

On Bart's Choice: Note to Self

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You are afraid. The fear is real, but the conditions are not permanent. You will take the lessons you need to from your experience. You are good at that. So have faith. You will survive this too and continue to thrive.

It is true that you do still need more rest, and that comes in many forms, not just sleep. Walking, meditating, writing, being with friends are all restful to you. Your plants and kitties are as well. But even more so, you are correct, attitude matters. Your attitude is generally good, but the seeds of worry run deep in you so sometimes you don't even know how much you are worrying under the surface, which makes it harder to know how to stop.

Two ways to stop it are by releasing on seen and unseen worries, known and unknown. The other is through writing and reflecting more to bring the inner knowledge of worries up into your awareness and light so you can let them go. Obviously the former way is faster and easier, but sometimes you resist doing things the easy way. Or your curiosity with yourself and your voyeuristic need of seeing yourself unfolded motivates you to have to slog through more of the muck or not muck.

Either way is okay, but why not do it the easy way more often? Save the longer process for when you have more time or need insights or material to help others and to write. And you really have enough of that already as it is. Trust that the insights and awareness you'll need to know for self and others will come through as you need them. You won't have to go digging for them. Allow, allow, allow.

Yes, you are already relaxing by being in more conscious contact with your higher self, with spirit, so learn from that and be in contact more often. There is always help. You sometimes worry about tomorrow or what's coming next. Just remember that every day is just another day.

That said, we know that some days carry bigger shifts or news and, yes, some things deeply affect. You are in pain over Bart's decision even now, and you worry for everyone. How to understand a friend's completely unexpected suicide? Just as your kitty purrs beside you, each person suffering Bart's loss has some comfort nearby. Bart, however, did not take adequate comfort from the good things in his life. His choice is not indicative of any failings on anyone's part. He had his own path to walk. Or stop walking. He will be okay "on the other side," so you can stop worrying about him. You've already helped him by your prayers and aiding in his transition. He appreciates that, loves you too, and is moving on.

Your doubt about another "side" has crept in again, but then you ushered it out. That's good. You don't need to figure everything out right now. You can't always anyway. Keep doing that—ushering out—with everything that causes you fear, worry, or doubt. See it, and usher it out. You've known the value in this for years and usually practice it—it has helped you survive life's downturns with grace. Notice, let go. Notice, let go. You've just had a lot to notice lately, and the deep seeds have bothered you. Harder to let go, but it is doable. So let go, let go, let go of the deep seeds without even having to notice them first.

You are doing what you need to do. You are powerful and you are embracing that more and more, so don't worry. You are on track with the keys in the locks of life. In fact, you are ahead of the game in some ways, which just makes you feel as if it should be done already, as if you should already have "arrived." It will all come together for you. That is clear, so relax, have faith, and enjoy.

You are happy to not feel alone. You are never alone. Unseen support is with you always, and you are well-loved by your friends, family, and even people you don't know very well.

All that said, you are sad and worried about Bart's choice and other situations, but, again, let it go. The overarching or underlying emotion for you is shifting too, as you know. You have intimate knowledge of many forms of suffering. We can learn from suffering, and you will help many from what you know and communicate about it. But you don't have to keep suffering yourself. Your body is essentially strong at its core, so the weirdities you experience will pass soon enough. Yes, the stress rash you are experiencing on your neck—which suddenly appeared when you got the news that Bart killed himself—will pass soon enough. The surface is not permanent, but your positive memories of him will remain.

Still, the message is clear: self-care and peace are crucial. You don't have to go overboard in efforts to avoid life stresses, but take care of yourself well so that you can allow stresses to pass through you and not stick. The health stress you are experiencing now is because you let yourself run down on some levels. You are feeling the experience of old choices exacerbated by acute events. This is a layer of new stress temporarily sticking to a temporarily tired body. But, as you know, you are rebuilding yourself now. We all can. All is not lost.

Nothing is lost. Neither you, nor Bart, did permanent damage to your real selves by getting off track in the ways you respectively did. The cycle, the progress, continues.

THE END