

The Regulars

Part One

I've attended weekend retreats with Charles for eight years. For the first year and a half I was attending every other month. Then for five years I attended the retreats every month. I became known as a 'regular.'

There were a number of regulars at the retreat; let's say about eight. You could expect to see these people each month. The other ten people in the retreat varied and they attended sporadically.

Some things happened to me by being a regular. I was more connected to the people who also came regularly. Their sharing quickly moved me deeper. It was more visceral to share each month with the other regulars. We witnessed each others, and our own, progress every month; the ups and downs of opening and then more to release and opening deeper and more to release.

There is a bravery in attending the retreats every month. There was no slacking off for months. We were accountable every month for three straight days. In three straight days, we 'cooked.' Being in the energy of sharing, listening, opening, breathing, crying and laughing is like being baked; altered through the fire of experience. This pushed up much in each person. As people moved through and released emotions and limiting thought patterns, everyone was emboldened. It's contagious and outrageous.

As more comes up that binds us, limits us and frustrates us, a story comes with these feelings. As long as we listen to the story, we're in distress. By going to retreats every month, we're reporting what's going on each month; and not able to stay stuck in a story for very long.

The layers fly off, or are ripped off, very regularly when a person is a regular. The flying off happens when we're open and ready to release that which doesn't serve us. The ripping off is when we have resistance or when we're caught in the story. As people open, release, deepen and connect more fully as their Authentic Self, it's contagious. The more this happens, the more it's possible for it to happen for everyone.

Part Two:

The Thursday group has been meeting for more than four years. For over a year, the group has been blessed with a band of regulars. These people will be at 90% of the meetings. They're inspiring each other. This inspiration is automatic; just as inhaling your next breath is automatic.

We're blessed to be helped by each other and to help each other. How? By opening to what is in us. Opening deeper and opening frequently. At the root or at the core of us is God, peace, love, happiness, fulfillment, contentment and joy.

If you come regularly and work on yourself (breathe, be kind to yourself, come closer to what's uncomfortable, open, release, write and deeply connect), mountains of old limiting patterns will begin to dissolve. It took a long time for these thought patterns and emotions to become established. These patterns rarely leave in an instant.

God bless the regulars. The work is hard. The work is vastly rewarding. What does the work boil down to? Surrender, listen to our Inner Guidance, and live our lives from being guided by the voice of our soul; guided from a drop of pure God.