

**ASK ALLORAH**

August 11, 2008

Dear Allorah,

It seems lately as though my world is falling apart. The prosperity I once enjoyed has evaporated, I find myself deep in debt with no sure prospects to cover even my basic expenses, and I'm feeling very alone and vulnerable where I'm used to being on top of things and in complete control. I know we're in dark economic times, and that a lot of people are experiencing financial difficulty, but I've been reading "Ask and It Is Given", watching "The Secret" and trying the various exercises but it seems like every an opportunity presents itself, it evaporates, making me now afraid to even hope for a better outcome. And as for a relationship – well, even those prospects are non-existent, or so it seems. And this is not the norm for me, as I'm used to an abundance of suitors and being spoilt for choice, not this famine and drought that I seem to have found myself in. Where I once lived in the joy of hopefulness, looking forward to what adventure each day might hold, I'm now dreading waking up to the day ahead of me.

I know I need to change the way I'm "vibrating" (according to everything I'm reading), and that it's easier to be negative than positive, but what can I do to get out of this darkness and back into the light? How can I turn this borderline despair around to be more positive and (hopefully) "attract" positive things in my life again?

Yours sincerely,

Trying Not To Panic

Dear Trying Not To Panic,

Thank you, for such an eloquent question. It reflects great growth in you that although your life has changed so drastically, you still are seeking to maintain your alignment with what is good in life rather than succumbing to the abyss.

Your situation is a natural part of the human experience. Life is cyclical; up, down; in, out. Right now we, as a mass consciousness, are on a downward trend in order that we can have the

awakening needed to accommodate the lives we desire. "What is in me that needs to shift for a better outcome?" Next, we will shift back to an upward trend; hopefully, having gained knowledge to help us move forward. "How can I apply what I have learned?". "Am I applying what I have learned?"

Many times we begin to manifest what we desire only to have an "oh crap, now I have to deal with my dream" moment. Sometimes our response is to run away and sabotage a good thing. When facing that option, the key is to look beyond the moment to what comes as a result of your dream coming true.

Here's an example: you want true love, you meet the person of your dreams and it's mutual. Now you find yourself thinking about a home, and children. Those things were not on the original wish list, yet they are critical pieces in the puzzle that is your life. One thing leads to another. The possibilities are endless and we can only see them as we move forward. The key is to leave room for the unseen. The best illustration would be breathing: inhale, pause, exhale, pause, inhale, pause, exhale, pause, inhale, pause, exhale, pause, ...not inhale inhale inhale or exhale exhale exhale. To breathe we must both inhale and exhale with rests in between.

In your case it appears that you are being offered the opportunity to release old patterns of quantity over quality. You may have had money and suitors, but was the cost higher than the benefit? This cyclical lull is an opportunity to build the foundation for wealth and partnership. Balance is critical to quality of life. You are learning "both, and" rather than "either, or."

Life is both complicated and simple. Control is an illusion. Keep it simple and you will be able to get through the complicated. We eat a pie one bite at a time, lest we choke or worse yet, miss the point entirely.

Namaste,
Allorah