

Asleep at the Wheel

By Margaret Shepherd

Last week I was rushing to get out of the house to get to the gym. I grabbed my keys, towel, water bottle, and the coffee filter basket full of used grounds. I put my keys in the trash, dashed out, closed the door and tried to lock it with the coffee grounds. I had one of those "asleep at the wheel" moments.

How about you? Have you ever had them? How would you like to be able to let yourself off the hook for every stupid or unconscious or embarrassing thing you've ever done, or ever will do in the future? Times when you've been asleep at the wheel of life.

It doesn't matter if you're asleep at the wheel. God is driving. The Angelic Autopilot is always on. You can do stupid or unconscious things, and God will continue to direct your life, the circumstances around you and the ideas within you. God will still offer opportunities to expand your consciousness. We call it The God Intervention. Ernest Holmes, founder of Religious Science called it Divine Right Action. It's happening every nanosecond.

Just how important are you to God? You are here as God incarnate on earth. You are God individualized, undivided from the whole. You are always in God's awareness and care. Your eternal spirit is always seeking, finding, and creating what is best for your evolution, even when you are asleep at the wheel.

You can live in joy because you know God is paying attention and will intervene whenever and however necessary. Your joy can transcend and co-exist with any other human emotions. Even when you are asleep at the wheel, God is driving.

Joy is the spiritual quality that comes to mind when we consider the truth of Divine Right Action or The God Intervention. Joy, because there is never any

reason to be sad. Joy exists as a spiritual experience even in the midst of sadness. In her book "Building Your Field of Dreams" Mary Manin Morrisey tells a story of a young man killed in a boating accident. His name was Jack. His devastated mother Susan did not have strong faith or a spiritual community. She was asleep at the wheel. But, here's the God intervention: Susan's sister came from another state for the funeral and remained a few days. She was a woman of strong faith and knew she was there to be of spiritual support. Two days after the funeral was Susan's birthday. Her sister suggested they spent a quiet day at home. She suggested they pray together for a sign of Jack's well being and of his eternal life.

Shortly after they prayed, Susan felt restless. She wandered over to a bookshelf and scanned the titles mindlessly. Suddenly, her attention focused on a particular shelf and a particular book, one she hadn't opened in years. She took it from the shelf and it fell open. From between the pages fell an old, stained, folded piece of construction paper. It was a birthday card her son Jack had made for her over twenty years ago. She read the words printed large in crayon letters: "Happy birthday Mommy. I love you."

There are many stories like Susan's. They illustrate for us that God's love is an active presence in all life, and that God takes action in all our lives all the time, playing no favorites. This is cause for joy, no matter what.

Often when we are asleep at the wheel and do or say dumb things, we get embarrassed and ashamed. Do you feel this way sometimes? As a young mother, I was in graduate school, and one day I took my youngest son with me to the university library with a promise of lunch later at the cafeteria. He was about four at the time, and he behaved perfectly as I searched for the books I needed. Congratulating myself on how well I was raising my children, we went to the cafeteria. There we were spotted by one of my professors who came over to introduce himself to my child. "Hi there young man. I'm one of your mom's

teachers. Can I join you for lunch?" Toby looked up at him sweetly and replied "You have the biggest nose I ever saw."

It has never become quite clear to me how, but I know God was in that moment for the growth of us all. Perhaps, giving my professor an opportunity to be compassionate to a young child and a mortified mother. Perhaps for me to learn the folly of my little ego trips about my child raising. Perhaps for us all to know that honesty is always innocent and can never harm unless we let our egos react.

Think for a moment about a time when you were really embarrassed. Can you see the growth in it? Not yet? It's OK. It doesn't matter. God was there and you did benefit. So stop being embarrassed, stop feeling ashamed and stop spending mental energy trying to determine the "lesson". DRA happens with or without your awareness, your understanding, or your emotions.

Finally, a recent story of God's intervention involves a charter member of SpiritSong. We'll call her MJ. She was known to be a woman of little spiritual bent and no strong belief in a higher power. She was nearing the end of her life and had to choose between institutional care and a home hospice arrangement. Frail and gravely ill, a series of unlikely circumstances led her to the perfect home hospice care givers who would give her the SPIRITUAL support she needed and was unable to consciously find. Perhaps she was asleep at the wheel spiritually, but it didn't matter. God within was driving. Her soul attracted these hospice nurses, who became her spiritual advisors, spiritual care givers, spiritual practitioners. God, as her spirit, was driving. Divine Right Action resulted.

How does this work in your life? How can this awareness get you closer to heaven on earth? You can let yourself off the hook. Let yourself off the hook when you find yourself asleep at the wheel. Let yourself off the hook when you do stupid things. Let yourself off the hook when you don't always act

as "spiritual" as you want. Let yourself off the hook when you react, get angry, act hurtfully toward others. Let yourself off the hook when you're lazy. Let yourself off the hook when you're selfish or mean or jealous or cranky or acting like a moron. Let yourself off the hook when you think you have to fix a mistake you've made. You don't.

Bring your attention to the present moment (remember about that?) and remember that God is always paying attention, moving you forward and loving you no matter what. You can try to be aware of how to do better next time. If that awareness is there, go for it. If not, let yourself off the hook.

Say out loud to yourself, "I let myself off the hook when I am asleep at the wheel".

Affirm for yourself:

"I let myself off the hook when I am asleep at the wheel."

"God is always steering my path."

"Divine Right Action is always taking place in my life."