

Dear Friends and Colleagues,

These monthly-or-so messages are intended for your benefit and interest. If you would not like to receive future updates or messages from Spiritual Guidance, please reply back with nothing more than "UNSUBSCRIBE" in the body of your message. Namaste.

Up until now, these monthly-or-so updates have included information about new resources on the resources page of the Spiritual Guidance website (www.servingyourjourney.com). There continue to be new resources added to the Spiritual Guidance website each month—check them out on the resources page. These updates will now start to include spiritual lessons from my personal experiences that you may find helpful and/or interesting. This lesson is about "letting go" and "trusting".

Letting Go and Trusting

Some of you know my partner has cancer and Parkinson disease. The drug regimen to combat these diseases creates an additional condition that is very similar to Alzheimer's disease where there is forgetfulness, misplacing of items and general disorientation.

Recently, my partner and I went out for a drive to visit an aquarium store; the same aquarium store we have visited many times before. (We are both aquarium enthusiasts.) As we were approaching an intersection that we normally would have taken a left turn at, I began to move over to the left turning lane. As I began moving over to the left turning lane my partner said "No!...go straight." I was a little confused by his comment, as we have been to this particular store many times and I knew that in order to get to the store we had to take a left turn at the upcoming intersection.

I asked my partner, "Aren't we going to the fish store?"...to which my partner responded "Yes, go straight." Without thinking, I responded "But we need to go left here." To which my partner responded..."No, go straight." If I had been in this scenario even a few years ago, I would have done one of two things. I would have either just turned left and ignored him; or I would have continued arguing with him until I won my way and we were heading in the right direction (in my opinion, in that moment). But on this day, I realized the drugs were doing the talking and orienteering. I realized by going straight through the intersection we would be heading back in the general direction we had started out from.

Yes, I did have a moment of frustration at what was happening. I knew that by going straight through the intersection we would at some point have to make corrections to our route and all of this would prolong our drive to the store. Worse, I knew my partner would be embarrassed once he realized what had happened (a reaction common for him in situations like this).

As we passed through the intersection, I let go of my frustration, fear and any anger that was present. It was sort of like the water in my aquarium passing through the filter to be cleansed and purified before going back into the tank. Once we passed through the intersection, I smiled and said to my partner "Let me know if I can be of any help getting us to the store."

After a few blocks, that familiar, frightened and embarrassed look came over my partner's face. He now realized what had just happened. Worse, he was disoriented and for some time did not know how to get back on track. I could see the fear in his face and instead of the situation upsetting me, it made me relax even more. As we began to head back in the general direction we had started out from, my partner eventually got his bearings and started to re-route us. We both started to giggle at the events that had just transpired and ambled our way along to eventually get us to the aquarium store we originally set out to visit.

Later that day I meditated on the experience and realized that in that one little Sunday-outing-like experience was an important spiritual metaphor and lesson for our lives on this plain. We must learn to let go and live in the moment. We must learn to trust and not be distracted by what appears to be something going wrong and heading us in the wrong direction. By "letting go" (i.e., not fighting my instinct to turn left at the intersection I thought we were supposed to turn left at), I created a situation that later facilitated peace, joy, compassion and love. More importantly, in letting go I "trusted" that what seemed like a sudden, new and unexpected change in our route was, all along, the route we were supposed to take. Not for a moment we were ever not exactly where we were supposed to be.

Blessings to you and yours from a gratefully-oriented traveler... ☺

Visit www.servingyourjourney.com for more information. You are invited to share this information with those family, friends, colleagues and acquaintances you think would be interested.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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