

Walking with Medicine By Connor Sauer ©2010

It seems to begin with a particular moment of some kind. You know, one that splits you open in a moment and evokes a cadence of heart that runs new blood through your veins, announcing a part of you somehow unseen before. And yet, just then, as new blood pumps itself steadily along, the rhythm of its river brings alive a recognition that feels real, true, so very, very you. Natural you, deep you, so vitally alive you that peering through your eyes is a flash of life so bright, you illuminate air around you. Your feet trust the ground, and ground itself trusts the smell and feel of your steps. Moving through life, your loving and immensity infuses moments and kisses grace into each of them.

Each of us, in our infinitely unique yet not more special than anyone else selves, have gifts of expression and love yearning to move through us that can bless and nourish life. As we recognize our loving, we begin to recognize our way of moving through life that amplifies all that we choose, do and are. In that loving, in that vitality, in that brightness of being resides the core of our "Medicine". In truth, it comes from our capacity to receive directly from Source, that which we can share. Shared through touch from eyes, words, hands, intent, gesture, and our presence. It settles into us, firm in our skin, listening, receiving, assimilating, growing, releasing. This presence, this expression, gifting and sharing, this perfume we are, in our Medicine, becomes strong, deep, rich with the course of our growing freedom in it. Others feel it, lean-in, relax into trusting it as the true and real expression of you.

Our Medicine is our Divinity, the architecture of our form breathing the fullness of spirit as we live our life. Most of us come to that full-on living way little by little, allowing the pulse of the river of spirit blood, once awakened in that seminal moment, to nourish all the places that have been sleeping in us. As that vine of high voltage spirit grows into the tree of us, animal of us, body of us, we discover the means, in ever-changing ways, of blessing life around us by our very presence, and the excellence of its expression becomes as necessary as breathing air.

Walking with Medicine is devotion to what is true, real and natural in us, making a moment-by-moment conscious choice to bring the deepest expression of excellence and beauty to what arises in that moment. To live as though every breath we take, every word we speak, and every action we choose matters in everyone's lives as well as our own. It is our own Medicine, the depth of our own lives that we lay at the altar of Spirit. Whatever we devote our life and love to, in the purest of intent, is what we seed and grow. Our life, then, becomes our Medicine. There is nothing finer, nor more trueful, than living in devotion to the glory of life expressing itself uniquely as ourselves, and honoring the profound privilege of a life in human form.