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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 how to release fear and resistance in the moment. Enjoy being in this OM, the One Moment.



*I wanna be there if you fall, I wanna be there through it
all, I wanna take all the thorns, and give you the rose
~Chris Madsen (lyrics 'Thorns & Roses')*

I Wanna Be There if You Fall

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

"Stop learning, start knowing. The rose opens, opens and when it falls, falls outward" ~Rumi

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Recently, I was given the opportunity to embark upon something that I always dreamed of and it was right there in front of me. I could reach out and grab it, experience it, delve into it. Yet there seemed to be something that stopped me. In this life, we can experience such an occurrence of fear and resistance. Its funny because I have had 11 NDE's (Near Death Experiences or as the Master Artist has given it to me NTHE or Near Transitional Home Experiences) in this life alone, and so I really am free from fearing much of anything anymore. I also, throughout this life have always been one who takes leaps of faith. I am always the one who is sure within an inner knowing and inner understanding, and I just leap. Sometimes not knowing what is going to happen next, just in total faith and surrender to Divine Source knowing all will be provided for me and it always has been. Yet there have been a few moments, particularly in the last couple of years in which this has occurred of such fear and resistance.

I do know and understand on many deep levels why this has come to pass. Part of it is my own journey within trying or experiencing something I have been free from experiencing, ie not taking a leap of faith all the time. And of being afraid to fall. To experience such really is something new for me because as I said, I am the one who always takes leaps of faith. Since we live at the moment within this field of duality that is rapidly shifting into Oneness, there are moments still then when we are to experience the opposite to come to know the *absoulute* truth of something and to get clear about who we are and what we desire. Part of it also is that I am processing things for my beloved, who is my twinsoul (or OneSoul as we call it) in this life. As you saw in last weeks article of our deep love for one another and of how the Master Artist is our partner in such a union, it is easy to see how my charge (as we say in Lemuria) or my role per se is within being such for him at moments.

Being the balance that I am, and being that in a twinsoul relationship that we help our twin to balance within our relationship that of which they have yet to balance, as such, I do and be so for him. His daughter once shared with me the analogy of how her mom (his former wife) was the brakes and he the gas pedal and that this is why things occurred between them as they did. That being said, there are moments where my beloved can indeed be such a brake, moments when he is afraid to take such a leap of faith. Example of this was earlier this earthly year when we had a complete 13 city tour arranged, all the work I had done which was almost completed and in fear at the last moment he pulled the plug saying he was afraid that he couldn't do it. Thus, I know deeply such reasons for such fears and resistances that come to light with both of us and why.

What I have come to understand from the Master Artist is that there are moments when we all are that brake. That the realization of something so powerful can cause us to pause with a bit of what one of my dear friends Victoria calls "freaking your freak" lol. Anything that is so powerful, so exactly as it is meant to be can bring with it resistance and fear. Some moments when we stand in the aweness and power of the presence of such *Absoulute* Love (or soulful Love or unconditional Love) and such a calling, that such Love seems so foreign

to us as it is so deeply from the heart and from the soul, it is so unconditional and so infinite and beyond this, so powerful that it is simply because of this we resist it. The reason for such resistance and fear then comes because you recognize just how powerful it is and that it is a call from the Master Artist to step into such Love. Such resistance and fear is a recognition of the beginnings of remembering who you are and the power you have within you and who you are being called by the Master Artist to be for what you desire to come to fruition.

Thus, resistance and fear are good indicators that you are verge of emerging from the cocoon into the butterfly. That you are on to something so powerful that it may be unfathomable to conceive, yet you are ready to give birth to something amazing. It is like the moments just before a woman births her child. We know birth is imminent and yet there is fear, resistance, love, and passion all rolled into the moment all the same. To move through any resistance and fear is to feel the fear and take the leap of faith anyhow. As you know music is my heart, it is within one of my beloved's songs called *Thorns and Roses* that he speaks of such leaps of faith within the lyrics "I wanna be there if you fall, I wanna be there through it all, I wanna take all the thorns, and give you the rose". Thus is why the title for this weeks article here.

Understand dearest hearts something that maybe no one has ever shared with you before ~ that it is ok and safe for you to take that leap of faith, to fall, to release into such that is giving birth of what you desire; surrender into such for the universe will be free from ever letting you down. The universe always provides, always catches us when we take that leap of faith. It is an inner knowing and inner understand that within releasing such resistance and such a fear, that something more beautiful than you could ever imagine gives birth in its wake.

Passion

Speaking of roses, as Rumi shares with us of the quote of wisdom I placed in the beginning of this article ~ Stop learning, start knowing. The rose opens, opens and when it falls, falls outward ~ in other words to mean that when we take the moments to come from our intuition, our inner knowing we come to understand that we are free from having anything to learn. That we are free from having anything to "learn" here on this earth as all is already and always, always ready and in all ways within us. We are here simply to remember that of what is within us already and always, simply here to remember who we are. And as we do and be so, the rose that is us opens and falls from within outward onto all. How this rose unfolds in its beauty is through passion.

Passion is the purpose of life. Passion is desire and love expressed. Of a desire and love so deeply within you that it seems to just pour forth from your being of all the streams, rivers, and Seas combined that your heart can no longer contain. Passion is a voracity of rapture that fills you and then overflows your being and what pours forth from you is of the creation of the Master Artist of all creation

taking such a drink from the rivers of home and giving such love to you and to all. It is like the passion I have for my beloved and he for me. Our passion for one another is of what I write of here and is why we are who we are with one another and with the whole of the universe. The passion, the desire, and the love is so within us that it fills our cup from within first and then pours upon you.

It is this passion that when you want or desire something enough that will create that of what you desire. It is all within how passionate are you and what you choose to do and be with such passion. Just as the Troubadour within my beloved's and my books *Song of the Troubadour* and *Song of the Princess*. The Troubadour in both stories doesn't say ok I am passionate about the Princess but I won't sail to her I will just sit here and be passionate about her. NO he is driven by his passion and comes to her even through such seas and seasons almost to the point of death. It is passion, it is love therefore that is the driving catalyst for such leaps of faith.

I am reminded in this moment of another dear friend of mine, Dale and his words that entwine with such as is being written here when he wrote this "When we have a clear vision we will constantly challenge ourselves to reevaluate 'common sense' in the framework of fear. And often we will choose to go forward where others would fear to pass, not because we are brave, crazy, or obsessed. We go forward simply because our vision gives us no other option, and with vision fear is not an option"it is that vision and that passion that has us go forward where others would fear to pass indeed. For what doubt or fear or uncertainty can stand in the face of surrendering to the perfect will of Divine Source?

And as I wrote within the prose and video I did but a moment ago ~When love speaks there is a voice that is heard in your heart, it is the voice of an inner knowing, an inner understanding, a call deep within us in which following such a call seems to leave us with no other option but to follow. When such a force is that passionate, that strong within you, just like the Troubadour in *Song of the Troubadour* and *Song of the Princess* when he knew no matter the sea or seasons that he is to set sail to the Princess to be with that which is Love, so too is your heart to call you in such passion as to what you desire to do and be.

Leap of Faith

The moment is now for us to jump with faith. Taking that leap of faith. The moment we take that leap of faith out of self sabotage and into the sacred path of love, our heart and our soul is given the very breath of life and love within us again and again. To love and be loved again and again is why we are here. It is an infinite circle of giving and receiving. All it takes is taking that leap of faith out of self sabotage and into turning upon the sacred path of love where lovers dance....and in that our hearts and our souls fly in this love.

Such a leap, it can occur that instantaneously if you are in alignment with the belief within your heart; believing with all your heart that it is so.... that what

you desire is, no illusions, no manufacturing anything, just that what you desire just simply is already, and is free from attachment to the how or when it will come into being, just knowing beyond all knowing, understanding beyond all understanding that the vision is to be, because it already is.

This comes the moment we take the leap of faith, holding a vision in our heart of our intentions having already manifested. It takes that leap of faith, the leap of faith of moving beyond the illusions of self sabotage into that place of inner knowing and inner understanding first and then experiencing what already is that you have the inner knowing and inner understanding of. For in those moments of doubt and fear, they are simply there to remind us to get clear and reaffirm once more who we are and what we desire and to believe within it with all our heart. For fear and doubt are illusions. Illusions of the mind we can retreat and flee from, illusions hurt and get hurt in relationships, but Love, absolutely not, there is no retreat from Love, there is no hurt in Love, there are no goodbyes in love.... as the question always in each OM, each One Moment is.... 'What Would Love Do Now?'

We come to realise such a path when we understand that the road is the Divine Choice we choose to come to earth to create in material form. Such a path is always revealed to us when we follow our heart. For our heart always, in all ways, knows the answers. For when we are open to listening to the still voice within and trust enough to take that One Step, just that One Step into Spiritual Oneness that we previously chose before coming here to this earth, all will be given us. As my beloved shares in the song Be A River which he sings in English and I in Lemurian ~ *Be A River, and the ocean, it shall be given you ~ Ashta keinta, tomae iska antae*. BE that river of love in following your heart. Choose now to take that leap of faith. I promise you, I vow to you, that what awaits you is more beautiful than you can ever imagine. 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 soulThis 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 ~