



December 2012

The End of the World ?

Were the Mayans correct? Will the world literally end **J** or did they just mean the end of the world as we know it?

We have experienced exceptional weather conditions and structural changes in the world recently and perhaps this is the shift in energy needed to create the consciousness shift from ego to unconditional love as a predominant energy.



Will this mean that the way we approach ourselves and the world will change? Well let us hope so as the world is experiencing such imbalance with so few haves and so many have nots.

We are the custodians of our planet not the rulers and for that reason we should be nurturing and not plundering. It is impossible to stand apart from the common energy. It all combines into one energy and the more we plunder the more we destroy

and negate ourselves. So for short term external gratification we destroy our futures. No child deserves to inherit that legacy.

Did you know? - If Aliens landed in SA they would be property of the State! – nanoo nanoo.

Nature and Nurture

Have you ever considered that every living being from insect to animal to human deserves the right to exist. And following on from the theme above, as custodians of our planet we should endeavour to honour this right.

So the next time you want to swat that mosquito or jump on that cockroach ask yourself why you need to do this and more so why the action is so flippant but yet intentional. After all you deserve better than to squash that which is part of you.

Most of our reason for this action has to do with our own fears, lack of tolerance, need for power - ultimately our learned behaviour or perception. It can also simply mean that we do not care but then what we are saying is we do not care about ourselves that much either - really!!

I'm lost. I've gone out to find me. If I come back before I return, please ask Me to wait- Tee Hee.

Compassion, Tolerance and Patience

Perhaps these are the greatest states of being or the most auspicious practises - the truest expressions of love. In fact some teachings see compassion, tolerance and patience - particularly compassion - as true love. Feelings and emotions are transient and our definition of love is too.

We need to practise these ways of life and make them our values because we have forgotten what it means to have compassion, tolerance and patience for ourselves so how can we have this for others. We have been taught that instant gratification is the way - that showing emotion is a sign of weakness. We have learned that our way is the only way - my religion is better than yours, my car is better than yours and so on. We have forgotten how to love who we are and we have become impatient with ourselves for not looking the right way, driving the right car, learning fast enough.



Compassion is not just a feeling or state of sympathy or attentive care. It is an action as much as it is a feeling or thought. But we have to awaken it in ourselves if it is not already awakened. True compassion is a state of giving and receiving. Giving of oneself to humanity and receiving the pleasure of seeing people enjoying love and care. It is a state of joy and peace. To be in this state is truly to rise above thought and ego.

Brain Teaser –What five letter word becomes shorter when you add two letters to it?

Hardy Ha

Through the pitch-black night, the captain sees a light dead ahead on a collision course with his ship. He sends a signal: "Change your course 10 degree east."

The light signals back: "Change yours, 10 degrees west."

Angry, the captain sends: "I'm a navy captain! Change your course, sir!"

"I'm a seaman, second class," comes the reply. "Change your course, sir."

Now the captain is furious. "I'm a battleship! I'm not changing course!"

There is one last reply. "I'm a lighthouse. Your call."

A pertinent joke for the theme of this edition.

Until Next Time

Remember: It is better being crazy & knowing it than being sane & doubting it.

Have a peaceful and loving festive season. The best gift you can give someone is to tell them you love them. So speak your feelings - after all our words are our way of experiencing what our feelings sound like.

[Our contact details](http://www.soulmusic.co.za)
www.soulmusic.co.za
pat@soulmusic.co.za
[0825181278](tel:0825181278)