

# Namaste Insights

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**The Essence of  
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**When Children  
Become Your Worst  
Nightmare**

**Parenting “Insides”**

**“These Kids Today”**

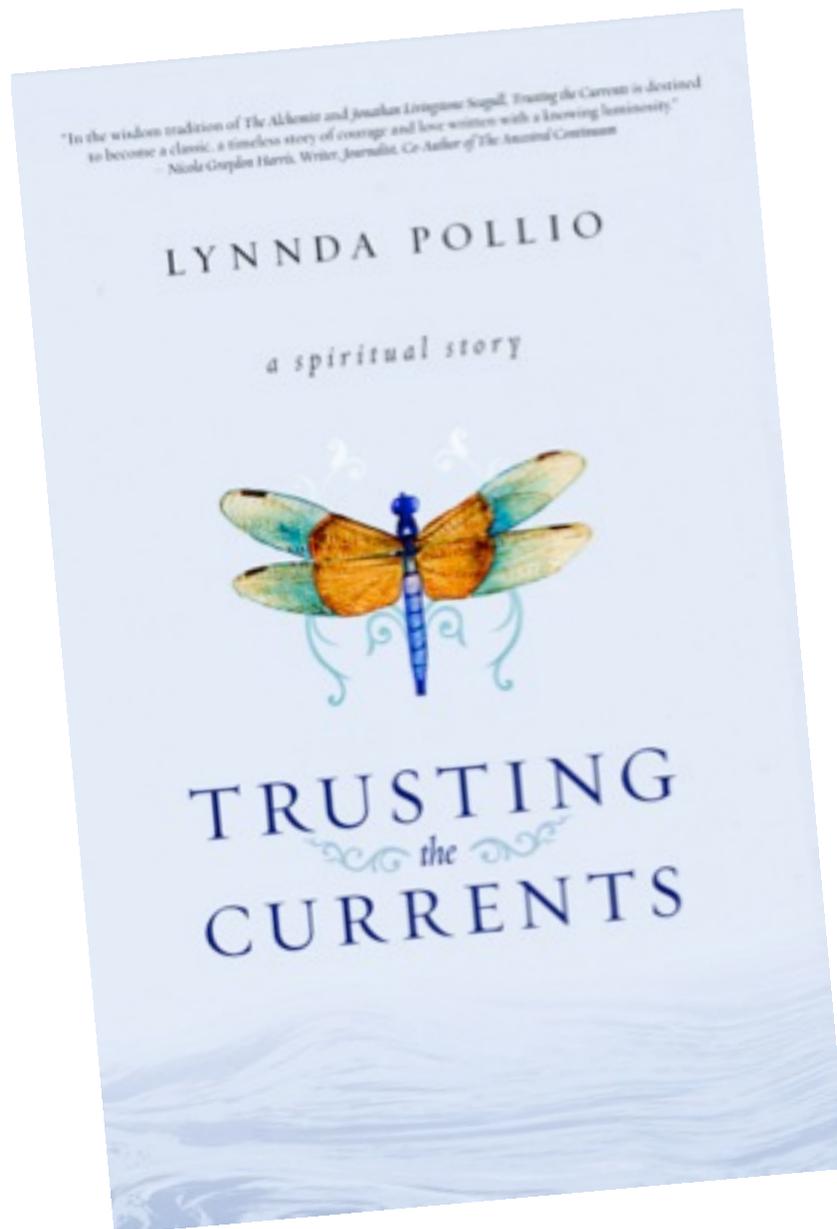
**Trusting the Currents**

**What Living a Lie  
Teaches Us about  
Truth: Reflections  
from the Movie  
Kumaré**

**Reading *Trusting the  
Currents* in the Light  
of *Out of Control***



Namaste Publishing's editorial director spoke with New Yorker Lynnda Pollio about her new novel *Trusting the Currents*. If you've ever wanted to write a book, this is an interview that will speak to your heart. This is what Lynnda had to say about the decade it took her to produce her book. There are many life lessons here for anyone who is on a spiritual journey.



It has been a long and winding road. For much of the time I felt like I was down a rabbit hole by myself, and I had no idea what was normal or not normal as it took my life in a completely different direction.

I kept trying to make it go away, and it would just sit there for a while. Then I would start hearing it again. It was like a burr beneath the ground that just started growing again.

When my mother fell and I was in New Jersey taking care of her 24/7, I picked the book up again basically because I couldn't stand watching TV anymore. When I did so, I felt a whole new energy come into the book, so I did another edit.

At this point I felt I needed an editor. A serendipitous connection came about, and she was perfect because she completely fell in love with my main character, Addie Mae. Because she understood her, she helped me *get out of my own way*.

The culmination of this process was that the book no longer felt like what I had entitled it, *Soul Seeds*, anymore. For the next couple of weeks, I kept changing the title, but nothing ever felt right. Then, three weeks later, *Trusting the Currents* simply came to me. When I reread the book, I realized that trusting the currents is all through the book!

It's easy to tell other people how to do things, especially if you see them clearly and you know

Some moments change everything you become. My life as a busy New Yorker abruptly changed when I unexpectedly heard the mystical, elderly voice of Addie Mae Aubrey, a Southern, African American woman. Her first words, "It's not what happened to me that matters," began a spirited remembering of her teenage years in the late 1930s rural south and the hard learned wisdom Addie Mae asked me to share. As women from different times and different places, together we embarked on an uncommon journey that changed everything we would both become.

Narrated by Addie Mae Aubrey, *Trusting the Currents* is a spiritual story of self-discovery—of faith, courage, forgiveness, and the uneasy search for one's place in life.

Beginning at age eleven with the arrival of beautiful, mysterious cousin Jenny and her shadowy stepfather, Uncle Joe, *Trusting the Currents* explores Addie Mae's reluctant awakening. As Jenny, the story's mystical center introduces Addie Mae to the spiritual world and begins her relationship with nature, a caring teacher, Miss Blanchard, guides Addie Mae with the power of reading. Romantic love enters her life for the first time with Rawley, and we experience how Addie Mae's emerging sense of self compels her to a life-altering decision.

Throughout the story her mother remains an unwavering source of love, even when fear and evil shake their lives. Unfathomable loss and rising trust in the "Invisibles" not only transforms Addie Mae's budding life, but leads to my own spiritual awakening.

Addie Mae reveals how life blossoms when we have the courage to not only accept but also learn from our mistakes and sorrows. Her story may belong to one woman, but the lessons it teaches belong to everyone willing to open their hearts and listen to the truth within their souls.

*Trusting the Currents* represents a new literary genre of conscious storytelling, bringing high spiritual frequencies into the reader's experience. I believe there is a huge, growing, and underserved global movement hungry to feel this kind of heart-based, transformative communication and guidance.

they are the truth. But if you don't have the experience yourself, you don't fully understand how difficult it is.

The book brought me into the heart of those difficult moments that I hadn't really faced. In other words, I really did have to trust the currents in the decisions I made! Even now, deciding to self-publish, with all the different issues that pop up, I keep hearing "trust the currents." As I pass through various experiences, I find myself remembering a line in the book that's directly related to the experience I'm having, which helps me get through that moment.

There's a part in the book in which I talk about faith, which is like being stuck between two places. You are stuck between where you've been and where you are going. This is where faith comes in.

As I learned to practice faith, which means trusting the currents when we can't see where we are going, I essentially lost the person I used to be.

It's been an amazing spiritual experience, part of which has been going

# Lynnda Pollio

*"Sometimes the only hope that exists is the one we create for ourselves."*



through a dark night of the soul. It's the feeling of now knowing where you are, what you are doing, or if the path you are on is right. I didn't know whether my writing was any good at all. At times I wondered if I was wandering in some crazy direction that I shouldn't be going in. It was always faith that brought me back.

People read the book and tell me that, a few days later, something happens in their own experience that causes them to remember a particular passage from the book, which brings them a sense of calmness, security, peace. The word people use a lot is that the story is very "comforting." There *is* a certain comfort in trusting the currents.

In my own case, I had to give up all of my financial stability to get this book done. I left my job to start my own business, and that very same day my mother became ill, which meant I didn't earn for the next couple of years.

All of which of course caused me to question whether this book was good, or not good, for me.

But it always felt important, something I had to do, and that it was ultimately going to lead me to what I was here to accomplish on the planet—and hopefully help other people who were going through the same experience.

In the end, it's a book about transformation.

You are at a place in your life, and either external circumstances start changing this, or something inside of you starts changing, and in the beginning you really don't know what to do.

During this process of transformation, you will stumble, make mistakes, and things will happen that are difficult to go through. But if you just keep moving with the currents, you get to understand yourself better.

In Addie Mae's case, she finds it through reading and through her increased ability to connect to spirit through nature. When she has to finally make some decisions, she's comfortable with leaping into the unknown. I think that everyone who has to undergo a transformation—and so many people I know are—reaches that moment when they have to leap into the unknown.

From the time I was little, I've never quite fit into the normal way people tend to live their lives. I always felt I was here to do something, though I had no idea what that was. For a time I stumbled around from career to career, luckily successfully. But I always felt a spiritual connection to other worlds, and I felt I was to bring some sense of that to other people.

When my father became ill, I spent a year taking care of him. He had been estranged from the family because he was an alcoholic, and it was important to me to be part of his death. He had had a couple of heart attacks, and we were told he was going to die fairly quickly. I had been practicing energy work, so I did some energy work with him, and he recovered. This enabled him to spend another year with us. During that year, we healed the family dynamic. My mother and he reconnected. So when he died, it was a healing experience.

It was right after this that a sort of voice in my head one morning told me to go to Sedona, Arizona. I packed my bags and spent five months there. This is where the book began coming to me. For a time I went back and forth between New York and Sedona.

"The voices in *Trusting the Currents* refuse to be muted as they bring us face to face across the divides of race, class, religion. This is a powerful story that is an offering, a revival, benediction, altar, and a powerful calling for the return of all long-obscured matriarchs. All praises for *Trusting the Currents*. Enlight-ening, and highly evolved."

—**Jaki Shelton Green, Poet,  
NC Piedmont Laureate**

Then one day I heard Addie Mae's voice and started writing what she was telling me. In due course she brought me back to Sedona. As soon as she came into my life, I had a strong sense that this is what I was here to do. I didn't realize it would take so long. It took a good ten years for it to emerge. However, it felt like the thing that I was here for. Whether that's true or not, I don't know.

When I came back from Sedona with the first draft, I had no idea whether I had written this just for me or whether it was meant for other people also. I knew it was extremely powerful for me. Not just the words and the messages, but the energy of the book. I was totally accepting of the fact that I might have written it just for me. But it felt really good to get it down on paper.

My relationship with Addie Mae was so profound, and I had never had that kind of relationship before. I trusted her, and she trusted me, and we had an amazing connection. She opened doors for me, which made the process of writing the book a little smoother. Writing the first draft, I felt taken care of. Once the first draft was done, she left, and I was pretty much on my own from thereon.

I gave up many times, telling myself, "This is crazy. I need to get back to my life. I need to make a living and let this thing go." Several months would go by, then it would just start calling to me again. It was almost like a haunting. But it never quite happened, and it never quite felt right to me even. Something in me knew it wasn't ready. But when you are writing something, you just want to finish it so you can move on to something else.

I think that many of us don't listen to that part of us that says, "This isn't ready yet." I barreled ahead, and things didn't work out the way I felt they would. It was a lesson I had to repeat several times. Finally, this last time, I got it.

Right from the beginning, I felt the book had its own pulse, its own timing. All I could do was hold a space for it to find its people—those who would support it, those who would read it. When I tried to do more than hold the space, the flow would just stop. I had to allow the book to become what it wanted to become, at the time it wanted to become what it is intended to be for the people it's there for.

*"Trusting the Currents is an oracle that speaks of the indissoluble bond between man and nature. A story told with such soul that Ms. Pollio's characters and landscape know to speak only truth; I urge you to listen!*

**—Michelina Docimo, author of *Echoes: Listening to the Voices in Spirited Trees***

When I started sending the manuscript out to people I knew, I understood that it wasn't for them. I knew it was for people I had never met. It's almost as if I had to hold the space not only for the book to ripen, but for the people it was intended for to be ready for it. The world has changed over the last decade, and I think Addie Mae can perhaps be heard now in a way she couldn't have been a few years ago.

I look at this book as having three different levels, the first of which is the actual story. It's about an elderly southern black woman who starts recounting her teenage years and the love, magic, and tragedy that defined those years—and that transformed her. It's a powerful story read just at that level.

Sprinkled throughout the story are various messages and inspiring insights that Addie Mae experiences, which she then teaches us. The wisdom she garnered through the process of making her mistakes, experiencing her sorrows, and facing her challenges, she now shares with us so that we can inculcate them into our own lives. She even talks about how she hopes that someday, over some hill, she'll be able to help others who have the same issues she was struggling with. So a big part of the book is for people to read it and find some of the solutions to their own struggles.

A third level of the book is what I refer to as a sort of "frequency" level. As I was writing this, there were times when I had to work on one passage, often just once sentence, for hours. The reason I had to work on it so long was that it had to have a certain cadence and rhythm when it was read aloud. There's a tone to the book, and to certain passages in particular, and I felt that there was almost a "transmission" that was part of this. I'm not quite sure what that was, but it was really important. As people read the book now, they often refer to some of these passages, as if there's a certain "elevation" in those statements. This is why, at some point, I want to also make it into an audiobook. I think there's another level of the book that only comes through in sound.

The prologue and epilogue are my story of the writing of the book, whereas the rest of the chapters are Addie Mae's narrative. As you read my story, then go into her story, you get the sense of these two women sharing an experience, so that as I created her, she created me. There's a sense of "we were in this together from



the beginning.”

One of the themes of the book is what women can accomplish when possessed of the same compassionate spirit. It doesn't matter what class you are, or what race you are, but it's about your heart. The heart is what connects us.

This book has been all about me being in the dark, and bringing me into knowing something. Even on the practical side, I knew nothing about publishing when I started, whereas I know a lot about publishing now. Hopefully I will be able to help other spiritual writers who want to get their voice out. For instance, I couldn't find a genre that my work fit into in the publishing world. You can consider it literary fiction; you can consider it self-help; you can consider it women's fiction. It didn't fit into one thing. Finally, I decided it's storytelling.

Writing this book was not a magical mystery tour. I really struggled with the book, and it brought me into deep darkness. It's as if I had to understand what people are going through in their own lives. You can write about light, and love, and laws of attraction. But you have to really understand where people are coming from, and how confused they are, not knowing where to turn. I feel I'm more spiritually mature, more compassionate, than I was before I went through this experience of writing the book.

I didn't have a particular desire to write. For instance, I didn't make a conscious decision to write a book. This book picked me. I was just sitting one day and heard Addie Mae's voice. I actually tried to ignore her, but she just kept coming back. So I eventually started writing what was coming to me. For about a year, I didn't even know I was writing a book. I remember the moment when I said, “Oh, I think I may be writing a book.”

At one point Jenny said to Addie Mae, “Sometimes the only hope that exists is the one we create ourselves.” The book was something I had to create for myself. I feel people have to learn how to do more things themselves. I hope that in some way this book can help others with this process. It's definitely a book for someone who is going through a struggle with who they are, and how they become who their authentic self instead of what other people want them to be.

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# Reading *Trusting the Currents* in the Light of Dr Shefali Tsabary's New Book *Out of Control*

by David Robert Ord

**I**n the spring of 2013, in my capacity as editorial director for Namaste Publishing I was privileged to work with Dr. Shefali Tsabary on her book, released January 14 this year, *Out of Control*. It's all about why disciplining children doesn't work, and what to do instead.

It so happened that Lynnda Pollio released her self-published novel *Trusting the Currents* toward the end of 2013, and since I had given her some feedback a number of years ago, she sent me a copy and asked me to let her know what I thought of it.

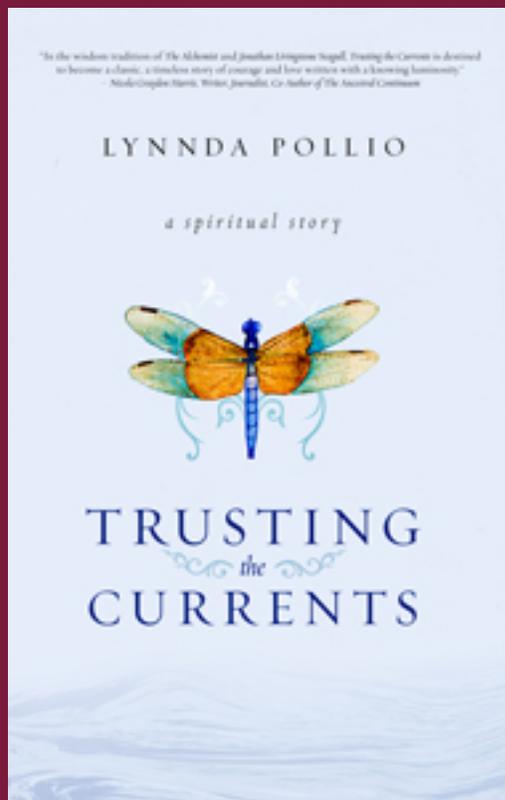
As I read *Trusting the Currents*, it struck me how many insights the teenage girl Addie Mae Aubrey stumbled upon that parallel some of the amazing teaching Dr Shefali shares with us in her new book. So rather than simply review *Trusting the Currents*, I want to reflect on some of the parallels.

Addie Mae writes, "It was late



August. The three of us traveled ten miles to the county fair. I'd never seen so many folks, white and black mixing together, nobody hooting over each others' color. For the first time I realized that life-long beliefs, born purely from being a child of Oakville, were not all true. I was not who others decided me to be. I could change my identity by simply altering my location."

One of the things countless parents attempt to do when raising children is to train them to be in many respects carbon copies of themselves. Oh, they wouldn't say that, of course. They'd say they want their children to be whoever they decide to be. But the reality is that in most of our homes there are expectations, spoken and unspoken, that our children are subtly pressured to meet.



One of the consequences of getting children to conform to the expectations of others is that they lose touch with their own center of gravity. This creates a hollow feeling inside. Where their true being ought to be experienced as peace, joy, and a love of life, instead there's a void. Something is missing.

Our kids try to fill this sense that there's an emptiness in their lives in different ways. Some turn to drugs or alcohol. Jenny turned to boys, becoming pregnant. What she was really searching for wasn't a boy, but a transfusion of

selfhood. She wanted to borrow a sense of self from the boys to fill the place inside her that felt empty because her real self had become buried. As Addie Mae explains, “Jenny never cared for any of those other boys. She only slept with them to ease her soul pain.” How many of our young people is this true of? How many of us is it true of as adults?

Part of the battle that ensues between parent and child is because peer pressure is in many cases a more dominant force than our parenting, especially if our children begin to feel alienated from us. I learned the power of peer pressure when my son, now 29, was about three years old. He opened the refrigerator one day and said, “I want a tomato, daddy.” Except that he pronounced the word in the American style, as if it were a capital A.

Being from Yorkshire I responded, “That’s a *tomah*to, Julian.”

“No, daddy,” he explained, “it’s a tomAto.” I knew there and then that the battle was lost. Flying in the face of all my good intentions, daycare had Americanized the English accent he had picked up from growing up around me.

There’s an *essence* at the heart of each of us, as Constance Kellough writes about in her editorial this month. This essence is our very “being.” But the shape our self-expression takes in life is greatly influenced by our environment. Some environments, especially family and our peers, help us express ourselves in ways that are true to our essential nature. Other situations crush our essence, burying it deep beneath family and social expectations that are far from true for us.

When a child feels pressed to conform, it’s natural that the child’s essential being is going to balk. Because of the way we’ve practically all been raised, it doesn’t occur to us that a child’s backchat is often simply an attempt—albeit distorted in many cases—to speak up for their essence, the more so as they feel themselves losing touch with their true being.

This was certainly the case with Addie Mae. She tells us, “I know it was hard on Mama raising two wild things. Jenny may have been foolish with her body, but my bullhead and the mouth that served it gave Mama just as much trouble. Back then girls weren’t expected to give double talk, especially to their daddies. Uncle Joe, I kept reminding Mama, was no daddy of mine and I would be taking no mouthing from a good-for-nothing drunk.”

Children have an inborn feel for behavior that’s unjust, addictive, and abusive. Society used to bury such feelings as if what the child reported “didn’t happen.” Or they blamed the child, as many a victim of rape has been blamed.

I recall an incident over 30 years ago when a friend of mine, in her early twenties, went with her parents to visit her grandfather. During the visit, he

got her alone for a few moments and began kissing her in a highly inappropriate way. It wasn't the first time. Not knowing what to do, the family just swept such incidents under the rug.

Today, we know how harmful such things are, and more and more who commit such inappropriate acts are being called to account. Yet there are still societies in which those with the courage to speak up, as demonstrated by Addie Mae with Uncle Joe, are chastised.

In her article in this issue of *Namaste Insights*, Andrea Matthews talks about three ways in which children tend to react to pressures that are contrary to their true being. One of these ways is to become compliant. In many ways, Jenny, Addie Mae's cousin, was compliant.

Speaking of Jenny, Addie Mae says, "Mama held her up as a good girl, one who listened to her elders and followed the rules. She was very punctual. Mama pointed out this fact each and every time I was just the littlest bit late. Jenny kept her room tidy and completed her chores even before being asked. She never questioned the right or wrong of things. She never wondered why something was the way it was, or even if it was the way it should be. She lived easily within the corral of life, unlike me who was always kicking and stomping and trying to jump over it."

Dr Shefali shows in *Out of Control* that it's important to teach our children to express what they are feeling in constructive, respectful ways that enhance their relationships with others. Yet in many homes even today, children aren't listened to respectfully, their feelings honored. They aren't regarded as fully human like ourselves, but are treated more like parents' possessions.

There's an illustration of this in *Trusting the Currents*, and I want to quote it in full because it's an example of how much of what adults label "disrespect" is actually only the child's desire to be treated as a real person. Addie May relates:

"You are soooooooooo skinny, girl," the lady in the dress shop said out loud as I tried on a short red jumper.

Everybody looked at me, all these fat ladies rattling their pug heads in agreement like I'd rather be looking like them.

"I'm just skinny next to how fat you are!" I barked back.

Well, you should've seen the look on that lady's face. My Lord, I thought she was going to bowl over and die. Mama smacked me on the rump, warning me to act respectful.

"How about her respectin' me?" I demanded, chest out and shoulders back, a young, bruised cockbird ready to fight.

Addie Mae could certainly learn to put things a little more respectfully. Yet she hit the nail on the head: the women in the store weren't seeing her as a real person. So it's good that her mother explained to her, "Addie Mae, honey, you do have a big mouth for your pint size; an' you need to think more before openin' it. But you right, age an' authority ain't no excuse for rudeness."

If many parents were to learn this one insight, their relationship with their children would be transformed. Age and authority *don't* give us the right to say, as our only reason for why our children should or shouldn't do something, "Because I said so!" That's just plain bullying on the part of the parent.

For a child to stand up for themselves around an adult has long been seen as rebellion—a root of evil that must be crushed, or the child will grow up into an adult who goes down the wrong road.

The truth is just the opposite. It's *crushing a child's sense of spirit* that causes children to go astray.

An important aspect of parenting is for the parent to affirm what the child is feeling, rather than negating it. So on the way home on the bus, Addie Mae tells us that Mama whispered in her ear, "An' don't you ever believe you not perfect baby 'cause God made you 'xactly like you supposed to be. In all your life, I want you to remember than an' know it to be true."

For millennia, it's been the mindset of some civilizations to see humans as fundamentally evil, which has led to parents beating children and in other ways inflicting terrible abuse on them—in some societies, even killing their own children because they didn't conform. Christianity, Islam, and Judaism have all been guilty of this in their past, and in some cases even in the present.

In Christendom, children were believed to come into the world in a state of "original sin." This teaching has fostered a damnable belief that children should be subjected to horrendous corporal punishment to keep them on the "straight and narrow."



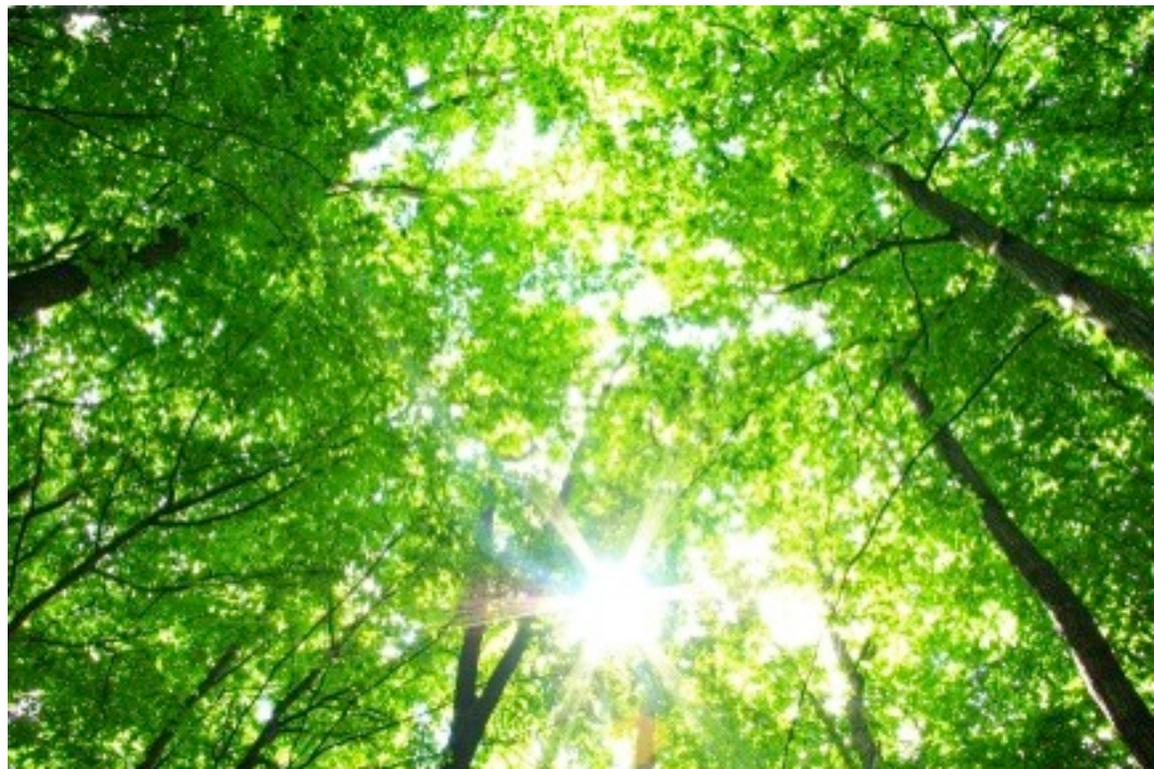
The notion of “original sin” has been completely misunderstood. There’s nothing evil about our children when they are born. What’s evil is a culture that *believes* they are evil and treats them as if they were. That’s our original sin: telling our children they are less than fantastic, so that they no longer truly trust in themselves, as I explain in my book *Your Forgotten Self*.

The “sin” of treating our children as less than the magnificent beings they are is “original” in that it existed in society and family and educational institutions before the child was ever born. It gets transmitted through culture, not through procreation as religion has generally so wrongly taught. Those who have for centuries treated children as if they were inherently evil have much to answer for.

Over the Christmas period, I watched a movie called *The Magdalene Sisters*. It’s a true story, and it’s stunning. I recommend you watch it to see just what the idea that children are sinful did to some 30,000 Irish girls, until the institutions were finally closed in 1996. One reviewer said of this film, “I would give this film 20 out of 10!” Former Magdalen Asylum inmate Mary-Jo McDonagh told director and writer Peter Mullan that the reality of the Magdalene Asylums was much worse than depicted in the film. And all in the name of God! Of course, there have been massive denials, as there have been of priests abusing children.

Addie Mae saw the evil of the idea that people are fundamentally evil. She tells us, “I loved the sound of the organ and those voices rising as we approached the church. The anticipation of God always pleased me greatly. But when I entered those big wooden doors, heard the minister preach about sin and obeying and staying in one’s place in life, I kind of lost interest.”

Whereas much of religion crushes who we really are as divine offspring, true spirituality draws out our potential, causing us to believe in our wonderful selves. As Addie Mae shares with us, “Mama always taught that God lived in the goodness of who I



could be, in the love of family and friends, in the tolerance of those I didn't understand, and in the courage to do what was right. So, while the minister railed on about hell's fury and all, I watched the morning sunlight bring the jeweled images to life, imagining the holiest of saints taking me away on a beautiful white horse, flying high above the world for all to see my glory. I couldn't believe I was meant for small things, and no God of mine was going to try and keep me there."

Addie Mae had a powerful counterforce to the twisted doctrines of religion that told her there was something wrong with her. That counterforce was nature. As just one of many examples of how much the natural world showed her both the nature of the divine

and also her own true nature, she tells us, "There's something bewitching about the early morning sun watching over God's natural makings. The air sparkles like every molecule of life there is alive and awake with a tale to tell. Nothing is hidden. Each morning all over the world, in the quiet spaces of nature, everything we need to understand about life is revealed. I'm sure of it."

Can you imagine that? If we were only in tune with nature, including our own nature, everything we need to know would be clear to us. What a marvelous insight. To which she adds, "Of course, most of us haven't learned how to listen yet."

As Dr Shefali shares in *Out of Control*, a vital aspect of effective parenting is to help our children become truly connected to their world—to become fully



present in each and every moment of their existence, so they can hear what the divine in everything is saying to them.

While most haven't learned to listen, Addie Mae tells us, "Jenny had, and every morning she was bathed in the precious bounty of that knowing. She told me to sit still and silent, listening only to my breathing, to the faint sound of my breath coming and going. It seemed foolish but I agreed because I wanted to share Jenny's love of that place. To my surprise, a full hour passed before we moved, yet I had no feeling of that much time leaving. Then I heard. The birds. Tiny insects buzzing. The wind. The stirring of concealed animals as they revealed themselves. Suddenly life surrounded me."

Isn't this what we really all want for our children—that life should embrace them, and that they should embrace life? That they should become fully alive?

Addie Mae added, "Jenny knew I felt the difference and smiled, comforted that I understood. She finally had another soul to share her secret world. We didn't say anything more because two people who know the same thing don't need words. We simply sat together in exalted silence, enchanted by nature's holy presence. It seemed to be watching us, same as we were watching it."

Dr Shefali has several key insights to share about teaching our children how to connect to their own being, our true being as their parents, and the world around them. If our children learn to experience authentic connection, they will be okay on their life's journey. It's the most important gift any parent can bequeath to their offspring.

The form of expression our essence takes is something we renegotiate throughout life according to our changing circumstances. The challenges of early childhood are fundamentally different from those of the teen years, with our growing awareness of our sexuality. The challenges change again with a family of our own and a career; and yet again as we face old age.

Each of these stages of life has its way of helping us discover more about our essential being—and very often through first experiencing what it is to *not* be ourselves, but



to form ourselves in the eyes of others, then realize in mid life what a mistake this is.

So it is that Addie Mae meets Rawley. Jenny has told her some of the things she can expect around boys. Addie Mae tells us, “There was none of the strange goings-on Jenny told me about. I was beginning to think Jenny had been fooling, trying to scare me. Or worse, should I even think it, that Rawley found me unattractive. I’d wake up with that fresh fear in the middle of the night and pray to God that Rawley didn’t find me pig-ugly.”

A transfusion of selfhood is something we so long for as we increasingly lose touch with our own dear center, which is of course what leads to so much distress in our teen years when someone rebuffs us or our peers poke fun at us. With the transfusion withdrawn, it hurts, since we don’t know our own self.

In severe cases, such as when a teen is rejected by someone they are borrowing an identity from, it can lead to the all-too-common tragedy these days of teen suicide. Not just being jilted, but even comments or photos posted on sites such as Facebook can be devastating to a teen.

This experience repeats with so many of us following a divorce, when someone has been our “world” and no longer is. We feel lost, rudderless, without a sense of meaning.

Yet it’s in precisely such times of crisis that, if we begin to sit with ourselves in the way Jenny sat alone in nature, we reconnect with our own center, our own true being. This is where all meaning must ultimately be derived from. No one can substitute for our own precious divine essence.

**“I never really thought of the way I looked before at all. I was just me, Addie Mae, the way God made me.”**

I address how suddenly losing our identity lifeline, devastating as it is, can be the making of us in my Namaste Publishing book *Your Forgotten Self* and in my audiobook *Lessons in Loving—A Journey into the Heart*. I show how life engineers these experiences precisely to awaken us to who we really are, and how we can put them to use to our advantage.

Notice that it had never been an issue for Addie Mae how she looked to others until now. The thing it all turns on is that one word “think.” Eckhart Tolle has written extensively on how thought does us in. If you haven’t read *The Power of Now, Stillness Speaks*, and *A New Earth*, I consider them a must read for the person who wants to move beyond worrying what others think about them, finding their identity solely in their own center.

Addie Mae continues, “I never really thought of the way I looked before at all. I was just me, Addie Mae, the way God made me, just like Mama always

promised. It wasn't until Rawley that I figured maybe God didn't do such a good job after all."

Do you see how the self-doubt begins to enter with thought? As soon as we begin thinking about ourselves, we start to doubt instead of simply *being*. As Addie Mae confesses, "I no longer believed Mama's loving image of me."

The school years, especially the teen years, are a time when our children need tremendous help from us as parents, so that they negotiate this period of "thinking about" themselves in a healthy manner. Dr Shefali has much to offer in *Out of Control* to help parents be of assistance to their children as they journey through these years.

There is a powerful chapter on the effect a teacher can have on a child. Miss Blanchard explains to Addie Mae, "It's hard on a mind hearin' things it's not ready for yet. Old beliefs protect themselves with fierce conviction to keep fresh notions out. Experience and learning are the only tools we have to build a bridge so new ideas can enter and tired, worn judgments be surrendered. Life depends on us seein' beyond what we know to be absolutely true. Everything important that happens in our world comes from somebody brave seeing past old believing."

The teacher cites the case of Copernicus who "told an angry world that the sun did not revolve around the earth." Consequently, "People were angry with him because they were scared. They didn't want to know somethin' new because maybe it might change who they were, too." She adds that after people realized the earth truly does circle the sun, and not the other way around, "Now it seems foolish to think in the old ways, doesn't it?"

A lot of people who claim to be "believers" really don't have faith. They have a set of ideas that form a security blanket, but that are



about as unenlightened as the pre-Copernican view of the universe. They cling to ideas that have no basis in fact purely out of a mental need for “certainty.”

As parents, one of our tasks is to help our children to allow their experiences and insights to transform them, so that they begin to unleash their potential. Miss Blanchard wants Addie Mae to “think beyond what you already know. By simply considerin’ the unknown, you might eventually seek to experience it as well.”

Dr Kurt Johnson and I wrote a book together entitled *The Coming Interspiritual Age*. Miss Blanchard points to the heart of the message of this book when she tells Addie Mae that most folks “believe the narrow, sometimes dim view from one window is all there is in the world. Some even demand that theirs is the only view there should be. They fear what they don’t know about life and want no one else knowin’ anything more either.” (Kurt and I pick this theme up in the next issue of this ezine, “When the World Becomes One.”)

In response to this insight, Addie Mae tells us, “I felt a faint breeze blowing from a distant place I couldn’t yet see.”

I think that’s what many of us are feeling now, as we are being asked to move beyond the beliefs we learned in childhood, away from our certainties, into an age when our vision is vastly expanded and our acceptance of things that would have been unthinkable becomes perfectly normal. Instead of dividing up according to our dogmas, we come together lovingly based on a profound sense of the oneness of everyone and everything.

**“I felt a faint breeze blowing from a distant place I couldn’t yet see.”**

We’ve come to about page 116 of *Trusting the Currents*, and that’s a long way from the epilogue that concludes on page 281. But perhaps it’s enough to wet your appetite—not only for this wonderful story, with so many insights, but also for the books I’ve mentioned along the way that can throw further light on the journey of self-discovery life invites us to take.

And for those who would like to discuss the book in more depth, I’ll be blogging on it in my author blog on the Namaste Publishing website, Consciousness Rising. You can find the link to it on the [homepage](#).

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