

Namaste!

Do you believe in Miracles? Expect a Miracle. . .

Do you believe in miracles? Webster defines MIRACLE “an extraordinary event manifesting divine intervention in human affairs,” “an extremely outstanding or unusual event, thing or accomplishment” and “a divinely natural phenomenon experienced humanly as the fulfillment of spiritual law.” The third definition seems to click the most because it suggests that miracles are something perfectly in harmony with our existence on this earth. Miracles are part of the natural order of things and something we should be experiencing everyday.

Most times, what we experience as adverse situations turn out to be our miracles-in-waiting. Many times we say it’s just coincidence. But in the realm of natural, spiritual law, there is no such thing. Nothing happens by accident. Miracles are natural events that occur because we are in harmony with the Divine universal energy that flows through us and through everything in this physical world. The great part of this is what we can focus on strongly enough, we can attract into our lives. Like attracts like.

You may ask “How do you get into this powerful vibration where you can attract anything you want, where you can create miracles?” If this is part of our

nature as human beings, how come we don’t know more about it? As children we are programmed to react to things outside of ourselves, to circumstances and events that we have no control over. As adults we must de-program ourselves, remove our old tapes so that we can return to just being the wonderful creatures we are, expressing the love, joy, exuberance and excitement that we were born with. Doubts, insecurities, un-sureness about life need to be removed. Releasing these blocks opens us up to the well-being that is our birthright. Life is abundantly wonderful. Miracles do abound. We are in control of the situation.

This holiday season provides us with many opportunities to create our lives anew.

Dear Reader:

May your heart be filled with unconditional love, ecstatic bliss and unending peace. May you be blessed with the gift of hope and childlike wonder as you experience each day.

May your heart be illuminated with the Divine Presence, and may you radiate that love to everyone you meet!

Sister Jane ssj-tosf

This year take some time to notice the signs around you. Be aware of the goodness, the joyful spirits and kind-hearts you see. Notice how many things are working in your world instead of how many are causing you to feel frustrated and unhappy. Allow yourself to feel and bask in the joy of even the smallest success for this will remove your blocks quicker than anything else.

Allow everyone else to do their dance without casting judgments or ill feelings their way. Each one of us grows in our own time and in our own way. You are entitled to miracles. Begin consciously to create yours. If you are willing to Open yourself to the miracles of each day, each day will be a miracle. Wishing you balance of mind, body, spirit. Merry Christmas and a Blessed New Year!



Heart of Christmas . . .

The holidays are a wonderful time to renew our emphasis on community rejuvenation. Everywhere we turn, we are presented with opportunities to turn our attention to the homeless, the incarcerated, the less fortunate and give them a Christmas every day of their lives.

Christmas is not merely a date but a state of mind. George Matthew Adams once penned this truth: "Let us remember that the Christmas heart is a giving heart, a wide open heart that thinks of others first. The birth of the baby Jesus stands as the most significant event in all history, because it has meant the pouring into a sick world of the healing medicine of love which has transformed all manner of hearts for two thousand years. Underneath all the bulging bundles is this beating Christmas heart."

We are invited to celebrate Christmas by remembering, the sign of Christmas is a star, a light in darkness. See it not outside yourself but shining in the Heaven within and accept it as the time of Christ has come.

The time is now for us to shine our light and be the miracle workers on this planet that we are meant to be. Christmas is not an external event but a piece of one's home in one's heart.

Wonder sparks the beginning of wisdom...

Ah...Being in wonder! As the holidays approach, a sense of wonder fills the air! Have you ever watched an infant in its crib as it stares with complete concentration and total amazement at some shiny object dangling above, you've re-experienced the sense of awe or wonder with which we were all born.

Advent is the time of igniting that spark of wonder in us all. To be open, curious and in awe is to reconnect with the child within and from that place to nurture our intuition and creativity. It's where we can go to re-experience the miracle of living in a world of unlimited possibilities.

Where do you best experience wonder? Is it through your interactions with children, by nurturing the child within, by creating opportunities for make-believe or by gazing up at the stars with sheer delight at the enormous, sparking universe all around us? Have a happy Advent journey as you chart your individual path of discovery into the meaning and the magic of the season. Warmest wishes for a joyous holiday!

Looking forward...

Before you welcome the new year, you need to put the old year's unfinished business, disappointments and regrets behind you. Why not write down on paper whatever you would like to forget. Place the sheet in an envelope and rip the envelope up and toss it into your waste basket. Honor 2020 with a farewell prayer and welcome the New Year within. Offer thanks. Celebrate how far you've come in 2020, how much you've learned and the glorious person you are.

In 2021 may you have many opportunities to be quiet, to sit, to gaze, to listen, to bring beauty into your daily round, to live through your six senses, to create a sacred haven of security and serenity set apart from the world in order to protect all you cherish.

May the coming year be a rich one for you filled with love, inner peace, harmony, beauty, joy, health, authentic expression, discovering your bliss, pursuing your passions, fulfilling your Divine destiny.

Thank you and God bless you for the support, inspiration, input and faith you so generously gave me as the Editor of Sage-ing Age-ing throughout 2020.

Sister Jane