Seeing Things from a Higher Perspective

01/10/16

Matthew 19:26 And looking at them, Jesus said to them, "With people this is impossible, but with God all things are possible."

Have you ever faced situations that seemed unbearable? Have you had problems, perhaps, in relationships, or monetarily, or spiritually, that seemed impossible to overcome. We invariably turn to prayer in these dark times, don’t we? And that is a good thing to do.

It seems our lot, since Adam and Eve were bounced out of Heaven, that humanity suffers the trials and tribulations of being human. So what’s up with that? In my humble opinion, it comes back to remembering that we truly are Children of God. It’s been said this way: we are spiritual beings, living in a spiritual Universe, having a human experience.

First Peter 2:21 “For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.”

Taken out of context, this seems harsh. We’ve been called to suffer? Really? Many people of religious persuasion seem to believe that. But this is what precedes that verse: “For what credit is it if, when you sin and are beaten for it, you endure? But if when you do good and suffer for it you endure, this is a gracious thing in the sight of God.” In other words, suffering through our challenges and enduring their pains is good from the perspective of soul-growth, of expanding our God-consciousness. So, despite our trials we can know that we are participating in something that God will use on our behalf. We need strength; we need a higher perspective, and knowing this might give our minds the ability to rise above the chaos we are experiencing at the moment.

When we face the problems with no answers, we need to move into a new level of thinking. Albert Einstein said, “"You cannot solve a problem with the same level of thinking that created it. You must rise above it to the next level."

When we remember, and affirm, that we are children of God, we are moving to that next level. When we pray, and get in touch with the One Power and One Presence, God, the Good, we rise above our earthly awareness. At that higher level of thinking or consciousness, we receive answers to problems.

Sometimes the answers we receive are odd. I have found that sometimes my answer was to simply experience the situation and its inevitable conclusion, and learn how to handle disappointment, and thereby help me make better choices in the future.

We call these “Cosmic 2 x 4s”. We might ignore small little hints that we need to change our diet, for instance. At first, we experience some minor health challenges, such as feeling a little odd after eating a lot of sugar. Maybe we gain a few pounds, and we start to feel run down.

At this point, we could make some changes in our diets. But no, we continue to eat poorly and ignore these signals. As the months roll by, our health continues to degrade, yet we ignore the symptoms. We identify so much with or earthly bodies, we tend to forget we are spiritual beings. Finally, because we refuse to take a higher perspective and acknowledge our spiritual nature and remain enraptured by our physical form, we become full-blown diabetics.

We are now forced to change our diets or die prematurely.

The Cosmic 2x2 force us to make the changes that we ignored from the gentle whispers of Spirit’s ‘still small voice’.

We have created a host of obstacles in our minds to keep us from attaining a higher perspective on things. One is our attitude toward the past. We think it has power over us; that it directs our thoughts and actions. Truly, this is bunk.

When we actually look at the past…it doesn’t exist. Everything that ‘happens’ happens in the present – it can’t be any other way. Our memories of past events are thoughts occurring in the present. Anger or hurt about the past is happening now. Our present moment experience in the now is what keeps the past alive.

What is powerful about this understanding is that it shows us that the way out of our suffering is always in the present. We can change our perspective – now, focus on something different – now, feel our feelings as they are right now. If we want to heal from the past, we place our attention on our present moment experience.

This would be an example of Einstein’s suggestion that we solve a problem by rising to the next level.

Here are several ideas that Spirit tries to whisper into our hearts and minds in an attempt to raise our perspective and level of thinking on our life’s journey.

1. Spend time with the right people. – Life is too short to spend time with people who suck the happiness out of us. If someone wants us in their life, they will make room for us. We can find the people who celebrate our presence, not tolerate it.
2. Face our problems with love and stop running from them in fear. We aren’t supposed to be able to solve challenges instantly. We are here to evolve and grow; to get upset, sad, hurt, stumble and fall. That’s the whole purpose of living – to face difficulties, then learn, adapt, and solve them over the course of time.
3. Recognize and address our own needs. It is painful to lose our self in the process of loving someone too much, and forgetting that we are special too. Yes, help others; love others, but help and love our self too.
4. Dare to be who we are and stop trying to be someone we are not. Stop comparing and competing against everyone else. One of the great challenges in life is being our self in a world that’s trying to make us like everyone else. Someone will always be younger, richer, thinner, prettier, stronger, smarter, and more talented, but they will never be us. The Christ wants to express through us. So the goal is not to change so people will like us; it is to be ourselves, to like who we are, and the right people will come into our lives and love us for who we are.
5. Stop being afraid to make a mistake. Doing something and getting it wrong is more productive than doing nothing. Every success has a trail of failures behind it, and every failure is leading towards success.

 We may love the wrong person and cry about the wrong things we’ve done, but we are growing and learning, and mistakes help us find the person and things that are right for us. We all make mistakes, have struggles, and even regret things in our past. Sometimes we regret the things we did not do far more than the things we did. We are not our mistakes; we are not our struggles, and we are here ‘now’ with the power to shape our day and our future through our choices.

1. Remember that we cannot buy happiness. – Many of the things we desire are expensive. But the truth is, the things that really satisfy us are totally free – love, laughter and working on our passions.
2. Have the courage to take the next step. We often sit idle because we think we are not ready. Nobody ever feels 100% ready when an opportunity arises. Because most great opportunities in life force us to grow beyond our comfort zones, which means we won’t feel totally comfortable at first.
3. Choose your relationships wisely. It’s better to be alone than to be in bad company. There’s no need to rush or force a relationship. If something is meant to be, it will happen in the right time, with the right person, and for the best reason. We successfully fall in love when we are ready, not when we are lonely.

On the other hand, we can stop rejecting new relationships just because old ones didn’t work. There is a purpose for everyone we meet. Some will test us, some will use us, and some will teach us. Some will even bring out the best in us.

1. Our challenges are meant to strengthen us, teach us, and redirect us to a path that is uniquely designed for us. Complaining and feeling sorry for ourselves weaken us and detracts us from the lessons we are learning. We may not see or understand everything the moment it happens, and it may be tough. But as we move through our challenges and then reflect back, we can often see that eventually they led us to a better place, a more compatible person, a more stable state of mind or more beneficial situation. So smile…through it all. Let the joy, love, and strength of the Christ flow through your life.
2. Forgive, forgive, and again I say forgive. Stop holding grudges. Patrick, release from your life the pain and resentment in your heart. We end up hurting our self more than the people we hate. Forgiveness is not saying, “What you did to me is okay.” It is saying, “I will not allow what you did to me ruin my happiness forever.” Forgiveness is the answer… let go, find peace; let’s liberate ourselves. And remember, forgiveness is not just for other people, it’s for us too. “I will not allow what I did and said to that person ruin my happiness forever.” When necessary, we can forgive our self, learn from our mistake, move on, and do better next time.
3. Stop worrying so much. – Worry will not strip tomorrow of its burdens; it will strip today of its joy. One way to check if something is worth mulling over is to ask our self this question: “Will this matter in one year’s time? Three years? Five years?” If not, then address what needs to be addressed and let it go. It’s not worth worrying about.

Ten More Commandments

1. Thou shalt focus only on what you want to happen.
2. Thou shalt not let others bring you down to their level.
3. Thou shalt not waste time explaining yourself to others. Rather, just do what is right in your heart.
4. Thou shalt appreciate the beauty of small moments.
5. Thou shalt not try to make things perfect. Just get into action and allow God to clean up the mess.
6. Thou shalt not follow the path of least resistance. Do something extraordinary.
7. Thou shalt not act like everything is fine if it isn’t. Smile when you are happy; cry when you are sad.
8. Thou shalt not blame others for your troubles. When you take responsibility for your own life you empower yourself through Spirit.
9. Thou shalt not try to be everything to everyone. Narrow your focus to a particular individual in this particular moment and change their world by sharing joy and giving of yourself.
10. Thou shalt be grateful. Think not of what you are missing; think instead on the blessings you been given.

Through the power of the inner Christ we can raise our perspective and see things from a loftier view, from a broader, more detached higher perspective... where we can release the pains and hurt, the fear and disappointment, and are left with a clearer vision of life. From this higher level there is more joy, more love, more peace than we ever imagined. We have the choice to allow the challenges we face to overpower us, or we can reclaim our power, accept the Light of God, express the Christ, and release the darkness and fear that wants to engulf us.

We can’t do this by ourselves; it is impossible. But with God it is not only possible; it is part of God’s Will and plan for us. Let us delay no further, and hurry toward the newness and goodness and splendor that await us.

Let us move into prayer….