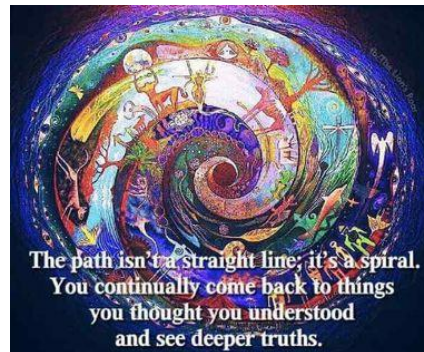


# Spirals

By Lisa Browning

I've been hearing a lot about spirals in the last few days. I've talked about it before, although I'm not sure I've ever used the term "spirals." But after last week's dark night of the soul, I started thinking about it again.

I received the following meme from a friend:

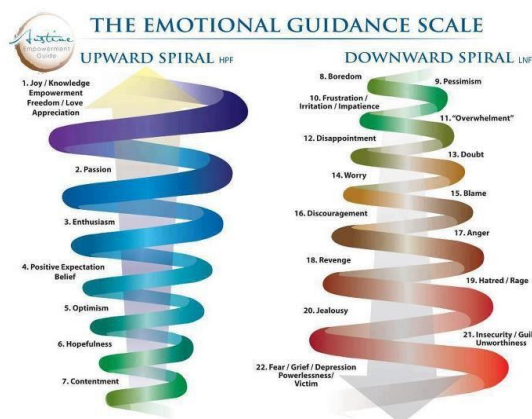


And I get that. I've always said that Creator/Spirit/God keeps trying to teach us what we need to learn, and if we don't listen, the messages get louder and louder. From a spiral point of view, we go deeper and deeper.

This happened to me last week. I won't go into the details because they're really not relevant at this point. However, I did take a really hard look at why those dark nights of the soul were happening so often. It was frustrating because, each time, I thought I had figured it out!

I looked at Joanna Macy's writing about spirals, the Emotional Guidance Scale by Abraham-Hicks, and several different variations of spirals as they relate to emotions and the spiritual/healing journey.

Nothing made sense, until very early this morning. I realized that I was looking at the spiral from a perspective that wasn't particularly helpful. Something more like this:



And I couldn't figure out how to get from the downward trend to the upward trend. (Yes, this is the type of thing I think about first thing in the morning!!)

And then it hit me. The two are not separate. The spiral is more circular, just like the first image above. And only we can decide when we want to get out. When we have learned what we need to learn.

Tony Robbins once said that we all reach a point where we realize that enough is enough. When we know with absolute certainty that things are going to be different. He happened to be on Oprah's Super Soul Sunday yesterday, and although I'd seen that particular episode before, I was compelled to watch it again. This time, that particular comment spoke volumes to me. My catalyst was the concept of love. Self-love, to be more specific.

In the process of trying to figure out the latest period of darkness last week, I had written the following on my facebook page:

*As I sat in my living room this morning, I had a conversation with Spirit. Well, I talked! I said that I love my daughter and my grandchildren more than anything in this world, that I love my work ... and then it hit me. I love my LIFE.*

All good. But something was missing. A friend replied to my post by saying something so simple, but so very profound:

*And most of all you love you!!*

Wow. I had missed that!

So, back to this morning. It was probably the first time, ever, that I have said "I love you" to myself and actually meant it.

So here's the amazing thing ....

I looked over at the wall right beside my bed, and was stunned to see this particular spiral:



It's been there for years, ever since I moved into this house. I bought it because of the butterflies, not because it was a spiral. But there it was.

Self-love is my answer (and what a perfect theme for the month in which Valentine's Day falls).

There is a space at the top/end of the spiral, and I plan to put the following photo there, together with the words "You are loved" ... as a symbol of my commitment to self-love:



I am not positive, because the photo is so small, but it appears that there are both butterflies and hearts on my sleeper!

No coincidences.