

Winter 2011

# Family Nurturing Tree

## Intuitive Daily Planning

### Designing Your Day In Co-Creation With The Universe

By Debi Melzer

The growth and evolution of my inner being has greatly influenced how I make decisions and move through my day out in the world. I was reflecting on my days as an engineer and how so many times I would diligently set priorities for the day only to have them knocked clear off the block as other “fire fights” came up or I was pulled into someone else’s work or project. By days end I would feel completely frustrated at not accomplishing what I or my manager wanted to be done and feeling no sense of direction or plan. It left me feeling drained and unproductive. When we view ourselves as separate or disconnected from each other not just as team members, but as human beings, disharmony and conflict arises effecting productivity and relationships whether it be in the workplace or in the family. I remember many days wanting to tune out others issues so I could focus on my work and stay on track.

In hindsight there were times I was aware of using my intuition as a child and even as an engineer, I just didn’t know what to call it or really let it flow to guide my day. My journey into the healing arts has deepened my awareness of that innate skill as a guiding force that creates effortless flow in my day. Now more than ever, science and spirituality are confirming that we are not separate, but each an individual living matrix as part of a bigger matrix that is all of life, seen and unseen.

My experience with energy healing, appreciative coaching, and spiritual exploration of the “unseen world” has revealed a profound experience of this connection. I now use that connection and set an intention that what I am creating is for my own good, flowing in harmony with the good of others and what they are creating.

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### Mission Statement

Celebrate & Harmonize an awareness of Divine Love creating peace, purpose, love, gratitude, health, joy, and abundance for all

*“There is really no such thing as bad weather, only different kinds of good weather.”*



*- John Lubbock*

## In this issue

**Intuitive Daily Planning**  
**Darkness - The Other Half Of Wholeness**  
**Celebrating Positive Male Role Models**  
**Upcoming Events**

That tiny shift has had huge implications in my life. I soon found myself flooded with amazing insights, project ideas, and ways to be of service to myself and others. I had to find a way to manage this surge of Divine Inspiration to plan and take action on it. The following are some tips and tools I have found to manage this flow and let it spark effortless creation days as opposed to disjointed days feeling empty and unproductive.

If the idea of your intuition is brand new to you, the “To Universe List”, and “Integration Breaks” are great ways to begin to explore the innate skill we all have.

### **To Universe List**

Instead of a “to do” list, write down main titles of all the projects you are working on or feel called to create. Each morning or evening, take a few moments to sit quietly. If you have your own grounding, centering, or meditation techniques start by creating that space for yourself. If grounding and centering are new to you, just focus on the rhythm of your breath to center you. If your thoughts become a distraction, be mindful of them, and gently bring your awareness back to your breath.

Begin to ask your inner being to show you what tasks to work on for the day setting an intention of collaboration and effortless flow. Be in that space as long as it feels

necessary. It could be only a few minutes, or as long as a half an hour. Then scan your list. I keep mine on my I-Calendar because I can sort and color code various projects or tasks. See which ones you feel drawn to. This could be a sensation you feel in your heart, or your eyes might lock onto a particular item. Once you feel a connection just be mindful of it for the day knowing your time and energy are called to flow with the project fully supported by the Universe around you including family, co-workers, or even new acquaintances you may need to meet to support you. Set an intention to make this a daily practice and see how it organizes your accomplishments for the day and your week.

The Universe tends to have its own timing and flow and the more we attune to that, the more harmony comes into our work and play. I have often found many projects that seem huge and off in the distance come into focus in a day or two from stepping into the space to co-create with this invisible force some call God, Spirit, or the realm of Quantum Mechanics.

Another way to use this is to help get clarity on a brand new project or task. Often times I have so many projects going on that I would literally drive myself crazy trying to plan them from a strictly left brained time oriented way. So for those projects, I simply sit quietly and just ask to



be receptive to what I need to know about them to move forward. Often the answers show up in an e-mail, dream, spark of inspiration, or a new connection with someone.

I had just an experience with a sacred geometry project I was feeling called to. I had no idea where to go with it, but over several days, I kept tuning into it on my "To Universe List" and through verbal affirmation asked to being open and receptive to what I needed know. Within those few days, I met a new contact on Linked-In with the information I was looking for. Part of this sacred geometry project has to do with me traveling to sacred sites in the world, and the person I met turned his passion for sacred sites into a tourism business. In visiting his website I knew exactly which trip I need to go on to move my journey and the project forward. Synchronous events and sign posts continue to unfold with this and my many other projects.

I have also found the urgent priorities that come up in the day still get resolved and don't need a priority on a list anywhere. We naturally know what absolutely must be done in a given day which frees the rest of our day to flow more intuitively. I'm done with the days of A, B, C priorities and tune into my connection with the energy of people and projects around me to design my day. It leaves me feeling uplifted, productive, and inspired for the next day.

### **Integration Breaks Walking To Balance Your Day**

I find a wonderful integration of work and energy whether it be a Skype meeting with colleagues, clients, or working on the computer on a project. We are an individual consciousness in a sea of other unique individual beings all connected and united by this singular invisible force. Our connection does not end with our skin. As energetic beings we radiate in a dance of connection.

After the flurry of work, discussions, and agendas, I often take a walk to integrate all the information I just experienced. Many times I may leave meetings or a project with more questions than I began with. The act of walking stimulates our proprioceptors which are sensory receptors in our muscles, tendons, and joints which help our body process information to understand where we are in time or space, sitting, standing, walking etc. The cross crawl movement of walking also stimulates right brain

left brain balance integrating your whole experience. I will often walk and gain further clarity to a situation or next step. So the next time you get out of a meeting or a conference call, take a break, go for a walk around the building, or your office, or venture outside. See what experience you have integrating. Another gift of this integration walk is wrapping up one activity to shift gears and move into your next activity. Going from the stillness of a massage or bodywork session, to the brainstorming activity of a conference call require very different energies. I feel more rested and balanced throughout the day by taking these little "Integration Breaks".

### **Let It Brew**

When It comes to meeting minutes or communication to others, I often let it brew in consciousness for a day before sending information out. Surprisingly other details and helpful insights usually come through. I always have handy a small day planner to record insights that come through out the day. Find what works for you whether it be pen to paper, or finger to touch screen.

There truly is a dance of participation and action, balanced with rest and receptivity that can create a effortless way to design and live your day. When we can tune into this rhythm in ourselves, it will tune us into that Universal rhythm creating beauty and harmony. We release our misperception of separation and are reunited with our innate awareness of wholeness and connectivity.

**"If you ignore beauty, you will soon find yourself without it....**

**But if you invest in beauty, it will remain with you all the days of your life."**

**- Frank Lloyd Wright**

# Darkness - The Other Side Of Wholeness

By Debi Melzer

Many times in my journey I have gone through what I call a “void” experience. Often these experiences are connected to exploring my shadow side and parts of my consciousness/energy that want to be seen through an awareness of Love and Light. These experiences taught me not to fear the dark or to see it as evil or even error, but as resistance.

I came to a realization recently that it only becomes a resistance experience in our life if we see it as something not part of ourselves. These “void” experiences often feel like an empty space or state of vacuum and definitely a time of stillness in my physical world. So after shifting away from a fearful view of the dark I began to ask what was it for, why do we see this experience of Dark and Light in our world?

I first look to nature. We have sunrise and sunset, night and day, high tide and low tide, all functioning in harmony. Without this harmony our lives would be in chaos. We wouldn't have enough time to rest and sleep, work and play, or sun for growth and plant life, or phases of our moon for rest during growth.



I have also been feeling a strong connection to the metaphor of Eve, the apple, and The Garden of Eden, and a collective consciousness view that Eve created the fall from grace by eating the apple from the Tree of Sacred Knowledge and sending us into darkness. I no longer see this as evil, sin, or error but know somehow it comes from love and I have a desire to understand the “somehow”. Below is my own interpretation of this harmony of both light and dark, with the wholeness symbolized by the circle, in harmony with the balance of the square.



*“When God created the heavens and the earth, the earth was a formless void”*

*- Genesis 1:1-2*

Reconnecting to my Native American roots of understanding I continue to associate the dark as an experience of the stillness and nurturance of the Divine Feminine, but how does that exist in us and what is it's purpose?

We are a microcosm of the macrocosm of the universe, unique expressions of God, of our Creator. I began to ponder. What if the Sacred Feminine is indeed darkness, not of evil or wrong doing, but in the big picture, the primordial vessel from which form emanates from, a potential energy of some sort?

Here are the definitions of dark energy and dark matter from a [NASA website](#):

**Dark Energy appears to be, based on the brightness of the most distant type-Ia supernovae, a mysterious force that is accelerating the expansion of the universe. These recent discoveries have provided good evidence that there is such an outward force on the universe (variously called the cosmological constant, "quintessence," or "dark energy").**

**Data about the rotation of galaxies shows us that the outer parts rotate as fast as the inner parts. This only makes sense if there is a spherical distribution of matter in each galaxy, which is not what we see. Therefore we infer that there is a certain amount of Dark Matter in each galaxy. This could be some exotic particles, or just lots of stars too small to have ignited.**

Hhhmmmm, "exotic particles, or just lots of stars too small to have ignited", some "mysterious force" that is not totally understood. Sounds very much like my mystical and spiritual experience of the void and this still point of creative potential within me. As the Bible says, "and then there was Light". What if the Light that came from the void then travels and condenses as it moves down the scale of vibration from unseen matter or spirit into the visible world of matter until it condenses and creates an object in form in our visible world?

My thoughts then moved to my experience of being a woman and being a vessel for nurturing and carrying life. If I am created in the expression of God, am I not a mirror of a larger working of the universe? Aren't we all for that matter as we each have a Sacred Masculine and Sacred Feminine that is our wholeness. A child is carried in the womb, sheltered and cradled until it is time for birth. Is this dark energy or dark matter our Source for creative inspiration just waiting to be tapped into once we ask the Universe, God, Creator, or Light for assistance? Does this process create something in form based on our view of the Dark? If we view it as evil does it create evil based upon our freewill choice, or does viewing it as a creative pool of love create something beautiful and helpful for humanity. I think the answer is YES! It all depends on our viewpoint as we are active participants of what is created every day in our visible world.

In that case, shouldn't we cherish the Dark aspect of our being just as much as our Light as they are both a necessary and balanced part of co-creative living. We cannot see the Dark without Light or Light without Dark. It is a cycle of experience we can see played

out in the natural world around us through a continuous cyclical journey. I don't think it is our Creators intent for us to eradicate the Darkness, but to fall in Divine Love with it. To try and eradicate it goes against the natural order of our world and creates resistance to the abundant, loving Universe we are all apart of.

So what creates non-resistance to seeing ourselves as beings of consciousness that are completely whole with both Light and Dark aspects? Awareness..... awareness we have a choice. When we step into this space of awareness of both our Divine Masculine and our Divine Feminine, we open the door to reclaim our Divine Power. We become participants in a Divine matrix and the colors of the universe collide and create wondrous events and miracles in us and in our lives.

**Earth our mother, breathe forth life**

**All night sleeping**

**Now awaking**

**In the east**

**Now see the dawn**

**Earth our mother, breathe and waken**

**Leaves are stirring**

**All things moving**

**New day coming**

**Life renewing**

**Eagle soaring, see the morning**

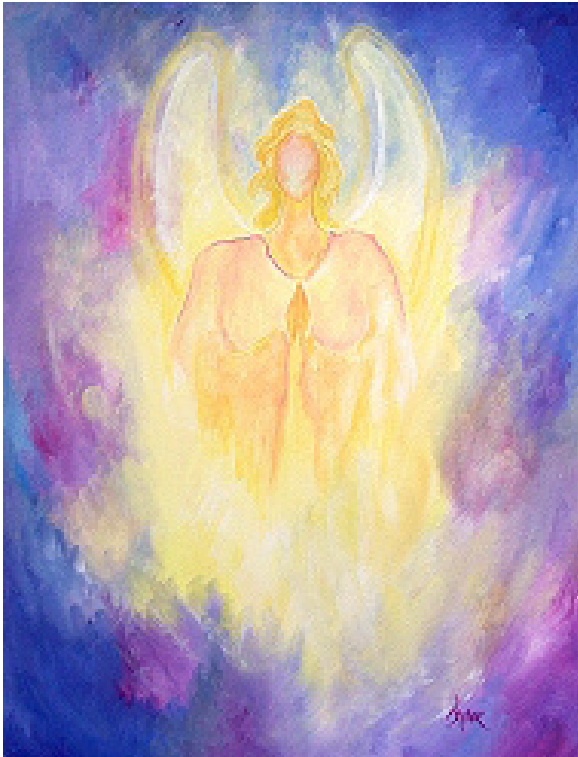
**See the new mysterious morning**

**Something marvelous and sacred**

**Though it happens every day**

**Dawn the child of God and Darkness**

**- Pawnee prayer**



*"Personal Power"*

*This print, other inspirational pieces of explorative art,  
and custom paintings can be found at:*

<http://www.angelsbysharae.com/Gallery.html>

## Celebrating Positive Male Role Models

### Remembering A Balancing Force In My Life

*By Debi Melzer*

In a quiet moment I was recalling what a blessed childhood I had growing up in a rural town with a great public school system. My parents both worked full time as my father ventured out as an entrepreneur in the world of photography.

I have always loved learning and school was a favorite place to be full of challenges and new experiences. What was most profound was all of the male role models I had in my life from elementary school all the way through college.

I remember the loving presence of male role models with very nurturing & encouraging personalities. My elementary school PE teacher was always there with a smile and encouragement, especially on our timed mile run. I hated running unless it involved a soccer ball!

In junior high, my social studies teacher, who was also a Vietnam Veteran, had a gift for inspiring us to see different perspectives in a situation. Looking back, I see what a profound gift that was and how I still use it today! My 8th grade english teacher offered a profound and peaceful calm in my day of teenage energies and hormones. His peaceful presence and energy carried over into our classroom. That 50 minutes was a time for my own energy to come back into cohesion, grounding and centering me each day. All of that from him just being himself. A truly treasured gift!

In high school, science and music were my inspiration. My biology teacher always challenged a group of us with extra work. He could see we were ready to go beyond the basics and would lead us a bit farther in exploring what ever the current topic in class was. Of course we were teased by the other students in the class, but his passion and enthusiasm to see us challenged in our learning gave me confidence to feel and see it is ok to be different and think outside of the box. My high school physics teacher saw in me a talent I did not see in myself at the time and shared it with me through the simple message he left in my high school yearbook. Yes, I did choose to use my gift for science and it has continued to evolve to my current journey of exploring the world of quantum physics and integrating the knowledge of science with the lessons and truth of our spiritual experiences.

Then there was my great joy of being a drummer in our high school band. Marching band was of course the favorite. I loved the teamwork and group focus it brought into my life. Our main drum instructor along with several others supported us in honing our individual and collective skills. They selflessly volunteered countless hours to support this at times, unruly bunch of young drummers, and gave us guidance and space to come together in drumming harmony and to excel. We were state champions 3 years in a row. Our band instructor shared a little secret with us all one

day. Our mentor kept a little shrine at home of various medals, pictures, and mementos we had given him over the years. He truly nurtured us with his dedication and by sharing his gift and love of music with us.

Then it was off to college to pursue an electrical engineering degree. One instructor stood out for me. A young professor from Turkey who was amazingly intelligent, but more importantly could teach as well! He had a gift of taking our digital controls curriculum and showing us the principles through examples of the technology in every day devices. I also saw him as a loving and supportive husband with a wonderful partner in his life, as his wife was also a professor. I still remember the day he brought the whole class baklava that he had made himself! If you have ever made it, you realize the work and difficulty in that delicate treat!

Throughout my life there has always been my Dad. He has always been amazingly patient and loving with my 2 sisters and myself. For girls, we were a pretty rowdy bunch! He wasn't one to scold or yell, but to speak quietly and calmly to help us explore a choice or behavior we had chosen that was not the greatest! (smile). I carry forward his gift of kindness and patience, as well as his gift of entrepreneurial spirit and love of photography.

Then comes my husband who has been my greatest spiritual teacher. The traits and behaviors in him that challenged and tested me were the same traits I really wanted to change in myself. He truly is my mirror in so many ways. I hope to support him in the way he has patiently and lovingly supported me in the dance and evolution of myself as a woman, partner, friend, and entrepreneur.

In all of these men I saw and see not only their male strength, but also a connection to the nurturing side of their Sacred Feminine selves. With years of reflection I realize what incredible gifts I received having them in my life. I had an amazing experience of balanced male and female creative energy in my life. It laid a foundation of nurturance of both parts of my Sacred Masculine and Feminine being.

That foundation has stayed with me through the strange days of young adulthood, through college, and from manufacturing and quality engineer to my current evolution as a facilitator of sacred connections, assisting others with their own reunion.

I give thanks to the Spiritual Force that my parents listened to that moved us to what was then the small town of Parker, Colorado. And for all these wonderful men in my life, I send you love and gratitude from the deepest depths of my Soul, where ever you may be. You truly touched and sparked an evolution in my life that continues to evolve and transcend my awareness of myself and our world. It truly is the act of daily living, full of passion and inspiration, doing what we love, that makes all the difference in the world!

## ***Organizations Supporting & Inspiring Our Youth & Families Today***

### ***Links***

#### The Rose of Education Organization

"Where Education Is Child's Play"

#### It Takes A Village

"Our mission is to create pathways for at risk young men to grow to maturity through mentoring, green job training, nature immersion and a rites of passage experience. "

#### National Black Teen Empowerment Expo

"actively applying the power of community and the spirit of collaboration to reinforce the values of living, learning and loving in our children"

#### The Better Detroit Youth Movement

"The Better Detroit Youth Movement is a volunteer-driven non-profit coalition of caring citizens and committed groups working together to improve the quality of learning and living for Detroit's young generation"

# Upcoming Events

Visit the Family Nurturing Tree [Events Page](#) For Details!

## March & April Theme - "Harmony of Opposites"

visit the [Family Nurturing Tree Blog](#) for ideas and discussion

### Sacredness Of Leadership Meditation

Connected to the article, [Move A New Way In The World](#), come explore a simple and practical way to ground your consciousness to experience the sacred leader within you. As we recognize and live from this sacred connection through the simply act of daily living, we experience empowerment in our own lives and share that gift with those around us.

**Dates: 3/22/2011, 4/22/2011, 5/22/2011, 6/22/2011**

*Time: 3:00 pm - 3:45 pm PDT*

Use the following number to dial in!  
Conference Dial-in Number: (661) 673-8600  
Participant Access Code: 730375#

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