

## Gossamer Reality (2) – ELU – 17<sup>th</sup> January 2016

Hello,

It's very good to be connecting with you again.

Well, 2016 has certainly started with lots of chaos, challenges in the outside world. The ELU this month is in some senses about them and in some about your internal response to what's happening around you. I hope it gives you guidance and inspiration. So, it's 'Gossamer Reality' and here it is.

Go well, be well. May the month ahead bring you peace and much joy.

With love and best wishes,

Michal

### *Gossamer Reality (2)*

*Turn all your eyes to look into yourself,  
Let your gaze travel up and down your body,  
Till your eyes are drawn to the mirror at your heart,  
And the movements, that ripple across its surface.  
In all colors and none,  
To form a myriad heavy, liquid peaks  
That mold themselves to a shape  
For an instant or longer, then change  
In a constant flurry of activity.*

*Now the mirror at the center of  
Yourself begins to reflect a stronger form.*

*You watch as it solidifies, then  
Fractures, into a multitude of sharp  
Angles and angry words: heavy water,  
Before it comes together again  
To repeat the process.*

*The picture you are seeing  
Is one vision of the World, of the city,  
Of the state of Reality  
That is playing outside yourself -  
And reflected at your center too -  
In rapid, uncooperative exchanges  
Unloving and self-seeking; destruction-driven  
By misguided leaders, and would be leaders.*

*As you watch, slowly it's as if you're seeing puppets,  
Not people, playing on the stage;*

*Note your detachment is growing.  
Now you observe - but do not feel.*

*Instead, reach above this mirror  
That is showing you the world of power  
And performance. Reach above  
To your High Heart, and draw from it  
A glorious cloth, a diaphanous,  
Multi colored river, gossamer  
Gale that moves through your fingers  
And across your heart, as you  
Wind it - around and around yourself.*

*You are offering your love  
To the leaders of our world,  
Giving the wisdom of  
Your High Heart to their great need,  
Which is ours too; and supporting  
Their true knowing and  
Real empathy, in the hope that  
Their High Hearts too will ignite,  
And unite, in the center of our lives,  
On the stages of our world.*

*As you offer the gossamer gift  
Of your soul, keep your mind  
Detached from the everyday.  
Let it be still and open, as you go  
Deeper and deeper, moving  
Towards the Source:  
To be with the beginning  
And the end, to be in  
The place of all power  
And none, only peace.*

*Travel well.*

*Go well, be well.*

*May the month ahead bring you peace and much joy.*

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