

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is “timing”. I figured it was time. Timing is everything. We’ve all been told this and most of us have lived to experience the truth of this statement. Any mechanic will confirm, engines don’t run, at least not well, if the timing is set wrong. A rough ride all the way...that is, if we even get to where we are going to before the engine sputters and dies. Just like life...when we feel we aren’t in sync with the universe.

Timing. Being in the Now, *always*, is what is meant by this reality check. And what a reality check one’s perception of timing can deliver. Our timing can be measured in seconds, mere moments or in lifetimes. Are we where we are supposed to be? When we are supposed to be there? Are we happy about our timing in life? Do we achieve what it is we want to achieve? Are we with those persons and loved ones we want to be with? Are we content with the timing in our lives? Sometimes yes...sometimes not. There is a quote in a book that I like a lot and can totally identify with. The quote is, “It occurred to him that much of life was learning to wait for the right moment, and that it was a hard kind of patience to learn.” Amen on that one! Admittedly, most of us want what we want when we want it. I wisely admitted to this in an earlier column. Give it to me NOW! Right? But, what if now isn’t the best time for that trip or that job or that loving relationship. Maybe the universe has a better answer for us at this particular moment in time. Can we handle being told to wait? Can we accept not having what we want right this very minute? Yes. No. Maybe. Sometimes. All of the above? Let’s look at how we can find our place of acceptance of the timing of the universe.

Well, the obvious factor here is that we need to recognize that universal timing is by our own design. As we have stated before, the universe delivers according to our demands. And as is also somewhat obvious, the higher self (our inner knowing self) has a clearer perspective on our true soul ambitions than our intellect does, so it only goes to prove we, on intellect alone, may not be sure what is *the* perfect time. Unless we feel it in our spirit, truly grasp a familiarity with some aspect coming towards us, it may just mean a lesson is coming to us...but not to necessarily jump on board with what we *think* we should be directing our energies at. Can we accept that our apparent lack of timing is often timing at its best? It is, you know. How many ways can we think of that would be entirely different if time had been only 3 seconds different from the experience we had? Blessings, disasters averted, families joined, babies made, persons passing each other, meant to bump into each other. The list is as endless as time sometimes seems. So again, we recognize and accept that what timing we do follow, when we remain of an intended higher vibration, is always the right time.

Following that thought one must consider that Now is potent. Now is important. Now is all there is. Previously we spoke of linear time not really existing, so somehow we must incorporate into our thinking that if Now is all there is then I must incorporate all that I am, all that I will be and all that I desire for my higher good is *Now Here*. Many of us have the *No Where* experience mentality from years of disciplined training from those who thought they were helping. If we go no where in our lives because we are taught that the *know* where to go from here is home sweet home (the blinding comfort zone of stagnation), then we will never find our place of Now for we won’t even think or understand the need for it nor that it is even a missing component of our lives. However, when we recognize the fullness of our being through the ability of knowing Now right within our very being, as a full on part of our life experience, we will never be out of time, out of sync, with that which is important in our processes of growth and love. We will know, truly understand, and therefore incorporate, the ideal into our very being, that each of us are our own timepiece and we will always be where and when we should be. And with this trust in ourselves in the universal realm, we will have that which we truly need at the perfect time. We call it “flow”. The oceans call it the tide. The skies call it day and night. Term it how we will, we will move according to the essence of our lives. Understanding and acceptance in this “play” will allow us at least some relief from the pains we sometimes experience when we don’t get what we want immediately. And recognizing that we only think we know what we want allows us to accept that maybe we miscalculated the importance of a time, place or person or, just maybe, perhaps, their importance is to teach us that timing is everything.

Question of the week: How often should one do an internal body cleanse?

Answer: I believe it would be according to your lifestyle. Take in a bunch of garbage, either food, trash TV or pollution, etc. Perhaps you would do a seasonal cleanse. Body and mind aimed at maintaining a higher vibration? Perhaps you would consider cleansing twice a year. Perfect diet...perfect world. Maybe you don't need any cleanse. Your life is your cleanse.

Book of the Week: *Vegan Fusion, World Cuisine*; Reinfeld, Mark and Rinaldi, Bo; Beaufort Books; 2007

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

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