

## **Our 5 Homes – An environmental contemplation**

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Our first Home on this Earth is the BODY.

It is the body of our mother where we first grow and float in a warm saltwater sea.

Mostly it is dark, but it is never quiet.

Her heart pumping blood is the background rhythmic beat of this - our life; Our mother's voice, and the voices of her companions.

If we are in a two parent family we may become familiar too with the sound of our father's voice – and we learn early on whether or not we can trust him.

We may have two mom's. Or two dad's after we are born, but it is this first Home – our birth mother - that will imprint upon us for life.

Whatever is normal and familiar at this stage of life is our default normal.

Before we are born we already know if we are loved or not.

We already have a sense if the world is a safe place – or not.

Significantly we take in nourishment through the constant flow of blood and energy from our mother.

Truly we are being created by what our mother eats, drinks, breathes, and by what she thinks and consequently feels.

The vibration of her body – is our vibration. Whether filled with fear or Love.

Healthy living food – or junky sugary and fatty imitation food products - this becomes our diet, and our body, and we grow.

Eventually a Miracle happens:

Just when the real estate is getting too tight, too crowded and cramped... We escape into our very own apartment with a vast, bright, spacious, noisy, chaotic view of a world seemingly without limit. Except - for those limits we are born into, those limits we

learned from our caregivers, those limits we accept as true. From the moment we are conceived this home was being 'built'. We are indoctrinated with vibration during this process, *a story* that says: “This – IS – the way the world is.”

We more often than not accept this perspective as true. No matter whose very different reality we bump up against. Our spirit now has a body of it's own – yet... Here it may THRIVE and GROW - or shrink and become without light and sparkle depending on *that story* of limitation or possibility and how deeply we, and others around us, believe *the story*. Because what we learn to believe is true - becomes true for us.

The world always reflects back to us our own beliefs. Which leads us to our second Home...

This material world is the place most of us actually call Home. Our dwelling. The place to 'hang our hat', the place our friends and family know where to find us, the place where the dog, cat, fish, gerbil, pot belly pig or geranium on the windowsill wait in anticipation for our return. It is the place with the refrigerator! The Bed! The television!!!

This home is intended to be a shelter for our spirit's body. A place of safety and comfort. A place to restore ourselves. A place of healing. This second home is truly the home of the mind. It contains what we THINK we need: Internet connected computers, electricity, telephones and their chargers, toilets, books, magazines, refrigerators that make ice, microwaves, toaster ovens, washers and dryers, seasons of clothing and memorabilia and a whole lot of other stuff that other people in other cultures in far away places - or as near as the closest highway overpass - manage to live without.

If our mind is cluttered – our home is cluttered. If we think we can not get organized – then we can't get organized. And if we think we cannot live without IT, whatever it is, we are selling ourselves short. Buying into an idea of dependency was not part of the original design for our species. We were designed to be survivors. Adaptable. Strong. Intuitive. Capable. Creative. Collaborators. We were born to *thrive*.

We were NOT designed to be passive consumers of stuff or media or propaganda. We were designed with our very own homing mechanism with its very own in-house designer. And if we learn to discern and accept who we are – powerful - separate from who we are not – powerless. If we learn to respect the miracle of who we REALLY are – then we can tune into that homing mechanism of our heart; then we can follow *our own path* by listening to our intuition, the call of our soul, then we can bravely create and re-create the world-we-choose-to-imagine *of our own design*; *Not* the one that by default we were born into; *Not* the one that the news tells us we live in; *Not* the one we are told to purchase or suffer being less than perfectly popular, or perfectly beautiful – thus disconnected. The irony is we are only disconnected when we allow these externals to define us.

Our birthright, our true Home IS connected, by design, to all other true 'Homes'. This, our third home, is our very own heart. It has been said that the longest journey anyone can make is only about 8 inches – the journey from our heads to our hearts. When we choose to live from this heart center - our view of our next - the fourth Home becomes very apparent. It is so omnipresent that we take it tragically for granted. Even though it is indeed *an integral part of us* we seem to think it is not. It is always considered OUT THERE, yet it is the true Home for our body. Indeed it is an extension of our body – of

our mind – of our beliefs.

This Home – planet Earth – our environment – is the womb of life giving sustenance. So much so that Native cultures called Earth: “Mother.” Every cell of our body needs and contains the oxygen from the atmosphere of our beloved, ignored, and polluted planet. We have the trees and plants that make oxygen, and the squirrels who plant the trees, to thank - for the air we breathe. Every cell of our body needs and contains the water, minerals, and oxygen from this system of life of Earth, and we are unconsciously moved by the tides – the ebb and flow, created by the tension of gravity between the Earth and the moon as we cycle around the sun. We have the clouds and the sky and the sun and the moon to thank for this our never static existence.

The food we eat – if plant based – the roots draw minerals from the soil into its leaves, stalks, roots and fruits, nuts, beans, berries and grains. The animals, if we eat them too – the fish, clams, oysters, shrimp, eel, squid; the cows, sheep, ducks, geese, pigs, chickens, turkeys, bison, goats - and in some places dogs, horses, cats, iguanas, snakes, rats, possum, turtles, dolphin, whales, kangaroo, crickets, ants - all draw minerals from the soil, water, air and may in turn become food for our muscles, bones and blood. And all of the above organic material - including ourselves - become over the course of millenniums the precious oil that lubricates the movement of the tectonic plates as they glide one over the other as the Earth grows and shifts and breathes...for the Earth is wise and wastes nothing.

We are seamlessly a part of our planet. How can we not honor with every choice our Home – when truly we are our Home. I can tell you: Because we get stuck in our heads, in our ideas about how the world is – without actually seeing it, knowing it AS it is. We get stuck by our prejudices, fears and beliefs; By our limiting stories.

We forget to live in our bodies - in the present moment. We forget that what is out there IS in here. We forget there is no AWAY to throw anything. We forget to LOVE and honor ourselves *and everyone, and everything*. We forget that *all life is sacred*. So I ask you to consider these, our 4 Homes, on a daily basis...

- 1) Your body - is amazing AND beautiful. Love it. Respect it. Honor it, *and live fully in it*. And as far as the food you choose to consume – if it isn't healthy for you and the environment - *it isn't food*.
- 2) Your material home and all the stuff that it contains – don't keep it if you don't *love it or need it*. Decide to learn the meaning of ENOUGH. And if the news brings you down – turn it off. If TV or the computer deadens your motivation for *real living, for joy* – limit or eliminate it. If your cell phone constantly beckons your attention away from the present moment – take breaks from this too. Turn it off. Be free. Go out and meet people. Unplug. Relax. Just BE – then, and often only then, can we tune into:
- 3) Your Center – your Heart, your very own rhythm, your singular purposeful intuitive Divinely-guided path walking gently in...
- 4) Our shared earthen Home.

So I ask you again to consider – everyday before you go out into our world, our shared HOME, from your very own dwelling, in your very own Spirit-House of your body – do this: Consciously choose to:

GO OUT INTO THE WORLD AS WHO YOU REALLY ARE  
(*an amazingly beautiful Divinely-guided creation of the Universe*)

...and you WILL notice your shoulders are relaxed and back, you will stand up straighter with your chin a little higher, you will breathe deeply as you center in *the power of your heart* and you WILL see – *I guarantee it* – that:

## **BEAUTY is EVERYWHERE**

And you can say to yourself – without a shadow of a doubt – That beauty IS ME. That beauty IS YOU. That BEAUTY IS ME. *THAT BEAUTY IS ME!*

Then, and only then - *when we walk this simple truth* - will we know our heart of hearts - our 5<sup>th</sup> HOME, with a capitol H.O.M.E., that Mystical 5<sup>th</sup> Dimension: GOD, LOVE, The All of the All, The Divine Essence, The Light, The Great Mystery, The Holiest of the Holy, The Presence - of our collective Soul, The Universe...name it what you will...meanwhile, walk the walk, *Love the journey, and the journeyers; And tread gently in our Home.* For truly, The Earth does *NOT* belong to us, but we to *HER*.

Rev. Jeanne Montclair