

March '03 On the Right Path....with Rita Milios

Welcome to On the Right Path

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

Welcome!

Greetings, old friends and new!

I am happy to (re)introduce myself you and to introduce this column, On the Right Path, which I hope you will find both inspiring and informational, thought-provoking and Truth-provoking.

Some years ago, like many of you, I was happily floating along in my life, following my own path, both choosing and chasing after my own goals. I was a successful writer, a medical professional, a wife and mother. Life was good.

So, when one day, seemingly out of the blue, I just “knew” I had to go back to school, I was somewhat taken aback. I liked things the way they were. I didn't want to change! However, I've always been guided to take actions at certain points in my life, often not knowing why, or what the outcome might be, and I've learned over time to trust the wisdom of this inner guidance.

Now, eight long years later, I am a psychotherapist, which has opened up an entirely new and expanded way for me to help people. This process has also revealed to me the parallel lines that exist between the psychological and the spiritual, and the overlapping wisdom and “plan” for the evolution of our minds.

My own mind and spirit have expanded far beyond anything I could ever have imagined - simply because I chose to follow my inner guidance. I have been given the gift of healing, using energy work to help people with both physical and psychological pain. And now I stand poised to take the next step, to share with other psychotherapists, and with everyday people, the knowledge I have gained about what is called, in esoteric terms, “the Path”.

In this column, I will share with you my understanding of the Path, and will explore other issues and ideas of the spirit. I will coax and challenge you to explore with me the depths and heights of your own minds and spirits.

I will look forward to your companionship and your comments in the months ahead.

Rita Milios, MSW, LCSW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore section of www.ritamilios.com for additional relevant information and resources.

**Living Fear Free:
Choose to Reduce Your Fear!**

Whenever you feel fearful, stressed or anxious, ask yourself the following questions and take the following actions:

- * What are my deeper fears? Am I feeling threatened in my everyday life? (Accept the feeling "I am afraid".)
- * Would I feel better if I had a choice? What can I control in my current situation? (Choose to act, regardless of fear. You will find that you can feel afraid and still do something.)
- * How can I now follow through, based on my choice? (Moving ahead, even though afraid, allows fear to dissipate; stifling it would only cause the fear to persist.)
- * Now that I have exercised my choice, has my fear level changed? (Notice any reduction in the level of your fears. Use this feedback to give you courage to face future fears.)

Rita Milios, MSW, LCSW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.
Lightwork

April '03 On the Right Path....with Rita Milios

Lightworkers Unite

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

Lightworkers unite!

The call is going out to people everywhere, including those who live in our little corner of the universe. People are being urged to come together to pray and to meditate for peace. Those of us who call ourselves “Lightworkers have raised both our vibrations and our voices, invoking the Light of universal guidance and assistance to help us through troubled times.

But can we do more, I wonder? For we should not forget that one of our most basic responsibilities as Lightworkers is to teach others, to show them how they can become “workers in the Light” themselves.

Years ago. I made a promise that someday, when the time was right, I would spread the knowledge about Lightworkers and encourage others to form and join Light Groups. Perhaps that “right time” is now.....

Being a Lightworker requires a special commitment, a commitment to a purpose that is beyond one’s own personal desires and needs, for Lightworkers are truly the “foot soldiers” of the Masters. These great beings, having successfully navigated all the stages of human life, now work from a higher plane, assisting and guiding others who follow them on the Path toward enlightenment.

I have been involved in three different Light Groups – where Lightworkers come together for a common cause – but only one had had the tenacity to withstand the challenges. The other two experienced “growing pains”, and could not muster enough group purpose or unconditional acceptance of fellow group members to set aside the inevitable personality conflicts and stay focused on the chosen Path.

As with any group, it is indeed, a struggle to allow the “group life” to manifest. But with dedication, focus and commitment, it can be done. And the rewards are well worth it. My Light Group, which stayed together for seven years, was the source of much of my early spiritual growth and

development, a kind of spiritual “womb” where I gestated in order to become ready, willing and able to carry the torch of Truth and Light on my own.

I encourage all of you who sense the call to join together with others, to form a Light Group and to develop a Group Purpose (fostering peace, perhaps?). Your agenda and format may vary, but with a common goal and dedication to a common purpose beyond yourselves, you will surely find your Path.

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore section of www.ritamilios.com for additional relevant information and resources.

May '03 On the Right Path....with Rita Milios

Synchronicity

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

I remember the frantic - and later to be realized, prophetic - phone call from a student in my Miracles of the Mind class, almost as if it happened yesterday. The caller explained that something so strange and out of the ordinary had happened to her that she didn't know what to make of it; yet she was sure that there was a “message” in it.

She had been walking out the door to go to a special event of her own. Having dressed up for the occasion, she had worn a certain pair of pierced earrings. She specifically remembered using extra care to secure the earring backs, as she wanted to be sure not to lose one of these earrings. They were very special to her and were expensive as well. Ready to go, she went into the garage to her car. Then she heard a small ping, and looking down spied an earring, which had apparently fallen out, despite her efforts. However, her real surprise came when she retrieved the earring. Picking it up, she gasped. The earring was still together, with back and front connected. How was that possible? She knew that she had put the earring

through her ear. The only way that it could fall was if it had come apart. But it hadn't. What was going on?

It appeared that this lucky student had been offered a spiritual gift called synchronicity.

Synchronicity takes many forms. Though it more often comes as a "coincidence" that is not really a coincidence, synchronicity can also take a more mysterious form, such as the one mentioned above. The key element in synchronicity is that the incident offers a message to the participant. This message is often not recognized by others, who will see it as mere coincidence or misinformation. Yet for the person involved, the message they perceive serves to heighten their awareness of - and often their belief in - the spiritual realm. The mystery of synchronicity may be seen as a spiritual "hello," a tap on the shoulder from one's angels or spiritual sources saying, "Pay attention. We are here. Notice us and believe in us."

We all want proof that the spiritual realm exists. Synchronicities offer that proof at a crucial stage in the believer's path. Synchronicities allow us to begin our journey down the spiritual path with faith and confidence, knowing that our angels and spiritual helpers really are there for us all along the way.

Rita Milios, MSW, LCSW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore section of www.ritamilios.com for additional relevant information and resources.

June '03 On the Right Path

What Do You Really Want?

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

What do you want? I've found myself asking that question a lot lately...to both myself and my clients.

As we go through life, we often *think* we know what we want and we actively go after it, sometimes with a vengeance. But when obstacles crop up, we may find ourselves frustrated, confused, even angry. It's not supposed to be this way, we think to ourselves. If we focus on what we want, truly *desire* it and go after it, we are supposed to be able to "manifest" it.

Why does that not always happen?

I think it is because sometimes we have not truly identified, after all, what it is that *we really* want. For when we *think* we know what we want, we are only getting the opinion of our conscious minds. Deeper inside, we may have a variety of conflicting and opposing desires and intentions. Unless we identify these and evaluate them, we will never truly know our real intentions. We will have lost the opportunity to get the opinion of our most important part – our inner, intuitive selves.

I know from hard-won experience that my inner, intuitive self has a better grasp of what I really want than my outer, conscious self does. So when I come upon obstacles or delays in my efforts to manifest my goals, I step back, revisit the situation and ask for fuller, deeper awareness. I look at the long-range view of my goal. Is there some part of it that I really want, but perhaps not all of it? What outcomes or consequences will emerge once I have attained my goal? Most importantly, what will I have to give up for it? What will I *not* be doing because I am doing the thing I set out to do?

Asking and reflecting on these questions, I often come to understand that I am unconsciously pulling myself in one direction at the same time that I am pushing forth in another direction. But finding out what I really want is only half the battle. The next step is to decide...do I really want to "manifest" or do I want to follow a Path? Is it my will or Divine Will that I wish to bring to bear on this situation? I can choose either one, and the universe will not care. I simply know...from experience...that the universe probably has a better plan.

So nowadays, I do know what I want. I simply want to *know* I ask for a clear, obvious sign of the universe's intentions for me. And the wisdom to recognize it when I get it.

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.

July '03 On the Right Path

Discover the TRUTH that Can Set You Free !

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

It is important to know what we really want when we are trying to manifest something in our lives. To that end, I'd like to share with you a process that I use to work through my own unconscious conflicts. This simple but powerful process uncovers the Truth – the real Truth – about what is holding you back.

First, there are some caveats. You must *really* want to know the Truth – the deep, authentic Truth – and you must be willing to experience a little emotional discomfort for a brief period. The process I am about to describe gets to the deepest layers of your issues. It uncovers the core, conflicting beliefs that cause you to remain “stuck.” If you really surrender to the process, you move beyond the apparent contradictions to a higher level of understanding where opposite polarities become one. It is a simple but powerful process. Here's what you do:

Set aside 45 minutes of uninterrupted time and lay down in a peaceful, quiet place. Bring to mind a feeling or issue that is related to a “stuck” place in your life. Think about your issue and notice within your body any sensations that you feel...discomfort, pain, tightness etc. Really focus on these sensations. Exaggerate them. Follow them and notice any changes. Silently “report back” to your conscious mind what you are experiencing. (I'm feeling a tightness below my ribs...now it's moving to the center of my chest and growing stronger...). As you do this, every once in a while, gently remind yourself that want to bring forth the message...the Truth... that these sensations are connected to.

Continue this process as long as it takes, up to 45 minutes at a time. (You may require several sessions.) The messages you receive are often

small and fleeting. They may take the form of a word or phrase, an image, or simply an intuitive “knowing”. But when the message comes, it will result in a change in the bodily sensations you feel. You may feel a shifting of energy, in the form of a relaxing of the physical discomfort, a sense of the stuck place being freer or a sense of energy flowing through it. You should then “breathe through” this area to further enhance the energy flow. Afterwards, write down what you experienced and write down any messages you received. In this way you are creating a communication link between the inner and outer parts of your mind. You are training them how to talk to one another.

To manifest what you want in life you must find and accept the Truth that lies deep inside. It is this Truth that will dissolve illusions and erase inner conflicts that oppose your conscious desires. It is the Truth that will set you free.

I would look forward to hearing how this process works for you and any questions you might have about it.

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.

August '03 On the Right Path....with Rita Milios

Spiritual Lessons

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

It came in the mail unexpectedly. A brochure about a conference put on by an obscure group called the Coptics. Since it was taking place in Olivet, Michigan, at the same location where I had on several occasions been a conference presenter for another group, I took this as a sign. I had always had a wonderful time at these events, and arrived home afterwards exhausted yet “elevated” by the infusion of intense spiritual energies that

this group collectively generated. I was ready for another spiritual infusion, so why not?

Arriving late on Friday afternoon, I spent the dinner hour and evening mostly alone, speaking to a few people, but not making any real connections. When the evening ended without the party (and the popcorn) I had come to expect at Olivet events, I began to wonder if the weekend was going to be as much fun as I had hoped. A new attitude was definitely in order.

Lesson number one: Let go of expectations.

The next day, I went to sign up for workshops. None seemed to jump out at me, so I reverted to my intuition and picked several that, had I been using *conscious* choice, would have been closer to the bottom of my list. Oh, well.

Lesson number two: Trust the process.

Surprisingly, several of the workshops were much better than I had expected. Not only did I learn something new, I met several nice ladies from the Ann Arbor area who quickly took me into the fold of their little group. Things were looking up.

Lesson number three: Following your intuition is a good idea.

By Saturday evening I was definitely enjoying myself. Still, the hoped for “spiritual infusion” was not yet forthcoming. Perhaps this smaller group could not generate sufficient power? Somewhat disappointed, I suddenly realized that my expectations, my *agenda* was itself possibly getting in the way. I knew that my next spiritual step required letting go of all expectations, all desire. Could I do this...even for a weekend? It was time to find out.

Lesson number four: Know thyself.

Sunday...the last day. During a really deep group meditation, I sincerely asked to be released from desire. My personal will had become a hindrance. I truly wanted to let it go.

In the moment of making that *honest* request, something changed. My heart opened up and was filled with energy. I felt a fusion and integration taking place between my heart (love center) and my solar plexus (will center). Ironically, by *letting go* of my agenda, I had finally achieved it.

Lesson number five.

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.

September '03 On the Right Path

What Kind of Energy Do You Embody?

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

Have you ever stopped to consider what kind of energy you are sharing with others?

I'm sure you are aware that as we interact with one another, we share not only our physical space and our thoughts and ideas, we share our vibrations as well. You may also know that there are two main kinds of energy that resonate from our auras – the energies of electricity and magnetism. But did you know that each of these energies carries a different spiritual resonance? And that our actions often reflect these hidden vibrational components?

I have become acutely aware of my own energies these past months. I have made a conscious effort to connect more with the magnetic energy that resonates from my heart. Being what I call a “head” person, who has a decidedly mental focus, I have recognized that my challenge as I move toward spiritual integration is to become more heart-focused. If we wish to have greater alignment with our soul's purpose, it is our challenge to “round out” the energies that we carry within our bodies. We must gain a balance between the “head” (electrical energy, associated with spiritual will) and the “heart” (magnetic energy associated with spiritual love).

Once we are able to *embody* as well as to *express* a balance of both love energy and will energy, we begin to think and act with true spiritual wisdom. We become more aligned with our soul's purpose and we can then begin to fulfill our destinies.

Gaining more heart focus does not mean becoming syrupy-sweet. I'll probably never be one to hug trees and catch flies just to carry them outside to re-release them into nature. But I do expect to be able to show my softer feelings to strangers with less hesitancy and to express my compassion more openly. I expect my heart will guide more of my actions and I will listen to it as often as I listen to my head.

For those who already have a heart focus, the challenge is to align more with your spiritual will energy, the radiant energy that stimulates creation and activity. Spiritual will energy works through intuition, our inner guidance, and it encourages us to actions that have a higher, more spiritual purpose as opposed to a purely personal purpose.

Learning to balance these two energies – the love and will vibrations – will prepare us for the days and events to come as we move into the fifth dimension.

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.

October '03 On the Right Path....with Rita Milios

Ascension

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

Last month I promised you that I would discuss ascension. Ascension is probably one of most talked about, yet misunderstood, concepts regularly discussed in metaphysical circles. Ascension can be defined as a stage in a person's spiritual growth where they are able to raise their energies to include higher frequencies of Light, specifically those vibrations and frequencies called "the fifth dimension". The fifth dimension could be likened to the level of one's Higher Self, or Christed Self. At this level of awareness, most emotional issues, including fears and other "lower vibration" mindsets are incompatible, so they can no exist at this frequency level.

Ascension is really a metaphor for the opening of a window of opportunity for the whole of humanity to make a spiritual leap. The big hullabaloo around the topic of ascension at this time has to do with the fact that a number of spiritual traditions view the current time in history as a unique one. For the first time ever, all of humanity – as a group – will have the opportunity to achieve ascension....to raise their individual and collective vibrations. This group opportunity is available to us because the Earth itself is currently moving into the higher vibratory field of the fifth dimension.

Many astrologers and mystics view November 8, 2003 as the time when the doorway to the fifth dimension opens. Called the *Harmonic Concordance* (meaning “agreement”), this cosmic event coincides with a lunar eclipse and other special cosmic alignments. Since cosmic alignments often provide an expanded opportunity to link up with celestial energies, the Concordance is said to offer us a focal point for our intentions to release our limitations and judgments and to move our minds and hearts into a more loving space...to begin our ascension to the fifth dimension.

Unlike older, fear-based predictions about people being whisked away in space ships or simply disappearing from the earth, current sentiments challenge us to prepare ourselves to face “tests” – conflicts and stresses that serve to rid us of old emotional and mental patterns that are associated with lower vibrations. If we accept the challenge and take the current ascension opportunity, we can help usher in a coming age of Light and Life that, over time, will increasingly result in more heart-focused experiences of harmony, cooperation and unity. Our challenge is to prepare ourselves to be able to handle and to use these higher vibratory energies of the fifth dimension – whenever or however they arrive.

Whether or not we are swooped up or are simply reminded that our spiritual growth requires individual effort and commitment to flower, it is safe to say that we are living in interesting times. I’ll be marking November 8 in red on my calendar, just in case.

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.

November '03 On the Right Path...with Rita Milios

Moving into the Fifth Dimension

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

I have a hunch that many of you may be experiencing some really intense emotional upheavals and some unusually tough challenges right now.

Am I right?

And how would I know that?

Well, it's because almost everyone else I've come across in recent weeks – clients, friends, fellow Lightworkers – too, have been exhibiting the same set of “fifth dimension energy symptoms” – unusually high anxiety, panic attacks, depression and the sudden resurfacing of long-buried emotional issues. Many people, as well, are sensing “a new life ahead”, and are anxious to clear the clutter from their physical environments and make some changes – at work, home, or in friendships.

Is there some greater, hidden meaning behind all this? Perhaps.

Last month I discussed the current transition into the fifth dimension. Since then, I've recognized a growing pattern of what I call “karma wrap-up attempts”...people dealing with their last vestiges of karmic relationships and core issues. Unfortunately, even as it *is* exciting that we are moving into a higher state of being and living, we are at the same time dealing with the very worst of our fears. We have gotten down to the final layer – the layer of fear itself.

Fear – I discussed it in an earlier column (March '03). Fear, I noted, *is* our greatest fear. Fear of feeling afraid. Now that the fifth dimension is upon us, we can no longer avoid facing the issues that lie behind that final layer of fear. Yet, this is the very thing that most of us have tried to avoid all our (many) lives. How, then are we to face it now?

Fear not! Recall that the universe loves a good cosmic joke. The irony of this situation is that because we have addressed similar issues so many times before, all that is left of the original thing we feared is a wimpy echo of itself. What we must now do is to meet the fifth dimension challenge – and that is to leave behind the world of illusion and fantasy (what we ***think or fear*** to be true) and to begin living in reality as it actually exists. In other words, to face our own truth, so that it can set us free. And that truth is that, all long, it has been *the fear of feeling afraid* that made us deny both Truth and reality itself.

If we can *take the risk* of not running away when the final feeling of fear surfaces, then through our intuition (try the technique in my July '03 column), we can discern the Truth and be set free.

This is our collective hope and intent, as we move into the fifth dimension – to release that which we *cannot* bring with us...so that we may ascend into the vibratory realm where the energies of Light and Love rule and reign. And where we can learn our lessons through conscious awareness of what really is, and not through hardship and pain.

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.

December '03 On the Right Path....with Rita Milios

The Harmonic Concordance

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

A couple of months ago I stated in this column that I was marking November 8 in red on my calendar, just in case something “big” happened as a result of the Harmonic Concordance that took place on that date. Well, something big did happen!

As a result of a number of synchronicities, I was invited to speak at the “official” Harmonic Concordance conference that took place in Yalaha, Florida on November 7-9. What an opportunity! And what a learning experience for me about how the new 5th Dimension energies work!

The whole weekend went smoothly from start to finish. From the beginning I had felt that the Universe had requested my presence, and that I was bringing to Yalaha a message that Spirit wanted delivered. So when, following my speech, dozens of people approached me to tell me how much my words had spoken directly to their issues and to their hearts, I had to give Spirit all due credit.

Later that evening, during the eclipse, a portion of the Yalaha conference was broadcast to approximately 11 million people across the globe, through the internet and radio, and a united intent and appeal was sent forth, requesting spiritual aid for the uplifting of our planet. Each of our voices resonated together in an ongoing OM that lasted for about 15 minutes, as surges of new, 5th Dimension energies flooded my body. The full moon was clear and unobstructed and a shooting star briefly crossed its path. It was a moment frozen in time, when people of all walks of life, from all over the globe, were truly united as ONE.

The next day, the conference hosts unveiled a realistic and inspiring model of a spiritual community, called the City of Light. For ten years a small group has held the vision and intent that someday Yalaha will host a spiritual community where the entire development is patterned on Sacred Geometry, so that the environment itself is healing. The community vision includes a Healing Center, an Arts Center and sacred spaces with a waterfall and a giant crystal embedded into the landscape.

Even though it is still but a dream, this vision is moving closer to becoming reality. As another indication of the power of the new vibration that now enfolds us, during the conference the Yalaha Foundation received notice that one of the conference participants was donating the developmental planning work that is the next step in moving the City of Light project forward. This kind of cooperative, effortless movement forward of ideas and plans can only take place when Spirit is behind it.

The “big” event of the Harmonic Concordance for me was to be a witness to the power that is available when we, together with Spirit, unite in loving intent toward a positive purpose.

(To learn more about the Yalaha City of Light project, go to www.YalahaFoundation.org.)

January '04 On the Right Path...with Rita Milios

The Time is NOW!

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

The time is now... How many times have I heard that phrase, yet really not understood its meaning?

Since returning from the Harmonic Concordance celebration, these words have taken on new meaning for me. Often spoken by friends and colleagues as we offered one another encouragement for “doing something,” for “get moving” with our Path work, still we’d find ourselves stalling out – putting aside our true calling in order to do other, more mundane and “necessary” work ... work that paid the bills and kept us “safe”.

This dilemma has been a source of ongoing frustration and struggle in my life and in the lives of many metaphysical people I know. In the end, it is the true test of faith. For only when I (or anyone) can find the inner strength to truly *trust* the universe, are we willing to take the leap into our Path work full time, leaving behind the security (and ultimately the seduction) of the work that serves our immediate needs but leaves little time for nourishing our souls.

Good intentions. I’ve had so many good intentions. When *this* project is done, I’ve told myself time and again, *then* I’ll take a risk and put aside everything else and simply follow my Path...seeing where it leads me and trusting that the Universe will take care of me. Then another opportunity/distraction comes along and I set aside my true

calling to “take care of business.” And yes, it is true that there is a balance that must be maintained. I’ve seen too many people trust without doing their own part, and this can be just as disastrous, if not more so, than not trusting at all. One must be ready to take the plunge, having done the necessary background work of clearing up old emotional issues and wounds. The Universe needs warrior-workers, not walking wounded. Yet, even with that done, it is still easy to fall back into old patterns of self-doubt and inertia.

But since taking part in the Harmonic Concordance celebration, I’ve come to recognize that the time really *is* now. The time that we’ve all been waiting for is here. The world is different now because the *opportunities* are different. With the emergence of the 5th Dimension energies, the world around us is quivering with opportunity, waiting to be actualized. The time is now for *action* to take place to unleash this waiting potential. Each of us must decide if we are to answer the call of our own souls and become a part *creating* a new life, a new world.

The time for hesitation is over. The time to act is now. What are *you* called to do?

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.

February '04 On the Right Path....with Rita Milios

Fear and the Fifth Dimension Energies

(This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

Well, friends, I took my own advice from last month. I took a risk and took the plunge! I gave my notice at work and freed myself up to devote myself fully to my spiritual work. Boy, does it feel great! Boy, does it feel scary!

Will the Universe support me? Can I support myself? Do I have what it takes to really do something with this opportunity? These are questions that run through my mind when I wake in the middle of the night.

Then I recall a message that I received from Spirit a few months ago. It came through a dear friend, who was performing energy work on me. My energies were so elevated from her work, and from my recent “graduation” to the 5th Dimension, that I was literally buzzing. “STAY in these energies!” came the command from Spirit. I knew then that my angels were advising me to do my part in remaining in a “heart focus.”

During the previous several weeks my energies had become “attuned” to the 5th Dimension energies, I had felt myself resonating more in accordance with my heart than I ever had before. Each time I have a “graduation” to a new level, the incoming new

energies are always exaggerated for a while. This was the case as my friend worked on me. But, I knew all too well that soon my vibrations would drop back to their old level and I would have to – through conscious effort and will – recapture the higher level of vibration for myself. This is standard procedure, I've come to believe. We get a "preview" and get a "template" set for the higher state. But then to permanently anchor it there, we must *earn* it, through our own efforts. My angels were reminding me that I would have to work to keep myself in the wonderful state that I was at that moment experiencing.

The hallmark of the 5th Dimension energies is that they do not have a template for fear. If you are in these vibrations, you cannot experience fear because it simply does not exist there. This would be my challenge, to refuse to fall back to the old vibration by refusing to give in to fear.

As I move into this next phase of my work, the work that is the work of the Universe, I shall WILL myself to remember the words of my angels and I will strive to "stay in these vibrations". I know that the purpose of moving forward on the Path is to not only to advance myself, but to further the Universal Plan as well. I believe the Plan is important enough is take a risk for. It is strong enough to handle my fears as well.

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.

March '04 On the Right Path....with Rita Milios

Weird Dreams

This article is the 2nd in a series of columns that were published in a regional magazine from March '03 to March '04. For continuity regarding the information in each column, you may want to read the articles in order.)

"Weird dreams". A lot of people I've spoken to recently have used this term when discussing their spiritual lives. Just a coincidence? Or something more?

Dreams have traditionally been useful as a "state of one's state of mind" message, coming to tell us something we need to know... a "heads up" from the subconscious to our conscious minds. By considering the *attitude* that each symbol elicits within us, we can understand our dream's message. For instance, if I dream of an acquaintance, it is usually not them personally that I am interested in giving myself information about, but rather how I *feel* about them. Do I like this person? Are they trustworthy? Do they intimidate me? Do I consider them to be a threat, etc? And the way that I feel about this person reflects the way I feel about a situation in my current life. The feeling is a

metaphorical message, because subconscious minds doesn't use words, only uses pictures.

This has been the traditional way of interpreting dreams. Personal, useful, pretty direct...when you get the hang of it. But the “weird” dreams are different. These dreams have been very difficult to catch for most people. They are brief, fleeting and chaotic, with lots of strange imagery that you get more of a feel for than a picture of. Yet, people who experience them feel certain that the dreams are “teaching” them something, that they are a form of instruction. I, too, think that perhaps this is the case, and that the information these dreams bring is not about us personally, but about our collective selves, our *soul selves*. These dreams, it seems, may be coming to help us clear up our *soul karma* and our personal portion of the *world karma*.

Our souls have accumulated karma that needs to be dealt with before we can fully embrace the emerging, new stage of human evolution. At the same time, the world itself has collected “bad karma” that needs to be dispelled — mostly fear energy that individuals have inadvertently released into the atmosphere. Each of us is responsible for cleaning up a small bit of world karma along with our personal karma and soul karma.

I believe these weird dreams are one way of releasing these two kinds of karma. I believe that when we move into closer alignment with our souls, we will begin to remember and understand more of these dreams. In the meantime, if we simply are open to them, we will be acknowledging to our souls that we are willing to share in its work.

Next month I will discuss some “soul symbols” that you may see in your dreams, and how you can begin to decipher these higher level dream messages. Till then...sweet dreams!

Rita Milios, MSW, LISW is a psychotherapist, author and workshop leader on topics of spiritual growth and personal development. Visit her Speaking area and the Bookstore & More at www.ritamilios.com for additional relevant information and resources.