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*The desert has its holiness of silence,
the crowd its holiness of conversation*
WALTER ELLIOT

Dearest friends

Perhaps you have noticed it (duh!)... we live in a time when information is flowing to us from countless directions and at a pace never before experienced in the known history of humankind!

Even before we get a chance to fully process one piece of information, we are beckoned, whether by compulsion (for example, checking our phone incessantly) or by demand (from others needing our attention).

When I was in Malaysia recently, I recall one of my brothers expressing frustration when I was not picking up his calls immediately. (My brother, James, lives about an hour or more depending on the traffic). You see, I would have my phone upstairs in my room so that I could be with family downstairs more fully.

Admittedly, those were extraordinary times - three brothers quite seriously unwell in three different locations! Having to coordinate their care was indeed an unprecedented logistic quagmire...So it was indeed understandable that James needed to liaise with me on this and other matters in a time-sensitive way. I decided thereafter to keep my phone close to me to ease the strain on him and to spare myself his ire.

Since returning to Brisbane, I have noticed the increased tendency to check my phone often, something I am now consciously trying to manage differently. Specifically, I am choosing to give myself more time to process information as it arrives and as I access it rather than be driven by mindless 'information addiction'!

But, let me clarify what I mean by *processing information*. It is **not** analyzing information although that can be useful from time to time. Rather, *it is being present to the impact of information, noticing how it affects me, giving myself time and space for its impact to be fully felt, and then allowing myself to be guided by such presence (which is love) in how I would like to be in my response and indeed, in what that response should be.*

Marianne Williamson, a world renowned spiritual teacher and author, student of A Course in Miracles and presidential candidate in the last American elections, tells of a time she was a guest at the home of a Jewish family. One of the religious practices of that family was the observance of the Sabbath (or Shabbat as it is known in the Jewish tradition) - the holy day of the week. The family observed the Shabbat by refraining from several forms of technology including the television, internet and the phone from sunset on Friday to night time on Saturday.

Marianne describes feeling a jolt of anxiety as she mentally and physically prepared herself for her stay with the family. How was she going to cope with not accessing her cell phone for what would

likely be at least 24 hours? Many of us can barely tolerate the thought of not checking our phone for five minutes!

Nevertheless, she did participate fully in the observance of the Shabbat and discovered, with joyous surprise, the rich rewards it offered. The space that the various forms of abstinence left open was slowly but surely filled with a richness of presence. She found herself connecting with her environment, the people and things in it, in a way she did not normally do.

The low-grade anxiety that she would normally be carrying within her dissolved as the fullness of her being slowly percolated through her. Her busy mind settled back into its naturally calm ocean of peacefulness, contentment, grace and quiet joy. The miracles of being alive, of breathing, of hearing, of seeing, of touching, tasting and smelling, of movement, became more and more obvious to her and the spontaneous appreciation that it aroused was indeed deeply nourishing.

My dear friends, a sustained period of abstinence such as the observance of the Shabbat, is indeed a blessing we can give ourselves. Indeed, the Christian 'holy' day of the week, designated by Western culture to be Sunday, was originally meant to fulfill this purpose as dictated by the fourth of the ten commandments:

Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

— Exodus 20:8-11 (from the Torah, the Jewish holy book)

I would like to suggest that we might honour the spirit of the Shabbat, not just once a week, but throughout each day in smaller amounts. We might do this by choosing how we access and process information which is so easily and instantly available to us through the internet, email, television (do people still watch that???), YouTube, Netflix, Facebook and other social media.

When we do this, let us not think so much in terms of **'resisting'** social media and other sources of information. Rather, let us think in terms of **giving ourselves time and space** to feel the fullness of life and be enlivened by it. There is a difference. The first is resisting, which is contrived and effortful. The second is allowing, which is natural and effortless.

Of course, our minds which have been conditioned by clock time and all the apparently urgent and necessary demands that revolve around it will initially react by resisting. Resistance, you see, has become our **default** setting, where allowing (think of little children) was and still remains our **natural** setting.

Noticing this resistance is the **key that unlocks the door of resistance** and places us in the natural, effortless and nurturing flow of allowing.

But how do we get to the practice of noticing?

We begin with an intention.

Hold the **sincere** intention that you are willing to notice. Set aside time in the day to do this. It doesn't take more than a couple of seconds. But make sure it is sincere.

As you go through your day, take the time to process information, by being present to it, noticing its impact on you without judging it. Allow it to express itself fully within you which gives the energy of resistance space to move through you. As you do this, you will be restored to your natural state of flow, of wellbeing, of infinite potential, of joy...let this state then guide your thinking, your words and your actions.

The 'holy' day, the 'whole-y' day, is the time for resting in our natural wholeness and wellbeing, our natural creativity. You can dedicate an entire day to this. But I suggest that you incorporate the practice of it **everyday**. No, not by abstaining completely from information but by

1. **Recognizing that information is always flowing and not only through social media, the internet and so on AND**

2. **Giving yourself time and space to process information from wherever it arises - the conversations you have with others, the internal chatter in your mind, the sensations in your body, the meals that you have, the washing of dishes, the weather, the ground you walk on...**

No need to be fanatical about it and try to do it every time and all the time. Just choose some moments through the day. In time, you will find your mind spontaneously doing this more and more!

Dear friends, Christmas traditionally signifies the birth of Christ, the Saviour. I invite you to consider Christmas to be the birth of the Christ - the awakened self - *within you*. That self can be awakened not just on Christmas day (which, if we go by many people's accounts, is anything but what happens on Christmas Day!) but every day, in several moments of each day!

I wish you all a (w)holy time of Christ-mas-ing (awakening).

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Tuesdays 6pm and Thursdays 11am Brisbane AEST time

Contemplate

*I am certain of nothing but the holiness of the heart's affections,
and the truth of imagination.*

JOHN KEATS

Pause. Take a deep breath...

What can you appreciate right now that is either of direct and personal benefit to you or that is of no apparent personal benefit to

you? In truth, everything benefits us as we are all in a web of interconnectedness!

Right now...I am appreciating the resting of my mind in the fullness of this moment...

Prayer for the World

To be holy is to be whole, to be myself as I have been created, from and as the wholeness of Love. My conditioned mind, my mind that has learned human thinking, human ways of being and doing, has forgotten my holiness, and so is troubled by dis-ease in all its forms - unworthiness, not-enough-ness, lack, fear, loneliness...Whereas, my holiness, my wholeness is already full of the goodness, greatness, wondrousness, limitlessness of Love/God. Today, and everyday, I allow myself to experience my wholeness, again and again. In doing so, I offer to the world my wholeness which serves the good of all.

**You are loved. You matter.
Life recreates you moment by moment!**



If you'd like to find out about working with me in a Mentoring program, in Self-Awareness and Empowerment workshops, or would simply like to receive my weekly emails, please contact me [HERE](#).

This weekly message was produced by Lucy at
getenlightenedtoday.com