

Passive-Aggressive, No More!

By Melissa Van Cleave

The journey of recognizing my passive-aggressive behavior has been an ongoing process. I always felt an aliveness when my outside world was exciting. This usually related to a feeling of deep love with a significant other or to an outer reassurance of what my uniqueness held. This enthusiasm grew my possibilities. But, when things did not go as planned, I felt like a huge rug was pulled from under me.

Experiencing disappointment, I fell asleep to my dreams. I became numb and stopped building the energetic connection with my inner artist. Feelings of misfortune bewildered my erotic passion for life and diminished my energetic flow. I felt like I was constantly growing myself to be more, but then would always find myself shutting down.

At this point, my ego's reaction to the event over indulged in some other behavior – excessive eating, drinking, random sex, or staying in a relationship I knew was no longer growing. Taking action from my ego let me control the outcome. It created a constant war between my inner wisdom and outer relationships.

I have learned that this subconscious war keeps us from experiencing true peace inside and out in our daily living. Feeling true erotic passion comes from our deep inner core. It brings a true zest for life! Our soul delivers our purpose, with no attachment to a personal outcome. It is the battle of our passive-aggressive nature as human beings that keeps us from

making this connection.

How many times have you done something you really didn't want to do; stressful events that caused you to reach for food, alcohol or drugs? This is our escape mechanism to avoid feeling emotions. It locks our body up with tension. New wounds intensify. It is endless. And we wonder why we are not happy. Why we are at war with ourselves. Why we are at war with our inner world.

We are constantly searching outside ourselves to satisfy this dull space. We blame others. This creates more chaos. We falsely recover. Then we do it again. These wounds are stored in our memory bank. They intensify and build anger until there is no peace.

STOP THE DRAMA – Gain more energy.

This is your life we're talking about. Pull out your honesty card and communicate clearly. No, you will not do it perfectly. Begin to recognize when you cut your hands off to your truth. Make a different choice – a choice to communicate with honesty, with compassion, with clarity. This brings erotic passion and vitality. It means we live fully alive in every moment, with no preconceived attachment to a specific outcome. It is so exciting.

This is the space from which I paint and create sensual soul portraits to empower the deep-body. These paintings help you feel all of your body. Wisdom infuses you every time you look at your painting, igniting your unique passion to grow the energy of your purpose. The wisdom inherent in your painting grows with you, releasing your boundaries



and freeing you to risk living more.

Melissa Van Cleave resides in Fort Wayne, Indiana, where she creates personal power pieces, soul paintings and writings for a soulful purpose. Her work is sold worldwide. Melissa is a frequent visitor to Maui and will be available for personal consultations on the island during the first week of December. She can be reached at 260.414.4086 or visit visionsofecstasy.com.

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MORE OUTDOOR SAVING TIPS

Never Water In The Rain or Mid-Day
Check Outdoor Faucets for Leaks
Clear Driveways with a Broom, Not a Hose
Use Rain-Shutoffs or Soil Moisture Sensors
Adjust Timers to Seasonal Changes
Check Irrigation Systems for Leaks
Use Groundcovers or Mulch - Limit Grass
Zone Your Plants By Water Need

Conserve Water & Protect Watersheds, Because
By Water All Things Find Life



Living Buddha Master Yu Tian Jian

On Maui Nov 30 - Dec 16

7 FREE PUBLIC TALKS

Nov 30 SEICHI NO IE 111 Kane Street 6:30 PM
Dec 1 LAHAINA JODO MISSION
Noon - 7:00 PM with CrazyFingers Band !!
Dec 2, 3, 4, 5, & 6 UNITY CHURCH
Wailuku 6:00 PM

HEALING MEDITATION WORKSHOPS

Dec 2 - 16 Unity Church 483 High Street, Wailuku
Cancer Patients - 9:30 AM - Noon
Other Conditions 1:00 - 4:00 PM

EVENING CLASSES - 6 PM

Unity Church 483 High Street, Wailuku
Dec 7 Prajna Akasagarba Moving Meditation
Dec 8 - 11 Four Foundations - Dec 8 - 11
Dec 12 Prajna Akasagarba Moving Meditation
Dec 13 - 14 Medicine Buddha



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