

The driving force behind everything The Healing Center does is to provide an environment where you can remember what it's like to be still. And in that stillness you become re-acquainted with who you really are. You begin to remember. You begin to remember that you are, and always have been, at perfect peace and perfect stillness. It is our natural state of being. It's just that sometime we forget.

Lord knows it easy to do. Our days are filled to the brim with plans, and schedules and commitments, and information overload, and stresses, and regrets, and anticipations, and worrying, and laughter, and tears; well you get the idea. It so easy to forget what that still small voice which resides in each of us sounds like.

The following is my personal account of what transpired last night at our weekly meditation gathering. I lead our group but for the most part I was but a translator. I would listen and try to share what I was hearing as clearly as possible. The source of this I leave up to you although I'm pretty sure it wasn't me. Some may call it a story. Some may call it a parable. I leave that for you to decide.

I listened and I spoke. The following is what I heard.

I want to speak to you of dreams. Not the kind that enter your nightly slumber and take you on adventures and fantasies. I'm speaking of the dreams that filled your days when you were so very young and for many of you have slowly faded away into distant memories.

My children, I love you all so dearly. My admiration, encouragement, and healing touch surrounds you a fresh and anew this night. I have wonderful news to share with you. You and I share a secret. A secret that we shared before your very conception into this physical experience you call life.

You see I knew you in the beginning. You and I were one. In the place where there is no beginning or end. No start or finish. No up or down. Simply a place of being. In that place you were at perfect peace and perfect stillness. You remembered. You knew who you were.

Then came the moment of conception. The moment when the miraculous, creative power, of pure intention heralding your journey on this place called earth. The moment when the vehicle you call your body began to develop. According to a plan and purpose that was fearfully and wonderfully constructed. In that very moment I also placed in you a purpose which manifests in your life through a myriad of dreams and desires. We chose these together you and I. Before time began. It was a wonderful time where we laughed and danced. We talked about the wonderful adventures we would have together. As the two of us embarked on this journey of discovery and remembrance you call life.

We placed these intricate creations deep inside your heart. In a place that no matter the depths of the valleys or the dizzying peaks you would travel in your experience would be disturbed. It's the place where you and I can still commune with each other. Not through your mind. Not through your body. But through your heart. For some of you this happens often. Other it does not. Some of you I have not spoken to in some time. I yearn to do so.

"Where is this place I speak of?" you may ask. I say to you most assuredly it's the moments in which you are silent. The times when you are completely alone. But you see you are never really alone. There is nowhere you can go where I am not. There is nothing you can do to distance yourself from me and my presence. Even in those times when you have forgotten who you are and what your dreams were I remember. As clear as the moment we created them.

The secret is your potential. Unlimited, purposeful potential, sparked by the most creative power in all the universes. The deceptively simple act of choice. You have the power to choose.

Through your choices, sparked by your intention, and fueled with your passion you literally have the power to create and re-create your world.

Some say to me "How is this so? For so long I have wandered about lost. And not even knowing I was." Others say "It's too late. Maybe once when I was young. But not now. Too many years have passed. Too many wrong decisions. Too many obstacles."

Still others say nothing. For them there is simply nothing left to say. The dreams they once had have been forgotten for so long. They're not even a faint memory. The stinging reality of their world has chased them away.

To them, and to you, I say you have not lost them. They are merely forgotten. And the remembrance, and the knowing of who you are is still vibrant and alive safely secured in the depths of your heart.

Search for those moments of stillness. Those times when your world quiets down. Even for a moment. And listen. I'm there. If you listen very carefully you will hear my voice.

As you hold a blade of grass remember me. When the snowflakes of a winter's day descend gently from the sky coming to rest upon your open palm. Remember me. For I am there. In those times when you feel most alone. I am there.

I remember. I always have. I always will. And together. You and I. We will remember who you really are.

Perfect stillness. Perfect peace. All is well. All is just as it should be.

You are pure potential. Nothing in this physical world can snatch it from you nor drown it out. It's never too late. It's never too late to remember.

Russ & Debra Littau operate The Healing Center in Red Deer, Alberta. You can visit their website at [www.healingcenter.ca](http://www.healingcenter.ca)