



January, 2017

Unity Church of Winston Salem
by Rev. Elizabeth C. Forrest

January 2017 is at last here. Now that the election is over, hopefully the chaos will begin to settle down. We can all use a break from the chaotic energy of the past year. Thank goodness my sister invited me to take a few days off and go to a resort with her in West Virginia. The date will be January 19th through the 21st. We can take our attention away from the activities of the outer world and enjoy the fun of each other's company.

Wednesday after packing I became very restless, finally getting to bed at 2 AM, drifting off to sleep around 3 AM. At 6 o'clock it was time to get ready to start the trip. The resort was magnificent! I felt so blessed to be with my sister in such a beautiful place. As the day was soon drifting into the night my body was longing for a peaceful relaxing rest. What a surprise to realize I was still awake at 3 AM. Was it because today would have been my son's 50th birthday or maybe because of all the energy around today's inauguration of the President Elect? There is so much emotional intensity involved in today's event. I began to feel the heaviness of a dark cloud of division/separation and strife. While sitting in a beautiful wing back chair, my eyes closed and within a few moments my mind and body began to relax. The heaviness of the cloud of darkness lifted. A gentle sweet sense of peace seems to move from my heart and fills my whole body. There was an awareness of not being alone. The TRUTH is, we are never alone. The Divine is present with us always, even when we are not aware of it and....ALL IS WELL.

Humanity is entering into a time of great change in 2017, and we are to play our part in this great transformation of the world. The outer world has been showing up as full of separation and unrest. The words come to mind "as within so without". Our attitudes and feelings affect the world around us. Yet, it seems so hard to be at peace when things aren't going my way...but maybe, just maybe my way might not be the best way. This year, 2017, may just be a test for everyone to look at ourselves and see the truth of who we are. Jesus asks, it is easy to love those who love you but can you love those who seem unlovable? Can you respect others as you like to be respected? Can you do unto others as you would have them do unto you? I recognize that humanity is being called out of a world of separation and strife into a world of peace and love. That world can only manifest from the inside out. When we learn to live in peace the inner will reflect the outer. We can no longer have the luxury of self-centeredness, greed, division and strife! It's time for change to take place in us and in the world! We are the ones we have been looking for. May we be strong enough to turn loose of fear and judgement. We are all in this together! Let the change begin within.

Peace & Blessings
Reverend Elizabeth