

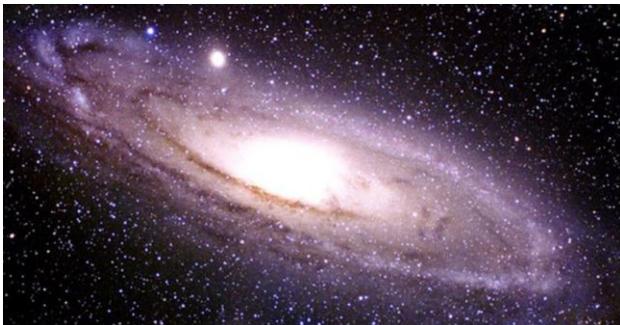


Spiritual Resilience: The Secret Is In The Stars!

Hello everyone. A personal update for you . . . as most of you know, Elizabeth Davidson and I separated in March of this year. It's been a challenging time with many lessons and reflections, but all in all, I believe I'm becoming a better man for it. (Not that I was a lesser man before we separated mind you). *BigVJSmile* As painful a process as it's been, and as much as I've wanted to close to the possibility of relationship, I'm choosing to keep my heart open. As the previous chapter of my life closes, I intend on having the next chapter open to love and life-long sharing with a mate.

I'd also like to update you about our community participation before we dive into this month's article. The good news is that after requesting more reader feedback a few more members than usual posted comments on our blog page, (thank you to those who took the time to do so). The not so good news is that the percentage of members opening the Newsletter dropped from 50% in July to 40% in August *after* I made my request. While these are only numbers, they represent a trend I must pay attention to. As I've said before, I'll keep sharing my work regardless of the reception I get. At the same time, it's challenging to write in a vacuum because without understanding what's valuable to my readers it's difficult to know what interests them.

The whole reason I'm hosting the *TWS* website and publishing monthly content is to offer additional guidance to those who've read my book, *Travelers Within*, as well as to provide support to those who are interested in accelerating their personal and spiritual development. To this end, I'll be personally reaching out to all our subscribers in the next few weeks asking for their alignment and participation. Regardless, however, I will keep pointing to the light of Spirit and the warmth of Humanity. This is so for me because the Energy of Life and the Power of Creation regenerates itself anew moment-by-moment. They also have no trouble emanating their contributions into the vacuous expanse of space without any external encouragement . . . which brings me to this month's topic, *Spiritual Resilience: The Secret Is In The Stars!* Check out this familiar childhood poem and then shine on into the article my stellar brothers and sisters. ~ Val Jon

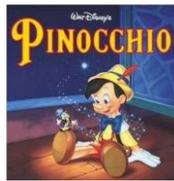


***When you wish upon a star
Makes no difference who you are
Anything your heart desires
Will come to you***

***If your heart is in your dream
No request is too extreme
When you wish upon a star
As dreamers do***

***Like a bolt out of the blue
Fate steps in and sees you through
When you wish upon a star
Your dreams come true***

Lyrics from "Pinocchio" – Walt Disney Productions
Music and lyrics by Leigh Harline and Ned Washington
Performed by Cliff Edwards as Jiminy Cricket.



"Like a bolt out of the blue fate steps in and sees you through" This is a powerful statement and a universal truth with wise implications existing far beyond the scope of a childish nursery rhyme.

Astrolatry, (star worship) is the practice of recognizing stars and other heavenly bodies as being sacred deities and omnipotent sources of energy rather than mere celestial objects. The most common instances of this far-reaching practice pertains to the omnipotence assigned to Sun and Moon gods in polytheistic systems of theology. Star worship has a history stretching far into the distant past, perhaps as far as the advent of the first human beings to gaze up at the heavens. Ancient cultures such as the Egyptians, Babylonians, Greeks, and Mesoamericans studied, mapped, and worshipped the Sun, Moon, Venus, Mars, and Neptune, and even extending their observational worship father out into the cosmos to include asteroids, comets, and galaxy clusters. How wonderful to know that Walt Disney's "star wishing" was recognized and practiced by so many of our distant ancestors from around the world.



Cosmogogenesis and The Omega Point

Another term for star worship is “Cosmogogenesis.” Pierre Teilhard de Chardin, the renowned Jesuit priest-theologian, geologist, and paleontologist pioneered this genre of cosmic investigation in the late 1800s. Teilhard envisaged an irreversible ascent through man's collective efforts materially and mentally to reach what he called the “Omega Point.” For Teilhard, the Omega was the cosmic apex, the Christ who was the Spirit of the Earth. His metaphysical view was that the cosmos is a sacred holistic entity *in process* and that by recognizing it and gleaning wisdom from its celestial presence we open ourselves to expansive ways of living and loving. (By “*in-process*” I believe what Teilhard meant was that rather than the universe being static and frozen in time it evolves, expands, and contracts. Now, centuries later, science has proven him right, (and Einstein wrong) that indeed the universe is dynamic rather than static. The field of Astronomy has shown us through the lenses of powerful telescopes that the universe is rapidly expanding and as a result, all the galaxies within its expanse are flying away from each another at light speed.

So what galactic wisdom was Teilhard pointing to exactly? And how could distant celestial bodies pertain to our everyday lives? As with all investigations, one must explore beyond the obvious, be willing to discover hidden secrets, and open to insights previously unthinkable. Let's start with three simple correlations about the universal forces of Gravity, Momentum and Solar Energy.



Gravity is the force of attraction that holds all the celestial bodies in our universe together in proximity to one another. This cosmological force can be correlated to the power of “love” on a human scale. Consider the way our “family” of planets revolve around the Sun. The gravity of the Sun keeps the Earth (and all the planets) in a specific orbital path, the perfect distance from its blazing nexus so that we don't incinerate or freeze to death. The Sun's enduring attraction, (four billion years so far) ensures the sustainability of life on our planet and is probably the closest thing to “unconditional love” we will ever witness. The key wisdom to glean here is not just about Gravity's enduring attractive force, but how it ensures the balance between nurturing and destroying life.

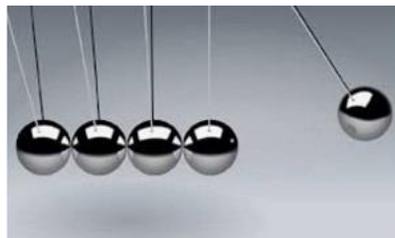
To bring this universal wisdom down to Earth let's consider our human need for healthy emotional boundaries. As I've said, all the celestial bodies in our solar system have very specific orbital paths, or what I call “relational boundaries.” If any of their paths suddenly changed it would spell disaster for us in the form of ecological upheaval, catastrophic collisions, or orbital displacements. Let's take these three boundary issues one at a time and explore how they correlate to our human emotions and specifically to our personal relationships.

“Upheaval” correlates to emotional upsets. Imagine the Moon's orbit devolving into a much more extreme elliptical path. As it comes close to the Earth, the oceans become tempest seas, massive swells and troughs pound the shores and destroy everything in their wake. And when the Moon then orbits far from the Earth, the ocean tides cease to exist, disrupting the underwater ecosystems and threatening all sea life. When we fail to pay attention to the emotional boundaries within ourselves and of our partners by perhaps intruding too close to, (or far away from) their vulnerability threshold, a similar outcome occurs inside the “ocean of their psyche.” When this occurs we very often feel imposed upon, violated, devalued or neglected.

“Collisions” correlate to interpersonal conflict. Upheavals are “close calls,” whereas collisions are actual impacts. These happen when our level of frustration elevates with a partner and rather than dealing responsibly with the “pull” to react negatively, we carelessly act out either by becoming aggressive or by emotionally withdrawing. The practice here is to balance our level of care with our degree of frustration. When we ignore this orbital balance and allow our anger to become greater than our care it results in a nasty collision. Lesson . . . never let your anger exceed your care.

“Displacement” correlates to withdrawal or permanent separation. This outcome is the most detrimental of all. I’m not just referring to stretches of withdrawal from one’s partner, but the inner emotional shift away from loving them because of a series of unaddressed upheavals and collisions. (This is exactly what happened with Elizabeth and I. Had I acted on my own celestial advice sooner and taken a stand for resolving the cumulative hurts building up between us, perhaps we could have saved our relationship or minimally parted as friends.) Lesson learned for me.

As you can see, without paying close attention to our emotional boundaries and balancing our reactions and responses we can easily fall into these detrimental conditions. But how do we balance the Gravity of love? There must be another factor to take into account to do the actual balancing, yes? This brings us to the second correlation of “Momentum.”



Momentum is the velocity or speed with which heavenly bodies travel through space. The balance to attend to here is between the speed of a celestial object and the force of Gravity acting upon it. The relationship between Momentum and Gravity is what determines a planet’s orbital balance. If the force of Gravity, (the love we give and receive) is greater than the Momentum we’ve brought to bear, (the speed with which we get involved or velocity of our emotional decisions) it results in upsets, arguments, and misunderstandings. The other outcome this imbalance produces is dysfunctional codependence. Imagine the Moon spiraling into the Earth because it becomes obsessed with its beautiful blue-green oceans and you will get the idea of this Momentum imbalance.

On the other hand, if our Momentum, (either the speed or intensity of our actions) is greater than the Gravity of love that exists between us and another, we can be flung out of “relationship orbit” and find ourselves drifting in the deep space of withdrawal, isolation, or as I described above, the collapse of a relationship. A perfect example of this imbalance is moving too fast into trusting someone before we’ve determined their trustworthiness, or pushing our agenda on another in which they feel their needs are being ignored. It has been said that “timing is everything,” and there is truth in it to be sure. When the “speed of our need” becomes greater than the “action of our attraction” we open ourselves to detrimental consequences.



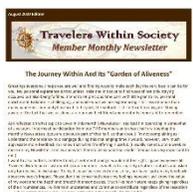
Solar Energy is the third (and perhaps most important) correlation I want to illuminate in this article. The light and warmth our Sun generates is the result of fusion, a stellar process not unlike how we humans generate love, enthusiasm, and well-being. The essential wisdom to glean about solar energy is regarding its self-generative capabilities. Stars don't rely on anything outside of themselves to keep emanating their light and warmth, they are essentially self-reliant. In other words, they have everything they need within themselves to keep shining on . . . and they do so into empty space without any encouragement, appreciation, or reciprocation. You'll never find a star taking the position that it will only shine its light and warmth if it's appreciated or recognized. (I know stars are not sentient entities but I believe the principle of self-generation still applies in this case.)

The Sun shines its loving rays upon us no matter what the circumstances here on Earth are. It doesn't matter if we are destroying ourselves, polluting the planet, committing the cruelest atrocities, or completely taking sunlight and warmth for granted . . . regardless of our attitude, the Sun keeps shining. To be clear, while it's wonderfully poetic to consider ourselves to be celestial bodies, we humans are not inorganic star constellations. For this reason, it must be understood that the notion of unconditionally shining our love into a vacuum requires clarification. The "love" I believe we must keep shining on regardless of the circumstances has to do with our care and compassion *and not* necessarily our romantic vulnerability. Continuing to generate love, light, and warmth regardless of what we get in response must not be confused with remaining emotionally vulnerable beyond the point of being healthy. If we are being abused or our love is not met in a nurturing way, the wisdom of the stars is about keeping our heart open . . . but at the same time, closing our vulnerability. You'll never find a star exposing its innermost core to the vacuum of space for any extended time. Its spherical corona and gaseous body of plasma remain intact as a healthy boundary to ensure its sustained well-being and stellar longevity.

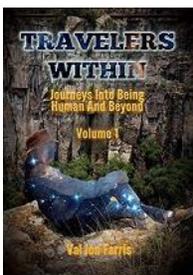
So my dear friends, poetic or not, consider yourselves to be heavenly bodies who shine on along with billions and billions of other luminous entities. And one night very soon, go outside and behold the magnanimity of who you truly are . . . and perhaps even take a childish moment to *wish upon a star!*
~ Val Jon



Here is the link to our blog page for leaving comments about this month's Newsletter. The August post will be at the very top of the page.
<https://travelerswithin.com/blog/>



Here is the link to our Newsletter archive page where you can find this month's article as well as all the previous monthly offerings for download. You can send this link to friends who you may want to share my articles with.
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Here is a link to my book, Travelers Within. It is available for purchase on Amazon.com. I would be honored if you read it and share it with others!
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