

## Sacred Paradox

I sat across from the psychic absorbing her words, “Release the way you think things are supposed to look.” She was referring to my love life--always my favorite topic to discuss with intuitives. I wanted to know when I would meet my person, how long would I have to wait? Would I know right away it was her? Would she know? The fact that the shaman had a vision of us meeting in the future but wouldn't reveal any of the juicy details was slightly excruciating. I repeated her words to myself holding onto the hope that this was for my own good. “Release the way you think things are supposed to look,” I echoed as I slid into my car afterwards. I psyched myself up affirming, “Just watch this non-attachment Zen goddess in action!”

But then in the intervening days, all sorts of other equally wise spiritual guides reminded me of the opposite! Emanate the energy of the person you want to attract. Envision how it will feel to be together, create your vision board, talk to her....

The essence of spiritual living is holding opposing truths. How many times have we reckoned with emanating the energy of our dreams while concurrently surrendering? Or been told to act as if our dreams have already occurred, and if they don't pan out, trust it's in our highest interest? Even the *koan* of living our biggest life possible and blessing simple everyday little moments can feel contradictory. Interpersonal predicaments can feel even trickier! I have bounced between attempting to figure out if a negative interaction with someone else was an invitation to let a relationship go or work more on myself.

The personal serves as a fractal of our global existence. How do we concurrently feel the depths of pain in our world AND know that the energy or vibration we bring to a situation can change an entire experience?

Spiritually, I believe that we're meant to honor deep pain, to take the risk to change and heal, AND that Spirit concurrently wants to offer us a path of hope and ease--not resisting what is allows the ease to come in. How do we simultaneously see the world from perspectives of profound pain AND creative expansion?

Sacred Paradox honors lifting up the pain that calls for redemption.

Alongside, a tidal wave of Radical Love enters to heal cumulative grief.

How do we create change by welcoming the darkness alongside the light?

What if there was no separateness between our exaltation and our sorrow?

What if we integrated righteousness and rapture?

Humanity is receiving a radical question from the Universe,

**“How can we alchemize Sacred Paradox?”**

We reclaim joy amidst justice.

Darkness is welcome when our world truly reflects the magic, the unity, the messiness of our evolution.

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We need not struggle to comprehend contradiction. The tender experience of being human is rarely absolute, never entirely one or the other.

Releasing the need to “figure out” paradox invites us to spiritually dance between shades of expression. We honor what is true in each breath without it needing to be different. Sometimes Spirit whispers, "Stay with me in this tough moment," and other times we hear a reverberating bellow of, “Let it go!” I have come to revere holding multiple truths...deep wisdom and tenderness, authenticity and fear, expansiveness and constriction, connected to our many blessings and weary of pain ripping through our world.

Pain and joy can waltz together. Often when someone lets us into their pain, when they are brave enough to express it and when we are brave enough to sit beside them in darkness, a beauty emerges. A resounding thrum of this tender human experience. Beauty and sorrow in a hallowed tango.

May life's paradoxes be a Divine summons to make sacred space for multiple truths. May we trust our own inner knowing, our own soul wisdom, to bless the beauty of contradiction and Mystery.

### **A Ritual to Honor Sacred Paradox**

· Take a few moments to create sacred space. Collect a journal and two different colored pens or markers.

- Invite the Divine into this space using candles, favorite scents such as essential oils, sitting outside, or any modality that feels inviting.
- Close your eyes and settle into your breath. Feel the rise and fall of your breath. This vital breath, this life force, is with you every moment of your life.
- Breathe into your heart space. Feel your breath enter the front of your heart. Feel it encircle the back of your heart space.
- Allow yourself to be present with whatever is. Exactly how you're feeling is just right.
- Bring into this space a paradox or question with which you are wrestling or feeling unsure.
- In one color pen write your question.
- Take the other color pen and ask your inner wisdom, your highest Truth, what is most important for you to know right now. Listen for whatever might come. It may emerge in images, words, or a sense of knowing.
- Jot down whatever responses emerge.
- Sometimes we will receive a clear answer and other times it might feel murky. An unclear answer just means we are not meant to know yet. We can honor whatever response we receive.
- Close this sacred time by thanking your wisdom for emerging. Offer yourself gratitude for creating the time to listen inwardly.
- Soul-dialogue is always available to you. It is a sacred invitation to co-create an aligned and integrity-filled life. Thank you for valuing its wisdom.