

Nature's Wisdom Magazine

natural health, spirituality, & environmental awareness

Mind Matters

Marjorie Baker Price, RN, CH, responds to your questions on life and living your most balanced, centered life.

It strikes me that the questions for this issue concern our responsibility to protect and empower our inner self and its endlessly loving, creative spirit through our willingness to intimately partner with it in spite, and because of, seeming foils in our experience; whether these foils be past or societal conditioning or others' directives or opinions. This is truly, in spiritual terms, a "growing up" piece, which our world desperately needs. Remember that when we break up the word "responsible" and switch the two simpler words that form it, we simply get being "able to respond". That can only come from being free and able to be in the moment in which we find ourselves with courage and awareness.

In light,
Marjorie

{ natural health fact }



Water

While Americans consume more coffee and soft drinks almost than any other drink, **water** is the single most healthy beverage you can consume. Be sure yours is clean and clear of contaminants.

Q.



Dear Marjorie, I hope this falls into the category of questions that you can answer. I am having problems at my job of 14 years. A new manager who is half my age has joined the company only to eliminate jobs and speak to all of us in a very condescending manner.

Budget cuts are the reason for the job cuts and this we understand but now, my orkload is triple what it was and when I do not get things finished quickly enough, she will hint that younger people, with more training and education, might be able to do my work more efficiently. I want to tell her that she may be educated but she is inexperienced and that she is creating hard feelings within our department. To say that I fear for the safety of my job is an understatement. Do you have any advice?

- Worried and Frustrated in Gates, NY.

A.

Dear Frustrated: What a sad commentary on our present work society that your story is described with such anguish again and again. I hear versions of this on an ongoing basis in working with clients, which is probably why the movie "Office Space" is so popular. This is such a needless, adversarial approach that of course produces the opposite of its supposed intention, because it is simply and at its core, abusive, especially to one's spirit. What might be most helpful for you to remember is that this woman has no idea who you are, so this is not personal - it is about her attempting to drive through a predetermined agenda. You just represent the related belief system.

When we are tangled in power struggles, which your manager is attempting to engage you in here, the first "order of business" is to become the observer.

Then you are no longer a victim. Imagine yourself stepping out of the tangle and watching the "action" as it is currently played out in your work life with your manager as if it was a play. Settle into a deeper meditative space imagine yourself rising on the wings of your own deepening breath higher and higher, so that you leave your life far below you. Imagine you can look down from this great height on the whole of your life, and ask your spirit: What are my best choices for this situation? Listen and then, when you open your eyes, record the answers.

Your manager does not own you. Thankfully, we all have the gift from our own loving spiritis to determine what choices are empowering and right for us You'll know when you have made the right choice for you because in that reflective moment when you become aware of this possibility, you will feel a sense of peace, even if it doesn't make sense to your conscious mind at the time. Remember also that our spirit leads us in steps, and always wants us to develop our ability to care for ourselves and be savvy.

Q.

Hello, I have begun attending meetings led by a wonderful woman. At these meetings, we meditate, learn how to use breathing to calm and restore us and sometimes we chant or pray together. My problem is that even though I feel great when I leave, I am concerned that this is in contrast with my Christian upbringing. This woman often speaks of her "intuition" and a friend who is also in our group went to her for a reading." In the Bible, we are warned against fortune-tellers. I enjoy the group but need some clarification. I do not feel that the priest at my old church will have answers.

- Rafael, Victor, NY

A.

How courageous and inspiring that you are asking this question in a time of tragic, needless spiritual schism, misconception, and fear in our society!

What strikes me with how you describe this situation here is that you may simply be struggling with semantics. Considering the vastness of our freed spirits, it is inconceivable to me at this core level of being how we, in attempting to literally translate what is impossible to describe in words, can accurately describe any spiritually uplifting, healing experience. It simply IS, and because it literally doesn't translate well - any attempt to describe it is truncated at best. Perhaps all we really have to go on is how we FEEL when we are in our spiritual center. Pay attention, then, and rise to the challenge to accept wholeheartedly what is happening to you while you are meditating under this woman's guidance, and how you say you feel when you leave.

It is your experience, and accompanying sensations related to the moment you are fully in it, that count. Consider you are in the midst of becoming spiritually responsible in a way that serves you and the life you live. This is a wonderful, inspiring adventure that is meant to offer a new level of caring, trust, love and personal power to you. It will allow you to be of greater service in your life and release your creative spirit.

There is no need to struggle here. Just listen in your own experience, accept the gifts you are offered, and see what happens. Enjoy!



Marjorie Baker Price, RN is a psychiatric nurse clinician, counselor, former community health and hospital based nurse, certified hypnotherapist and Reiki Master Teacher. She recently founded Centering Tools, an individual and group counseling practice. Her self improvement books and tapes are nationally acclaimed.