

Perspectives
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By Cathy Pfeil

Diving Deeper

I love snorkeling. Right under the surface of the water is a whole world. Led by the sound of my breathing I explore this deeper realm that is filled with beauty. The reef below me is an underwater city teeming with life. I thrill with the darting and flashing of fish and am drawn forward in my exploration, excitedly watching each special fish or creature.

Then I surface. The waves can be choppy and as I float with my head above the water I am tossed around. I always feel a bit lost after I surface. I feel a bit of struggle as I look around to get my bearings and return to the normal world.

Life can hold this same sense of struggle. Day to day we can get caught up in the choppiness of the many details we have to deal with. We can feel adrift from the quick movement of life and forget that we are surrounded by a deeper experience available to us. Whatever we call this deeper place, and how we choose to explore it, is up to us. In fact the conversation of how to define this deeper inner experience happens on the surface, in the chop. And regardless of the "gear" we use to dive into this deeper realm we are led to the same place, into a deeper connection with Spirit.

Just as I use my snorkeling gear to dive deeply into the underwater world, I have a few pieces of "gear" that work for me to dive to a deeper place within. Things that bring me into that deeper sense of calm and clarity:

Meditation – I get still and focus on my breathing. As thoughts float through my head I gently return to focusing on my breath and clearing my mind.

Gratitude – From that still centered place I remind myself of all that I am grateful for right now. I move into gratitude for my life and count each of my blessings.

Visualization – And from that clear place, filled with gratitude for what my life holds right now, I visualize and draw to me exactly what I want.

Equipped now with these spiritual practices I can move beyond the surface of my day-to-day life and dive deep, knowing my connection to Spirit. ***I live this day expectantly. I live it in anticipation of the demonstration of my highest good. Thank you God!***

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