

## ***Kat's Note***



Life is a double edged sword and our ability to see that simple, though often hidden fact, will determine how well we receive the harvests of life. Life is constantly changing – even in the fading of the fields – the death of a way of living; even there the change is inevitable and it always has two sides.

I believe that this is where courage is most needed. The double edged sword of life can be defined as nature's demand for balance.

Nothing good can happen without an equal darkness happening somewhere to someone or something. That's also true of those things we think are bad – they always have their equal effect of something good happening somewhere down the line.

***This fundamental pattern is shown in any circuit; there is always a positive and negative flow. Without both there is no connection and the flow stops.***

Looking at the way electricity works and comparing that to any other energy system is what finally convinced me to stop seeing life as a series of good and bad (right and wrong) events. What happens if we actually need both flows to complete our own circuits? What happens if we stop moving ahead if all our energy is pouring forth in one direction?

It's our ability to harvest the joy from the dark situations that is the real reward that will take us farther than any other single practice. I've noticed a tendency for us humans to want to believe that living life properly according to spiritual practices means nothing unwanted should ever happen. We should all have health, wealth, peace and love (whatever) and that will prove our ability to follow a spiritual path. Nothing could be further from the truth.

***What is desired and what is not desired always seems to come in pairs – there is always the double edged sword.***

Often what is not desired will lead directly to something that is and when it's not a direct path, there is some other desire that is answered through the dark side of the experience.

***Our ability to perceive both and accept both is the fastest path to our personal spiritual harvest.***

Each time something undesired happens, if we know something desired comes with it and we look for that desired thing, we are far more likely to being open to the harvest before us.

I've had many such moments. Life is always changing and change is rarely easy. Not recently I've noticed a tendency in myself to feel guilty any time I get something I want. I've come to see that that is one of my most common double edged swords and it's about satisfaction. Now I have a choice, I can get caught up in the guilt of receiving my desires or I can get caught up in the receiving and experiencing the joy that offers me. It's my harvest and I can choose to harvest what is desirable or undesirable – it's up to me because both are present.

My life is changing so fast right now that I feel like I am on a roller coaster – the biggest, fastest and most terrifying roller coaster in the entire Universe.

***I can choose to hang on to the fear of it all or look for the joy – it really is my choice.***

Last spring The Magic Happens Crew decided it was time we expanded ourselves – stretched ourselves and so we created the Life By Magic Conference (Toronto, March 27 & 28 / Vancouver, November 13 & 14, 2010)

<http://www.lifebymagic.com>

I've got to tell you – laying it all on the line was a scary thing. What if we rent the space, paid for advertising, paid our guest speakers and our own expenses and nobody came?

Nightmares are possible here!!

And I breathe a sigh of relief as everything slowly and surely comes together.

We could choose to worry and fret for the next 6 months or we can relax, trust that the harvest awaits and that we have all grown to the point of being capable of creating, attracting and receiving this to everyone's benefit and joy.

Whew!!

We must be doing something right as leading Scandinavian spiritual teacher Peter Grun is staking his reputation on the integrity of The Magic Happens Crew. He said, 'ok, lets do it!'

***Life is a series of adventures and experiments.***

Some work, some don't and they all have a double edged sword and a harvest. Our job is simply to engage in life the best of our ability and do our best to harvest what we want from the situation.

***Life is a double edged sword. Which blade are you harvesting?***

In Gratitude

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