

Sacred Earth

By Donalee Campbell

We are stardust
We are golden
We are billion-year-old carbon
And we've got to get ourselves
Back to the garden
-Joni Mitchell

In these turbulent times of strife, stress, chronic disease, angst and depression, many of us are facing our own personal Dark Night of the Soul. We worry about our health, our families, and our planet. Easily misled by the media, we may feel powerless, depressed, dejected. Most religions have become authoritative, opinionated intermediaries that teach guilt, shame and fear. Yet faith is needed now more than ever. Long gone are the days of tribal initiations and teaching stories around the fire. But the wisdom of the sages has not been lost. There is recourse and hope in the knowledge they left behind, and disseminating this wisdom now takes on an importance paramount. From the universal viewpoint cultural barriers dissolve, and our ethnic heritage becomes unimportant. The elders speak to us all. We have endured enough pain and suffering. The time for hatred and war is over. The time for peace is now.

This is a clarion call to awakening, to enlightenment, to re-membering our power. Despite our differences, we are all intensely driven by a deep-felt desire for joy, love, belonging, and understanding. This drive will propel us into the next stage in our evolution -- an evolution in consciousness. As our evolution is brought to a conscious level, we move closer to understanding our own capacities and potential. We become active participants in the process, influencing the speed and direction of change through awareness and intent. Some theorize that a critical mass will propel us all into this wave of expanding energy. What was once a realm of gurus, shamans and initiates, is now opening up to the masses. Near death experiences, out of body experiences and other paranormal experiences are becoming mainstream.

The Eastern science of yoga studies consciousness and its evolution in experimental and experiential ways. We become our own researchers and experts in the field. Yoga tells us to stop, breathe, and listen to the bells of truth that ring inside us; to feel the divine light coursing through our veins. When we learn to calm the turmoil inside ourselves, we find there the peace, love and happiness that we were looking for all this time. Through yoga we learn to embody that peace, despite the turmoil around us. As we learn to open our bodies in space, our minds open to new realities, our hearts open to unconditional love, and our spirits open to divine inspiration. We become a conduit for creative energy, and we learn to channel that energy in ways that manifest our greatest dreams, and serve each other in the process.

As we experience unity within ourselves, we come to know that we are all united. Love is our common source, Joy is our shared aspiration, and Truth guides us each on our way. Peace has always been our true heritage. It's time we joined our destinies to make heaven a reality. We are here to combine the energies of heaven and earth, and manifest a new vision of paradise.

Heaven is here, now. Own your power. Do yoga.