

These pages welcome your soul home.

We all yearn to anchor in our own truth. We want to live authentically and meaningfully. We seek passion, joy, and self-expression.

These are our birthright.

But sometimes we lose our way. We're distracted by influences from outside ourselves. Or we trust our intellects to do work they were not designed to do.

We use our best judgment. And days pass and years pass and we realize that good judgment doesn't lead us to fulfillment.

We want more. Doing everything right isn't enough.

And, so, we surrender.

When you reach that point and you throw up your hands and you say, “I must live deeply and passionately. Acting respectably isn’t enough. I want to honor my heart’s longing,” then you open to transformation.

What is transformation?

Transformation is the process by which we recognize that we are both human and divine and that our divinity heals and guides us.

When we allow transformation, we realize that we don't know the limits of who we are.

We acknowledge our eternal center, our core. This arena of unlimitedness scares and entices us.

We dare to expect more of life.

Searching for your own path, you move more deeply inside yourself than you have ever traveled.

You realize that the transformative journey roots in your inner world.

Paying attention to your inner world makes the seconds of your life sacred.

When you open to transformation in completely personal terms, you trust your guidance.

The process of transformation is about practicing availability.

Life knows you better than you know yourself. So, you pay attention, always available.

Integrating your Vulnerability

What is vulnerability? That word sounds ominous and undesirable. It makes you fear that you are weak, open to predation, unable to protect your boundaries, and not quite equal to others whom you respect.

In truth, vulnerability refers to living from your essence, the deepest core part of who you are. No pretensions, no self-delusions, no imitations. You simply be.

Integrating your vulnerability lights your soul's path home. Thus, you can move beyond your intellect's self-definition and beyond any concerns about competition or proving your worth. You move beyond judgment and thinking to noticing and allowing.

Your soul beckons you home. Your intellect says, “No, thanks. Mundane reality is good enough.” But you have had enough life experience to know that you want more. You want to be you, with depth and commitment and open-hearted self-acceptance.

Integrating your vulnerability carries you to a space which your intellect can't enter. Your inner world doesn't present itself for examination under the spotlight of logical scrutiny. In fact, too much thinking stalls you. Owning and experiencing your vulnerability carries you into your eternal core where you allow transformation.

And, so, you commit to this transformative journey. Integrating your vulnerability is your first step.

Without pretense or need to hide, you simply experience what it is to be you this second. No excuses, no amendments, no judgments.

With each prompt, spend a few minutes in stillness. Focus inside.

Then write what you notice. Keep writing for thirty minutes as you stay anchored in your availability, paying attention to your inner world and receiving.

Don't save your pages. Value lies in paying attention to your momentary experience, not with the paper. You will repeat the exercises frequently, always noticing your current, ever-changing experience.

This second I feel . . .