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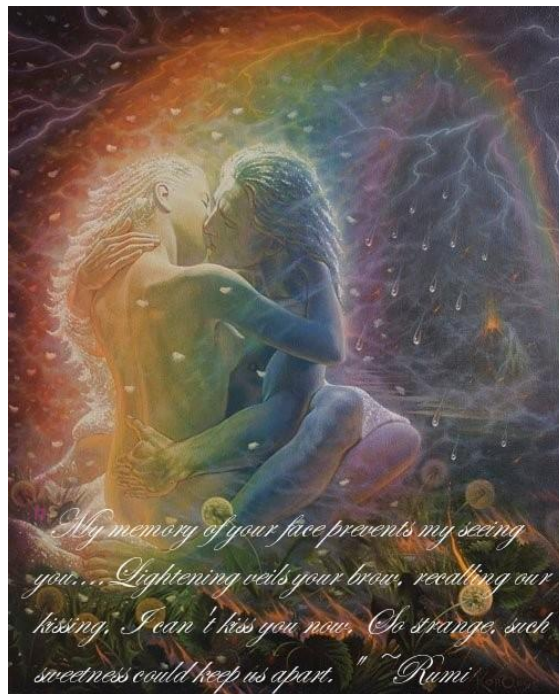
The OM (the One Moment) ~
Life's Truisms in Balance
A weekly column by Nenari, Princess of the Sea



This week's column I present to you the discourse on seeing one another in the moment. Enjoy being in this OM, the One Moment.

Do we REALLY see one another?

By Nenari, Princess of the Sea, the "Diamondlady" of Lemuria



"My memory of your face prevents my seeing you....Lightening veils your brow, recalling our kissing, I can't kiss you now. So strange, such sweetness could keep us apart." ~Rumi

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Such a beautiful quote from Rumi above here. My beloved sweet Troubadour and I, we both love Rumi. We resonate within his and Gibran's works very deeply. It is often been said that when we write that our words seems to mirror that of Rumi and Gibran's works. Truth be known, such works we both love are one of the inspirations for me writing this OM column to begin with. Just as Rumi and his beloved, as well as Gibran and Mary Haskell his beloved were, so too are my beloved and I, we are such a fire. Our logs are as one joined in the same truth, spirit, and song. For in another life, we are/were Gibran and Mary, and Rumi and Devotee (or wife Gowhar).

Within such, just recently, my beloved and I were discoursing upon memories.....It seems we all have them do we not? Some are what we call "good ones" or sweet memories and others, well.....others we prefer to be free from remembering it seems. Subjective reality would have us seem to believe that such memories are 'good' or 'bad' yet it is within the *absoulute* soulful truth that we come to understand that memories just as anything else are free from being neither good nor bad, right nor wrong, up nor down. They are simply memories. Simply experiences and that it is what we choose to place meaning or value to them as, that creates our experience in the moment. The question is which would you rather choose, to experience such memories in love or something other than love in each moment? For me, I choose to see all my experiences from and within love.

Hence, this being the case, during our conversation, I asked my beloved if any of our memories together, if anything of our love in our last two years together meant anything to him at all. He proceeded to share with me that only what is reality means anything to him. And within our discourse we came to understand that in relation to the article last week in the OM column here having to do with Gibran's quote on finding A truth, it can be said that as my beloved said it is wise to be free from assuming your deductions or truth are that of another. It is wise to ask first if such deductions or truth is that of another's. In doing and being such, we are then able to see one another in the now, in the OM, the One Moment we call as the present. This is why we call such the present as it is the gift, the gift of Love within truly seeing one another from the heart that is the foundation that all relationships are built upon. Such memories then some may say are that of yesterday. Which would bring the questions that my beloved asked of me when he wrote ~ Does yesterdays wind mean something to me? To the degree it does one would think whatever occurred yesterday would be equal in meaning. Some may say that yesterday is gone, that it is free from existing. And in that does what does not exist now mean something to me? About as much as yesterdays waves upon the shoreline, they were yesterdays.

Having said that, often I wonder and replied....does the waves upon the shoreline remember such moments of yesterdays? Such shoreline may or may be free from remembering, however, having said that, we as spiritual beings having a human experience have such a thing called memories. And it is within having such a human experience that we come to R.E.S.T. or Remember, Embrace, and

Soulfully Treasure within the spiritual beings we are. Thus, how do we reconcile such sweet memories as not having any meaning then if we are here to experience such?

Yesterday may be gone and is free from existing because all occurs in the now, in the OM, the One Moment. If this then is the case, is not also what happens yesterday now also part of the moment? Yesterdays wind may be as the waves upon the shoreline as yesterday, yet because all is now in the moment aren't such waves and such winds of the now as well?

Such memories do they have meaning then? My beloved shared with me that of what we come to understand from SOM (Science of Mind) about such. That meaning is only relative to the subjectiveness of a unique person in a unique situation. Memory is equally subjective. Such subjective memory and what we place value in is free from having much value placed on either the past memories/meanings, or any other subjective attachment. On an *absolute* sense all things are in the now, yet, living in the subjective space of time perception, in this now is my reality based on this now. What has preceded or shall proceed is free from carrying much meaning to him he stated.

I found such to be both a beautiful blessing and also revealing something even more infinitely deeper than this. That our memories can be both. Our memories can be both subjective and free from meaning anything and they can also be a way to access the now and within that we choose its meaning. The answer to it being both resides in that it is all within what we choose to experience. Within remembering from SOM (Science of Mind) and also from Landmark Education, such meaning is indeed only relative to the subjectiveness of a unique person and situation. In Landmark (as is noted in the movie The Matrix trilogy which came from Landmark) we spoke of how reality is simply what we choose to give meaning to in any moment. It has value only if we choose it have such value.

For instance, as music is my heart and always has been, there is a delight to delve into such subjective sweet memories of love, just as in each song that is written and recorded. For there would be no need to write or record any song then if not to share such gifts that invoke such memories. As I write within *Song of the Princess* it is to understand 'What is a song?' A song is frozen thoughts and inspiration that is collected and placed into a vibration that when heard creates thoughts, images, feelings and emotions of the heart that become the memorable moments of a person's life (thus sweet memories), so that when you hear that song that memory of life and those emotions and feelings ignited within you literally come to life taking you beyond infinity into a place of pure bliss. So that when you hear that song, you transported right back to that memory in your life that ignites that passion and desire within your heart. Those are the powerful songs of the heart. Those are the songs that my beloved creates always, and I cherish each one as I cherish him and the amazing man he is.

So what of what we call "bad" memories or those memories we would rather forget, such as a divorce or someone we love dying and such things? Again, it goes back to what I wrote of earlier which is what is it we choose to experience?

We talk about forgiveness a lot in our culture, that we are to forgive another for something that has occurred. Yet when we are in the OM of the One Moment forgiveness actually takes on a new meaning for we see that there is free from being anything to forgive in the way we have always seen such. Many years ago, I went through such a “bad” experience. I was raped. As I began to shift all those years ago through such an experience, I came across a book that began the process of literally changing my life. It was a book that had a small publication at the time. Little did we know then how big its impact would be on the world. The books name is *You Can Heal Your Life* by Louise Hay.

Such a book helped me to see forgiveness in a way I had been free from seeing it before. It would be what years later was the catalyst for my second book (in part). For as the earthly years rolled on, I came to understand of what I do write in my second book *Stepping Into Spiritual Oneness*, which is that forgiveness really means to give thanks for or forgive. To give thanks for the gift. Even within something we call as “bad” of someone raping you or giving the appearance of taking your works and doing something with them (even when you asked for such) that has you upset for whatever reason and other such things, such experiences there is a gift there.

Sometimes in the moment or when we go back through such memories at times we may forget there is a gift, yet Louise Hay and others along my path, along with the Master Artist in what has poured through me, have shown me that even “bad” things that occur, there is a present, a gift. The key is to see the gift in love. And so we can give thanks for or forgive within such and in that moment we then see ourselves and one another from the heart in love once more and in that we let go of what we thought hurt us to see it frees us. For none are free until we all are free, and THIS is how we are then free. It frees us from being free from holding onto any longer that which no longer serves our soul. For love is and whatever is of love is what serves our soul.

As all in life on this earth and in Spirit is of an infinite circle, this then opens the door to bring us full circle to Rumi’s quote here at the beginning of this article of "My memory of your face prevents my seeing you....Lightening veils your brow, recalling our kissing, I can't kiss you now. So strange, such sweetness could keep us apart." ~Rumi

In other words to mean that even in the sweetness of memory is what actually keeps us apart from one another. That the recalling of such moments at times can actually prevent me from seeing you right now or you seeing me right now, as Rumi says recalling such kiss prevents us from kissing right now in this moment.....My beloved and I as of late seemed to be doing such and it was preventing us from experiencing love in the moment with one another. I stumbled upon this quote through my dearest friend and editor of this paper, Aroon who had sent me a Rumi quote earlier on Facebook. Which precipitated me looking at the other Rumi writings on the application. As I did so I stumbled upon this quote, one I had been free from reading for sometime. It was within that moment that a sense of awakening occurred within me as to its truest

meaning. Of which I said to my beloved that 'you know what, baby? I think we both have been doing such and it is what has gotten in the way of us just BEing together, loving one another. You have been steep in your memories of what I have done to hurt you and I have been steep in the memories of loving you, and we both have forgotten to just love each other in the moment...can we now see one another in the moment? love one another in the moment?'

As Rumi says, so strange that such sweetness could keep us apart. Indeed. Such a revelation of such deepness that I invite you for a moment to stop and feel from your heart deeply ~ How often do we REALLY see one another? How often do we take the moments to get out of our memories in whichever way we perceive such memories, to just BE with one another right now, right in the OM, this One Moment. In our OneSoul *REAL*ationship circles we do a meditational exercise in which we choose a partner and we simply gaze into one another's eyes as I guide all through a meditation. When we did so recently in Sedona, it was very powerful. For whether we are doing so with our soul eye (or third eye) as my beloved and I did or with our physical eyes, the eyes are the windows to the soul. In such a gaze, we often see one another, sometimes for the first time, really seeing another's heart, another's soul.

As I write of within *Song of the Princess* "To gaze into a lover's eyes is to witness the embodiment of love itself and to see into and get lost in your soul. We live a thousand upon a thousand lives in a mere instant when we gaze upon a lover's eyes and into their soul. The rivers of the window to the soul, reside within our eyes. Our eyes are an ocean in which our dreams are reflected. The imagination in which you see everything from the end, where everything is possible and all is meant to be, because it already is. The eyes are the soul, the gateway and portal to all we are unable to say and do say at once. Just like that of the cadences of a song, it is the said and the unsaid all at once. For within such a loving gaze we see our soul reflected within one another's eyes. The soul of why Love and Light was born is given within such a gentle loving gaze. The very essence in such entwining is as all prayers collected into a vessel and being poured out as each is answered within the silence between the notes of the song of the soul. The song heard at this same moment is as the winds of all seasons and places gathering together at once to create a new season and song. It is the very song of the soul that carries through the eyes of the lover."

Can we really take the moments to step out of our memories good or bad and simply just BE with another, love one another in this OM, this One Moment? When we be so, this is what true love is. Free from attachment, this is just love. And in that, the more love you give in just BEing with another, BEing in love, the more it comes back to you. As my beloved says ~ There's a place that I know, sweet like heaven I often go. Don't need a ticket, it can't be bought, its as free as wind and such. Only love can set you free, moment by moment, then again. Seems a mystery, but its true, the more you give, the more it comes back to you. That's why its just, just like Heaven. So if this worlds got you down. Troubled by things goin' round. There's a place you can go, anytime, even right now. Cuz only Love can set you free, moment by moment, then again. Seems a mystery, but its true. The more you give, the more it comes back to you. That's why its

just, just like Heaven. Its just a, just a simple thing (lyrics to Heaven by my beloved Natu, Chris Madsen) and that is what love is, just like heaven.

May your heart be guided by love, and may your songs echo this same heart. So until the next moment within the OM, within the *One Moment* that we connect again, heart to heart, soul to soul ...This is Nenari, Princess of the Sea sharing with you ~ May your life experience be filled with infinite blessings of *Absoulute* Love, Infinite Light, Abundance within its infinite forms, Peace, and Bliss always, in all ways. Espavo ~