

***Being Held in Loving Community:  
Staying in the Light in a World of Instability  
Month #3***

Interview with Mirabai Devi

***You spoke last month about the polarization of Light and Dark on our planet. Can you share more about that?***

As I mentioned, we as humanity are now moving into an awakening period. We are now in a very concentrated time of awakening. It's not easy because there's a lot of pressure on us to wake up through complex and unpleasant circumstances. We are being pushed to wake up. It's a time we've been waiting for, and the purpose is to get to the other side for a world filled with more Light.

Knowing there is a polarization of dark and light on the planet at this time, it's important during this time that we come together as One in community.

There are many types of communities, for example we have communities in cities and towns, states and countries, work and job communities, spiritual and religious communities, and more. For the purpose of this month's topic we will be using a spiritual community as our focus and discussion point.

***Can you expand on the aspect of community?***

I've recently heard Maryann Williams describing our community much like that of our own body cells. Our body functions well when we have healthy cells and organisms working together. But if even one of our body cells breaks off and goes renegade then it can grow into becoming part of a cancerous cell.

This is a great example of how our external communities work. A healthy community gathers together for education, for love, upliftment, healing, support, reminders of who we are, reminders of what our purpose is at this time on earth, to be of service to each other, and more.

A spiritual community model is such that we all come together and barter for services, where we gift our economy. A great example is a festival

where thousands of people come together and exchange yoga classes, meditations, music, and more.

It's much like a tribal community where each person shows up and brings their gifts to offer to others. There may have been kings, queens or princesses but everyone had a contribution to make. There wasn't an exploitation of using animals or other living beings. Everyone was happy with the exchange of each other's gifts.

But if even one person branches off it impacts the whole much like our cells in our body.

**We are now in a model of separation in our society. Can you share about this and how it impacts our existing communities?**

As time progressed it became about me, mine and my family rather than we, us and the collective tribe. The model of separation is about stepping away from Unity. It's about families breaking off without communication, it's about putting our elderly in nursing homes rather than caring for them in a tribal way where they are at home and surrounded by loved ones, and it's about growing up in a highly competitive and separate society as children are trying to prove themselves and seek approval. It's about speaking to our immediate families once or twice a year rather than daily and about putting children in orphanages to be adopted rather than the tribe caring for the young in a community setting.

It's about allowing our children to be sold for slavery, street children living on the streets and being used for prostitution, prisons are filled to maximum capacity because current economics are insufficient to support our populations. Unemployment is on the rise like we've never seen before.

All of what I've described is a model of survival of the fittest, an animalistic fight for survival. The world has gone insane. And more and more people are giving up hope.

The inequality and gap between the rich and the poor is so vast that it's seemingly impossible to close that gap. Without food, shelter and money we cannot survive. This is why people are hopeless and the fear is running

high.

### **When people have given up hope how do we restore hope?**

All of these things have been brewing for a long time, it's just been hidden. But we have to remember that the Light is behind all of this. Operating in the Divine Will will allow us to live in peace and harmony. It's the best way to stay out of the madness that's around us.

The hope comes when we rip the band aid off and see the trauma of the wound underneath. We recognize and see all the hurt and injury that has been caused by humanity. We see the decades and centuries of ugliness and the traumas that our ancestors experienced. We witness the injuries that were caused which have molded our current society. And we become aware of our own actions and how they impact others.

The hope comes now when we step into community and join together to heal these wounds. When we come together in a spiritual community we have a place where we can be held and supported.

Restoring hope occurs in communities that live in the Light and can hold the frequency of love. This is the reason why I started this membership program was to bring people together in community.

In a loving community we have the ability to grow in our faith, in our ability to grow with the Light, to grow in our relationships each other, to grow with Nature, and to honor Nature and live with Nature.

In a loving community we can take refuge in being of service to each other, to come together in satsang, which is coming together for the purpose of being in truth, to come together to give back to the Earth. This can be called a tribe of souls.

When we are in community with our "Soul Tribe" we have the capacity to grow into Who We Are. It becomes a place where we can gently experience a greater depth of self-awareness and self-responsibility. It is a place where we can in the reflection of others and in relationship with others we can see our own wounds within ourselves. It is a place where we can feel embraced and supported as we dig more deeply into these traumas and wounds.

Another aspect of this is that we must remember that death is not real, it's all an illusion. We are just moving from one embodiment to another and life is transient. What we fear the most or the worst that can happen to us is our own death. But the most important thing to remember is that we are an eternal spirit and that we are refining our lessons through being here. This can be considered part of our self-awareness process.

When we take self-responsibility and work on our lessons, ultimately it's giving us the opportunity to self-realize. It's vital to do self-enquiry and meditation practices to see our own wounds.

We are moving through a tough time but on the other side we will come out into a more awakened cycle, hopefully with greater spiritual leadership and wiser political leadership. We will be in time of greater Light. We are going through this for a purpose.

This unstable time on earth is really a blessing so we can focus on our own growth and self-awareness. We are being given a gift to go within and delve more deeply into our self-awareness and self-discovery.

### **What is the Soul's journey on being here? Why are we here at this time?**

It's to bring in the Light and to bring those home to the Light. And to create greater peace in the world. We are all here to experience a spiritual awakening. The darkness is great fodder for awakening. It is through the darkness that we awaken into the Light.

The soul chooses to experience both the Light and the Dark to better know Who We Are. We make thousands of choices over thousands of lifetimes

This is why community is so important. Our friends and loved ones here to help us maneuver through the times pain and challenges as well as joy and celebration. They are able to point out our unconscious patterns when we cannot see them. We don't always listen but it's important to have the support structure to guide us beyond our own blind spots.