



Fall Equinox 2008

October 11th, 2008

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Dear Friends,

The Fall Equinox is here, touting the season of balance. Day and night are the same lengths and we are reminded that there is a time for exploring our own equilibrium. While day and night are about as black and white as they can be - twilight separates them. Afternoon and evening blend to create a very sacred and special time of transition.

The twilight is where the real balance occurs.

Balance has been on my mind a lot this week. I have received a barrage of politically oriented, fear-based email. I've sent out a few notes in response but the mountain of opinion being circulated is too much for me to keep up with. I have received email this week disparaging candidates from both sides.

What bothers me about all of this is not that we all have our opinions, or that we wish to share them, but that the opinions we are passing around, in most cases, are the opinions of other people. Even more bothersome is that, in our desire to serve "what is right," we pass things on before we do our own research to see if what we are sending is valid and true.

Please trust me when I say I am not pointing fingers. I have forwarded some of this myself over the past few weeks - and am only now beginning to understand the impact of that choice. It all feels very fearful and out-of-balance.

This race is important to our future, and I am as ready for a change as many of you are. It's really hard for me to slow down and do my homework because my life is busy, and it's easier to just read what is sent to me and validate my own self-imposed fears. We must be cautious about getting enlisted in the political fear that is gaining momentum like a well-placed snowball headed downhill on a Colorado ski-slope.

Fear derails us. From a place of fear, we are unable to create what we really want. Modern science has proven the power of our thoughts and emotions. When we enlist in the fear, we are calling to us what we want to banish. There are people in the political arena who are counting on the fact that fear will make us ineffective - and a lot of the email going around is being generated to create a powerful fear.

When the fear gets too big, we shut down around it, become, apathetic, or feel "too small" to have any influence. We can't afford to let that happen.

Thruanas Musings

So – what can we do?

We can educate ourselves. We can stop sending out everyone else's opinions and formulate our own, which we can share openly. We can refuse to participate in fearful exchanges. Instead, we can speak about the real issues at hand.

There are many ways to obtain reliable information about the candidates. Make sure your sources are unbiased and genuine. I spent a lot of time at VoteSmart.org, an unbiased website that provides biographical information, voting records, endorsements, even how much money has been raised and from whom. This is just one of several sites you can visit online. OnTheIssues.org is another site worthy of exploring.

When someone else's opinion does cross your desk, find out if what is being said is true before you take it seriously. Many things can be referenced on snopes.com. This site can answer such questions as whether Obama is a "Radical Muslim" (no) and if Palin actually said the war is a "task from God" (taken out of context).

And what about the basic fear? How do we handle that?

At the risk of sounding like a street corner preacher – take it to Spirit. If you are on this list and receiving this newsletter, chances are, you have some belief in a Creator. We are a diverse community with many interpretations of who or what that Creator might actually be – however, most of us agree that there is a divine hand at work in our lives.

I have been going to that creative "Source" with a prayer for this election to be fair and just, and for the candidate who will bring change to be elected, so long as that change serves the highest good of All. I have been asking that the people of this country sense within a desire for integrity and trustworthiness – and that their hearts rather than their wallets lead them. These are my prayers. You must find your own. What I can tell you is that something about returning to Spirit creates calm and ease where fear once lived.

What is helping me, when I feel fearful about the future of our country, is releasing my fear to the Source. I always come away feeling better. In the arms of the Divine, I find the twilight – a beautiful place of transition and calm that reminds me that balance is never black or white, but the subtle combination of the two.

I encourage you to educate yourself and vote as your heart leads you. This country, if it is all we believe it to be, relies on our ability to respect each other's choices. I honor your freedom to vote as you choose and appreciate the time you spend preparing to cast an educated ballot in November.

Ahriana's Musings

And, because many of you have asked -

I will vote for Obama. I have done my homework and spent time learning about both candidates, as well as their running-mates. Obama's voting record reflects that, in most cases, he has voted the way I would like him to on such issues as war, environment and women's rights. I like his vision of the future and I highly recommend his book "The Audacity of Hope" if you are interested in knowing more about that vision.

And, for those of you leaning toward McCain as your candidate of choice, I trust that you will take the time to learn about both candidates and visit their voting histories. I am hopeful that you will make a well-educated decision and that, when you do, you will vote confidently for the candidate whose objectives most match yours.

Our power lies, of course, in our commitment to show up and vote. As a woman, I am grateful that to have the opportunity and look forward to casting my ballot - a right our great grandmothers did not enjoy.

Blessed be,

Ahriana Platten