

Rev. Judy Voght – March 22, 2020

Allow yourself to Observe Situations from a Higher Perspective.

This is a time of Grounding. Ancient prophets and sages taught that the *Inner Guide* is the key to holding your center in the face of a storm.

The Inner Guide observes each situation with openness. This non-attachment allows thoughts, feelings, and worries to pass through.

This does not mean we don't take situations seriously. We do.

During this unprecedented time, all the ways COVID-19 is impacting our daily lives, our communities, and our global family is a signal that **we are being called to a deep level of grounding, self-healing, and self-care.**

The path forward is to find your center in the face of the storm.

So, the question you might be asking yourself is:

“Just how do I do that?”

When the impulse is to “do something,” to take action, to move forward, to “think” of the answer, the solution may actually be the opposite.

The invitation right now is to BE, not DO.

Your Inner Guide is here to guide you. It's part of your energy body and it vibrates with the higher frequencies of your being.

From your center, you can also bear witness to all the positive shifts that are unfolding. Human kindness is shining through. Strangers are helping strangers, communities are coming together in heart and mind, and we see solidarity instead of division.

Allow your Inner Guide to bear witness to all the good. You will look back on this time as a turning point toward healing.

Be at peace. All is Well.