

## “If It Had Been a Bear”

by Toni Petrinovich

Most people have heard the phrase “if it had been a bear, it would have bitten me” when they discover something they are looking for that is right in front of them. Colloquially, it usually means that the person using the phrase is somewhat embarrassed that he or she did not notice that the object of their desire, their search was so easy to find, yet was not seen.

In this time of transition on earth with the ubiquitous articles, conversations and workshops focusing on “Ascension”, “Lightworkers” and “Spiritual Transformation”, it is possible to wonder if these desired attributes might not fit into the category of the bear. Are they truly characteristics that must be yearned for, searched for and, hopefully, ultimately attained? Or, are they truly so embedded within consciousness that they are closer than hands and feet?

I pose this question to you, the reader: What do you wish to experience in this life that is the secret, haunting dream of your heart? If there were no limitations of time, money or endurance, what would you do/be?

The answer to the above thought is the answer to your own “transformation”. The hidden meaning of each of our lives is encoded, buried if you would, within the very coding of our DNA. The cells of our bodies are witness to the daily discounting of their design. They submit to the electromagnetic current produced by the mind as each person goes about the tasks of surviving. They fall victim to the mass conscious belief systems of limitation, fear of lack, distrust of the utter yearning that each innately possesses.

The media touts all too many solutions to this common issue. True joy can, of course, be found in the newest car, the sweetest tasting snack or the perfection of a sunny vacation. The newspapers, television, radio and Internet constantly remind the public that relief is just around the corner, right after the newest acquisition or meal. These messages are so profuse that the subtle voice of the heart is silenced under the din of their arrival.

Here is a provocative thought: What would happen if you sat silently, if only for fifteen minutes a day, and followed the rhythm of your breath? What feelings would surface? What unbidden thoughts would find themselves floating into your awareness once the screaming voice of the necessity of the moment was quiet? What would the mirror of your inner image screen (your imagination) provide for you? Are you ready to consider that, perhaps, the source of your yearning might appear, might request that you pay attention to it at last?

The numbness that has taken possession of humankind can only be relieved by an acceptance, albeit a surrender, to the promptings of the feelings that lie dormant within the body’s cells. Nature does not allow a circumstance to exist without an accompanying response to the situation. So long as mankind lives within the sightless realm of mass

confusion and hypnotism, earth's environment will provide all of the clues to the awakening that is inherent within the mind.

Take a look around you. What do you see? What does it say to you about who and what you are? What does the view tell you about what you wish you were or could be? Does what you are seeing present "you"? Or does it reflect the conditioning, the programming of your parents, your religion, your government, your country? What lifestyle would you prefer if there were no limits?

There are no limits. The boundaries that appear to exist are living within the framework of the mind and can as easily be forfeited leaving nothing except the space for the true "you" to surface and be expressed. Will this cause changes within your life? Most certainly. If it did not, it would not be worthwhile to question yourself. Will you change? Absolutely. If not, it would be a useless exercise in interrogation with no outcome.

Are you ready to see yourself? Only you can answer that question – and the answer is so close that if it were a bear it would bite you. Like the bear, you may be living in hibernation during the long winter of your life. When you come out of the cave is ultimately your decision.

E-mail: [sacred@anacortes.net](mailto:sacred@anacortes.net)

Web site address: [www.sacredspaceswa.com](http://www.sacredspaceswa.com)