

The Greatest Gift of All

by Judy Armstrong



Judy Armstrong

One of my favorite sayings by 'Granny', a character I often play as part of my workshops, keynotes and stage performances is, "Singing' is singing' ... don't matter if yer on stage or in yer outhouse!" This morsel of wisdom was first spoken in a theater scene where Granny's niece wanted desperately to express her voice and talents, but was afraid others would make fun of her.

Where did you ever originate the idea that you have to be or act how you expect others think that you should? For instance, you might pretend that you are the cheeriest person on the face of the planet on a day that your whole world seems to have turned upside down; or you might try to impress someone with your scholarly knowledge, while inside, you may be afraid that you don't know enough; or your main focus may be to attain notoriety, to win the approval of your parents or peers; or you may have an unconscious conspiracy to keep yourself little, to prove to your loved ones who believe in you, that they are wrong.

In truth, what others think of you is not important. All that is of value is that you are honest with yourself. You are an incredible human being, whether or not you are chastising yourself or patting yourself on the back' whether you're in a productive mode or procrastinating, whether you're in a winter or summer phase of growth', whether you feel the whisperings of the creativity, or whether you feel in the depths of despair. You can act out your most outrageous, spontaneous self or your shy, withdrawn self; your scared little person dramas or your most insightful leadership roles. There is really nothing wrong or right here, just a learning experience ... nothing to judge ... no reason to judge the judging. It just is. You are the most beloved child of the Universe and it is time to claim your innocence and know that all things are possible. 'Granny' would say, "If ya ain't being' yerself, ya ain't bein' anything!"

In working with people from around the world, I have discovered that we are really much the same inside. We just want to be appreciated and feel completely safe to be ourselves. You don't ever have to 'get' something from the outside to make you more complete. True education is from the 'within to the without'. You only have to give who you are and simply 'allow' the rhythm of the Universe to breathe through you. As 'Granny' says, "When ya remember t' pay attention t' what yer heart is tellin' ya, you'll be surprised what ya see!"

There comes a time in your life when the call of your heart is stronger than your resistance and you know that no matter what it takes, you will follow your destiny. I have been writing songs for many years, but I had no idea when I began saying 'yes' to really allow the creativity to flow, that these songs would reach out and touch so many. When I integrate the

words of the songs into my life, the messages continue to keep me centered and remind me to honor my gifts.

Ideas for songs will flash into my mind when I am the most relaxed, in other words, 'out of my own way'. There is no set physical place that is most appropriate for writing. Phrases and melodies will 'appear' for instance, while I am walking, or driving, or standing in line at the bank, watching television, or whatever. The Source is ever present. Thus, it is quite amusing to me that some of the most beautiful and profound lyrics have been inspired in what I call the 'monastic sanctuary of the toilette'.

On this earth, we tend to relate our identity with our deeds rather than our beingness. For example, I can call myself a speaker-singer-songwriter and I have letters after my name which may be impressive to some people who place value on credentials. However, to be more truthful, I could say, I Am That I Am and sometimes, I speak or sing or compose, or walk our golden retriever and look at the stars (I don't do ovens ...); but I also express as a mom, a wife, a sister or a daughter and my purpose is whatever presents itself in the moment.

Since my husband, Tink Robinson, and I have decided to use Nanton, Alberta, as our home base (the town where I was raised), many people here who have followed our careers tend to ask the same question, "So, what are you two doing now?" Years ago, when I first moved here, I found myself smiling a lot with my reply, while painting a rosy picture of all the projects I was creating. Then I would come home, exhausted and sounding like a broken record. Next, I tried answering with sentences like, "Well, I went for a walk this morning", or (heaven forbid), "I'm not doing much of anything." Now I realize that it really doesn't matter what I say, but rather it is the energy exchange and love that is passed from one human being to another that is important, and this can happen even if we are talking about the weather.

There is so much more happening than what appears to us in this third density from. As my awareness of multidimensionality grows, my sensitivity to energies expands and I see the process beyond what people are saying. When I work with someone on a one-to-one basis such as a counseling session or a breath & sound integration, it may appear that I am the teacher, but I always feel that the roles are reversed. Since all leaders teach what they most need to learn, the pupil arrives when the teacher is ready to expand in consciousness, and there is a wonderful connecting of hearts where two apparent separate persons come together to remember oneness.

Within each moment you can feel and experience the Power, Wisdom and Love of the Universe, and if you are fully awake and available in the Now, you will constantly receive reminders which keep you on track. These reminders can come disguised in all shapes and sizes and you will never have to look past where you are. Remember, that the trill of a bird, a leaf carried by the wind, or even a phone call, can float into your consciousness as a metaphor to assist you and give unique meanings to your life.

'Granny', with her barnyard humor would nudge you to chuckle and basically "git up and do a little ditty jest fer the fun of it." She advises

"You can do anythin' ya want to ... ya jest gotta believe ya can, that's all! And it's OK t' feel yer feelings'. If ya feel excited, that's OK ... if ya feel sad, that's OK too! If ya feel down and out, jest git up and shout, "I'm down and out!" Feelins' won't hurt ya, lessin' of course, ya put a lid on 'em. Jest say how ya feel and git on with yer life. There's bound t' be a gift a waitin' fer ya right around the corner. And if it ain't, jest take another breath, and go try out one of last years catalogues."

A whole new level of depth and fun is available when you are just being you – free and fulfilled. Our lives will change as we allow ourselves to be present with what is. By saying yes to whatever life brings, including snarled traffic, dripping taps, our angers or hurts and even our sadness, we can give up fighting what is happening. By breathing into the present, accepting, allowing, not resisting, you can be at One with the center of your being. It is possible to be at peace in the midst of chaos!

Within you dwells the most beautiful gifts, the richest treasures, the color and music of your life and your purpose for living. In the quiet of any moment you can choose Love and bathe in it's glow. Listen in the Silence and you can attune to your own note, find your rainbow and hear the symphony of the spheres. And from this serene place, all is known and all is well. What is the melody in your heart? What is the song you are longing to express? What talents are wanting to awaken within you? Your life does not have to be a struggle. Attempting to return to old patterns of behavior is like trying to put on a small, old, worn-out overcoat. It simply doesn't fit. You were meant to play more, to laugh more and to experience Love in every facet of life.

Give all of your vision, all of your song, all of your love, all of your trust and all of your dance, and you will heal the world. Listen to your heart, for the greatest gift is You being Yourself. And the greatest gift of all, is You, simply "BE-ING!"

JUDY ARMSTRONG is a professional singer, songwriter, speaker, recording artist and workshop facilitator who has inspired thousands from around the world. Her work with sound and healing has led her to compose, produce and record 6 unique records: *INSIDE OF ME*, *LET YOUR HEART SING*, *FLYING FREE*, *KIDS (for all ages)* with her husband, Tink Robinson, *TIME TO SHINE* and the songbook and the MP3, *SING ALL THE WAY HOME, Volume 1*.



Judy Armstrong as 'Granny'

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