

Footprints in the Sand, from a Metaphysical Perspective

A Unitized Version of Mary Stevenson's 1939 original poem, by Rev. Dr. Bil Holton

One night I was walking
contemplatively along a moonlit
beach. I stood for a moment, closed my eyes,
and saw many mental images of my life experiences
flash across my mind. Then images of footprints in the
sand appeared as if to footnote my mental visions. Some-
times there were two sets of footprints, other times there
was one set of footprints. This confused me because I saw
that during low periods in my life, when I was going through
what I considered to be tough times, I could see two sets of
distinct footprints. Then I had an 'Aha' moment. I said
aloud to myself, "When I forget who I really am, I slip
back into the embedded theology I grew up on, and
in the most trying periods of my life there seem to
be two sets of footprints in the sand." It occurred
to me that when I neglect to pay attention to
the truth principles I've learned, I fall into
the 'duality and separation from Spirit'
trap. When I do that, I see two sets of
footprints. Every time I petition, beg, or
ask an anthropomorphic God in the sky
for something, I see two sets of footprints.
Every time I fail to see the sacred oneness
in all things, I see two sets of footprints.
But when I remember that I'm one with
the Global Omnipresent Divinity, the One
Reality, the Great I Am, I see one distinct
set of footprints. I remind myself there's
no separation or duality. I remember
that I'm an individualized Life Force
of GOD actualizing as me! I recall
the words of the Christ as Jesus
when he said, "Peace, be still."