Moving On

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You hear me say this almost every week: we are spiritual beings, whole, perfect, and worthy, and at the same time we are human beings that indwell a body during our journey on earth.

The allure of the physical Creation can be so strong that we forget who we truly are. We tend to compare and contrast ourselves with others around us – what we look like, what we have, and what is in our minds. Sometimes we place arbitrary standards on ourselves, on our circumstances, and what we observe and experience.

We forget that we are beautiful, capable, and divinely loved just the way we are. Sometimes we get lost along our journey and disconnect from the ever-present Christ within us for guidance and rely too heavily on the default guidance system of the body, which we call the ego.

At an inner spiritual level we want to move on when we are stuck emotionally, mentally, or physically. It is innate within us to seek better understanding and deeper meaning in our lives. It is a natural quality of the soul to long to discover our gifts and share them fully with the world.

At the worldly level power and control often drive us, yet at the soul level it is joy, love, and peace that call us gently and softly. If our hearts are not listening, the dissonant sounds of our physical existence can obscure the still small voice of God, and all we hear is the World telling us to be careful, be afraid, and separate ourselves from others. We hear only the message of the ego telling us to disdain diversity because homogeneity is the path to happiness; pursue similarity and sameness at all cost.

When our thoughts are still and calm, and we move into prayer Christ has the opportunity to whisper new thoughts into our minds and hearts; we have the chance to transform through the renewing of our minds. Spirit is leading us towards certain truths, certain thoughts that are true for each of us; and in our own time and in our own way these ideas will permeate all of who we are and we will be changed.

Here are ten such ideas; life nuggets to remember so that we can embrace our life’s journey and continue to move on.

1. **Only we have the power to say who we are**. No one else can define us. Circumstances and opinions from others have no power over us except what we allow them to have. From the moment God created our soul we became a Child of God. That is who we are regardless of whether we carry a body or not. We maintain our power and the essence of who we are by not contemplating and accepting the negative of the world.
2. **As a Child of God we were born with everything we need**. We are whole and complete, despite how we judge our body and life’s journey. We really don’t need more; we don’t need to get more or be more, or do more. We have all the gifts we need to thrive and serve. Some of our gifts will not be revealed until late in life; some wisdom is not unlocked until sufficient life experience loosens its bonds. Relax, and let’s enjoy the journey.
3. **Perfection in this world is an illusion**. On this earthly plane we are beautiful and imperfect, journeying through an imperfect world. Our goal is to be loving and accepting and express the Christ in all that we say, think, and do; it is not to be perfect. That concept is imaginary. The world will attempt to impart its configurations of perfection, but they are shallow and empty and useless: The perfect man, the perfect spouse, the perfect figure or physique; the perfect hairstyle, or suit or pair of shoes; the perfect way to act or respond or be. All of this is a meaningless waste of time to ponder. To spend time considering perfection will lead us into judgment, darkness, and self-loathing. Let us embrace our quirkiness, our flaws and faults and weaknesses. Let us accept the fact that life is going to always provide us with challenges to strengthen us and easy times to allow us to rest. We can strive for excellence and maintain high standards, but let us not be crippled by the idea of worldly perfection, but accept the perfection in Christ.
4. **We are not our thoughts**. We have thoughts, and we can watch our thoughts. How can we be something that we are monitoring? We are the Divine Witness to our thoughts; we are the consciousness behind the frenetic din within our minds. Our thoughts do not define us; they are not who we are. As soon as we realize we can observe our thoughts like a dispassionate third party we are no longer controlled or enslaved by them.
5. **Our thoughts, and therefore our beliefs, can be modified to lift us up**. Our beliefs are habitual patterns of thoughts and ways of processing our world that we build up over our lives. Over time, whatever we believe to be true about ourselves, about others, and about our circumstances and our life will become our reality. If we find that those beliefs no longer work for us we can change them. We can ingrain new thoughts via repetition, which develop into new beliefs. We choose new thoughts – I am a joyous, peaceful, healthy, prosperous Child of God – something that raises us above the chaos of the Earth, and hold those thoughts in our minds. Over time, they become our new reality. Be ye transformed through the renewing of your mind.
6. **The past and future are illusions**. There are certain things that the world would have us cling to: that we are defined by what others say and think about us and what we think about ourselves; that our goal is to be perfect; that we cannot change and are forever stuck where we are and how we respond to things; and also that the past was better than today and there is a brighter future in store. But the future is just a mental projection; it doesn’t even exist. Nor does the past; it is just a memory. We can choose to dwell in the past momentarily for learning and enjoyment, but we cannot live there. We can project our thinking into the future for planning purposes and visualizing healthy outcomes, but we cannot live there. Now, at this moment, is the only time we have. We live here, in the NOW. We constrict our ability to thrive now when we frequently allow our awareness to float back into the Past or into the Future for negative purposes. Literally, the Past and the Future do not exist; they are a construct of our minds. We cannot take anything with us from the Past that doesn’t exist at this moment, and there is nothing in the future that can harm us.
7. **Our calling in life is to fully express who we are right now, at this moment**. It is not to reminisce, or bemoan what we have been, could have done or could have done; it is not to spend excessive time wondering what we might become. Plan, yes; improve, yes, but spend the time and energy expressing our current gifts and talents; expend our current allotment of energy to serve today. Christ will illuminate our hearts and minds with expansive means to serve in a greater way; our skills, talents, and opportunities will naturally increase as we utilize what we have right now. The Universe will never see another individual like you. You are unique, and that is the gift that you bring. All that God wants from us is to be the fullest expression of our uniqueness right now, so that we can leave our matchless imprint on the world and all those who we encounter. It’s a mistake to undervalue or underestimate the strength and capabilities of the God-energy that flows through us. As we honor our inspirations and act upon our divine intuition we affect everyone and everything around us in a powerful and positive manner.
8. **Challenges are a gift for our growth, strength, and spiritual evolution**. The world desperately needs the fullness of who we are; it needs our highest Self to respond to the chaos of today. Our totality is unlocked through the challenges that we face. Obstacles are opportunities to release our potential. Our tested and tempered willpower and perseverance strengthen our resolve. We cannot model love, empathy, or compassion without facing scorn, rejection, and hatred. Despite the dark appearance, knowing that God’s plans for us are perfect and good is what leads us to peace and safe harbor when the tempests blow. Our challenges are the pressure that forge us into the diamonds that we truly are.
9. **Forgiveness is choosing happiness over hurt; peace over pain**. This is true of forgiving others as well as our self. We do not forgive others in order to free them of guilt, regret, or burden. We forgive them so that we are free; free to feel the love and compassion of the Christ flowing through us. By freeing ourselves we elevate our awareness, our energy levels, our openness, and everyone around us benefits from our freedom. Yes, the ones we forgive and ask forgiveness from are positively impacted by our choice, but the greater impact of that choice is on our own mental, emotional, and spiritual being; it allows us to be happy, joyous, and peaceful again. Our burdens diminish and light enters our hearts.
10. The last nugget I’d like to share is to recognize that **surrender is the essence of a happy life.** Surrender, as I mean it is to release any obsessive attachments to people, situations, and outcomes. Surrender is not giving up; it means to show up every day for life, ready to give our best, to be our best, to do our best today without expecting life to proceed in any particular way. No judgements; no expectations. We have goals, dreams, and aspirations – God implants those on our hearts. We take purposeful action, which is necessary for anything to get done in Creation, but we are not tied to the results; we are detached from what Life has to look like. Surrender brings inner peace and joy. It is far more powerful to couple our aspirations and dreams with surrender than to frantically and desperately attempt to force things to happen out of fear and lack, or a “must have” attitude.

I pray that as we navigate through life we know that it is a journey of love. I pray that we open our hearts and minds to Spirit so that we can feel the Presence of God more fully. May we feel the Christ within us; may we see the Christ more clearly every day. May we know that God is with us every step of our journey, and I pray that we welcome God’s good and perfect plans with great expectation and gratitude as they unfold before us.

Let us pray….