

“Leaning In.”

Rainbow Weldon – 12.9.18

Bodhi Spiritual Center

Rainbow Weldon: If I just stood up here and cry for 20 minutes, the sound of silence. The vision that was planted in my brain, still remains within the sound of silence. This time of year when the days are short and the nights are long, nature is inviting us into her womb to slow down, to turn within, to lean in, to lean into the darkness, to lean into the unknown, to lean into the mystery, to tune in, to tap into that higher source that is the truth of who we are. To listen to the sounds of silence. This week I had the opportunity to do that as we were visiting family in Michigan, staying with Heather's parents in Galesburg, Michigan.

Rainbow Weldon: They have this beautiful land with a pond and trees, and just watching the snow gently falling and just being present to what is. One morning, I was helping Cadence, our three year old daughter get ready and we were in the bathroom. I was helping her use the bathroom and all of a sudden I hear Heather's mom from the other room looking out the sliding glass door and say, "A bald eagle, a bald eagle." I grabbed Cadence off the toilet and I run out. She's just there with her little jammies dangling. I'm like uh, and we have a moment just to commune with the bald eagle flying in their backyard.

Rainbow Weldon: I just watched the grace at which it soared, and it was totally a moment of oneness, of connection, of leaning in to that divine wisdom of nature. I knew in that moment that I was sourced and supplied with everything I need for this journey that I am taking. See it is in the silence of slowing down, of listening, of trusting ourselves that we realize that we are here for something great, that there is a light within us that is seeking to emerge to shine forth. Our theme this month is Light Workers. We are all Light Workers. We all have a light within us that's seeking to be expressed more fully and it's called a light workers, not heavy workers.

Rainbow Weldon: It doesn't have to be heavy. When we tune in, we tap in and we allow this light to be the source that is guiding us. We feel in the flow, we feel a likeness even in the seeming conflict, even in the seeming struggle. There is a lightness when we are being guided by a vision, a purpose that is greater than our smaller selves. So I'm experiencing the lightness and the darkness of the unknown, and that is what we're going to explore this day. We have three objectives. We're going to look at how everything is unfolding perfectly in our lives, how there are gifts to be discovered by leaning into the unknown, and how to demonstrate faith through the action of trust. Through the action of trust.

Rainbow Weldon: So let's first look at this quote from Deepak Chopra, "Trust that your soul has a plan and even if you can't see it completely, know that everything will unfold as it is meant to." Your soul has a plan, not some God outside you. Some God's plan that's plaguing you like a puppet. No, your soul, who you are, your higher self, something within you. There's this divine seed, a potentiality that is planted within each and every

one of us, that's seeking to be expressed. It's waiting for us to tune in, to tap in, to listen, to turn within and allow it to blossom fully. When we do this, the path becomes clear step by step. We may not see the whole vision. Many of us want to, our ego mind wants to be safe and know, okay I'll take that step when I can see the full picture.

Rainbow Weldon: What I'm inviting you today is to trust as Mother Nature trust the potentiality that lives in that seed, that pass through the ground, that becomes something great, and trust each step in each moment that something is revealing itself in us and through you, to you as you say yes to being yourself more fully. There's been a seed planted within your soul. It knows what to do. What would it mean to trust completely that everything is unfolding perfectly in your life? This is the game I'm up to right now. I'm entering into a divine experiment of putting all my eggs in a basket called faith and trust.

Rainbow Weldon: Last weekend we moved out of our apartment and we didn't move into another apartment. We minimized our stuff keeping only our essential favorite beloved furniture, kitchen items, the few things that we really need and love to live on. We packed it up in a little pod and it's shrunk wrapped in storage somewhere in the suburbs, until we give them a call and tell them where to move it. Then we packed up our jeep with what we need for the next few months. Again, our favorite clothes and shoes. Few of Cadence's favorite toys, few books for me, a journal for me and we are entering into this journey of the unknown by taking a road trip of discovery.

Rainbow Weldon: We're going to be traveling around the country, visiting different communities in spiritual centers, and leaning into is this the right fit for us? Exploring the town, the community, the folks, the scene, how it feels for us. If this is the place we want to raise our daughter, is this the community in which is seeking what I have to offer as a spiritual director? So we're going on an adventure and now see my mind, a few months ago when this discovery came to me thought, and we even said, "Wouldn't it be great if we know in January where you are to go?" So I heard, "Great, yes. That's just a few months away, easy peasy." So I thought I'd look at just different opportunities and I'd apply and the next opportunity would be there, and I'd leave and I'd go do that.

Rainbow Weldon: Well, that's not what my soul had in mind. See there's great gifts and discovering by leaning into the unknown. In order to have faith, we much have a conviction that all is well. In order to keep faith, we must allow nothing to enter our thought which will weaken this conviction. So as I noticed that my plan, my idea seemed to be feeling farther and farther away, that there wasn't an opportunity that was really felt like this is gonna happen right now. I opened up to a discovery of something, there must be something different then. There's something that is seeking to happen here in my life. I was having a practitioner session and I realized in that moment that what my soul was seeking, was rest and rejuvenation.

Rainbow Weldon: I know you get this. I was like I'm tired. I've been pouring myself into this community which I love, and if I had done what I thought was right, go from this job to the next job, I would have kept up at that pace and would have been exhausted. My soul wanted rest and rejuvenation. My soul wanted to get in alignment with my values, with my purpose, and to take that time of discovery. So what is occurring now is a great time of connection with my wife and my daughter. We get to have all this time together on the road. We get to go visit friends. I came home that night after my session I'm like,

"Heather, we can create whatever we want." Where do we want to go? Who Do we want to see?

Rainbow Weldon: We both have the travel bug, it is what connected us 11 years ago. So we realized that we have these friends that have moved all over the country. We have this huge network from spiritual communities, and from our theater background in various connections. So how I knew that this was the right or as you would say, divine order is I jumped right into action. I didn't just mull it over and think, literally it came like that. This idea of road trip, go travel, see friends, see what's out there, and I went right into action and I reached out to folks. All of a sudden we have people giving us their second home for a week, giving us their condo and house. Come stay here, come visit. Stay with us in our extra bedroom.

Rainbow Weldon: Friends that we haven't seen in years that are so happy to see us, and then people reaching out saying, "Come, speak here. Share your gifts and talents here." So it's all unfolding perfectly in the flow when I simply let go, and surrendered and trusted and listened to that silence. It hasn't all been sunshines and roses, or as Lola would say rainbows and Unicorns, but for me it is all rainbows and Unicorns because I'm rainbow. So I'm going to stick with sunshine and roses. It hasn't all been sunshine and roses. See a few weeks ago, maybe two weeks ago, we took our car and it was making this weird sound. I was like it's really important that we get our car tuned up, and see what's going on here before we traveled the country for a few months in our car.

Rainbow Weldon: I take the car and expecting about a \$250 tune up whatnot, and then I'm told that it's going to be about \$2,000 to fix a number of things in our car. Exactly. What I did is I said, "Okay, this needs to be done." Then I walked to the coffee shop to wait for my car to get done, and this was a breakthrough moment for me. My default pattern, having been raised in this teaching and having an adolescent view of this thing called new thought and it's all good. My default from that is that I can just go right to the it's all good. I can just go right to that well, thank goodness we discovered this and we're going to be safe on the road. The truth is in my heart, I was scared.

Rainbow Weldon: So I reached out to my learning partners here and the conscious leadership program, the other TAs in the class, and I send a group text and I said, "I'm noticing a pounding in my chest. I'm noticing a tightness, constriction in my throat. I'm noticing a welling behind my eyes. I'm feeling sad, I'm feeling scared, I'm feeling angry." The facts are my car needs, blah, blah, blah repairs, and the story I'm making up is that the last mechanic screwed me over and is stupid. This is my unenlightened self, right? The last mechanic did this, I'm feeling scared that we're not going to have enough money. This was all we had saved up for this road trip, and I'm feeling angry that this is happening. I let myself feel my feelings all the way through.

Rainbow Weldon: I stood up and I [inaudible 00:12:44], and then the tears came. I noticed how beautiful it was just to be witnessed. I wasn't heroed in any sort of way like rainbow la, la, la. They're just beautiful noticing, beautiful noticing rainbow was the response I got and it was perfect. It was perfect and I noticed how good I am at breathing and moving my body, and crying in public. I've gotten really good at that you all, and I call that a win too. Everyone lives their life the way they live, if you're going to judge me, you're going to judge me, this is what I need to do. So what I was able to do is move those feelings through to completion and then, it wasn't stuck in my body anymore.

Rainbow Weldon: I felt complete and I felt ready to align my vision, and I felt ready to get back on the saddle, so to speak and move from a place of inspiration instead of again, the default would have been like it's all good or the pattern would have been, well I really need to book some more gigs, and I need to work hard and I'm going to look out and I need to make some more money into the ... I didn't go into that kind of action. I felt it and I just trusted like, it's okay. It's okay. There have been numerous gifts, financial gifts for us, opportunities coming up and what a gift that we actually had the money straight up to pay that car repair, because that has not always been the case. We have an intention of being financially free. We paid off two credit cards this month. I didn't want to go back to that credit card.

Rainbow Weldon: We had the means to pay for what was needed, and I opened up and then more has come. That's called the flow of life. If the eye is single to the good, if the vision remains steadfast, we become one with it. What is the good? The good is what you name it. The good is that vision that has been planted in your heart, that which only you know is yours to do. How we connect with that is listening, getting clear on our vision. We have a wonderful spiritual practice called visioning. We're going to be doing a workshop in just a few weeks here in early January, check it out. Work with a practitioner. Use this practice to call forth that vision of light that is seeking to be expressed in as and through you. Slow down.

Rainbow Weldon: It's the season, this time of year, there's so much activity that actually slowing down and listening to what nature is inviting us to do in itself is an act of resistance. It's counter culture, it's going against the norms of go, go, go, do, do do, buy, buy, buy. See everyone, be everything, be the social butterfly. Listen to your soul. You don't have to do anything you don't want to do, and your soul knows what it needs. When you listen and you allow yourself to love yourself enough to do what your soul is calling you to do, lean in. How comfortable are you in the unknown? What would it mean to trust spirit, life, your higher self, completely knowing that you need to know things outside of yourself to prove your worth, your value, that you are whole, perfect, complete, right where you are.

Rainbow Weldon: What would it feel like to really know that, and to know it with such grace and strength that no matter what other people are saying around you, you can come back to that truth. That is the work, that is the light work of revealing the light no matter what the story is, no matter what the circumstance is. Revealing the truth. What I mean by truth is that never changing constant life, energy, spirit. So as I shared earlier this quote from Ernest Holmes, "In order to have faith, we must have a conviction that all is well." A conviction, and in order to keep faith with much allow nothing to enter our thought which will weaken this conviction. So that has been my practice this week as well as we are stepping into this journey of the unknown.

Rainbow Weldon: Then you start to notice other people's voices, and fear, and story, coming up in bits and pieces here and there. It's counterculture what we're doing. It's counter to the culture of you got to just go along to get along. Like you have a good thing, don't let it go. We're here inside, but you had a beautiful place across from the lake. You have a good opportunity here. You have a great job, why would you leave that? You have a three year old, how irresponsible? These are some of the noise in the voices and for me to have that filter and say, is that true for me? What is true for me is I have such a deep

faith in conviction, and such a deep peace in knowing that this is what we are to do, that that is how I'm able to take these steps.

Rainbow Weldon: There's been times in my life where I've done things where I haven't been in this, and maybe thought I was but I haven't. It's much more easy to get seduced back to the fear when it's your ego running, or trying to fight the fear thinking, "But no, let me show you. Let me prove something." That's a very different energy than the peace of just knowing. So it's something to think about, I'm not saying go quit your job and move out. Ask yourself, trust yourself. You really have to know that you can stand in that place of peace, despite the noise and despite the fear that may be projected on you from other folks that are just doing their thing, and uncomfortable with feeling their own feelings. Having that faith in that conviction. So how do we practice this idea of faith through taking an action of trust?

Rainbow Weldon: There was a famous acrobat, tightrope walker back in 1860 named Charles Blondin. He is most well known for doing the tightrope across Niagara Falls. So 1860, there's like 20,000 people gathered around and he's going from one side over to the other, and he does it several times. He does it once on stilts. He does it once in a bag. I read that he brought an oven out and then made an omelet in middle of the rope, and then carried the oven back across. So the crowd is watching and cheering him on and so the many times he does this, their faith in his ability to do this is growing, and they're feeling the energy. He's got this, he got this. So then he gets a wheelbarrow and he loads it up with bricks, and he walks across the tight rope with a wheelbarrow.

Rainbow Weldon: He gets to the other side, the crowd's roaring even louder than the falls are falling. So then he says to the crowd, "Okay, who wants to get in the wheelbarrow?" He points at someone they're like mm-hmm (negative). This is the difference between faith and trust. You can have faith in something but in order to really trust, trust is an action. Faith is a noun, trust is an action. So you had to take action towards what you desire to really prove your faith. Otherwise, it's just up here as a nice idea, right? So although no one got in his wheelbarrow that day, think about how that could be a metaphor for your life. What is an area of your life that you would like to lean into? Lean in to the support of your higher self, lean in to the strength and the conviction of what is yours to do.

Rainbow Weldon: Then what is an action you can take to prove your faith and conviction, and to trust that everything is unfolding perfectly for you. It takes a willingness to be steadfast in our thinking, and to realize the truth. The birthless, deathless, changeless, complete whole perfect truth that who you are is perfect. Ernest Holmes says, "Faith looks to the invisible and instead of seeing a void, it fastens its gaze upon a solid reality." Stay focused on your vision. You get to shape it. You get to look into the void and decide based on what is coming through you as you lean in, how you want to shape your life. What is that vision that has been planted in you that you can lean into, and that you can shape. Then stay focused, steadfast focused no matter what's going on over here, over here, over here, over here, over here.

Rainbow Weldon: I've got this, God within me has got this. So I'm saying yes to living these principles 100% in my life. I'm not really going to tightrope walk across the Grand Canyon or across the Niagara Falls. Yes, but that's a metaphor. What is your own divine experience? What are you ready to explore and to express more of in your life? This is the time, this is the opportunity. I just want to end by giving such great thanks and

gratitude to this community. I am able to go out as Lola would say, on the skinny branches. I'm able to go out on the skinny branches, and to know that my right and perfect opportunity is unfolding, and to step out into that unknown because I know that not only am I backed and supported by the entire universe, but what that universe looks like in form is you all right here.

Rainbow Weldon: You are the community that is loving me up, so I know that it's possible and when I begin to waver a little bit, I can lean in to you. I can text my prayer partners and I can know that God, as rainbow that got this and so do you. I love devoting.

Lean in means to grab opportunities without hesitation. An older meaning for lean in is to incline into something, such as a skier leaning in at a turn or pedestrian leaning in to the wind during a heavy gale. In 2013, Sheryl Sandberg published a book called Lean In: Women, Work, and the Will to Lead. In it, she suggests that women should seize opportunities during their careers and Define LEAN IN (phrasal verb) and get synonyms. What is LEAN IN (phrasal verb)? LEAN IN (phrasal verb) meaning, pronunciation and more by Macmillan Dictionary.Â lean in Definitions and Synonyms. phrasal verb intransitive. Word Forms. + - present tense. I/you/we/they. lean in. he/she/it. leans in. present participle. leaning in. past tense. leaned in. past participle. leaned in. DEFINITIONS1. 1.