

# THESE TIMES OF GREAT TRANSFORMATION

By Helen Slomovits

*I am sitting with others on the steps leading to a beautiful garden. We're in a workshop with Don Alverto Taxo, a wisdom-keeper from the Andes of Ecuador, with whom I've been studying for many years. We are following his instruction to greet and enter the garden, acknowledging the many beings who live there, and seeking to connect with them through being very present, with the five senses awake. We each consciously enter the magical space. As I walk in the garden, I remember the many times I've heard him say, "Remember, you are not the body, but that which gives life to the body! These beings have their own presentations, but they all share with you the same spark of Life."*

All the beings in nature know this, but we humans have forgotten. We think we are special, more important somehow. We've forgotten that we are a part of nature, that we're not separate. And we've forgotten that we are never alone, that we live surrounded by countless beings. Don Alverto teaches that they may have different presentations than we do—of a tree, or a plant, an insect or an animal, the wind, a waterfall, a bonfire, the earth—but they contain the same spark of Life, of Consciousness, that we do.

Many of us have lost awareness of these fellow beings, and we don't realize that they are very aware of us, and that they wait for us to recognize them once more. We're oblivious of their constant help, and don't realize how much more help they would eagerly give if we were to grow a relationship of respect and friendship with them. The emotional and mental burdens we carry—our worry about the future and regret about the past—the beings of nature know how to recycle these energies. They welcome our heavy energies as vibrational raw materials for compost, which in its turn nourishes new life. They love to play with us and take these things from us, and even more so if we consciously ask.

Have you ever noticed this happening naturally – how troubles tend to vanish as you take a walk on a sunny day in a garden or woods? Have you ever wondered how it is that this magic, this lightening of your mood, this refreshing of your spirit, occurs?

**“Remember, you are not the body, but that which gives life to the body! These beings have their own presentations, but they all share with you the same spark of Life.”**

Now imagine if you were to enter that garden or woods – with respect and anticipation, greeting the beings that await you there, as eager to visit them, as you would be to visit a special friend or your lover. Imagine bringing a simple gift from your heart, singing or calling out your greeting, or silently expressing it in your heart, knowing that your friends will be happy to see you, knowing they will gladly take your worries and cares, gifting you with the beneficial energies of beauty, fragrance, color, and well-being in return. And imagine yourself open, full of wonder and gratitude at the magic of this exchange.

Imagine that you can bring any question you have to these beings, and ask it, and that you can be secure in the knowing that an answer perfectly suited to you will come immediately—or in the perfect timing that will allow you to best receive it.

*We are sitting and sharing at the edge of the garden with Don Alverto. He tells us to again greet and enter the magical garden, this time taking a question with us. "Ask your question of the wind, or the water or a plant or stone, and see what happens." We each enter the garden, this time to seek the answers to our questions.*

*My question is, "How can I get along happily with people, with all kinds of people?" We've been living together during the workshop, and many others have also joined us to participate. I really enjoy this for the most part, but I am used to more solitude. I address my question to the water of the outdoor pool with whom I've been connecting over the recent days. Immediately I feel inspired to dive into the pool. The cool water is a pleasant shock; I glide under the water and then*



**Helen Slomovits**

*come up laughing, giggling, suddenly feeling very playful, buoyant, delighted. I experience water's answer to my question—and understand that what I need is to bring that playful, bubbly, flowing spirit into my interactions. I express my appreciation and gratitude to the water by splashing and blowing bubbles! I feel my tendency towards seriousness dissolving.*

There are a few basic principles which, when practiced, help us to open this magical world of experience. There is a way of approach that makes growing friendship with the beings of nature easier, more flowing. It begins with the awareness that just as I am not my physical body, but that which gives life to my body, so the beings of nature each have their own kinds of bodies, but that which gives life to these bodies are the beings with whom we're connecting. As with any person, a feeling of respect, a looking to share, a willingness to be present and to listen, a lack of pretense—all these serve us in growing intimacy with the elements, with the beings of nature.

\*\*\*

I recently read that cancer, at its root, is a breakdown in communication. The cancer cells separate themselves from the rest of the body, ignoring the constant cellular communication that keeps normal cells healthy and in sync with each other and the body as a whole. Then, with none of the normal checks and balances of the body to restrain them, the cancer cells multiply rapidly, hijacking all the resources they can, oblivious to their impact on the natural functions and wellbeing of the cells around them, or the body as a whole. In a similar way, we humans have cut ourselves off from communicating with nature and the earth. We've even denied that there is anything with which to communicate. We've pretended that our human affairs and comforts are the only things that matter. We've grown, multiplied, taken resources with no awareness or care for the impact on the earth, the environment or even our neighboring humans. Yet we can change direction. And though our minds and technologies certainly have an important role, perhaps it is the heart's wisdom that must lead.

*It's my custom when the weather allows, to go outside first thing in the morning. My spirits always lift with the morning breeze, the songs of the bird and the early light. I have my own way of greeting the directions and the elements. One thing that I usually do is to ask for protection for the waters and to be shown if there's something that I can do to help. More and more I've been getting simple suggestions—from writing a letter, to attending a meeting or keeping a photograph of a body of water on my personal altar. The suggestions seem to come through my heart, and rather than being things I think I should do, they are things that my love of water inspire me to want to do. I've also noticed that they are things I really can do, in balance with the other realities and responsibilities of my life. I've noticed too, that as I take each simple action, my friendship with water becomes more heartfelt, more intimate.*

We need no longer feel cut off from nature, from the other beings with whom we share this earth— whether human, plant, animal, element, or stone. We can rediscover within ourselves the desire for connection, and the awareness that we are, in truth, inextricably connected to everything and everyone in our world. Simple practices of connecting can help us. As our ability to communicate from our hearts with the lives around us returns, we can find a new path. We can stop being a cancer on the Earth, and find our way in harmony with Her. We will then naturally make the choices necessary for us to restore balance in our daily lives and in our societies. We will be able to find the solutions and make the changes necessary. We won't have to wait for Earth to speak through catastrophe to regain our connection with Her.

\*\*\*

According to Don Alverto, we live in times of great transformation—more than the mind is capable of comprehending. What is it that can help us navigate these times with enjoyment and relative ease? When Don Alverto recently met with a group of the elders of his tradition, to decide what he would bring to share in May of 2009 with the people of the North, they decided not to speak of coming changes or likely upheavals; instead, they decided that the absolutely most valuable thing would be to share practices for increasing happiness and for learning how to live each moment in connection with the beings of nature—and ourselves.

For example, Don Alverto suggests that we make it a practice to bring to mind and re-enter happy memories, and to journey in our imagination to beloved places, experiencing them vividly with our five senses. Another suggested practice is to imagine and then enter the dreams of how we want our life to be, enjoying them fully and vividly in the present moment.

*I'm lying in the grass of the workshop garden in my favorite spot next to a white blooming peony, a budding rose bush and a fragrant mint plant. I let my mind relax, just holding the intention of connecting with a dream of how I want my life to be. My mind is soothed by a soft breeze and the warm sun. Suddenly, inside myself, I am in my own front yard at home in Michigan. It is the same—and yet different. It is full of magic, or rather, I have a heightened awareness of its magic. I am vibrantly aware, and enchanted with each flower, each plant, each color, each scent. I walk with excitement to greet my many plant, bird, and insect friends there. I enjoy and admire each flower. But I am equally enchanted with the wood chips and a dusty patch of bare ground, and even the plastic plant pots seem alive. I feel alert, content, happy. I need nothing. And as I continue in this experience of being in my own yard, I realize that this is one of my dearest*

**According to Don Alverto, we live in times of great transformation—more than the mind is capable of comprehending. What is it that can help us navigate these times with enjoyment and relative ease?**

*dreams—to be awake, alive, present, having the capacity to enjoy each moment fully, to enjoy whatever is around me.*

Don Alverto suggests as well that we take every opportunity to connect with the beings of nature around us, and release to them the emotions and energies that we no longer want.

*I'm in Ecuador, about a week into my trip. Somehow, I'm feeling a tension within me that I just can't shake. I'm finding it harder and harder to be present in the moment, and worries about the future are taking more and more inner space. Don Alverto reminds us to ask for help from the elements. So I have that focus the next day as we travel to bathe in the hot mineral springs of a nearby volcano. The hot water from within the mountain fills a swimming pool – deliciously warm, once it has been mixed with cold water. After a while the wind picks up, and then rain pelts us harder and harder. I lift the top part of my body out of the pool to embrace the cold raindrops, the strong wind. I ask earth, air, fire, water to take my worries—savoring being immersed in all four elements at once. The heaviness within me flows out into the water, is blown away by the wind. Gratitude naturally bubbles up in my heart again and again. The dark cloud I was under has moved on.*

Using these simple practices help us to create a climate of good feeling within ourselves. They enable us to continually maintain this wellbeing. And this inner wellbeing, in turn, makes everything easier.

So when the challenges of daily life come, as they always do, and when the huge waves of the transformations of these extraordinary times of opportunity come—these times long awaited by the elders, these times of the fulfillment of so many prophecies—when these waves come, our responses will naturally be adequate, flowing, in harmony—because we've practiced happiness, because we've grown our friendship with the elements of nature and with the beings around us.

*I am flying home from my time with Don Alverto when we hit strong turbulence, the kind that leaves your stomach on the plane's ceiling. Without thinking much about it, I recognize the presence of air and start connecting with the wind, humming and singing a love song to her. I thank her for giving me life; I appreciate her power, and remember her gentleness. I get so engrossed in the expressing, the connecting, that it's awhile before I notice that the turbulence has passed. Instead of feeling afraid, I know that the air is my friend, and her power and vitality are my own. I am not seeking to control anything—certainly not the great being that is Air. I just recognize an opportunity to connect with a friend, and the connection does take place. What might have been an experience of fear is instead a time of sweet connection.*

some

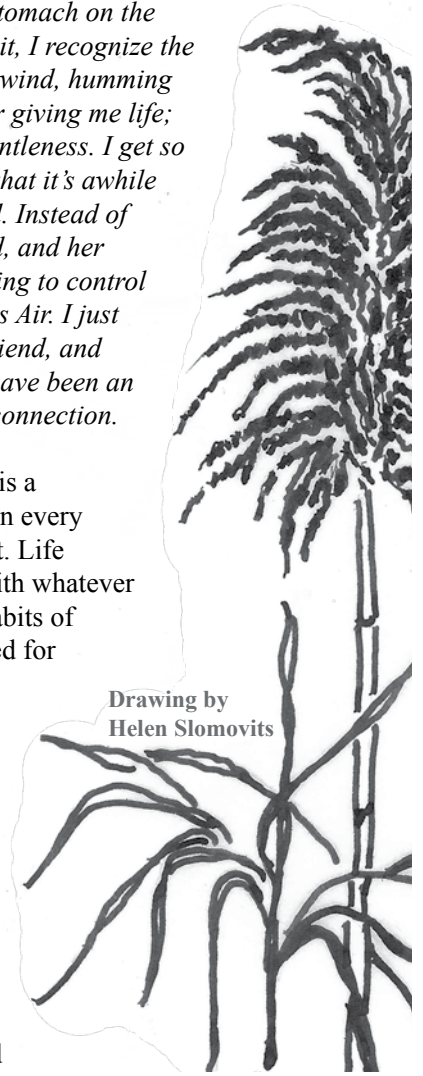
This does not happen without practice, but it is a practice full of happiness, that we can enjoy in every circumstance, in every place, in each moment. Life becomes rich, full, magical. We can move with whatever life brings us in a flowing way. The simple habits of happiness and connection that we have created for ourselves can make all the difference.

© 2009 Helen Slomovits

###

*(Helen Slomovits can be reached at 734 665-0409. Her email is: helens22@comcast.net)*

To find out more about Don Alverto Taxo, his books and CDs, workshops in the US and Ecuador, and the Loma de Ensueños land reclamation project and community in Ecuador. Visit his website at [www.ushai.com](http://www.ushai.com).



Drawing by Helen Slomovits

**BASIC PSYCH-K® WORKSHOP**  
Coming to your City


Sat & Sun, January 16 & 17 at:  
**(Place to be arranged soon)**

You've learned enough of WHAT it is and WHY it is. Now learn HOW to achieve your goals easily and effortlessly by changing long held subconscious beliefs that limit your success and well-being in a two day Basic PSYCH-K workshop!

Imagine Unleashing The Power Within You And Creating A Life That Reflects The Very Best YOU.

"The 'secret to life' is BELIEF. Rather than genes, it is our beliefs that control our lives. PSYCH-K is a simple, self-empowering process to change your beliefs and perceptions that impact your life at a cellular level."  
- Bruce Lipton, Ph.D Cellular Biologist, author of Biology of Belief

Phone sessions available.



Rita Soman, M.A.  
PSYCH-K® Instructor [www.beliefmantra.com](http://www.beliefmantra.com)

147 E. Historic Columbia River Hwy.  
Troutdale, OR 97060  
503-307-3287

Honoring All Spiritual Paths & Traditions...

*Interfaith Center for Spiritual Growth*



*Be a light unto the world*

**Come visit us in our new home!**

704 Airport Blvd.  
Ann Arbor 48108  
(off S. State St., south of I-94 and Briarwood Mall)

**734.327.0270**  
[www.interfaithspirit.org](http://www.interfaithspirit.org)