

From: [Psalm 119:114](#)

***You are my refuge and my shield; I have put my hope in your word.***

Let us focus our prayers, our meditations, our thoughts, and even our actions on ***“hope instead of fear.”*** This is the seismic shift in consciousness readily able to take place in light of our recent presidential election. And “we the people” have a responsibility to “do our part” during these times of rapid change. I am reminded of a writing from the Hopi Nation that came my way several years ago....

“There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart, and may suffer greatly.

***Know the river has its destination.*** The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water. See who is there with us and celebrate.

At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over. Gather yourselves.  
Banish the word struggle from your attitude and your vocabulary.

All that we do now must be done in a sacred manner and in celebration.  
We are the ones we've been waiting for.”

***We are the ones we've been waiting for... our time is now.***  
As we press on to the high calling and focus our hearts, our lives and our souls on hope... *the hope of now.* (Sandy Diamond, Future Trends Team)