

Bless the Present-Trust Yourself-Expect the Best

by Nancy L. Bloemer

Penned by my mentor, Serge Kahili King, I offer these simple directives during this time of uncomfortable uncertainty. They are presented not because I believe them to be the way we all “ought” to think and live, but because I have found in these statements – time and time again – comfort, clarity, reassurance and direction. My relationship with and understanding of these simple statements changes with exposure and circumstance, so what I share with you here is nothing more than a reflection of my current level of appreciation.

Bless the present: Serge teaches that when you bless someone or something, that is give praise or appreciation, your body/mind responds with a feeling of relaxation and increased energy. It really does not matter who or what you are blessing, just the act of doing so triggers a change - in you. I have found this to be true even in the most uncomfortable, unfortunate situations. The moment I can find something to be grateful for – no matter what it is – I feel better. It’s like magic!! And the more you do it, the faster the body/mind responds with an overall sense of ease. So, I ask you: What are you grateful for? What can you find to bless in a time when we are all feeling more than a bit uncomfortable? For example, I am grateful that I now have fingernails. You may find this odd, but in 1991 when I began my massage therapy training, I cut my nails nearly to the quick and there they have stayed, as a matter of professional necessity, ever since. I even took out some clear polish – since I have plenty of time these days – and painted my nails!! How about you? What do you notice that is new and a blessing – something you simply did not have time to do or to notice before, or a new skill that you acquired? When you bless something, anything, you become more fully present – which, in addition to making you feel better, also gives you permission to let go of the regrets about the past and the anxieties over the future.

Trust yourself: I confess that this statement and others like it in Serge Kahili King’s teachings of Hawaiian Huna represent learning challenges for me. Honestly, “myself” has gotten me into quite a few predicaments over the years – many situations, decisions and circumstance for which I am not immensely proud. Why in the world would I choose to trust “myself?” Over time, I have come to a deeper appreciation of the directive “trust yourself.” I have learned to distinguish between my self with a small “s” (the one ruled by my ego with all its conflicting desires, urges, impulses and quite frankly, unskilled tendencies) and my Self with a capital “S.” I define my Self is that part of me that is bigger than the me I believe myself to be and what I believe the rest of the

world thinks of and expects from me. My Self is clear, compassionate, loving, fearless, confident, connected, infinite and kind. Now, that is EXACTLY where I want to place my trust – in that part of me that always guides me gently toward my own highest good and the good of everything around me – whether I go there kicking and screaming or not! Again, I cannot speak for anyone but me, but the only way I can even hear my Self is through disciplines like meditation, contemplation, prayer and being in nature. When I give myself the time and space to get quiet enough to hear my Self, I am reassured. Then, I can “trust my Self.” I know that no matter what the circumstance, I can access that same inner strength, the “Self” that everyone and everything else is connect to and from there always move toward what is best for all involved. Do you trust yourself? What do you do to access the confidence and clarity required to go on?

Expect the best: Einstein is quoted as saying that “imagination is the preview of coming attractions.” Without realizing it, we all use our imagination every day. Before we create anything in life, be it a statement, a profession, a relationship or meal – we first think about it; imagine it in our mind. The only hang up with this is that most of us, through habit, create the worst-case scenario in our minds. We tend to imagine the worst and focus on it! Some say that we attract whatever we give our focus, attention and energy to. If this is true, the last thing I want use my imagination for is to attract the worst! Try it out. See what happens if you expect the world and everything in it to work out just fine, to be good, loving and kind. Some might dismiss this as Pollyanna wishful thinking. Others, including me, know it to be an effective way to be in the world. When I am looking for the best, I tend to find it! Another approach to this can be found in a technique taught by Serge Kahili King, called EWOP. EWOP is an acronym for Everything is Working Out Perfectly. EWOP the heck out of your day and see what happens! It pays to be aware of what you are aware of. So, what are you expecting these days of change?

In closing, may I say: I expect that in this beautiful gift of the present moment, you (guided by your highest Self) are moving in complete harmony with the changes that are all around us and that we are all moving toward the highest good for all involved! Move over Pollyanna! You’ve got company!