of Haiti, the Gulf oil disaster, and Fukushima. Our essential nature as humans is good, sacred, but sometimes obscured by unconsciousness and a dark shadow.

The world is filled with terror and terrorism, and we have our own inner terrorists racing through our minds that are quite effective in keeping our nervous systems on high alert and exhaustion. I am hearing and noticing that many are experiencing deep triggering of the most primal layers of feeling within us, where there are no words, only terror or agony or fear. This is the dimension of our attachment issues, based in our infant and toddler experiences. How we attach/relate to each other, to the world, to whatever is going on in our lives now is rooted in this neighborhood of the relationship between our mother and/or primary caretaker and us.

We are being profoundly affected by the insanity and uncertainty on the planet. Every day seems to bring new events to add to what's already going on. The instability happening in the world and our own lives is triggering terror, fear and anxiety at this most primal level in many, if not most of us. If you are finding your reaction to things particularly intense these days, this could be the territory. This is the unpleasant dimension of no separation.

We are all aware of how shadow seems to be running rampant in the world, in our own country, maybe our own lives. We can see in plain sight extreme chaos, fear, war, famine, genocide, disease, bizarre weather patterns, rape and destruction of the earth, countless wars, assassinations, genetically modified food, countless earthquakes, strange destructive weather patterns, mysterious incurable diseases, nuclear meltdown and radiation, suppression of the truth by the government and the mainstream media, punishment for whistleblowers

and truth-tellers, economic instability, homelessness, fascist governments, corporate crime, violation of human rights, desecration of the U.S. Constitution, racism and unimaginable cruelty and inhumane behavior toward others. So many of our elected government officials are 'owned' by big corporations, and don't give a damn about the people they supposedly represent, as they make war and make our young men and women who serve disposable sacrifices to their greed and psychopathy. William Butler Yeats prophetically spoke to this:

*Turning and turning in the widening gyre
The falcon cannot hear the falconer;
Things fall apart; the centre cannot hold;
Mere anarchy is loosed upon the world,
The blood-dimmed tide is loosed, and everywhere
The ceremony of innocence is drowned;
The best lack all conviction, while the worst
Are full of passionate intensity.*

*Surely some revelation is at hand;
Surely the Second Coming is at hand.
The Second Coming!*

Like Little Grandmother says in her interview, *we are the ones* we have been waiting for. I think that the Second Coming is here and happening, and *we* are the *christed* (annointed) ones, as we and so many others on the planet are waking up to the Truth of who and what we are, coming out of the *trance* of duality. When Little Grandmother said this, it rang through my being like the clearest bell. Here is the beautiful and inspiring video link of the Little Grandmother, the youngest of the Thirteen Grandmothers who are traveling around the planet doing ceremonies and gatherings on behalf of Mother Earth. In it she is speaking to this very subject in her own beautiful way. Please watch to the very end. She is very pure and your heart will be touched deeply.

{ <http://onenessnm.com/video/bzyryk-m-ktobyot-bbrytlittle> }

I have heard other Native elders say the same words, and, in our film about women's spiritual initiation, *Eve's Fire*, these very words appeared on a black screen as the words of Eve back in 2003. At that time I had never heard anyone say these words. They were inspired by an experience I had in a ceremony on Solstice night of 1997. Around that time there had been a lot of talk of extra-terrestrial beings, the Star People, coming to help this planet, so that was in the field. I participated in an ayahuasca ceremony that night with my spiritual community here, and in the middle of the night, with the moon shining in my face, I suddenly realized that '*we are the Star People!*' *We* are the ones who have come to serve and support the planet through the coming times. Of course, at that time, none of us had any idea things would be like they are now.

I felt it in every cell, and it seemed perfectly sane and obvious. We have already arrived and we have been (still are) in training for *this* particular time--a time on the planet like no other. I was both stunned and elated and was getting ready to crawl across the room in the darkness to share the news with one of my closest, oldest friends. Karin and I had been divinely arranged to be deep spiritual friends since about 1980, walking the path together. I no sooner had the thought when she suddenly appeared on hands and knees, having crawled across the room and around a number of fellow journeyers in sleeping bags, and said excitedly, "I have to tell you something!!!" Well, as you can guess, she had had the same revelation! My sense is that many around the world have been given this same message over the years.

We *are* the One(s) we have been waiting for and we are here for these particular times and events. Are you ready? Willing?

Ever since my introduction to Carl Jung's work and his revelations about our shadow, I cannot avoid the fact that what is out there, whether it's something I don't like in one other person or something global, or something wonderful that I admire, I have to look and see how it shows up here, in me, in some way. Perhaps it's not in the same form or at the scale of what's out there, but I have to be willing to look to see how its reflection lives within me somehow, and if so, know that I am adding to the collective madness. It makes me want to go screaming into the night sometimes, it's so daunting, but I deeply know that we are not separate from any of that horror. *No separation*. We cannot subscribe to this as a spiritual concept and go our merry ways...we are called to live it. We have work to do to be able to embody this, to be truly in alignment with Divine Intent for us.

For some, knowing too much detail or seeing images of the horrors on the planet is too much to bear. We can handle what we can handle and that's as it is meant to be. No critical/judgmental voices are needed here. For others, it is essential to bear witness, look the darkness in the face and know as much as possible about what is going on. Whether we witness the events of the outer world or are called to be more interior, we are all affected by it at an energetic level, and increasingly, in more direct ways in our daily 3D lives. We can each participate with consciousness in the ways that are right for us, and do our own work around it.

How do we do this most difficult work when our impulse is to deny and resist and say, "I am not (fill in the blank)?" This is where the sacred space of community and spiritual friends with whom we can walk the walk and do the deep work are essential. Facing shadow alone is very difficult. We need support, love, containment, elders.

In nearly 40 years of actively working on my own healing and more than 30 working with others, what I see at the root when we go looking into our own darkness is always a very small child, an infant, a toddler, who has been hidden and needs love. At that end, it's not terrible, it's a great relief. It's a retrieval of some fragment of our own soul that disappeared during our early or adult days in a body on the planet, perhaps through trauma or simply lack of the right kind of human contact when we were very small. Dissociation saved our lives so we could be here now. We owe it to these little ones within us to claim them back, integrate them, give them a place in our lives, welcome them to being in a body, being in a human life. They bring tremendous energy, resources, and so much love arises in us as we meet them.

Recently I came across an amazing book written in 1979 by a Native American professor emeritus and author of at least a dozen books, Jack D. Forbes, called *Columbus and Other Cannibals*. In it he states: "Greed and gluttony, along with the cruel using of others' lives without remorse, is seen as destructive of one's own spiritual potential as well as a form of sickness. The cruel exploitation of other creatures is also not usually found among animals or among tribal, traditional peoples... The life of Native American peoples revolves around the concept of the sacredness, beauty, power and relatedness of *all forms* of existence." This "sickness", Forbes writes, is a "terribly contagious, psychological disease, the *wetiko* psychosis."

He goes on to say, "*Wetiko* is a Cree term (*windigo* in Ojibway, *wintiko* in Powhatan) which refers to a cannibal, or, more specifically, to an evil person or spirit who terrorizes other creatures by means of terrible, evil acts, including cannibalism." Forbes considers "imperialism and exploitation, and the consuming of another's life for one's own private purpose or profit" cannibalism. From Forbes' definition here, we can see that

the world is wild with the *wetiko* psychosis. Thom Hartmann, author and progressive radio and tv host, mentions *wetiko* when he is interviewed in the new documentary *I AM*, which I highly recommend. We are affected on a daily basis by the *wetiko* psychosis.

I invite you to sit with me with the sacred questions and the prayers of asking, knowing that you don't have to have answers. When answers come, they won't come from your mind. Consider doing a novena, asking to be aligned with Divine Intent in terms of what you are called to be and do here. Consider gathering with your spiritual friends to do Samyama, ceremony, prayer, or to partner in novena practices. Consider being open and willing to do whatever is Divine Will for you. Below are some sacred questions to drop into....

What am I called to here? What are my gifts that I can contribute? Am I willing? Am I willing to be willing? Am I willing to not know but to listen deeply? Is a sacrifice being asked of me? Am I resisting something that I am being guided toward, and if so, what is it? Show me the obscurations and obstacles within me.

I think these prophetic lines from Ferlinghetti say it so well:

*I am signaling you through the flames.
The North Pole is not where it used to be.
Manifest Destiny is no longer manifest.
Civilization self-destructs. Nemesis is knocking at the door.
What are poets for in such an age?
What is the use of poetry?
Words can save you where guns can't.
You can never see or hear or feel too much. If you can stand it.
Be a wolf in the sheepfold of silence.
Poems are burning bows, poems are arrows of desire, poetry gives words to the heart.
I am signaling you through the flames.
Wake up! The world is on Fire.
~ Lawrence Ferlinghetti, Excerpted from Poetry as an Insurgent Art, 1975*

Wherever your path leads you, know that you belong. The stretcher from Grace is always on call. The bounty of consciousness is to be shared among all of us. There is always a rhinoceros around the corner.

In gratitude and boundless Love,

Sheila