



## **ALLORAH'S INSIGHTS**

June 30, 2008

When given lemons, make lemonade.

That statement makes me laugh because, I happen to appreciate the pucker power of lemons and therefore do not view them as a booby prize. Frankly, I love lemons. Even so, I understand, that the wisdom of the advice is valid. It reminds us of our infinite potential to transmute. It inspires us to find value in those things that do not readily elicit a "wahoo" response from us. It reminds us that all things have value and can therefore teach us of our value.

I've been especially mesmerized of late by what makes us tick. What we hold on to and let drive us. How addicted we can be to our misery and, how often we use our addictions and miseries as excuses and justifications for staying stuck or lashing out. The kicker is that we all do it to some degree at some point. This programming tends to be running at the unconscious and subconscious levels; so it requires work on our part become aware of it and disengage the auto-play button.

One gorgeous component of life on earth is that we can learn from each other. I can observe you and interact with you to gather information that helps me to gain understanding and make decisions about my life. You can observe me and interact with me to gather information that helps you gain understanding and make decisions about your life. In this way, the shared experience is so much better than having to wing it all alone. The gift of this is how powerfully our shared experience and our observation can help us to sharpen our perspective.

Once we have identified a pattern or a tick, we can make a choice to transcend it, or at least transmute that quality into an asset. Doing so is rarely an easy feat, but doing so successfully is empowering and far superior to being entrenched in quicksand. Asking for help to make the needed changes is important for many reasons. One has to be able to see with clarity and courage. I am blessed to have people in my life that provide me with experiences that compel me to find the courage to have the clarity to know my true soul desire. Those whose actions have been constructive to me and those especially those whose actions have been destructive to me have served this end.

I am grateful for this knowing. It has helped me to identify my true purpose. My one wish born of faith and love and trusting my connected knowing. As a result, I am even better able to take steps toward that envisioned outcome. I pray that each of you find your truth with grace and love. May your heart's desire be fulfilled. May your journey be joyful.

When I started writing this last Thursday, I thought I had reached my breaking point. Then I remembered how much I love lemons, every bit of them.

Namaste,  
Allorah