



Sibella Circle Member & Visionary Leader

TRUE BEAUTY SHINES WITHIN YOU

Your Inner GPS

By Sandy Townsend

How many times in your life have you thought, "Why is this happening to me?"

That's exactly what I was thinking as the dog was biting me. I could feel intense pain running all through my hand, pain that I had never felt before. My automatic response was to pull away. Suddenly, I heard a voice say, "do not pull away or the grip will become tighter and it will be more painful". I had to be still and wait until the dog released its grip, accepting the pain as it was happening. As I woke from the dream, I could still feel the pain in my hand as if it had really happened. All I could think about was: Why would a dog be biting me? What was the dream about? As I went about my day, every once in a while the dream would come back into my awareness.

Over the next few days, I realized that I was being taught a very important lesson. Even in the most painful moments, our experiences occur for our highest purpose, to guide learning and encourage growth. Everything has flow and synchronicity. Lately, the universe has been reminding me that everything in our lives is of divine order, and I have come to realize more and more that everything is exactly as it should be in every moment.

Recently, I had a four-day training class set up in January for a student. At the last minute, the student said that she needed to reschedule the training. For about a week, I had an inner struggle with the disruption of my plans until I could finally let it go. As it turned out, we had a major snowstorm the weekend she was scheduled to train. If I had started that class, the student would not have been able to come for the next two days. What started out as an annoyance turned out to be a blessing. The universe orchestrated that timing perfectly, exactly as things needed to occur.

How often has this happened to you in your life? You thought something was so awful and it turned out to be a blessing? When we learn to just trust in divine order, we have a lot less tug-of-war going on in our minds between what is happening and what we think should be happening. Life begins to flow much easier when you accept and trust that the universe will send exactly what you need into your life, exactly when you need it. Just like your GPS only gives you one turn at a time, our inner GPS gives us one experience at a time, and we don't know what's around the corner until we get there. The road with least resistance is the best road to take. All that we experience in our lives is in perfect alignment with our path.

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