

## **A Spiritual Healer - Setting Your Anchor In The World**

Keeping a solid anchor in your life has become a necessity in these rapid transformational times. The analogy I would like to use is: For most of our lifetime we have been afforded the luxury of living on dry land. Our needs had been provided for us. We had plenty of dry land with which to walk upon and, carry our our lives. Now, the great flood of evolution is underway and, each of us has been given a surf board and told to get aboard the wave.

Every now and then as we surf along we hit a piece of dry land which affords us some rest. Most of the time however, we are riding these new waves of evolution towards our destiny. As we surf these huge waves of manifestation it's important that we keep a baring on where we are in the world. If we don't know where we are at all times then it will prove difficult to maintain a solid direction towards destiny.

In this new paradigm we are no longer able to observe ourselves as stationary. We are constantly spinning, moving, evolving, at a rapid increasingly rate. To try and slow down, or even stop is simply going against the current, it's imperative that, we all surrender to the flow as well as, embrace the stillness.

Grounding yourself in all of this become a balancing act of ying and yang. The trick is to observe your place at all times so, when the wave is trying to carry you to your next destination your able to simply hop on your board and ride along. Observe the same for the times when you hit dry land and, you need to slow down, stop and embrace the stillness.

Feelings I have when I'm ungrounded range from stress, anxiety, a feeling of just drifting with no direction, and even helplessness. We are living in a time of rapid change and, even the most astute self-observer has to constantly work to keep themselves anchored.

The simple course of action is to observe, and re-anchor yourself as quickly as possible. Sometimes events happening at the time will prevent you from being able to effectively re-ground. Don't loose focus! You may simply be processing something at the time that is preventing you from doing so. Your goal should always be to get back center as soon as possible.