

Finding Your People

Who among us hasn't felt so disconnected and out of sync with our blood family that we didn't wonder at one time or another if the nurses had switched babies at the hospital? Surely your real family would understand the real you. Wouldn't they?

Every moment of every day, consciously or unconsciously, we all seek *our people* or hide from *our familiars*. Some of us...start sooner rather than later, but eventually one day we all wake up to find we're players in the cosmic game of hide-and-seek....

Our people should never be confused with *our familiars*. Unfortunately, we mix up the two all the time, which causes us enormous emotional distress and disillusion. *Our people* are our spiritual family, the kith and kin we've unconditionally loved and been loved by since the beginning of time. Sometimes we are connected by blood ties. But not always.

Our familiars are those individuals whose lives intersect with ours in order to play a role crucial in helping us manifest our Divine Destiny. They can be in our lives for an hour or for what seems like an eternity—however long it takes for us to "get it," whatever life lesson the "it" may be.....

Our familiars push all our buttons and set off every sensor around the perimeter of our sanity. A good tip-off is that you don't particularly *like* your familiars.

Sarah Ban Breathnach
Something More