

## January 2011 – Let's Talk About Faith

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### News & Updates

**Call for volunteers!** We need your help to make our summer events at the Gardens a success. Volunteers are needed for marketing, staffing the events, and gardening. Please write or call; we need you!

### The Role of Faith in Relationships

Hi everyone,

I hope you had very good holidays and are enjoying 2011. Can you believe January is almost over?

In my last few newsletters, I've written about the role of compassion in improving your relationships. Compassion is the all-seeing gaze that enables you to understand where another person is coming from—what motivates their thoughts and actions; what lies behind their ways of relating to people and to the world. Compassion dispels the illusion of separation between people.

This month I'd like to talk about the role of faith. Like compassion, faith is an extremely powerful tool for transforming your entire life. Faith is the knowledge that each of us exists here in perfect union with our higher selves—or God—or whatever you want to call it. A belief that is limiting or blinding, filled with judgement of others, has nothing to do with true faith. Beliefs like this are prisons and further the illusion of separation between people, or between people and the divine.

The nature of our soul is not accurately or fully represented by the situations we are busy handling during this incarnation. To boot, at the moment of incarnation, we experience a separation from heaven that is basically the root of all of suffering we create for ourselves here on earth.

That's where faith comes in really handy. Faith is the knowledge that there is no separation between us and others, between us and the eternal. Thus, with faith, **everything** is easier. Peace fills your heart. Right thought and action become habitual. Anxiety, doubt and fear have a much more difficult time making a nest in your mind.

Faith is known as a grace or gift from God for a reason. It's our very own superpower, in fact, because it catapults our spiritual growth right into the stratosphere! Faith is the tether to your higher self that enables you to negotiate the complex world of human relations without getting consumed by daily dramas, selfishness, ego, etc. Faith helps you get out of the cycle of repeating the mistakes you've made many times over.

Faith is available to everyone. When used consciously, it is one of the most powerful tools we have. Some people by nature have strong faith; some are brought to faith via the circumstances of their life paths. Some people have little faith but would like some. Regardless of how you have come to faith, it is important to cultivate it and nourish it, just like you do any other discipline. The benefits are tremendous: basically, your earthly troubles don't affect your inner core, which remains balanced, confident, and sure of who you are and your purpose in life.

In your inner life: focus upon Faith in your prayers / meditation. Express thanks for this ultimate gift. Take a few breaths, enjoying the freedom that Faith gives you to transcend the daily ups

and downs of life. Ask your angels and guides to help you cultivate your Faith with right thought and action at all times.

In your outer life: practice applying Faith during all interactions with others, whether the interactions appear significant or insignificant to you. The more you rely on Faith to help you out, the better. This doesn't make you weak or unrealistic or dependent upon a crutch. In fact, it's completely the opposite. Practice invoking your superpower before you are tempted to scream at your kids or partner, or before you feel yourself succumbing to road rage or despair and frustration about your finances, health, career or love life. The more you practice this active meditation, the easier the habit becomes. The problems and karma you're dealing with are all part and parcel of the education you've chosen for yourself this lifetime. What are the lessons? How can you comport yourself in a way that fosters amity, togetherness, and love?

Peace and blessings,  
Kelly Tait

Volunteers needed for the summer festival season at the Priddis Valley Gardens!  
What better way to put some spring in your step than to help out with all the fun at the Gardens this summer! We need volunteers for gardening, marketing, and staffing the events. Free event admission for volunteers! Interested in hosting a workshop at the Gardens? We offer classes in tarot, iron-smithing, basket-weaving, gardening art and more. Add yours to the list of great stuff going on at the Priddis Valley Gardens in Summer 2011.