

# THAT SPACE BETWEEN

We need only to observe nature to find our path to renewal and create that 'space between'. So often we cling to what is familiar; attachment to memories, sentimental treasures, patterns of behaviour and repetitive routines that aren't necessarily in alignment with what we desire. We fill our lives and minds with ideas of what we 'think' we need and fill that empty space.

When that space is occupied, whether energetically or tangibly, we may not notice the synchronicity happening around us or see the budding aspects of ourselves.

We feel so good once we've redecorated a room, cleaned out a closet, deleted hundreds of emails or let go of the endless "to do" list in our mind.

The idea of clearing and creating space can happen within as well as without. Much like the ritual of smudging with sage, clearing our rooms of clutter or our minds of stagnant energy and outmoded thinking; we can consider it a sacred bath.

Why do we attach ourselves to "stuff"? Does it make us feel safe or secure? Is there a sense of comfort, like a pair of well-worn jeans? All the more reason to let go and allow for a spark of inspiration to propel us to new heights beyond our limitations. We can "let it go" and allow the universe to take us into a new flow or rhythm. **We feel lighter, more energized and motivated to experience life in a new way.**

We can see this concept in action globally, as age-old institutions and structures are crumbling as they lack a sound foundation. Those who cling to outdated modes and patterns feel unsteady and lack direction. Others, who are able to surf the waves of change, feel exhilarated, waiting for the next swell to ride with confidence.

Nature takes us through an endless rhythm of change, death...rebirth. We, too, must recreate ourselves, be willing to release what no longer serves us in order to make way for new perspectives and opportunities. **Making space allows for the pause, the quiet moment, the exhale to make room for another rich breath.**

Liberation from attachment can allow for inspired encounters to enrich our lives, our surroundings and our life experience.

*Liberty Harakas is the Owner of Lobelia's Lair Metaphysical Treasures and an Intuitive Counsellor for over 25 years. Drop in or call 250-753-5440.*



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