

Get out of your own way.....and REST!

One of the greatest diplomatic visits ever to be accomplished was when the Queen of Sheba visited King Solomon of Israel, centuries ago- this extraordinary visit is recorded in both history books and the Bible.

It took Queen Sheba 7 years to plan and travel the great distance from the top of Africa to Israel-

Can you imagine how this procession must have looked- with her camels, laden with fragrance, spice, gold, semi precious stones? Her huge amount of servants- and then the planning-the lists she must have made of all the things she needed to take, and do before she left on a journey of this magnitude?

Today planning still takes place, so nothing has changed- but what is profoundly different, is that this extraordinary lady- the Queen of Sheba had an end purpose in mind- her destiny- she wanted to seek wisdom.....

Women organize from inside out- that is from the right side of the brain to the left side of the diary, then she may even take a pink highlighter and highlight the most important things-as this planning will reinforce the feminine hallucination-we are in control! Then what happens- life happens while you are making these plans...

Consider for a moment- that there are only three catalysts for change- Whether it is for the better or for the worse-

Crisis, change, and choice

It is during the circumstances beyond our control when choice can get us out of it!

This is the time of your for self evaluation

Are you saying yes, when you mean actually mean no...saying perhaps yes, when you know you can't do it- then by not doing it, when found out-losing credibility...

It is time to get out of your own way

How

God's plans for our lives are so much better than our own.

Did you know that he spread the stars in heaven and He knows each one by name- well?

Let us take charge and listen to what He has commanded us-

To take some time out and to rest- yes the answer lies in resting.....God does not want you be exhausted.- he wants you to be happy.

Moreover, for a very reason He gave us the universal rules of life- like not kill or steal- but He also added a law of rest- to take a time out of your week and busy life to rest!

Yes, rest is a law!

A Sabbath or sabbatical is not just a day off work- or to catch u with errands or TV- no it is a time to find the presence within outer selves- to take stock of our needs and gifting our talents,. A time to listen to what is most meaningful and beautiful to us-time to honour, that which is important and meaningful-time to look at ourselves.

What will happen-if you are unable to respond to your own need to rest?
Perhaps you, like so many other women you are the one that is also so overworked, that you have got into your own way- you have no time to harness who you are-

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If you do not take time out, into the planning of your destiny-, you will lack wisdom- and wisdom comes from knowledge of self.

I can guarantee you that Queen Sheba took much of her planning time for herself.
She was planning the mission she wanted to accomplish-she needed to be prepared to have the energy, for the long and tedious journey-and could plan for a change of direction if she needed to, because she had the reserved energy and could take charge.

Are you getting in your own way?
Step out- obey the 10 Commandments, and have the 7th day of complete rest- this is for your body, your soul and for your family- and rediscover the power that lies within- and be the best you can be until next time.