

The Dark Stuff by Karen Fina

All the dark stuff that's going on right now and coming to the surface of our conscious awareness, for me, has to do with not just saying no, but to also see and recognize our own dark shadow. To not be afraid to look at the "dark" side of our own psyche. Who we've been and what we've done in past lives that was "evil" or against life? (Evil spelled backwards = live).

It's not for us to judge... not judge them or ourselves... but to learn. To see what we've been unconscious of. The unconscious beliefs that have been running and controlling us in our own ignorance. We are no better or worse than those who are now doing unspeakable things to children, to others in the name of "helping", when in fact it's about control.

The answer, as I see it, is to know the truth and know that we are God. We are the expression of Divine Love made manifest... therefore we do create our world, and we created being here now in this time, right now, when all this corruption is being made visible to the masses.

The question is what will we do about it? How will we respond? With anger? With hiding and denial? Or, with consciousness that we are involved to some degree? It is up to us to own whatever evil we have perpetrated on others and ourselves in past lives. We have an opportunity now to resolve this... To use our god given power of thought and mind and forgiveness; not to judge, but to stand in our own power and say, "I'm done now. I forgive myself. I forgive others."

It's time to rise, to claim my power to live, without judgment and without giving my power away by being in denial about how I've agreed to being controlled, albeit perhaps unknowingly. My power lies in my ability to be honest with myself.

It's not about saying I'm good, you're evil; it's about recognizing myself in you and I no longer choose to deny what I've done. I choose to move on now, to love myself and grow. "Namaste", when the spirit in me sees the spirit in you I recognize we are one. And I no longer turn a blind eye to what's happening in my world. I no longer condone, by abstensia, the abusive behavior being revealed.

I think people are unconsciously afraid that God is a punishing force, and they deserve to be punished forever for the mistakes they made in the past. We don't want to remember the cruelties we may have perpetrated on others because "what's the point; there is no redemption". Better to be in ignorant bliss than to change beliefs and claim our Divine power of co-creation. "You mean I created all this suffering!? No way! Someone did this to me! I am a victim! Someone owes me!"

That's not the life I choose to live anymore....