

Small Talk – June 4 2021
By Michael Small

There is a purity at birth, a new being emerges, a vulnerable child discovering the magic of life in every moment. Hands, feet, fingers reaching out – eyes opening to new sights, and ears to new sounds, skin to new sensation. Though appearing to be unknowing, a blank slate – I would argue that this new child is filled with ancient wisdom that has been passed down through generations. The origin of this wisdom and knowledge comes from the source of all life the Divine that connects one to the rhythms of the universe.

The task for the child, for parents, family, in fact for the whole village is to unlock this wisdom and knowledge. It is to nurture the child on the path of discovering who she or he is meant to be. Ultimately it is to set our children free.

But along the way that child is instead taught to conform to the ways of the world. Worse yet, a child is taught to fear that which is different, strange, unfamiliar. The child is taught to trust its community, its tribe and to be suspicious of other tribes. And there are times when the child's natural curiosity is diminished, and the child is no longer allowed to ask the hard questions. There was a child who had the gift of seeing the vibrational and colorful aura's around each person she saw. It was just natural, and she thought everyone saw what she saw. She proudly pronounced to her mother, "Oh – there is a purple person – oh that one is green . . ." Her mother responded, "Don't be silly, there are no purple or green people." Consistently she was criticized and put down for her observations. After a while, because of the shame, she stopped seeing auras.

Though not intentional, but sometimes out of fear that child who is born to be free and expansive is bound up and burdened down with what she or he should believe to be true. Conformity to the norms and expectations of family, culture, and society weigh one down until it feels like a heavy backpack being carried through life. These burdens cause one to be less nimble, lacking creativity and spontaneity. They do what they must do, simply to survive. The color and vibrancy are dimmed.

It is not surprising that Jesus says to his disciples "Come to me, all you who labor and carry heavy burdens, and I will give you rest. Take my yoke upon your shoulders, and learn from me, for I am gentle and humble of heart. Here you will find rest for your souls, for my yoke is easy and my burden is light."¹

As we grow, age, and mature part of our task is to discard the shackles that have bound us up over the many years and without apology set aside learnings that no longer are life giving. We give over our burdens to another, we let go of what holds us back and

¹ Matthew 11:28-30, from Priests for Equality. The Inclusive Bible . Sheed & Ward. Kindle Edition.

down. I would invite each of us to rediscover, reclaim, the wisdom of that child who emerged from the womb and who was ready to jump into life without fear or hesitation. In earlier years I did some backpacking in the high Cascades of Northern Washington and British Columbia. I would carry 50 + pounds of supplies. At the end of the day when I took that backpack off it was as if I could fly – I let go of my burdens. At the center of each of us, at the core of our being dwells the Divine. She is calling each of us to embrace her and let her break free that we might become all that we are intended to be.

I would invite each of us to lay our burdens down. Breathe in . . . Breathe out! Move from predictability, conformity, and fear to the places of true joy and love. Unfold. Become that which you have always intended to be. Banish all the stories of unworthiness. Reignite and rediscover your connection to the universe – we all are related and tied together in divine, creative, and life-giving energy and purpose.

I leave you with this question, a question or task recently given to me. “Who do you love yourself to be.” We all know that at the center, it is love. Love yourself to be!

In the spirit and agape love of Jesus, Michael

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