

## How to Find Our Place in the Universe, by Phyllis King

What is my place in the universe? Where do I fit? We discover this answer in the process of mastering the balance between our own ego and humility. It is in our ability to discern what is inner voice speaking wisdom versus our desire to hear what we want to hear that we find our place in the universe.

The desire to hear what we want to hear is so intense. It does not matter if it comes from our own mind, a mentor, or another source. If it is what we want to hear we cling to it. We rush toward it. It is compelling.

There are two directions that drive these compulsions where we become very confused. They are both rooted in insecurity. Human beings are terribly insecure no matter how confident we appear. The smallest thing can set us back in our day to day. Big things can derail our lives completely. We spend an inordinate amount of time trying to satisfy the hunger of insecurity to somehow believe we will be okay, even though we know at some point in life we will have to transition out of our body. That reality is inescapable.

In the first direction we think we are small, unworthy, and incapable. We say to ourselves “who I am I to think I can achieve, or have or do such a thing?” “I’m nobody!” Or we go to the other extreme and think we are so special in the eyes of God that we are simply waiting for the call when the gigantic thing we think life has planned for us will arrive.

Both positions make us vulnerable. They distance us from our place in the universe. They are both false. If our self-concept is poor, we are easy prey manipulated by our hunger for acceptance and positive reinforcement. We will hang our hat on anything that remotely resembles positivity taking us away from our center, our spot in the universe. We hang our hat on an idea, person or situation that is fueled by our insecurity. This fosters more insecurity making us feel more alone, and less clear about where we belong.

If we are hanging our hat on the “I’m special” part of the polarity we become vulnerable to flattery. An outer voice merely needs to reaffirm how special we are, and we cannot wait to hear more. “You’re so talented!” “You’re a healer, or a teacher!” Those flattering statements fit right into our self-concept especially if it is a destiny that won’t require a lot of work to achieve.

The challenge for human beings is to bravely acknowledge our frailty and vulnerability. In that find a way to feel the interconnectedness of life and reach for awareness of a greater reality than what we can see, touch, taste and feel. When we do that with sincerity suddenly there are no longer any borders. The rules change. Our intuition begins to get louder and more reliable. We find ourselves drawn to things, people and opportunities that empower and delight us.

It is in the intuitive awareness of greater reality that our insecurity begins to diminish. The awareness of our place in the universe becomes clear. Intuition becomes a normal skill we rely upon in our daily life.

It is very human to look for tangible markers that tell us the way to our place in the world or the universe. The outer world will never satisfy our hunger for belonging. It is more a practice place to master our connection to divine guidance. When that connection is solid, we know our place in the universe. It is one of power, possibility, and love. It is available to anyone who finds the courage to face insecurity.