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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 third part within the three part series on the discourse of Faith and Belief. Enjoy being in this OM, the One Moment.

Faith ~ Miracles Occur if You Only Believe ~ What Do We Believe and why? By Nenari, Princess of the Sea Part Three

Last week we left our conversation off with ~ How is this done? How do we make our faith bigger than our fears? ~ It is done by cultivating your faith. Think of what the word cultivate means. You probably are thinking of gardening: toiling the land, planting the seed, taking care of the seedling by giving attention to it. It is the same with faith. You are to give attention to it to help it grow. Faith is like a muscle. It is to be worked out. And, like a muscle, the more you use it, the stronger it gets and the stronger it gets the more you will use it. It is free from taking long to see results. And these results help create and build more results. Faith cultivates more faith.

Part of our life purpose is to believe in our own souls and the souls of others. It is within believing in our soul and believing in others that we free all. For none are free until all are free. The way we blossom forth into such freedom is to believe in another. Believing in another sets them free for they then fly as the seagull flies in that freedom because believing in someone helps to give that person belief within them too. When we believe in someone they then believe in themselves too. And in that is the gift of Love that frees us all.



The Song Upon the Winds of the Heart

There's a song upon the winds that comes from within our hearts, that when we hear it and follow it give us such beautiful gifts....and it is equally as beautiful when another hears our song and shares it with us for they believe within our song as well....There is a song that I love dearly which expresses such beauty of believing in someone and its called "Someone Who Believes in You" and its by Air Supply. The words such as "When there's a dark storm on your horizon, and you think you can't get through it, just put your hand in my hand, and I'll show you how to do it. When the future looks uncertain, you can count on me to be there, and when your heart and soul are hurtin', just look and you'll see me there. Just follow where I lead, I'll give you what you need. A love that's always true, and someone who believes in you" really convey the message of what it is truly like to believe in another and to give such a gift of love. This is one of the many reasons why music is my heart. Not only for the said within the lyrics themselves, yet also for the unsaid of the message and meaning behind it, within it, and through it is a love like no other.

To experience a love unparalleled that has us release into its embrace upon the shore....its journey begins with the song of the soul within the heart that guides the hands of the universe from the oceans waves to the rivers flow and back again to the sea....

When we follow our heart, we are dancing in the Light of Love. The kiss of the song upon the winds then echoes this same heart. The heart is the sacred space,

the inner sanctum in which the seed of the soul resides. This seed is the essence of who we are which is Love and Light. The heart sees what appears to be invisible to the eye. The heart speaks louder than any words written or uttered....and we hear another's heart, we hear their soul long before the words are written or spoken as our first language is that of the heart, of telepathic communication. A place of infiniteness, of timelessness. A place where words are free from being needed, just to feel from the heart. Often times it is the heart that speaks what the words written or spoken are opposite of.....therefore, it is wisest to listen to the heart, see, feel, and speak from the heart, for our heart always knows the answers. The heart is the expression of our soul and thus the heart and soul as One have indeed be with us in every incarnation since we are All That Is, We are GOD or the Gift Of Divinity.

To follow such a song within our hearts is to have the faith that comes from that inner knowing. A call so deep within us that it compels us to simply BE. Like the river just simply is BEing. We are free from stopping such a river, it just is. Thus when we are called to such a song within our heart, it just is, you are free from stopping the song within our heart when we hear it, we are to follow. We just are to. It defies explanation in earthly words, we just feel it, it just is.

What can you do in this moment that will help grow your faith muscle? Follow your heart and make that call. Say those words. Believe in someone or something and watch it grow and flourish in its beauty. Both spiritual metaphors within Faith being a muscle and also a garden to cultivate are exactly that metaphor for life. Within Faith as we take the time to nurture such a garden, the muscle or the flowering stems within our garden of Faith get stronger and beautiful. In that our Faith grows and flourishes and as it gets stronger we are like a muscle in the physical body, able to use it more. Love is believing in someone, believing in something and watching it grow and it is beautiful. When you place faith and belief in the Spirit that courses through another if they allow it, that is placing faith and belief in another. Take the leap of faith into the river of love, of faith. Believe.

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. Namaste.