

So today At the Beach I was watching the waves coming in and out reaching out to me. I had just attended a webinar on Effective Mediumship with Anne Marie Bond in England. This required me to make the effort to be up for a 4am start. So it was that after I was up early enough to watch the sunrise at the local beach. I was standing at the edge of the water as the waves came in and I thought how the waves coming in to connect and touch with my feet were like spirit reaching out to us as mediums . When I looked along the shoreline I saw the waves all meeting the beach in a waving pattern of highs and lows. Sometimes stronger reaching further up the beach and enveloping my feet so could feel all of the water surrounding me and other times just touching my feet briefly.

I thought is this like our connections? Sometimes we have deep connections and feel spirit all around us and other times we just touch perhaps even connecting and missing that connection again and again with the different force behind each wave. Each vibration or frequency. And I guess it also depends on how we reach out to the waves of spirit. Do we wait at the shoreline for the waves to wash over us , do we step into the wash that comes in or do we run and plunge into the depths. Perhaps we tread carefully slowly getting use to the temperature until we are comfortable with how the water connects with us at different levels.

I watched the surfers in the water and thought how they are brave and courageous and a few are out there not only trusting what it is like for them in the depths of the vast spiritual realm but also embracing it, enjoying, and finding their own rhythm to ride the waves back to the shore and tell of their experiences.

Some people walked along the beach and looked on and didn't even dip their toes and others submerged up to their knees.

We don't know what is out there under the ocean and yes so many of us fear the unknown . They are not confident to step out. Perhaps they don't Trust themselves or perhaps what lies ahead for them in such an adventure.

But I can see that those who are willing to have a go are getting to test the waters. They are having the experiences. Sometimes making mistakes and learning how to ride those waves with better precision. Some are getting the practice in and getting better.

Some people are amazing and look right at home offshore in the ocean amongst all those challenges. They look confident and at ease and are enjoying every minute. So much so that they will return under all sorts of conditions to capture that connection once again.

So it is that I stand on the shoreline at the beach and think about my own connection . What am I willing to do? How can i reach out to spirit and do the best i can to take the plunge.

I have had examples in my life of that connection and its amazing when you experience it but the truth is i have been waiting too far up on the beach for the ocean to wash up to me.

I understand it has a much better chance of reaching me if I go closer if perhaps if I walk into the water and maybe even take the plunge. Until then one thing is for sure i am becoming aware of how and what i might be able to improve or develop to get there.

The surfers are a living example to me of what can be achieved.

I want to be one of those surfers dedicating myself to the early morning surf ,confidently diving into the ocean and trusting that if I turn up and trust in the embrace the ocean offers me that i will have an adventure. And my purpose will be to enjoy and achieve the best ride I can with the conditions I am given so I can encourage others to be aware of the opportunity or perhaps even take the plunge themselves.

I'm sure that my early rise , Anne- Marrie and her very educational Webinar, the sunrise and the ocean were very busy working together today reaching out to me.

Everything around us has something to say and if we just take the time to listen or look we can be informed of the most amazing things trying to reach out to us everyday.

I m feeling very grateful that today I was inspired to take that time. And look forward to what else I can find out there and around me that may be waiting to connect with me.

Today it is the ocean and it is beautiful. Thank you.