

Your Issue-In-Depth Reading



You said, "I sometimes feel sad about the things in life I can't change. I'm not in a position to leave my situation, nor do I think I want to. But life is hurting more than usual now and I need some relief."

The visible/apparent issue:

You seem to need a fresh start, a fresh perspective or a brand new activity to shift your thoughts in a new direction - something that can make you feel that this is a new day.

The heart of the matter:

It seems that your comfort has been challenged. And when that happens, like everyone else, you may move back into old strategies to blunt the pain or disappointment. As a society, we have come to believe that we are entitled to have a life that doesn't hurt or when it does hurt, to be able to back away from pain the way a child draws her hand back from the fire. AWe have been taught to look for a quick fix. But what's really required here seems to go deeper than that.

The heart of this issue appears to be about adapting to the pressures and changes that are normal in life. It takes courage to trust the pain of life, to trust that it will pass and to relax in the face of it. Yet these qualities are the ones that help you transcend the difficult feelings and emotions.

Helps:

Your angels have your back. You are willing to build a new future for yourself, even as you stay where you are. You enjoy creating new things and feeling the pleasure of allowing that fresh energy to percolate through you. You're not afraid of challenge and not afraid of hard work.

Hindrances:

You seem to be isolated a bit from those who would laugh and play with you, those who can support you while your emotions settle. You don't always feel supported. And your thoughts are bogging you right down. The more you fret about the things and circumstances that are difficult, the more you worry. And the more you worry, the more you worry that you worry. With all that attention pointed to the problem, you may be missing out on the simple joys that when added up, make for happier days and a more balanced perspective.

What you can do now:

Stop fighting the distress. Let yourself shed a tear or two. Old disappointments and feelings of sadness can be felt without bringing you to harm. They need to be felt. And they need to be processed so that you can leave them behind. Even if they include the fact that you see no solution in sight for them, the feelings are real and rich and utterly human. Once you let it be all right to feel crummy, you may find that half the struggle has been the fight against feeling so crummy. If there is a list of things bugging you that you can't fix, then give them up. If you need to fight them, decide to do it another day. Drop your shield and let yourself be vulnerable. For a bit.

What can inspire you:

Underneath all that distress is a quiet spirit. See your busy mind as wavelets disturbing the surface of a pond, and take heart in the fact that the pond itself is calm, well-organized and stable. You are not the busy mind - you are the stillness that rests underneath.

Reminders or affirmations:

You have already begun to turn the tables here - just by recognizing the problem and seeking another perspective. Remind yourself to give support to the things you believe in and withdraw your support from the things that are harmful. Have faith that the discomfort will pass.

Your spiritual commitment:

Your growth is about seeing past your expectations, fears and judgements of others and of yourself to the beauty and love and joy that is present. You are not your distresses and projections. You are what lies beneath all that.

The outcome or key:

I see flow, receptivity, better communication and an openhearted commitment to life. I see joy.

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