

Pearl Wisdom

WeAwakening Podcast Episode 15

Hello, beautiful souls, and welcome to this week's podcast episode.

Today, I would like to speak with you about pearls. Pearls have been on my mind lately. And one reason might be because Kip and I, this week celebrated our 30th wedding anniversary—which is very hard to believe—and the 30th wedding anniversary is known as the pearl anniversary.

And I think probably all of us know that the way that pearls are created is that some sort of irritant enters the shell of a mollusk, oyster, and the the creature then encases that irritant in a calcium substance of its body, it secretes the substance that encases it and makes it smooth and makes it beautiful.

And I realized, Oh, I think I understand why the 30th wedding anniversary is the pearl anniversary, that makes sense to me. Because if you've made it 30 years, you've probably figured out how to deal with irritants. Because I'm sure that both Kip and I could cite a few things about the other person that we have found irritating. And the key, of course, is to learn to accept, accept one another and receive one another and all of our quirks and irritations in kindness and love.

So pearls. For me, they are also a metaphor of an inner process that allows us to expand our capacity to love. So the creature, there's something inside the creature that enters the the shell of the mollusk, and that thing that is an irritant is not ejected or rejected. Instead, it is unfolded, it is encased, and this act of enfolding and encasing, receiving, actually transforms the irritant into something that is quite beautiful.

And I believe that that's kind of what we do in this life journey. There are things that we come across—part of, you know, life is encountering irritants, experiencing irritations. And the question then becomes how do we relate to them? How do we relate to those irritations that are part of life?

And another thing that I think is important to understand is the actual irritation isn't about the circumstance that we are facing, it's actually the way that we feel about that circumstance. Because I might have a circumstance in my life that I find irritating, that I have feelings about, irritation about, and you might have the same circumstance and for you, it's not irritating.

So it's not really the circumstance. It's not the external thing that is the irritant. The thing that we experience as irritation is our feeling about that circumstance. And there are certain feelings that we just don't want to have in our in our awareness or our realm. That's sort of our natural impulse to try to reject feelings that we find unpleasant. And whether those are feelings of sadness, or anger, or vulnerability, or embarrassment, or shame or any of those things, our desire to reject those feelings is actually what makes them an irritation for us.

But if we can receive those feelings, if we can receive all thoughts, all feelings as I've spoken of before, to receive everything that arises within us and to hold it in love, to receive it, encase it, hold it in tenderness and compassion, that is what transforms our experience of it.

So I've kind of concluded that one of the things that I want to do before I leave this planet is I want to compile a stunning string of pearls. I want to get so adept at doing this, at receiving every feeling, every thought, and encasing it and holding it, and receiving it in love and compassion, that all of these things that were formerly perhaps irritants have now been transmuted into something that has become beautiful. And it has become beautiful simply by the act of love.

And I actually believe that that's kind of what we're here on this planet to do, is to expand our capacity to love. And we can look at these situations in our life that we might have feelings about that we find disagreeable, and we can view them as necessary irritants. We can welcome them as opportunities, as things that have come to us for the purpose of helping us expand our ability to love. That perhaps we came into this world with a certain pearl that wanted to be created, and in order for that pearl to be created, this particular irritant was necessary.

And just by reframing things that way, I believe that helps us actually a great deal towards living from a place of compassion and understanding, a place of love for all of ourselves, everything that arises within us. And as we do that, as we practice this kind of self love and self acceptance, then we are also more able to be a presence of Love, in our personal relationships, and in the world at large.

So I would just encourage you to consider what are some of the things that in your life, you experience as irritations and to recognize, first of all, that it's not the thing in itself, it's not the circumstance or the situation in itself, that is irritating. It is the way that you are feeling about it that you experience as an irritation. And then to simply allow that feeling to be present within you. Not to try to get rid of it, to just hold it in spaciousness, make room for it, makes space for it, hold it in that kind of compassion and love and acceptance.

And by doing that, it becomes something different for you. It becomes something cherished and priceless. It becomes a gem in your life, a gem that has been fashioned of love.

So to welcome all of these things as your teachers, as invitations to you to expand your ability to be a presence of Love, in your life and in this world. So I leave that with you to ponder and until next time, I bid you peace.