



**Unity Church of Winston Salem**  
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## **October 2017: Dancing in the Oneness of Life**

As I sit at the kitchen table drinking my morning cup of coffee, the sound of the wind began to blow through the trees. It felt to me that the air was longing to speak and the trees became its vocal chords. Joy filled my heart as I saw the trees dancing in the music of the wind. The leaves in turn set sail in their own dance. It was as if Mother Nature was saying to me, "Come celebrate in the dance of the changing season. Turn loose of what you think you need to do. Release all the things you've been clinging to and dance with us in the cool morning air!" I couldn't resist the invitation and I left my cup of coffee on the table and walked out the back door. My shoes seemed to automatically slip off my feet...like they do so often at the Sunday morning services. Yes, I was standing barefoot on "Holy Ground!" I found myself closing my eyes and lifting my hands towards the sky. The wind blew harder and it seemed as if it was moving through my whole body. Pure love seemed to be swirling around me.

As the playful and fun embrace of the wind danced around me I became aware of the earth that supported me, the water in the ponds nearby and the fire energy dancing in the golden rays of the early morning sun. A marvelous feeling of being calm, safe, secure and grounded within Mother Earth washed over me. My whole being began to slowly move as I danced with the very Source of the Oneness of Life. What a wonderful world!

In that moment there was no awareness of anything except the magnificence of life. This was not a new feeling, there was something very familiar about it. A feeling of being in the moment but at the same time, a memory from the ancient past. A feeling of being without form, yet being all forms. In one flash I seemed to melt into the beginning that had no beginning and the ending without an ending. Wow! What a gift we have all been given! This danced called LIFE!

Maybe you too have been hearing the call of Mother Nature in your own way. The sunlight dancing through the brightly colored leaves or the sparkling colors of light dancing across a pond or stream. In that moment maybe you too will choose to let go of what you think is so important. Set the phone or tablet aside for a moment, leave your to-do list on the table. Slip off your shoes and go enjoy the dance that is within your soul on a cool autumn day and go outside and be with Mother Nature.

We are never too young or too old to let our soul Dance in the Oneness and Joy of Life. For we are One with all there is. Just take the time to **REMEMBER!**

**Peace & Blessings,**  
*Reverend Elizabeth*