



Unity Church of Winston Salem

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January 2018: The Melody of Life

The coming of the New Year has ushered in sub-zero temperatures and gentle falling snow. Shortly we will feel the warm rays of sunlight bringing warmth back to the earth. Along with the beauty of the change of each day brings an ebb and flow of a gentle unseen energy that seems to be opening a doorway to a new awareness.

The day and night's usual patterns of light and darkness feel slightly different to me. The sky seems bluer, the days sweeter. The nights are magical as the starlight and moonlight dance like diamonds and fairies across the frozen lawn.

Today I found myself awakening to a melody that I've heard somewhere in the very distant past. It feels like this melody has always been playing, yet seldom noticed.

The melody gently fills my awareness, taking me beyond words. It elevates me to a place where I see beauty and meaning in my daily routine. What used to be routine becomes amazing. I now see it is an honor and a privilege to walk the dog at 2:00 AM, to take out the trash or sweep the floor...as I rest in the melody of the moment.

I have no idea how to put into words what I've experienced or if it will be lasting or just fade away with the passing of time. The melody gifted me with an awareness of multiple levels of consciousness and at the same time I was seeing the outer world from an inner place of total peace. The melody has a living, breathing aliveness about it. Moving me away from judgement, friction and stress...and at the same time taking me to a place of beauty and peace. As I hold the remembrance of those moments in my heart and mind, I found a deep desire to rest in that state of peace forever. I want to be able to offer this same experience to you.

As the words from my fingertips flow onto the screen of my iPad, I realize the gift of life has been given to all of us. The melody is the vibration of all creation. It fills all space, both inner and outer. All I can offer you is to say that I have experienced the melody of peace and joy from a deep level of my soul. The angels sang of this experience so beautifully on the dark night when Jesus Christ was born. "Joy to the World, Peace on Earth and Good Will to all Humanity!"

So when you hear the melody of life (the music of the spheres), listen to the melody, for you too are an angel, a "Messenger." You can now put words to the melody of life and sing the song of peace, love, and joy to all that is in "your" world.

May we rest in the melody of the beauty of life.

Love, Peace & Blessings,

Reverend Elizabeth