

Birthing a Golden Age - thru Relationship
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The Golden Age dawns upon us now, bringing the possibility of peace and prosperity for all. According to the ancient Vedas, we are now in the Golden Age.

What does this mean? It means that we can choose to live a more expanded life. We can shift from the paradigm of victimhood to responsibility, obligation to choice and limitation to freedom.

As any change on the outside first begins within us, our relationships become a vehicle for the change we want to see in the world.

The first relationship is with ourselves. Are we creating events and situations which seem like a replay? Do we want something different? One way to change this is through emotional healing. Some current spiritual teachings tell us that whatever we can feel, we can heal.

What we are healing are fear-based emotions. In my own life, I have found a few useful ways of working with feelings. One is to bring whatever feeling it is into my heart. The love from my heart can dissipate the most challenging feeling. Another way is to ask myself if I am judging myself for the feeling I am having. Often, working with the judgment instead of the feeling is just as effective.

A third way is to work with feelings through the arts - poetry, drama, stories, paintings and song. This can help us accept our feelings and see them as something we have created - not who we are.

Healing our emotions creates more space within us for love, which is the prevailing feeling in the Golden Age. Then, when we relate to others, it is possible to create a synergy which brings fulfillment to all. This is beyond compromise or give-and-take.

There is an ancient law called The Law of One. This Law states that when one is harmed, all are harmed and that when one is helped, all are healed. It asks us to want what is for the highest good of all in every situation.

I have found this Law helpful in working with clients and in my own life. To truly want what is best for all, frees us of expectation and our own point of view. It enables us to come to resolutions which are even better than the ones we originally envision.

The Law of One embraces what is called the Web of Life, the connectedness of all living things in the world. We begin to know that what we feel, think and do has an affect on others far greater than we imagined.

These ideas are two of many new ideas coming to us now at the beginning of the Golden Age.

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