

Who have you harmed today?

Kind of an odd question because it's not one we consider on a moment by moment basis in any and all of our actions. A fundamental physical truth is that for every action, there is an equal and opposite reaction as in, you push on a wall and the wall pushes back. If you can push hard enough, you can even push the wall down or break through it. I measure myself by the number of walls I've had to first see, then decide if I want to try and push through. Some walls have been more daunting than others but then anything worth having requires a tad bit of effort.

I've tried to put this very physical concept into a spiritual sense where it is ironic that when love is the action, fear and anger seems to be the normal reaction. Odd really. Would it be safe to surmise that not all, if any, physical laws apply to spirituality? Let's have a look at that shall we? If I see my own actions as an attempt to show love, why is it that so many return that with disdain in some form or another? The only thing that makes sense to me is that I'm dealing with others that are on a different wavelength than I am where I find many operating under Ohms law of resistance. Is it a coincidence that that particular law is named after it's creator?

Why would anyone want to resist love? Is it because they lack their own sense of self love thereby rendering them incapable of truly feeling love from another who is offering? Is loving another an action of freewill trespass choice to not be loved thereby rendering you at effect to the natural laws by default? Quite a pickle non? If you can see that. It's taken me a lifetime to get the notion that it's ok to love myself unconditionally, accept my flaws that I have chosen to face, and I'm not quite there yet but at least I know that I have something to work on and learn.

Has spending a lifetime hating much about myself given me a slightly different perspective to learn from? Many people get confused when they meet me regardless of what I'm wearing or "mode" that I am functioning in. I just get to choose from both sides of the closet equally so it really doesn't matter to me. This current piece will be more of an introspection of self versus and outward observation so please indulge me in that; I don't do that very often and likely not often enough. I do always write things that include a look at self while equally observing the realms and beings around me. To really offer any sense of self is difficult regardless for those that haven't walked in my particular heels or work boots. I just hope I can convert an inkling of my personal perspective where it may or may not apply to you.

So, back to love out, fear returned. I have been blessed many times in my life with what I refer to as love flowed to me but then somewhere along the way, that changes. One of my observations that I have made is that I'm pretty decent at creating things so I don't hold much worth in holding onto any "thing" I can just simply create again. My nature has always been one of giving far more than receiving without an expectation of any "thing" in return. Many people have stolen from me be it songs, ideas, money, cars, etc. so many times that I have lost count and consideration of any sense of loss. I just create again from there. Having been taken down so many times in my life just gave me the ability to get back up, dust off and, forward ho. To say it hasn't been easy is an understatement but I always knew I could, if I chose to. We're all entitled to our pity parties when shite happens but it is how long we wallow in those particular parties that truly shows the mettle and choices of myself and or anyone.

Therein lies the rub of duality. This is where we find ourselves seeing one side or the other versus looking at both sides of the coin simultaneously. Being born the way I was has never allowed me that luxury and has caused much consternation over the span of my 48 years. It's only very recently that I allowed myself the luxury of being me, judgments be damned. No one, as I have discovered, can judge me harder than myself. That really is the point isn't it? When we look outside of ourselves into duality physical, we divide ourselves as well. It is only very recently that the male aspects of our world have been getting comfortable with their other half and I don't mean a spousal equivalent either. There will be more than one guy on this send out/reading this that has "experimented" with their feminine side, the stats prove that one hands down. I also factor in my own experience of listening to others share this or that story of their lives. The ones that have shared are the ones that are awake and honestly looking at both sides of themselves, women included.

This is a cosmic law as well where there is both a feminine aspect and a masculine in everything. You can't have one, without the other and vice versa. So how does love and the resistance to it or acceptance of it factor in to the grand scheme of reality? There's the 64 million whatever question. I have said often that my curse is my blessing and my blessing is my curse equally. What has really clarified much for me is the work that Bill Donahue has done and the time that I have had to share and work with Santo Bonacci in relation to cosmic awareness and observations of the astrological plans laid out for all of us. Now I simply plan my work and work my plan as provided in the cosmos. You can too if you choose to. Astrological = star logos I call. It took me many years to push through programmed barrier after barrier but only because I chose to first feel the reluctance of action and then saying screw it and acting upon my own intuition. This is where every action unintentional becomes intent and every intended action becomes unintentional. Again, quite a pickle and the physical laws fall away in shards because of it. I'm just a well defined Gemini by design.

So when I offer you love, what am I also offering? Could it be fear as well. If logic dictates then it must be so but who's fear is it really? Is the act of love a harming thing as well as healing? My feeling on this is that when the conduit flow lines are open, there is no resistance and both entities are on the same page, flowing the same things. The bit that changes those are the external forces being brought to bear outside of ourselves, and within. As within, so without. In order for two things to cancel out they must be perfectly equal and opposite at the same time. Think of that in terms of a sine wave with a co-sine wave creating an infinite line of vesica pisces. My supposition is that when the frequencies change, for whatever reason, we end up with "white noise" or interference and just becomes an empty static with no picture being formed at all. It is up to me and you to see what effect our frequency shift has had on the love/fear duality in order to bring back a true harmony.

That one can get tough if those nearest us and most precious go out of tuning with us. There is no one and both to blame equally and all we have to do is look back at what the true intention of any given "relationship" is. This, is a very daunting task and especially if the frequencies are completely askew of what used to be the norm. It can be as simple as going back to that first "resonant" moment and feeling that frequency again, how and why we tuned into it and then, follow that sine/co-sine down the line and hopefully see where the static started making the picture a little fuzzy. I think it's my own ability and swiftness of scathing myself first that allows me to heal faster. I would suppose my one real

disappointment is the unwillingness of others to accept it when I say I screwed up, corrected it as if nothing in me has changed. Quite the opposite as I see it. It is the unwillingness of others to see their own part in that equal equation that keeps them where they are and unable to accept that anything is different because nothing changed in them, not me.

That may appear judgmental on the surface but truly, it is not and merely an observation on my road to make me better for them, not the other way around. Also, factor in the mirror as I see myself in the actions of others as well. In truth, we are our own saviours but we have to learn to love ourselves and stop blaming outside influences for the shit we feel we get dumped on with. For me, it would be the same as having a friend come out of the hospital after suffering multiple broken bones and declaring to THEM that they aren't healed. I'm thinking the friend who went through that ordeal can decide for themselves if they're healed or not, not me. All I have to go on is previous experience and the physical observation as I see them, they're the ones that suffered the broken bones. I think trying to tell someone what they think or how they feel is an act of pure selfishness where simply asking them and accepting their answer is more fitting and proper for me. To claim otherwise would simply mean you're claiming to be psychic but if you were, you'd already know they're telling you the truth anyway.

That's where the trust factor comes into play as well. Do you trust the individual enough to accept their answer in the first place? My feeling on trust is a simple one. If one cannot trust, then one is unworthy of being trusted. In short, I know how I screwed you over and I don't want it happening to me line of thinking for those that cannot trust. Sure, we can all get burned by trusting others, I have been many times but that will never interfere with my own ability to remain true and trustworthy. Messed that one up too many times to miss that lesson. Just think of the last time you took advantage of a friend with or without the intention to do so. If it was unintentional then that is only a measure of self ignorance anyway. Unintentional is merely the ignorance of an intentional act and everything in this universe is all and only about intentions, period.

Love and fear are mirror opposites and equals. A measure of feeling animosity towards anyone is only a measure of the love felt equally. The more intensely you have come to "hate" someone who was in your life is a direct measure and perfectly proportional to the love once offered before. Love is the all conquering state of being in that it contains all emotions. Love IS life and to claim otherwise will require one hell of a rebuttal from those who think otherwise. And, as always, I'm open to learning so feel free to share your rebuttals with me. I at least am willing to look and be wrong. We are all here to live, love and learn and we're all at different levels of our own choices of our spiritual evolution much in the same way we have grades at school but even that is devious but an analogy in an attempt to clarify.

There is much to learn in our suffering where bliss is the intended goal. We must work through our sufferings and take them for the blessings they really are. If one has lost everything then there is only everything to gain inasmuch as someone who has everything to gain, has nothing to lose. Quite a simple and very literal truth. Time is the greatest of illusions that allows things to persist in different moments of now and allows us the luxury of observation and hopefully, healing. Let me share a different version of a well known saying that you likely have on a wall somewhere or tucked in your purse or wallet. If you fear something, set it free, if it comes back, it's yours, if it doesn't, it never was.

The question now becomes another perspective of who did you harm today by loving them? Tough nugget to swallow eh? If I have ever harmed you by loving you, it was only my unintentional intention to do so. For that, I am eternally grateful and sorry at the same time. Love is the true singularity in this universe in that it contains all aspects, something none of us can avoid but somehow, must learn to embrace fully. This is where we learn to drink poison and nectars equally and treat them as equals and opposites at the same moment. Just like a newspaper headline that focuses on one disaster somewhere while we forget to see the fact that it happened nowhere else at the same time. We focus only on the black dots on white walls instead of seeing the greater picture of white. It would be different if the wall was black with white dots. Exactly the same though completely different.

This is just a little sharing from my singularity perspective in the gift of my two spirit being. This road I have walked has not been an easy one but it sure has been interesting. The joy I feel today is that many more are seeing the world through more singular versus divisive glasses. The majority still aren't there yet but the fact that there are so many more now than there ever was is showing me that the walls, regardless of colour are finally being painted anew. The viewpoint is again simple, not easy. Can you dare to let go of the fear for love or love for fear? For all you tough and rugged men out there that have ever dressed as your "opposite" on Halloween and felt really good about it, good for you. For those of you that have done that and more later due to that feeling, then even better for you, at least you're exploring your other half. The stats are quite astonishing as to the percentages, far more than most men would care to have exposed....too bad really. True, it's a lot easier and more acceptable for a woman to throw on your shirt than you her blouse non? Oh well.....I'm lucky, I've known since the day I got on this planet what and who I was with the only difference now is that your, not my, perspective changed; mine has always been there if only hidden from plain view.

Being at literal war with oneself and all the "societal norms" has been quite a challenge and I'm glad I got this far since many like me end up taking their own lives; yes, it is that stressful. You may want to think twice before you cast judgment or a derogatory comment because that could be the one that puts that final notion into their head. Me, I don't give a rats ass what anyone says anymore because I've said much worse things to myself, something I finally stopped doing. Instead, you may want to consider saying something nice or perhaps even a thank you if you're up to it since all beings like me are clues to a much bigger picture is all. In the bible, we are referred to as the elohim, the male and female in one, that's all. We're also a good test for that love/fear thing too since we have an interesting impact on the sleepy and those unwary of other people outside of themselves and their own personal myopias. Being a "freak of nature" has its' perks, to say the least.

All I was trying to do with this little note was stir imaginations of a better world that we can all be part of if we take the time to look within and stop blaming without since they are mirror images is all. The outside world around us is the projection and what we see is our own reflection. When things get out of focus or full of static, it's me that chooses to adjust my channel. It's explaining that to others that is the challenge. There's a lot of static out there in the first place, I'm just trying to fine tune my projections a lot better where loving another is the purest it can be. I never promised anyone that I was perfect, all I can and will promise is that that is my goal...that is my journey....So, what choices did you make today that harmed someone you love?....much love, kate

