

Trust and Timing

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Animals, by their nature, seem to have an admirable grasp of the concept of “divine” timing. In essence, “divine” timing belies an understanding that everything in our lives is happening exactly as it needs to be. Perhaps their lack of agenda or expectations has a good deal to do with this balanced way of viewing the world, or maybe their innate ability to go with the flow. In contrast, with our focus on control and comfort, it is a challenging task for most humans to allow and accept the role of divine or universal timing in our lives. Or more precisely, to go with the flow!

Recently, I had a call from a family whose cat was experiencing renal failure due to a blocked urinary tract and had been given only a few days to live. The diagnosis by the vet was that the cause of this was a mystery. My visit with him revealed a host of factors, almost entirely emotional and energetic, relating to the imbalances within his kidneys and bladder. When asked by the owner if it would it have been best to have me out earlier, when the problem was starting and before they had heard of me at all, it was a great reminder of the concept of divine timing. For whatever reason, this is when this part of his healing process needed to truly begin. The health of the cat improved between visits but he let me know after our second session that I was not to see him again for 3 weeks. Again, I questioned the timing, particularly for a cat who had only been given until the next day to live. Wanting a second opinion on his wellbeing, I recommended a very well-liked holistic veterinarian. The timing once again worked beautifully as a sought after appointment opened up next day. At this point, this lovely cat is recovering very well and his owners have a new understanding of timing, amongst other things!

So often, feelings of fear, worry, guilt, regret, frustration and impatience come up around events and experiences whose timing was perfect and also entirely out of our control. This cat, despite his discomfort and his death sentence, displayed none of these emotions. He trusted that the timing would indeed be exactly as it needed to be and so it was. It is hard to imagine a human being quite so relaxed at this fairly critical time.

If you think back over your experiences, particularly those involving animals, are you able to see that there seems to be some underlying force at play, with or without you controlling how things play out? Developing a sense of trust in this timing may be difficult but it has incredible rewards. Just imagine how much energy is wasted in attempting to plan, control and change the timing of things. Not to mention the stress we experience when things don't go as we had planned, which inevitably, happens quite frequently. In contrast, our animals are generally quite happy to go with the flow and trust in the timing because it doesn't make energetic sense to be any other way. There is also, of course, being blind to amazing opportunities for growth or healing entering our lives because they don't fit in with our original plan. If we look at life through animal eyes, it makes sense to be open and ready for all manner of opportunity for learning and growth, and not to become rigid in our thinking or in our heart. So who is the smart one here?

When it really comes down to it with our animals, love is the most important thing, of self, others and of the world. If you can get to a place of openness, letting go, love and trust in your heart and in your mind, many things will fall into place naturally, without struggle or effort. It is really only our beliefs, fears and doubts that limit us. The timing already exists if we can trust and allow the magic to happen. The great thing is that wherever we are on this path is still perfect, whether you are trusting in the timing or not, so no regrets or guilt are required. Just relax, breathe, and enjoy the fabulous journey!

