
ATTUNEMENT BEYOND ALIGNMENT



Today I sat and watched the finches and chickadees at the feeder. I listened to the waves as they lapped the shore, the hummingbird as it buzzed at the feeder, the crow as it called from the garbage pit. Saw the leaves shimmer, twist and turn as they rustled in the breeze. I smelled the geraniums, the fresh cut grass, and the pine pitch of the logs as they baked in the sun. Felt the warm caress of the sun and the wisps of my hair on my face as the breeze danced around my head. I was in tune with nature, in harmony with all that surrounded me. There was nothing I did not recognize as being part of me, the monarch that flew and lit on my hand for a moment, the squirrel that paused and looked at me in greeting, taking time from racing to and fro gathering hazel nuts, always returning back to his nest in the trees, the fish that jumped to grab the flies on the surface of the water, we were all one, one with nature in a symphony of the senses. We were in alignment, each of us unique and individual and also a part of a greater whole, each resonating with the other. As my appreciation of this interconnectedness grew, I recognized that in such moments, if we are consciously aware of our oneness, we are in a state of bliss.

Just as I was resonating with the nature that surrounded me as on this day, I need to recognize that as an individual, this same state must also exist within me. I must be in harmony with the different aspects of myself, my mind, body, and spirit must all be in agreement, creating a chord that is pleasurable. A chord that, when heard, becomes music both to me and to those around me. Just as a chord is made up of separate notes that together bring richness and fullness to the ear of the listener, my beliefs, principles, and actions must be in tune with each other to bring a deep sense of self and satisfaction to my life. I need to recognize the transitions between notes, and if one note changes, adjust the others to maintain the harmony of the chord. My daily actions then become a song to my soul. My life has meaning beyond myself.

When we are in tune with the relationships among the parts of ourselves and how these play out in our actions, we find we have less stress, a stronger sense of purpose, and a perfect synchronization with those around us. When we are out of tune, we are in

discord within ourselves or within our relationships. Dissonance within creates internal conflict, stress and friction, and in relationships it creates dissention and division. Living with dissonance within is like living in a world filled with a cacophony of loud, often jarring noise creating conditions that are unpleasant and inconsistent with whom we want to be. We are at odds with our selves and others.

We each need to compose a life in which we are not only in alignment, but one in which actions are based on principles which are founded in our beliefs, and one in which we are consciously aware of these alliances. In this life, our mind, body and spirit are all enhanced by the song we are creating among the parts of our selves. Without awareness, we are like an unfinished song that haunts the recesses of our mind, a song that is never quite complete.

To begin to create this life, take time to explore your beliefs. Reexamine those written by your parents, friends, teachers and clerics, asking which beliefs resonate with you. Next, create a list of principles you want to live by. Do this by asking yourself how you would complete the sentence "I want to be ____." Two "beings" near the top of my list are to be generous and to be wise.

Before moving on to the next step, see if your beliefs echo your principles. Ask yourself; are your principles your beliefs coming back to you as the voice of your spirit? Then in each moment of your day, be aware of the actions you are taking, and ask yourself if they are in harmony with your beliefs and principles. When you are faced with a difficult situation, don't ask yourself, "What should I do?" Instead, ask, "Who do I want to be?" When you think in this way, your life becomes a set of harmonious chords made up of your beliefs, principles and actions. These chords create a song that is sung by your mind, body and spirit. You are a masterpiece, a symphony, a work of art to be shared with those you love. You are "IN TUNE" with life.