

Many times we face trials and decisions that over time either help us to grow and change for the better or we end of failing and nothing changes. The victory is dependent on our thoughts and choices. A choice made by taking a chance with a leap of faith because our gut tells us that it is the right thing to do, is just as valuable as the thoughts we have about the situation in a way that shines light on the better view. If we continue to listen to others even when it causes an inner conflict with our own ideas and feelings, we are setting ourselves up for a lack of movement. This inhibits the flow from moving through. Sometimes our conditioning from our years past has developed a series of bad habits. These habits are only bad because they do not serve the larger part of ourselves and our purpose. They may have worked for us at one time, but if we are to continue to grow and learn, we can allow time to bringing about more events that give an opportunity to do so. Change is inevitable, it is necessary for our evolution.

As we navigate the path to evolving into the higher vibrations of living, it is most likely a rocky climb. The trail peaks and valleys on it's way up because we have been in a place that is low, and it takes time for our programing to rewire before we can consistently vibrate at the higher frequency we desire. What allows or disallows our movement's momentum is our programing, conditioning, and our thoughts. These elements are what make up who we know ourselves to be. The importance of turning within ourselves is the key to a better way. A path that is illuminated towards higher frequencies.

The progression is as so:

- 1) We first **awaken** to realize that we are more than our physical bodies (this is a huge hurdle to get over because it requires that we have faith, faith in what we have been told we cannot see). It requires self examination of our darkness and the fears that we hold dear.
- 2) Once we resonate with this reality, then the real work can begin, which is to realize that we have **choices**. Choices that effect everything that we do and become. We can choose to understand that the essence of who we really are is infinite. The God power that gives us life is streaming through us, desiring everything for us in abundance. We choose whether or not to receive this.
- 3) Then we must **work everyday at keeping our faith** strong. This is crucial for the flow of this love current to move freely and at a good speed, without as many road blocks. The blocks are formed from our emotions, suppressed issues and lack of ability to trust ourselves and the actions we make.
- 4) Finally we must **open** our hearts and trust that our lives are in the hands of the Creator. That our life, if we pay close attention, is being guided in everything that we do. So we can let go and remain open and unafraid that even though we may not always be sure of where it is we will end up, we can trust that our heart is in goods hands.

We have the gift and freedom called free will, that allows for the contrast and diversity that creates experience; the experience keeps it exciting, and worth the perseverance. If we allow for the flow to move effortlessly through us, we will find that our life occurrences will run smooth and in alignment with our desires. The free will gives us the ability to navigate our life experience, it is the nature of our decisions that carves our path. That path can be smooth or bumpy.

In simple terms, we awaken to our life's purpose by looking within and sifting through the physicality of who we think we are and the strong desires of our heart. It is at times difficult to know what it is that we really want because many of us have been living according to the standards and requirements of others/outside influences. We must tune into our hearts on a daily basis to "Know" what it is we are striving for. A few things we can ask ourselves is why do I want this? Does it serve the greater good (all of life and humanity) as well as my life? And how does it feel to imagine having what it is that I want? The feeling you get from the answers will help gauge the source of where the desire comes from. Heart based desires feel good, warm and right; there isn't a bit of it that feels disconnected from the whole. Anything that comes from the lower frequencies will not feel harmonious when viewed from an honest place. Our life's purpose is the reason in which we came to this physical body and what we came to experience. The place of honesty lies within the source of this purpose.

Then we have many choices we are faced with everyday. How to react to others in their kindness or even their conflict. It is in our complete power to act and even feel the way we do about each interaction we encounter. The choice to first live as the "Lord of my Being", will empower the individual to increase in the knowing. From this place of renewed power, we understand that our choices of what we feel and think have an effect on how our life is turning out. It is our choice to view our situation from a place of need or desire. Need equals lack so it is a negative place to come from. Desire is created as a deep request from our hearts, when fulfilled, it will add to a life lived in harmony.

Keeping a strong faith is what will guide the way. This I think is the most important and trying part of the equation. As life takes its turns and the path winds in directions we aren't comfortable with, it is easy to get side tracked and thrown off course due to a mis-focus of where we place our trust. This lack of faith will empower the direction that we really aren't wanting to go, instead of adding momentum to the current, pushing the flow on its way, trusting that all will be fine and well eventually. We try to control the flow with the part of us that is our ego. But the truth is, that the flow has a movement all in its own. We are not to control or even manipulate it. We must remain faithful that it has our best intentions in mind, while allowing it to run its course.

Opening up our hearts is going to create in us an wide specturm for movement. We begin by first coming from a place of gratitude. Try to think about what you have to be grateful for. As these thoughts resonate with you, feel the happiness that springs from a well of giving. When we "Give Thanks" we are actually opening up the lines of giving. The flow depends on giving and receiving. If we do not give then we will not be able to receive. It works both ways. If we will not receive, then we cannot give. The flow is then stopped or blocked on that path.

Sometimes we are offered things and gifts that do not fit us well. At times due to past imprints, we come from a place of not feeling worthy of what is being offered to us. When we come from this place, where we don't want something or we feel that we are burdening those who are offering, this is where our decision effects the flow. In order to be in the harmonious flow designed by the Creator, we must choose to move the energy. If the material gifts do not serve you, then they can be passed on to someone it may serve. It slides through when you give thanks, even if the place it belongs is the trash; in this case you can choose to see that it has been put into your possession to help move the energy. Perhaps the person who gave it to you is needing your help to let go of their attachment. We have attachments of all kinds to material goods. The error in these attachments are only in the value that we place on those things. We must begin to see everything as energy in order to help in our perspectives of allowing the flow in our lives to be fluid, joyful and free.