

EP. 254

BYTE SIZED BLESSINGS

AMARA PALMER

The Byte



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[MUSIC PLAYING] Kirsten: Greetings, everyone, and welcome back to a little bit delayed, midweek miracle episode. This time, I'm introducing you to Amara Palmer. And besides to the fact that she lives on the edges of the world, it seems, in the Mojave Desert, near the strikingly beautiful Joshua Tree National Park. We had a really great conversation about permaculture, about beauty, about what it looks like, to live where you kind of have to rely on yourself. But truly, what was spectacularly beautiful about our conversation was talking about Amara's 35 years of spiritual seeking. And we talk about her miracle this week, of course. And it's really difficult and challenging to get these inception points, these awakenings, these experiences of seeing the breathtaking beauty of the world into words. But Amara tries, I try. And as a result, I've got a podcast or an episode about beauty, about awakening, about what it looks like to have an experience that is so far beyond what you can describe and then try to incorporate it into your life. Now, Amara will tell you who she is in this podcast. But she is a depth hypnosis practitioner, sound and light facilitator, and spiritual counselor with a focus and supporting others on their unique path of awakening. And she's also lovely. She's a lovely human being. So without further ado, here's my magical episode with a delightful Amara Palmer.

[MUSIC PLAYING] Amara: I was wracked with grief. I was just sobbing for hours on the floor because my system couldn't hold the beauty that we are. What I saw could not be contained. And it had its way. Beauty had its way with my system. So I could at least let it in more, let true beauty in more.

[MUSIC PLAYING] Amara: So as I mentioned, there have been several profound awakenings leading up to this time. But one of my favorites-- and it does speak directly to beauty-- I was coming out of meditation once. And it was just a simple meditation. But somehow, somehow, in coming out of meditation, I glimpsed beauty, the quality of beauty. And I wouldn't have said that. Let me see how a beauty overtook me. I could see that if all the beauty in all the worlds could somehow be gathered up, it would be like a grain of sand compared to the beauty that we are. OK, that we truly are. We are beauty, expressing, doing its best, doing its best to express in form. So here we are, beauty, again, prior to form, doing its best to express in form. And the tragedy that I saw was that it will never, ever, ever be able to express the fullness of beauty that we are. And that turned me inside out with grief. Awakening isn't always rainbows and butterflies. It can be very challenging. And that's why I hold this space for others. I hold space for others in this process, because it can be wrenching and turn us inside out. But oh, my goodness, the rewards are so exponential. All we're doing is walking through a tiny wall of fear. It may be eight feet wide. Picture a wall of fire that's eight feet wide, and you're expected to walk through that wall of fire. And you're like, I don't think so. Eight feet wide equals eight feet deep, but no. It's millimeters. It's millimeters thick. So I support people in walking up to that wall, and I hold their hand in walking through it and getting the other side. It's like, yes. Oh, my goodness. It's such-- there's so much more openness on this side of that wall of fire.



So getting back to the story of beauty, I was wracked with grief, just sobbing for hours on the floor, because my system couldn't hold the beauty that we are. What I saw could not be contained. And it had its way. Beauty had its way with my system, so I could at least let it in more, let true beauty in more. I'll say also a fun pointer is to imagine going to a museum, and you have your favorite painting there, and it makes you just light up, and you really get to experience beauty through this painting. So the question is-- I use a lot of inquiry. The question is, is the painting beautiful, or is the painting pointing us back to the beauty that we are, and we're glimpsing our true nature as we're experiencing beauty? So beauty in the world is kind of, in a way, just a pointer back to what we are. And it's one of my favorite qualities.

[MUSIC PLAYING] Kirsten: All right, everyone. I hope you enjoyed my conversation with Amara in this midweek miracle episode. I think all of us are searching. I think all of us are looking for our very next steps in this life. And sometimes, when we're searching, these profound and utterly gorgeous openings, awakenings, steal upon us. And sometimes, well, oftentimes, they're very hard to integrate. So that's why we have people like Amara in the world, so we can meet with them, talk to them about what happened, and try to understand the magical glimpses that the universe has shown us. There will be a link in the episode show notes to Amara's website. I really do urge you to do a deeper dive on what she's doing in this world and how she's trying to show up for each and every one of us by lighting the way and explaining what a profound awakening looks like. I want to thank each and every one of you who listens. And please do remember, ratings and reviews help so very much. So please do consider leaving a rating or writing a little review. You'll never know how happy it makes my heart. Thank you for listening. And here is my one request. Be like Amara. You know, be open to the mystery. And then, when that mystery visits you, when it shows you behind the curtain of the universe, when you get a glimpse of what's happening in that magical place, be like Amara.



Know that you're being shown something that is so beautiful and so spectacular and so revelatory and maybe so confusing. But you've got the chops to handle it. You can go back to your regular life and understand that you've been shown a little bit of the magic. And then try over the years to maybe understand a little bit of it. To maybe understand that there is more to this universe than we can ever know. And that our true selves and the true nature of the universe is much more mysterious, is much more magical, than we can ever hope to understand. [MUSIC PLAYING]

