

CHOOSING AWARENESS

The Freedom to Rediscover Spirit

Choosing Awareness is the beginning of the amazing journey of recovering our Spirit and bringing forth our True Self.

Replenishing our Spirit, awakening to our hearts desires, and loving this very moment leads us to Divine Source; the source that each of us embodies, the wisdom of Spirit!

If someone were to ask me “what is the one thing you know in your heart?” I would answer “That connection to Spirit is all that really matters.” I would answer in this way because I believe that it is through our connection to Spirit that we truly honour the gift of life and experience true freedom. When I live my life in connection with Spirit, I make choices that are only good for me and those choices are also good for the whole. I do what I want to do, in the moment and in accordance with Spirit, and this is always good.

Many of us know this. We have read the books, heard the tapes, attended the workshops. Yet even after experiencing the freedom that comes from this connection we - well - disconnect, often for long periods of time. We do not do those things that elevate our Spirit, that bring us to expansiveness. We find reasons not to dance, not to connect with others, not to watch a sunrise, not to listen to music, and not to sing (even badly). The reasons why we disconnect are many: we are raised to believe that doing whatever we want to do is selfish, that putting the needs of others before our own is somehow honourable; that to be a good mother-sister-father-son we need to carry the burdens of others even though we are crawling on our knees. And all too often we convince ourselves that we are demonstrating love to those whose desires we put before our own.

I know there have been times in my life when I believed this, fervently, so much so that I lost the pathway to my Spirit. The love I shared was not a love based on truth, based on freedom; because the people I was in relationship with did not connect with me. How could they connect with me when I was not living from a place of connection with me - with Spirit? I denied myself and others a full and truly loving connection.

It is only when I lay down the burdens of others that I clear the pathway to Spirit. The more burdens I lay down, the more I know and act on the desires of my own heart, the more I live in a state of freedom. In this state of freedom I can truly love and connect and give to others. In this way Spirit will always guide me to honour myself and by doing so, honour others.

Before the year is over...how will you honour yourself? Dancing in the rain? Tending quietly to your own garden? Perhaps you'll bravely belt out a song...as if EVERYONE was listening to your true voice! However you choose to take the first courageous step of rediscovering your Spirit (that core self that is not armoured but is pure energy; open and unafraid), the added gift you receive on your new pathway is experiencing the reality that your own human Spirit is now able to heal and regenerate Itself.

Connect, or rather Re-connect with Spirit and you will discover that the love you have to give, when given from a place of freedom, is enough. Joyfully Enough!

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