

Messages from Maggie Day 3: Healing from sadness

Seema: What can we do when we find ourselves feeling a sense of heaviness and sadness? And perhaps even feeling feelings of depression—just feeling a sense of no desire to do anything at all; just feeling very overwhelmed with what seems to be going on within the world, or within our family, or within ourselves? How can we find peace in this experience? How can we move towards healing?

Maggie: All emotions and feelings that feel uncomfortable can be powerful agents for healing if you understand the art of how to work with them. I am helping you to be master alchemists that would transform lead into gold—something that is heavy, a metal, turned into something that is shiny and precious.

When you feel sad, when you feel heavy, you often judge yourself and somehow make yourself wrong for feeling whatever it is you're feeling. And so, what could've been an opportunity to allow something to come up for healing, a cloud passing through the sky, trusting that the sun eventually will come out—the cloud will pass, the sky will remain the sky—instead of seeing it this way it becomes heavier. And so, it is not the sadness that is really the problem. It is your interpretation of the sadness—your judgment that you lay upon yourself. “I shouldn't feel this way. Why am I this way? What's going on? What do I have to fix? What do I have to change? What am I doing wrong?” Or perhaps what someone else is doing wrong, and what someone else has to change.

This doesn't deny that perhaps there are action steps to be taken. But first let yourself honor whatever is moving through you. It is sadness. It feels heavy. Just be with that. Become present to it. Does it have a color? Where is the sensation in your body? Just observe it—being with allowing, holding space for this.

What you are really asking for is love, not judgment. Can you offer yourself love? Can you hold the sadness in love? What is it asking of you? What do you need to comfort yourself? Perhaps some rest; perhaps some quiet; perhaps a warm beverage or a nice shower or a warm bath; curling up with a movie or a book; connecting with a friend where you feel safe to express; a walk; movement; cleaning a corner that has been unattended.

In the higher dimensions we never judge anything that's going on in black or white. We see everything as a whole, working together for the greatest good. So, sadness too is part of that—a call for love, a desire perhaps to slow down—slowing you down so you can breathe. So you can watch the raindrops as they fall on the windowpane, slowly;

putting each step in front of the other as you walk—just being. No need to rush; no need to get anything done; no need to do. Just allow.

What is this sadness about? What is my heart asking for? What am I longing for? And it will always be some form of love and comfort—a desire to connect to the love within, to the love you seek outside; the bridges that you want to build; the bridges that you want to form with others. The answer to sadness is a gentle loving acceptance. Allowing it to move through you. Trusting it has a purpose. Trusting that if you give it space it will reveal the message that is there for you to hear. Sadness is not an enemy you have to conquer or pretend it's not there or push away. Sadness is a friend—asking for love. You are so worthy of this love. The love of the Beloved that is always there ready to embrace you—ready to comfort you and soothe you.

So let yourself breathe through the sadness. The heart is opening. There can be tears. There can be growing pains. On so many levels, you are all opening in so many ways—new forms, new structures, new ways to be. There can be grief. There can be loss that must be mourned - a dying to the old, a sense of emptying. Yet it is not barren. It is being emptied for the love and the light and all the gardens of green and flowers and trees to be planted. The fullness that is there for you as you allow the grief to move through. Invite Me in. Invite your guides in to walk with you. Know that the sadness may feel dark and heavy and even black as if there is no end to this—no light; a bottomless pit that you will just keep falling and falling. Yet call upon us to be with you and we will walk with you each step showing you (that) you are not alone.

We are here to help you. We are joined with you in this mighty purpose of willingness to go through this darkness into the light. We love you. We adore you. You are blessed.

Namaste