

Vision Quest Journal

Day 8 Perspective Shift

Today we need to address something that comes up for all of us and keeps us from staying on track. As a matter of fact it can throw us into a tailspin of self-doubt, self-pity and isolation.

This is the feeling of loneliness. Sometimes it's triggered by something someone says to us and suddenly we feel down and out, worthless and alone. Maybe we find out someone was talking behind our back and it brings up this feeling that no one really likes us which makes us feel more lonely and isolated.

Sometimes this lonely feeling comes out of nowhere with no rhyme or reason to it at all.

The bottom line is we are feeling cut off from our connection with God and everyone else. How does this happen? We get so busy in life or immersed in our own ego thoughts and feelings that we cannot sense our connection. It causes us to feel more isolated and alone which then reinforces the cycle.

We need to set an alarm within ourselves to go off anytime feelings of loneliness or isolation come up. Instead of getting stuck here we need to remember what is going on and give ourselves the best shot at making the shift to begin sensing our connection again. Yoga and meditation are phenomenal tools that do exactly this. Yoga and meditation help us let go of all the obstacles that get in the way of sensing our connection to God and to each other and living from the soul-self.

We can't always prevent these feelings from creeping up, but we can give ourselves the tools to make quick changes so that we don't get trapped in these feelings for long.

The story of Krishna and Santoshe really hit home for me when I first heard it. It was such a wildly different perspective than I had ever been shown before. It was refreshing and it gave me that higher perspective that I needed to make sense of some pretty difficult but important questions that we all have about life. The premise that God is walking with us the entire time no matter what we are going through in life resonated with me on a deep level.

What I love about yoga and ACIM is that they give us the tools to begin sensing our connection with God WHILE WE ARE STILL LIVING THESE BEAUTIFUL, DIFFICULT, magical lives. We get our cake and eat it too. When we can live knowing that God is walking with us the entire time it makes all the difficult times that much easier. God is allowing us to have a human experience but all the while knowing that our soul-selves are forever safe and perfect as God created us to be.

Now anytime you find feelings of loneliness and isolation creep up on you, come back to this story of Krishna and Santoshe. Shift into a higher perspective on your life and try to sense your connection with God through yoga and meditation. Ask your higher self for help.