

Dive deeper down into the [ocean](#)



Oh Gazelle eyed one...

Every thing appearing in your experience right now, each sound, each thought, each feeling, each pain, each pleasure, ALL of it, are the dance of Shiva/Shakti—
an outpouring of unfathomable creativity.

Each appearance is a wave arising and dissolving out of Lalita Devi, the one mysterious ocean. This is why the seeking for a future state of perfection, will only take you further away from that which will fulfill your longing.

And this is why we can ride on any wave, any experience, no matter how ugly or pretty it is, and let it take us home. When the waves feel unbearable, dive deeper down into the ocean, you will be less seasick there.

When you feel the impulse to change or contribute to the movements of the waves, make sure to connect with the ocean first, then move in.

Our practices make us more transparent, more sensitive. Fear and doubt may arise, it feels vulnerable, our old strategies seem less effective. If you find ways to hold yourselves through it all, you slowly cultivate trust in a new sense of empowerment.

This practice will support you in holding yourself. It will ground you, it will cultivate that soft presence and receptivity.