

*Spirit Rising
Sanctuary of
Light, LLC*

Mariah Crawford



*A Center of the
Spiritual Arts*

spiritchannel@mariahcrawford.com (541) 548-0438

Reflections on Life ©

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Time flies by as quickly as the clouds scudding across the sky,
As the days meld one into the other,
Quickly, gently, easily ~
And you move forward into your life,
As though floating through a dream.
Before you know it the golden glory of summer
Has sung its song, and another winter is upon you.

Now is the time,
With the wind blowing softly upon the face
Of the flowers, of the trees, of your Self
To feel delight in this moment.
Feel the softness of God's love caressing your face.
Feel the wonder of *this* time!
Think and plan ahead if you must,
But walk in *this* moment *each step* of your pathway
With consciousness, courage, and clarity,
Savoring the uniqueness that fills every part of you.

Do not bother about the obstacles in front of you!
Sweep them away, step over them,
Swing through them, stumble over them,
But continue on the path.

The rays of the evening sun speak a thousand words.
They think not of how they will penetrate your heart,
Or the atmosphere of the Earth ~
They simply shine, with no expectations.
They shine because that is their nature.

It is the nature of All That Is,
The nature of each being that lives
To shine out the glory and the wonder,
And the awesome power of its Creator.

Standing still you feel the breath
And the heartbeat of the Earth beneath you,
Feeling all your cares being swept away ~
Your fears, sorrows, worries and stresses.
The rocks of Earth absorb all your sorrows,
Taking them on impersonally,
And radiating them out to the Universe.

The lichens grow without a thought
For their beauty and their wonder,
Or to *impose* ~
All of nature is that way.
It does not seek to impose.
It seeks to *be*, or rather one could say
That it doesn't seek at all.
It just *is*.

How different your life would be upon Earth
If you stopped seeking and striving,
And running over those who are in your way.
For *they* are not the hurdles that you face upon your Path.
They are actually the "flowers" along the way ~
Stop and enjoy their beauty, and smell their fragrance.
You may also learn to be careful of their thorns or "prickles!"

Nothing is more powerful
Than the power of the Natural Love
That penetrates all,
And yet this is forgotten every moment of the day.
The Great Life lies before you.
Scoop it up, cup it and hold it close to your heart!
Even while in the midst of the darkest parts of your life,
And the most glorious ones,
Stop and listen, feel and live ~ as Nature does!

Deep abysses await those who "live" life fast asleep.

Spread the wings of your heart, soar and fly out over the abyss,
Without fear of losing altitude,
Or falling and crashing, crumbling upon the rocks below.
These thoughts of fear arise, are noticed or taken no notice of.
Plumb the depths of yourself.
If you find only shallowness seek ever deeper,
For underneath the facade of one's clothing and physical body is the scintillating soul,
Your ever-green, ever-shining, ever-joyful Self.

In Nature there are animals that mate for life,
Relatively unknown in many cultures of the humans species on Earth.
For so many spirit beings who have taken human form are
Running, seeking and striving to outdo one another ~
And, to find that *one* soul mate.
That *soul mate* lives within you. That soul mate *is* you.
That soul mate *resides* in every other being and creature.
For our souls are forever interwoven with the Breath,
The Mind and the Heart of the Universal Spirit of Love.

Henceforth and forever more hold all these thoughts in your mind,
The Eternal Mind that is part of you.
You are an exquisite jewel.
Whether or not you have heard the reverse
In your time upon Earth is of no consequence.
You are the Jewel of the Universe.
You are a jewel in the Heart of the one,
Clear multi-faceted Diamond ~ The God Head!
What else could you be?

Why would your soul bother to come to the Earthly Realms
If not to shine as a facet of that Divine Diamond?
Discover the jewel of your Self - the luminous bright being that you are!
Remember what you once were before you took life in this Earthly form,
Before the Earthly Realms wore you down.
Polish that jewel ~ *your Self* ~ and glory in it now!
How great thou art, how great thou art!

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