



The All One Foundation



Changing...

Jennifer B

"OPENINGS" is a direct spiritual experience.

One particular metaphor comes to mind as I look back on myself and the effect my Openings experience has had upon me; that of seeing myself as a train, a very long passenger-and-goods train. I can see that at various times in my life I have been very preoccupied with my derailments, and the how's and whys of them, the drama generated by goods spilling everywhere and much talk and chatter about how to get myself back together and on track; then there have been times where I have been so concerned about my performance – am I doing it right? Will the other engines love me? Can I really do what I need to do if one of my windows will not shut or I really can't go anywhere until it's all OK, etc., etc.

Experiencing Openings, and using the tools over the past five years, has changed the way I experience myself and others profoundly. Every day my awareness of myself as being part of a whole increases. So that the things I used to worry about aren't as important any more, and hence, I am much more relaxed, at peace within myself.

With others my increasing acceptance is making a big difference – for example, I've stopped wanting my parents to be different or to even see things my way, so we now have a much more loving time. With my husband we are having a lot more fun together, our 'problems' seem to dissolve quickly in our acceptance of ourselves and each other – our differences are fading in my awareness. As I

live more in the moment I become more creative and it becomes less important to me that a loved one 'should see my point of view' and more space gets created. In that space I experience my relationship in a fresh way.

The beauty of all this change is that through the tools made available to me in Openings I know that I am self-sufficient in continuing this positive growth and accessing an enormous space that is within me but not mine. In fact, as I write I feel excited that I can continue on my way through life knowing that all the time I am moving closer towards God and merging further and further into Peace and Love.

And the train metaphor; more, each day, as I tap into an infinite fuel within me, I feel freer and more alive. My carriages are coming into greater alignment, just as a natural consequence of me traveling into who I really am. My wheels are spinning more smoothly. The tracks I don't need to take don't catch my attention as much. Getting lost is becoming increasingly irrelevant and I laugh more easily when I do. The way I need to travel just appears more clearly ahead of me. With gratitude I acknowledge my Openings.

Jennifer B

Parent and Part-Time TAFE Teacher, Brisbane

