

# The Only Thing You Have To Do

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In the past few months I have noticed some very intense things going on, not only in my life, but the lives of all around me. There seems to be a condensing of energies, causing big changes and shifts in our human experiences, relationships, and awareness.

I have, somewhat unusually, found myself waking in the middle of the night with feelings of stress, overwhelm, and some anxiety. This is not something that is so common for me. My mind begins to race and usually takes me to a place of helplessness for all my perceived life stresses. These are mostly about people in my life I want to help or support in some way and not able to effectively enough.

I have also found myself crying deeply over the insurmountable pain in this world and also feeling powerless as to what could be done to alleviate it. I would breathe for as long as it took to go beyond the feelings and yet feeling somehow incomplete.

Then one of those nights of waking to my inner turmoil, I engaged myself into a major breathing session with the intention of some answers and resolution, to not only my condition but how I could be more effective in creating more global healing as well.

At the end of my breathing that early morning I heard the voice say, "The answer is simple". Questioning in my mind where that statement was coming from, I focused within and heard once again, "The answer is simple". Having got my attention, my mind asked, "What is it? Please tell me."

And then as clear and strong as any message I have ever gotten, I heard, "JUST LOVE GOD". Well, of course, I love God, but how will that help? "JUST LOVE GOD". Even though I thought I loved God a lot, I listened to the message very carefully. Maybe I had overlooked something, or could learn to love in a better way.

So I thought I will reflect on all the ways and whys I love God, which to me, meant to start with all the things I was grateful for, knowing they were mine as gifts out of Grace. I then began to feel the inner tension melt away and the energy of my innate love for the Divine began to surface. Before long I was able to somehow transfer this powerful Love to all who I was concerned about and realized they were God too. And love them from another space.

I have been playing with this awareness and method for the past few weeks especially when the fears and worries arise and in remembering that love, I can feel the power of the energy of the Divine Love that exists from God to us and us to God.

This *It* is it. This is really the only answer we need to have and focus on, no matter what comes up in our mind or experience to transform or deal with.

If we look at it from the entrainment perspective, that is, maybe the awareness of Divine Love is the highest frequency energy in the Universe, at least one that we can access from our understanding. So, by remembering this Love and then allowing ourselves to feel it, it then entrains whatever lower state we may find ourselves in.

*I feel very blessed to have been given this simple but powerful way to melt the concerns and fears that arise and feel unconditionally the Love and Grace that can transcend all that is not the true perfection.*