



5 - WAITING

***~ Perseverance ~ Take Care of Essentials ~ Restraint ~
~ Leave Well Enough Alone ~ Moderation ~ Right Timing ~***

The timing is not yet ripe for the change and release you are seeking. It may feel as if waiting one moment longer will cause you to burst, but wait you must. Although it appears that nothing much is happening, on a deeper level great changes are taking place. And when the result of those changes finally unfolds, you need to be present to receive it, centered and calm.

The kind of progress taking place now is invisible, being guided by a power greater than your own. By forestalling any visible outer progress, the Tao is providing you with time to nurture your inner strength and get ready for what is to come. The gift of Waiting that is being offered now, if you can receive it, will empower your ability to accept and appreciate the “is-ness” of the here and now.

When a time of waiting is at hand, there is a need for inner work or personal practice that prepares you for birthing the new. The single most important requirement is your willingness to step back from the desire to push forward. It means suspending future plans and fantasies and consciously bringing yourself back again and again to the present moment. In every transformation there must be time to build up inner strength, even though that timing might not fit with what you think should be happening. The ripening that is occurring requires that you wait in trust, in spite of the fact there are no clear indications as to the timing of events. There is a deep process at work within your own being that must be completed before the external events can shift.

Life is not working against you now; in fact, it never works against any of us. We are challenged in myriad ways throughout the whole of our lives to find a sincere “yes” to what life provides. But this needs maturity, and maturity means being able to take a detached overview that is concerned not primarily with outcomes or goals but with understanding and awareness in the journey toward them.

While you are waiting, keep your outlook positive and your body healthy. Tend to the ordinary with extraordinary care. By putting your focus on strengthening your sense of well-being, you will be cooling down and redirecting the energy of impatience and aggression toward more creative pursuits. Remember that any obstacles you might encounter are not permanent conditions; rather, they are life’s way of steadying you and bringing you into a more centered state.

In retrospect, you might find that much of the energy that you have spent in pushing for results, planning new tactics, and seeking solutions to problems has succeeded only in busying your head and bringing you back to “square one” - in other words, it has created more trouble, not less. Stay on track by nurturing self-awareness and waiting patiently and with optimism for the tide to turn. When it finally does, you will be more than ready to embrace the new.



11 - PEACE

***~ Harmony ~ Balance ~ Perfection ~ A Sense of Well-Being ~
~ Favorable Conditions ~ Expansion ~ Equipoise ~***

To experience Peace on any level is a blessing. It represents a state of perfect balance, appearing as a stillpoint in the eternally changing climate that is Tao. These periods of harmony mark the delicate period of transition between darkness and light, the moments of dawn or dusk, when all feels right with the world and one experiences a deep sense of well-being and freedom. Such moments are luminous, and shimmer with promise. Heaven is manifest on earth & life feels divine.

When we are at peace, the outlook is clear and positive. New undertakings seem well worth the effort, and all our dreams are within reach. Life is exhilarating and uplifting once again; new possibilities appear out of the blue, unfolding effortlessly. Past struggles suddenly seem to have faded away and the road is clear to progress in any direction we choose. As perfect as it all seems, don't miss the opportunity being offered now by squandering the time in self-indulgence. Present conditions come with a caution: use the gift of this moment well. Do not become lulled into unconsciousness during this period, for the delicate balance of peace can easily be lost through lack of awareness.

We tend to fall asleep or lose awareness when peace descends, because the child in us wants to believe that everything is finally as it's supposed to be and should stay that way forever, as in a fairy tale. But nothing says the same forever; life is an ongoing journey, a dance of light and shadow, and our lives are a fleeting reflection of the vast movement, not the source of it. You must remember that you are part of a flow and learn to move in sync with it, rather than against it. In the natural cycle of things, there is a time for fruition and a time for dissolution. These aspects are not in opposition to each other; one is not good and the other bad; rather, they flow into one another and

are interdependent. Stop worrying about things you can't control and getting lost in details, and expand your inner vision to encompass this understanding. Embrace the holistic view of things.

You can be certain that the present conditions will not last indefinitely, so use this time to reach out to life with your whole being. Let others know your dreams and plans. Be open to whatever comes your way and consider every possibility; there are great opportunities hidden in the most unexpected places. Whatever your dream, you will attract the support needed to set the wheels in motion. Take time to consider the influences that have brought about this moment, for harmony and well-being are born from balancing extremes. In nature, the sweetness of springtime invariably follows winter's restrictions, and the same applies in our own lives, both inner and outer. When we are great, we are a reflection of the greater. When we are foolish, we have forgotten that, whether bad or good, we are always children of the Tao.