



Sacred Spaces



The Thorn in Your Heart

by Toni Elizabeth Sar'h

You may not believe you have a thorn in your heart, yet I would hazard a guess that there is something in your life that provides a *stickiness* or a sort of uncomfortable feeling you wish would go away. Whatever that is, I am calling that the ***thorn in your heart*** because it keeps you from feeling the ease and peace that comes from simply being. As the standing wave that you are this thorn transmits itself to your surroundings setting you up to be a receiver of more of its *thorniness or discomfort*.

Let's look at this concept from within relationship since so many thorns seem to appear there:

Have you heard yourself talking internally about how much you wish your husband/wife/boyfriend/girlfriend/significant other . . . you can fill in the blank here . . . was as devoted to spiritual practice as you either are or want to be? Are you disappointed that the mate you chose or are choosing doesn't feel driven to understand him or herself as you're sure you're doing?

This distraction, this attachment to what the other person is doing, being or experiencing is what I call "the thorn in your heart". So, let's take a look at how this happens realizing that what we are addressing here can be applied to any situation you find yourself experiencing:

Let's say you have an intense intention set (because you're so familiar with the Law of Attraction) that you will draw to yourself the perfect mate . . . and live the rest of your life both physically and spiritually surrounded by this bliss of perfect union. And the person shows up . . . or at least you believe he or she has . . . and you are very excited, you make the connection, and off you the two of you go . . . into life, the spirit and divine happiness.

But then something happens . . . it's been a few years now . . . and there have been a few signs that you're both achieving your, hopefully, mutual spiritual

goals. Sometimes it even feels like the strength of your union is increasing, solidifying in its presence.



And then things begin to change . . . especially within you (**because you're the only one you can really talk about truthfully**). You begin to see things in a different way . . . the little character attributes that exist between the two of you that used to only ruffle you **slightly** are becoming bigger. You might even feel yourself experiencing actual anger.

So you try harder . . . you attempt to be more spiritual . . . and you make sure your partner knows how hard you're trying . . . after all, you **are** a spiritual “Lightworker”, you **have** come to earth to express **all** of the heavenly gifts that you know you have and while they're not always appreciated by the masses, at least **this person** has appreciated all you are . . . he or she must see how pure you are becoming in your intent . . . doesn't he; doesn't she?

Right here . . . right in **this** moment when you are feeling **that** , . . . **you are**



pricked by the thorn in your heart. The pain is obvious and it stems (much like the thorns on the stem of a rose) from your expectations and beliefs about “what is supposed to be”, “how” it's supposed to be and when it's supposed to occur.

The first inclination is to bolt . . . to run away . . . or to fight . . . it is the typical fight or flight mechanism kicking in so that you may continue to survive **within the relationship** in the way you construe it to be. That is the human side of your personality telling you that your expectations have not been met, you

probably made a wrong decision somewhere back there and you must get away if you are going to continue to grow.

My question is this: Could it be possible that the person you chose as the perfect mate is being just that? Could it be that he or she is simply being who and what they are, as authentic as they find it possible to be, and are subtly . . . by their frequency . . . asking you to be as well? Could it be that this is an invitation to step up to the plate, to look in the direction that you have not been looking (define that as "**more deeply into yourself**") and express the authenticity of your present feelings?

My answer to these questions is yes, yes and yes. **You** are being given an opportunity to look at your preconceived beliefs about how your spiritual life is to present itself . . . how you are supposed to experience that set of beliefs and how those in your life are supposed to respond to your preconceived idea of your own growth . . . and that takes courage . . . and it takes humility, allowance and acceptance . . . that the direction in which you are not looking . . . is the direction that is saying (in so many words) look at me, look this way . . . how about **this** (whatever that may be) . . . and it is always your choice. *And, as I stated earlier, you can apply this scenario to any situation in your life.*

So, I offer this thought in deference to your original decision to live a "spiritual life" **because it is relative** (it relates to everyone and everything in your environment). So long as you hold on to any idea about how that spiritual life is going to show up, to that degree are you living with the thorn in your heart and you do not have to be; remove the blinders that cover your authentic feelings, speak from your heart and let your personal teacher, **your partner, mate, etc.**, know that you are observing these learnings within yourself. Talk about how you are feeling, always remembering that this is about you. Open yourself up to authentic dialogue with your partner, friend, family. Remain humble, observant and loving. As you do so . . . and as they respond . . . you both have a chance, mutually and individually, to watch your union grow stronger, truer and emptied of illusionary expectation.