



ALLORAH'S INSIGHTS

November 17, 2008

The last few days have been ripe with burgeoning expectation. The expectation is rather high because it comes on the heels of, and in contrast to a long period of anxiety about the future. Ironically, much of the anxiety stemmed from a negative expectation of that very same future. This negative expectation came as a reaction of we, the masses, feeling repressed and fearful. When we live in expectation we can set ourselves up for disappointment and failure because we so severely reduce our vision of what is possible that we miss the blessings dancing right in front of us.

In contrast, if we shift from rigid expectation to joyful anticipation, our ability to manifest is increased and enhanced and our path is easier. The giddiness of Christmas morning, the last minutes before summer vacation begins and that fraction of a second before a first kiss are examples of the childlike enthusiasm ripe with anticipation of what is possible. Do you remember the ketchup commercials where we watched a suggestive video of a bottle of ketchup being poured in slow motion to the tune of the ditty "Anticipation, an...tici...pa...a...tion. You're making me wait..."? That commercial worked because it inspired us to associate a condiment with a blissful sigh of relief and satisfaction.

This blissful sigh is the release of the catch of air we quickly suck in just before we embark into the unknown. This sigh is us surrendering to that unknown, in faith, with trust and with the knowledge that beautiful and miraculous things are not only possible; they are afoot. It is this faith that makes it possible for someone to say and sincerely, truly mean "in spite of everything, I still believe that..." as Anne Frank did in her diary. These words are ironic and poignant because there is not one trace of spite in them yet there is every reason for Anne to be vengefully spiteful.

On a daily basis we are presented with raw materials to celebrate and to dread. What do you expect from your life experience? What do you anticipate? Are you open to something better than you could possibly have imagined or do you expect the worse? Expectation lacks chi and love thus it is heavy and hard to bear. Anticipation invites in our whole, Holy Self and allows the Cosmos to participate in the dance of our ever evolving Universe for each of us and for all of us at the same time.

Each of us has lived with the pressure to meet an expectation and each of us has succumbed to that pressure only to fail to meet that expectation. In our various roles: leader, parent, student,

artist, healer, child, criminal, saint...we can get boxed in and miss the point. Cultivate the window of possibility by nurturing the childlike wonder of anticipation. In this way we can support the world around us and we will see the world become a better place.

Children and Heaven know that beautiful and miraculous things are not only possible; they are afoot.

Namaste,
Allorah