

Straddle Strut



The number of people opening up to their intuitive gifts is on a steep rise. If you are someone who's feeling like a stranger in a strange land this can be causing a great deal of imbalance along with the angst that goes with it. One minute you are busy living your "normal" life and the next you are being plunged into waves of sensory currents. Back in your "reality" you

start rushing to complete tasks wondering where all the time disappeared to. Many are not aware of the imbalances present but those closest to them are noticing the difference in you and may be expressing their observations.

Beginning to see colors; catching things going by you out of the corner of your eye; experiencing blurred vision and geometric shapes you are off to see an ophthalmologist who after a thorough exam declares your eyes a perfectly healthy. And so being prudent this journey continues through a plethora of doctors. You hear sounds, whispers, wooshing, electrical noises that promotes a visit to an ENT doctor, followed by the audiologist who both confirm there is nothing wrong with your hearing. Hearing speaking voices you start to suspect you are in need of a psychiatrist. You have these phantom pains, aches, pressures within your body, all leading to a visit to your physician who after a battery of tests declares you are in tip top shape. You smell flowers, fresh-baked bread, perfumes, cigarette, cigar or pipe smoke, you feel something touching your hair, you are aware of things before they happen much too often to be coincidence and off you run to a neurologist suspecting a brain tumor-more tests and exams and another healthy diagnosis. And so it goes, wishing to find a physical "cause" for what you know in your heart is an intuitive gift(s)-or is it a curse?

Next step is acknowledging your existing 'predicament' and work at changing your perspective. First off, it's not a predicament but a gift. These intuitive gifts are yours to appreciate and put to use, not to overrun your life indiscriminately. You need to attain a balance. You read a mountain of books and test the waters for a credible tutor who can

guide you along this road. What you may think is a hit and miss experience in finding necessary information is actually processing proper information at the proper time and is all in the divine scheme of things.

Breathe easily and start practicing "the straddle strut" down your roadway of life. The experience of part of you walking in the here and now; and part of you being plunged in an ocean of emotion, and into seas of sensory sensations, and rivers of revelations calls for you to find your personal centerpoint (the median to two or more dimensions) in order to prevent tripping through your life.

This can be achieved in as many ways as there are people. Each person must find their own way to ground, center, and be open to recognize when and how messages are being sent as opposed to sensations that belong to their physical body. A daily meditation practice helps a great number of people in that it sets aside a definite time and being in a certain location where you can quiet your mind and find your center, the quiet you. Many people think that to do this you have to sit quietly but for some it works better if they're moving. Walking, running, the practicing of Tai Chi, exercising of any kind can be incorporated into your meditation rotation. Be open to try new things and see what works best for you. Some find to light a candle, use aromatherapy, play background sounds or music help them. When you have found this centerpoint you can place yourself at the ready to receive impressions, feelings, messages and begin to understand their meanings..

Finding some sort of practice delineates the part of you which is living your everyday life from your life as a receiver of all these messages. Clear delineation eases the stress of constantly bouncing back and forth without understandable discernment.

With Gratitude,

Kai