

## Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is “Listening”. Listening; something only a precious few seem to do well. Listening is giving silence to other beings to express themselves in. What a wonderful gift! Our silence allows for us to hear another’s voice. Our silence allows us to listen to the sounds of the Universe, the sounds that create balance and peace and worth within us. And, our silence allows us to listen to the calls of the Earth, the calls from her offspring, Mother Nature. And most of all, our silence affords us the ability to hear God within, as our own voice of Spirit.

We have all of these offerings for us to listen to, yet we seldom seem to listen to the offering. Why is this? Many reasons exist, although my feeling is the major reason is because we are all going so fast in our minds and in our bodies that we really just don’t take the time. There is also the errant mindset that someone else’s opinion or story, etc. doesn’t matter as much as our own. And, of course, there is the reality that sometimes we don’t even realize we are being spoken to, as when Mother Nature talks. Now, one would think it would be obvious when the Universe is speaking to us; however, sometimes the biggest effects begin with the smallest sound. And as we all know, most of us just don’t hear quiet sounds any longer. I mean, with all of the quick paced, noisy interactions going on twenty-four hours a day all around the world, who can even hear oneself *think* anymore?

Well, first, we need to understand the many ways in which we communicate. Are we listening when someone cries? Do we listen to the direction of the wind to determine our voyage? Can we feel the measure of a heartbeat that is sending love from far away? Do we hear the drumming of the Earth with our feet? Do we hear the roar of the waves converse with the moon and the very fluids of our bodies? Do we hear the warning growl of our pets to ward off an intruder? Do we feel the love we sense with our being? There are as many ways to communicate as there are things to say. Are we listening? Do we hear the drowning of the polar bears with our wisdom? Are we listening? Are we listening to any of these things? Because to listen is to hear with an understanding of the spirit of the sender, whether it is the Earth herself, the Moon or our fallen trees and polluted rivers. Do we hear the spirit of these beings speaking to us? Do we hear the voice of the spirits gone before us? Do we hear the wisdom of the Sages passed down to us? Do we listen? To listen means to take within one’s self a certain element of the vibration coming toward oneself. Are we listening?

What are we listening to? Are we receiving uplifting communication or are we choosing to expose our silence to negativity through the acceptance of negative vibration through the medium of sound. Bad words, bad vibes, bad ideas; negative vibrations are sound to the cells of our bodies. What are our bodies listening to? What are we being made from? Our cells are the collection of the vibrations we experience. Sound is vibration. Are we becoming that which we want to become? And are we listening to our own inner voice or are we listening to external voices, allowing them to formulate our selves? Because, if we are listening from within our own experiences, within our own cells, if we are listening to our own inner voice, we will hear the necessary notes of the Universe, yet we will find the silence in our selves as well, because it is the silence that makes the notes of the song become music. It is the silence that enables one to hear the words. And in our silence we more readily understand the words, the notes, and the music that we *must* listen to; must listen acutely to. For it will do us well to pay attention to the call of the wild, the song of the mermaid, the fury of the moose. For when we innately know, when we truly understand that all of creation has a voice, then and only then will we have ears to hear. Only then will we find the wisdom to listen. And in this wisdom we will find our voice speaks loudest when we listen best, for when we listen, we grow to a better understanding of all that there is, because as we grow through are ability to “Listen” then we understand that we are no different from any other being and that it is our own selves speaking to us as from afar...but we already know; there is no space in place. So listen to your Mother, the Earth and her offspring, Mother Nature. And in their wisdom we will fall knowingly into their silence and hear the music of the Universe, our very souls.

Question of the week: Considering all of the winter weather, can you suggest an easy aerobic workout one can do at

home?

Answer: I think jumping rope is a fabulous way to get good aerobic activity and one can do it almost anywhere. Make sure to buy a good one. It is worth the investment.

Book of the Week: *The Blessing Seed*; Matthews, Caitlin; Barefoot Books; 1998

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

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