



## Rock Steady in Times of Turmoil<sup>©</sup>

BY GEORGE E. JAMES, M.S.

Turmoil, a universal experience everyone will encounter. Its forms, emotional, physical or spiritual can be experienced at any time and in any combination. How we deal, or do not deal with turmoil can have immediate and long-term effects on our inner and outer development, progress and evolution in Life. If we choose not to deal with reality by becoming numb, and shutdown to escape, the result of this negative strategy leads to emotional and spiritual constriction. However, if we chose to stay present and deal with the turmoil by using positive strategies and methods that help us cope and learn from the disturbance, the results will be emotionally and spiritually expansive.

In order to heal you have to be present to deal. To help you stay present and deal I'm going to share an emotional and spiritually expansive technique that will help you to hold on to your center during stormy waters of turmoil. By using this simple technique to center you increase your ability to receive

guidance from your Soul to help you get through and learn the lesson at hand.

This technique was not something I learned from a book. It was offered to me in December of 1989 by my Soul while in the midst of an emotionally turbulent time. My emotional turmoil was brought on by financial stress: \$1400 in bills \$300 in checking account.

As I sat at my desk inwardly raging from frustration, anger and sadness I turned my face up toward the ceiling and said out-loud to God: "Okay! I gave up my corporate job to do healing like you asked. I've done all the marketing things that I was told to do. I've struggled to get this healing practice up and rolling for a year, and now look at the mess I'm in. Do I give it up? Do I accept this as failure and go back to the corporate world?"

As I sat in my mental rowboat being tossed around by tidal waves of emotions, my Soul's gentle voice said: "*Surrender and trust.*"

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As I sat in my mental rowboat being tossed around by tidal waves of emotions, my Soul's gentle voice said: "*Surrender and trust.*" "How?" I asked. "*Surrender from knowing Beloved One brings trust to the fore. Take a special passage or prayer that has meaning to you and read it. I suggest that you read it, one line or word at a time contemplating it and allowing the meaning to unfold to you as you write it down. This will teach you why it has meaning and how it brings trust to your heart and mind.*"

Surrender! I hate that word. Every time I heard the word surrender it was always a euphemism for "throw in the towel, and do it my way." This was not something my ego wanted to hear or even consider, since it meant acknowledging I wasn't in control. And who doesn't want to be in control, after all that's what we're programmed to be — control freaks.

However, to surrender

spiritually means to raise one's vibration and consciousness up to a higher one. What this means is that you relinquish the slow vibration any and all control on every level of your being by acknowledging, accepting and giving into GOD 's plan for you.

As I sat with my Soul's suggestion the first rays of light that rose over the bleak horizon of my mind was a passage I had to memorize as a child before I could go to bed, the 23<sup>rd</sup> Psalm. I followed my Soul's guidance and here's my interpretation and understanding of the 23<sup>rd</sup> Psalm and its deeper meaning for me.

**The Lord is my shepherd, I shall not want.** To me this sentence anchors me with my Soul, for it is truly the Supreme Being, My Lord, who guides, escorts and directs me on my journey of remembering my truth.

**He makes me lie down in green pastures.** Means he helps me to arrive at a specific area of balance in my heart.

**He leads me besides still waters.** Means he guides me to the calm state of my mind.

**He restores my Soul.** He reconnects my conscious mind to His.

**He leads me in the path of righteousness for his name's sake.** Means my Soul guides me to the state of being attuned with Universal Mind for that is His namesake.

**Even though I walk through the valley of the shadow of death.** Means I walk, not live in, a valley of illusion that if I believed in them I would die to my truth of "I AM THE LIGHT"!

**I fear no evil.** Means my Soul's knowing is centered and cannot be over taken by the forces of dark brightness.

**For thou art with me.** Means my Soul and I are ONE.

**Thy Rod,** My Soul's divine authority.

**And thy Staff.** All those who work for and with God.

**They comfort me.** Means to me that they aid me into reaching a state of ease and satisfaction of my wants with freedom from pain and anxiety.

**Thou preparest a table before me in the presence of my enemies.** My Soul makes ready a place for me to be nourished with truth that is safe from my negative state of consciousness.

**Thou anointest my head with oil.** I am marked upon my crown, my essence, as belonging to GOD.

**My cup runneth over.** My heart is so filled with GOD's Love that it flows out of me into creation.

**Surely goodness:** Definite that GOD.

**And Mercy:** Compassion.

**Shall follow me all the days of my life.**

Will always be part of me for infinity.

**And I shall dwell in the house of the Lord forever.**

In all the Universe there is One Life forever,  
I AM THE LIGHT FOR EVER.

And so it is!

Was I calm and steady after following my Soul's suggestion? Yes. Did my financial worries change? Yes, and quickly too.

I achieved calmness and steadiness in two steps. First when I focused on a solution I pulled my mind out of the field of emotions as a main focus. Second when I focused to what is, right now, following my Soul's suggestion, I increased my mind's positive vibrational rate.

What I just described to you was my lesson in *inspiration*. Inspiration. What is it?

Physiologically inspiration is the drawing in of air into the lungs. Mentally it's something that stimulates the human mind to creative thought or artistic endeavor. Which could come as a sudden brilliant idea, or be somebody or something that sparks the mind. Sometimes it may come to us as divine guidance and influence.

Zachary Lansdowne in his book: *The Rays and Esoteric Psychology*, beautifully describes the spiritual aspects and mechanics of inspiration.

"...*inspiration* refers to a transmission of understanding from a source in the subjective realm to someone on the physical plane. This transmission occurs from soul to soul, which means that it occurs on the plane of souls, referring to the higher sub planes of the mental plane. Inspiration is experienced via the crown chakra and does not utilize a psychic ability. During this process, the recipient gains an abstract or nonverbal understanding of some idea; the mind and brain may then be employed for expressing that idea in one's own thoughts and images.

The steps for awakening deep inspiration are:

- 1) Chose a special passage, or prayer that has meaning for you.
- 2) Read one line or word at a time contemplating it: allowing the meaning to unfold.
- 3) Write down the meaning.

The results:

- 1) Helps focus your awareness back unto GOD.
- 2) It brings peace and balance to your heart and mind.
- 3) You increase your ability to receive active guidance from your Soul.
- 4) You get through and learn the lesson at hand.

Now that you know the spiritual mechanics of how inspiration flows and it's power use this simple, yet effective technique, the Soul offers you to help hold your center steady during turbulent emotional waters. Remember when you steer and propel your boat in the same direction with your Soul, you will be in peace and harmony with the Divine Plan on a gently flowing sea.

Peace be unto you!



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