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MYSTERIOUS IS THE PATH

I awakened this morning not with a dream, but with my newsletter article continuing the account of my process of change, of collapse of parts of my life, and the re-formation of my life into a new form.

I was appreciative of the response of my last writing. Many of you indicate that you're going through a similar process, and I suspect others of you are also. These can be exciting times when we have some idea of what we're going through. The more conscious we can be during these times of change, the more we can learn, and, we'll feel less like a victim of unpredictable forces.

No, it hasn't always been comfortable, because I've had to acknowledge **my** lack of control over the process. My intent is to allow what wants to come through, to come through, not what I **thought** should come through, one step at a time. What I am saying is that I've found that as I 'let go and allow,' rather than 'hold on and try to may happen' then I am holding a space for my soul's path to unfold. I let go of insisting that my conscious mind have things the way it wants them.

I've been examining this process of the collapse of an earlier part of our lives and the unfolding, or birth of a new part of our selves. It is quite an interesting process if you don't collapse into your collapse!

I urge you not to let the possibility of a collapse frighten you.

You've probably been through one, or many, or will meet it later. It's a time when we complete one level of inner development and move to another, and then the outer world will change in various ways to accommodate the inner changes. For instance, when you move from childhood to 1st grade or public school to college, or a single life to marriage, or marriage to single life there is a collapse of the former stage to allow for the development of the later stage. You can't be a toddler and a 1st grader at the same time, nor can you be single and married at the same time. The old gives way to make space for the new.

The problem is that we want to hold on to the past, the way it was, the way we think it **should be**. We want to hold on to things whose time is finished, experiences, beliefs, jobs, and relationships that must be let go of. Our attachment to the past, to temporal things, creates our pain. The more we hold on, the greater is our suffering.

Life is about change. I believe our only choice is to choose to place ourselves in alignment with it. Otherwise, we become angry, cynical, disappointed . . . missing opportunities for development.

I've deepened into an inner trust that I'm unfolding according to my own unique soul development and coming into my destiny pattern, as the jigsaw pieces from my life form themselves into a new design. I believe that you, also, are unfolding according to your own unique destiny pattern.

We're given an inner, intuitive, pointing finger that points out our direction, much as the tribes of Israelites relied on the pillar or fire and the cloud to direct them as they went from Egypt to the Promised Land. This inner pointing finger, or intuitive knowing, places some piece of information in front of me and says "**There, pay attention, do that!**"

I do my usual dance: "Are you sure? That doesn't make sense. I don't know why I am going in that direction." As I deepen into trust in my intuitive knowing. I find again and again that my lesson in Nepal of **One Step One Breath** (see earlier Newsletter) is my lesson now. I also remember that a horse will be provided when I cannot walk on my own.

As I surrender control, I experience freedom. I realized I'd been in danger of not allowing a new form to come forward. If "i" were in charge, I'd recreate what I know best, a remake of what has been. Nothing wrong with what has been, it just isn't what is to be.

A snake sheds its skin so it will have room to grow. We lose our old forms so we can grow. The old skin does not permit growth ... it's too small.

Another interesting situation has arisen. The scheduled trip to Tibet is not going to happen. I was told 'pay attention to what is happening. The forces are not supporting this trip. If it was meant to be, it would happen.' I surrendered the trip.

Three days before canceling the trip, I saw an advertisement about a 10-day study course in Tibetan Medicine in Dharamsala, India, the home in exile of The Dalai Lama. My attention was totally drawn to this article. Again the pointing finger. I heard The Voice say, "You are going to Dharamsala"!

I said "What? I'm going to Tibet." "No. You're going to Dharamsala!"

Such a surprise! However, quite remarkably, I got through on the first telephone call to Delhi to request information.

I'm excited. Yet, I'm totally in amazement that I'm attending this conference. Why am I to be there? "*Only the Shadow knows, and she isn't telling!*"

So as things stand now, I believe I will be in Dharamsala, India, the latter part of November, returning to the office on December 11.

Why study Tibetan Medicine? Why study Tibetan Buddhism? My quest has led me through the major spiritual traditions from Southern Baptist to this place of exploring world religions. None of this makes sense to my little conscious mind, the 'i'.

However, this is an opportunity to explore a rich tradition which accesses deep, powerful abilities of the psyche leading to cessation of the inner chatter, to a deep experience of connection with inner emptiness that contains it all, and experience of the Peace that is beyond understanding.

Over the years, I've developed the ability **to translate between different disciplines and approaches to see the deep levels of connection, not just the apparent differences.** I see this so with regard to psychological theories, as well as spiritual traditions. The process requires that we be able to notice and watch what rises within us and take a step at a time. All parts of our lives will form and reform as we hone our abilities and become a contribution to the world. Old desires/goals are transformed into

a new from as they come forward to meet the needs of the present. We can develop the ability to live in the place of inner quiet, peace, and harmony, the place where we can consciously cooperate with our own personal soul's unfolding, so that we'll feel, as we come to die that **we have not lived in vain.**

Day by day, Life moves on down the road of life, leading to more and more complex developments, as well as being complete in itself, in this day, today. If no other developments occur, this day is enough. This day holds wonder and awe enough as I dig in the dirt planting flowers and washing clothes. It is enough to have lived through today.

Life is indeed a mysterious path.

Namaste,

Judith