

Peaceful Expectations

Almine recalled recently, that the first words that poured out her mouth in the very first class that she gave to students many years ago (and I am going by memory here...) “Thoughts fall into the field of things hoped for...” where the field of things hoped for was referring to the field of the heart...

We are told that the environment was *designed* to support the manifestation of our dreams...that creation is attuned to the Song of the Heart or the Self, and that when sung, all must rush to our support. “...vision and attitudes of the heart combine to activate the basic elements of existence into supportive action. Only doubt, fear and the withholding of our joyous expectation can prevent it.”¹

The Song of the Heart is the song of 'things hoped for'. When the heart sings without the distortions of self-doubt, and without neediness by way of agenda or attachment to outcome, then ripples emanate that are felt throughout creation, in measure of our level of joyous expectancy.

Many find it difficult to have dreams without attachment. When you have attachment, you have made things external to you into cause, and have lost the power of *being* cause. With attachment, you 'pull' on the world, depleting yourself and the environment. In peaceful expectation, you are a benevolent presence in life that magnifies blessings by the power of unwavering faith.

Hope is not waiting for some future event to rescue you from the unwanted present moment—much like a donkey follows a carrot on a stick—rather it abounds as a present power, in knowing that the magic of life reveals itself to the one who knows that all is possible and is in full anticipation in each moment. ***When you value the anticipation of hope as much as you do the fulfilment***, then you live in the eternal unfoldment of life that has no destination. So powerful is hopeful expectation that the portals of the main joints of the upper body open up by it (elbows, shoulders, and neck)

Hope does not need outcomes to be sustained, as it is a state wherein you know you are cradled in a perfectly benevolent universe, that continually renews and replenishes all who will receive through the attitudes of praise, love, and gratitude.

Hope/expectation is not only a state of being, it is also a pro-active attitude. In pro-active hope, you engage your whole being in the unfolding moment. In true hope that is fulfilled in each moment, you are the still point to which the future rushes.

As you feel the excitement of fanning the flames of your desires within a field of hope-filled expectation, you are in 'resonant responsiveness to the Source of your inspiration', and the heart's desires will expand as things unfold. To activate this power of manifestation, you must be in the innocence and peacefulness of having released judgement and programmed expectations. When you expect according to limitations from past programs, you do not allow the ever new to arise through you, nor do you allow things to come in miraculous ways.

When you recognize that you can only envision from your current consciousness, and the act of entering into the alchemy of manifestation with the Infinite expands consciousness, then you realize too that what you envision is merely a starting point for far greater still. And if what unfolds is not what you imagined, you know that it is leading you to be able to hold far greater.

1 Divinity Quest, by Almine

Peaceful expectation is never let down, but knows that if a door closes, another is opening, even if you do not yet see it. In peaceful expectation, you take the next step that life presents, in a heart of hope that guards its rich environment into which the inspirations fall.

Contemplate the following, as you awaken the power of peaceful expectation that steadily opens doors to all potential beyond what you've yet imagined.

Hold on lightly to your desires, and like butterfly wings they will guide you through the garden of delighted discoveries.

Memories can be nothing more than an imagined story used to provide a present fabricated identity. Every moment fully lived, changes the past and the possible future. Nothing stays the same as the river of life renews itself eternally.

It is not external circumstances that bind us, but self-made matrices formed by belief systems. In acknowledging life as a mystery, do we find freedom.

To empty ourselves of belief system, is to dissolve any imagined deprivation. Emptiness is the beginning of fullness as we open to receive the blessings of eternity.

Each one's ability is unique, responding to his or her attitudes. The more we delight in our discoveries, the more life contrives to amaze us.

Hardship is perpetuated by the false value we place on hard-won achievements. Let your heart swell with praise and gratitude at gifts of grace, that the accomplishments of your life may be effortless.

From its confines, with a burst of faith, the dandelion's down flies free upon the wind. Fanned by miracles, it floats to new beginnings.