

FINDING YOUR "FREQUENCY" IN TRYING TIMES

Rev. Jean Avila

Good Morning dearest HGSA members and friends,

Who would have believed that we could still be in quarantine for eight months and no end in sight? Between the virus, the election and Medicare enrollment I'm done like a turkey on Thanksgiving! Often my Sunday messages over the years have been about de-stressing and grounding. It's a theme that repeatedly comes up for many when in readings or classes. As Spiritualist we know we are responsible for that which is around us but when extrapolated out to the world level of collective lessons it can be very overwhelming. Today we will look at a few things that hopefully will make these trying times a little easier in the Now.

Recently, I read an article from the actor Matthew McConaughey about how he found his "frequency". He spoke about surrounding himself with specific things with which he resonates. Things that put him in a better calming space such as music, books, food, and friends. This isn't a new concept but it was a reminder to me. During these trying times what we prefer to be doing may have gotten pushed to the wayside, while other not so mentally and emotionally healthy things are readily in front of us. I've learned that if you are on TikTok too long a guy pops up and tells you, "Go to bed, you've been on too long and we will still be here in the morning!!" I wish he was also on my TV.

It's true everyone has a frequency. It's personal to you specifically. There are over 7.8 billion people on the earth and no two people are the same. It's our personal energy stamp that we keep with us forever. Whether you are in body or in spirit we all are identifiable and locatable to others by our individual frequency. We can't lose our frequency but we definitely can get "static-y". Especially in times like this Covid virus with prolonged periods of stress, changes, grief and financial loss.

So let's take a lesson from Matthew and make a list of multiple things that are your personal frequency. Go-to's to get right with yourself. Make a list of 5 to 10 things that when you do them you are getting what you need to remain in your healthy balanced frequency. Just listing one thing is too easy to ignore, but with many options something on your list will feel right. Tape it on the refrigerator. A few things on my list are; walk around the block, sit in nature, journal with spirit guides, strong scented salt bath, harp music and meditate.

I was writing this while sitting at the beach watching the high surf this past Tuesday. It was Election Day and the TV noise was not sitting well in my "frequency" so I moved to a better space. The sound of the waves thumping, the seagulls begging, and my feet in the sand, spirit just kept saying, "this was all here long before you and will be here long after you are gone. This is your frequency". It wasn't a specifically personal message it was for everyone, humanity. Then I noticed something in the water flapping and a girl watching. It was a duck (Grebe) flailing in the waves and weak. I caught it and while wrapped in my towel checked it wasn't tangled or hurt. A Life guard came and took it to a rehab. I know it will be ok.

That is my wish for all of us during these trying times. Pay attention when you need to re- find your frequency. Put yourself where you need to be and do one thing on your list. You too will be like that duck! Alright, Alright, Alright!

Love and Blessings, Rev. Jeanie