

# Wendy's Reflections

## SPACIOUSNESS

What arises out of spaciousness?

Love, generosity, peace of mind, forgiveness, wisdom, possibility  
All reside in the places just outside the common mind.

Practicing spaciousness is both scary and exhilarating. It requires a response from the heart of authenticity. Isn't it odd that authenticity is scary at times? How strange to be scared of my Self!

Maybe it is because it places my heart on the line. The illusionary line between my humanity and my divinity. It takes me to the edge of my known self where there is nothing but vastness that awaits.

In the spaciousness I find my Self, I find God, I find the Truth about all that is.