

Patience, Projection & Letting Go.

Via Alex Myles on Apr 4, 2016

Something we have to be extremely careful about is projection. While we are internally sorting through a myriad of thoughts, emotions and feelings, we may be tempted to deny some of them and lash out and project any unpleasant or unacceptable feelings onto others.

Thoughts, emotions and feelings are fueled by energy and when we try to suppress them, they will seep out of us and we may then direct them towards others. We sometimes assume that other people are thinking, feeling or acting in the same way as we are, so we identify any negative feeling energy with other people instead of identifying it with ourselves. Note: This only happens when we are overwhelmed with emotion and disconnected from our intuitive senses.

We may then very easily become paranoid by perceiving other people to be thinking or talking about us negatively, when realistically, we are just in denial and not willing to accept that we are the ones thinking these thoughts, either about ourselves or others, and then projecting them outwards so that we do not have to take responsibility for them.

We have to take ownership for both the energy we are receiving and the energy we are casting out and keep our thoughts, feelings and emotions entirely separate from other people's so that we can identify why this energy is circulating and what we can do to alter it. Otherwise we are ensuring a flow of conflict in our friendships, relationships and also with strangers as we open the floodgates to allow them to project the imprints of their feelings directly onto us—or we may project ours onto them.

We are likely to be feeling tested and challenged this week and the reason for this is that we are being gently scolded for not listening carefully or not paying attention to how our life is unfolding and we are ignoring our intuitive abilities.

Whenever we are living fully aligned to our purpose and we are aware of our individual inherent yearnings, any turbulent external energy will have very little effect on us and its power and influence will pass through almost unnoticed. Until then the universe will constantly deliver signs whenever we are straying from our path.

Each time we feel fraught, anxious or destabilized it is a signal to awaken us so that we acknowledge that something, somewhere is not quite right. We should never run from these volatile happenings, because if we do they will repeat over and over again until we decide to alter our behavior and change our course.

Although this may put us in a temporary stage of confusion, not knowing where to turn or when peace and harmony will be regained, we must remember that everything ebbs, flows and passes by.

We should try to remain the observer and absorb all that we are currently being shown without acting on our impulsive desires to make life-altering decisions.

Not everything that occurs needs our interference. We are firmly being told to watch from the sidelines and let the whole scene play out before assessing, judging or trying to conclude on what is taking place. This can make us feel a little out of control at times and even make us feel powerless, especially if we are usually quite assertive or fiery with our reactions and responses.

Although we may feel out of our comfort zone, what we are being shown is delivering strength and ultimately allowing us to marinate in everything and harness it so that we hear, see and feel everything without our emotions, beliefs or opinions clouding and masking the truth. We are currently being shown the art of truly listening to what the energy around us is relaying and we are being asked to be tolerant of what we perceive, as at the moment we are only being given fragments of the whole truth.

Being tolerant is very different to being resistant. We should try not to turn away or close off from everything that is taking place. As painful as it is at times, this week more than ever before we should open ourselves up to feel everything in its entirety. Even though this is sometimes easier said than done, it is the only way we are ever going to be able to fully comprehend why the same obstacles are persistent stumbling blocks in our lives. They are not in place to hold us back. They will keep being placed there until we learn new ways to maneuver around them.

We cannot keep doing the same things and expect different results. We are being called to bring in change, but before we do this we must first have a sound understanding of the “whys” of it all.

This will take some deep soul-searching as rapidly trying to put everything in order is not going to benefit us this time. We have to abstain from the strong need we will feel inside to organize and restructure everything. We have been building certain aspects of our life on the same infertile, cracked and crumbling ground and it is time for new foundations and this time they must be built to last. Therefore, we must study hard to see where things went awry last time and what we must change this time around.

Whether this is in our relationships, careers, finances, or just how our mind, our thoughts and beliefs about something has formed, we are heading towards a time when we are going to need to strip a section of it right back to where it began and then begin from the start once again.

To do this we must stay grounded and centered so that we rationally gain all the information required to know exactly which part of our life is in turmoil and why.

Only through paying attention over these coming days will we see everything with clarity. We must keep telling ourselves “shhh,” so that we quiet down our noisy and sometimes troublesome mind. We should also keep telling our lips to think not just twice but at least three or four times before opening to speak out.

We will serve ourselves no justice this week by running ahead of ourselves before we are very clear about why we are running and without knowing precisely where we are going. And also whom we are heading there with! Trust that by end of the weekend, if we have watched and listened very, very

carefully, to everything on the outside as well as what we are being told on the inner, through our intuition, we will have found many of the answers we have long been searching for.

it is essential that we focus on remaining calm and passive to a certain extent, is b. When we have control over our emotions we will not be pulled into that energy and instead we will clearly see any areas of our lives whereby others are trying to use forceful methods against us.

If we are living on autopilot and we are not consciously aware of our thoughts and feelings, we may readily engage in conflict, although, it will be our shadow that is causing the chaos and wanting to get involved.

Our unconscious dark side may be tempted to erupt and the outcome is unlikely to be pretty, which is why it is essential that we remain separate from any conflicts and that we are patient, calm, aware and fully in control of our reactions - none of this is about our relationships with other people, it is all showing us the state of the relationship we have with ourselves.

****However we allow other people to treat us is a reflection of how we treat ourselves and also how we treat other people is a reflection of how we feel about ourselves.

Every interaction and every spoken word speaks volumes about how we are experiencing life at the very deepest level.

***When we are silent we will see that everything that swirls on the outside is a signal to show us exactly what is swirling within.

Pay attention to what emotions of ours are being stirred internally. Although it may be painful, we can then softly study that emotion and tenderly trace it back to its origin so that essential healing work that we have been avoiding for much of our existence can finally begin.

** it is time to stop seeking love, understanding and acceptance externally and focus all of our attention on providing these things, without anyone else's guidance, all by ourselves. All of the answers and everything we need is already within.

With patience and clarity, we will be rewarded for our ability to remain calm and in harmony with ourselves while we have been experiencing these challenging and quite antagonistic energy waves.

Author: Alex Myles