

How to Make Your Life Easier



How to transform the difficulties in your life into a liberating journey of discovery.



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How to Make Your Life Easier

Who said living was easy?!! You could say that only those people who may consider themselves to be lucky but we would say that our suffering and difficulties are a blessing. We say this because every issue we experience can lead to greater self-awareness and, if you are willing to look for the lessons that these issues present, then every issue gives you an opportunity to ascend. This article is going to show you how you can make your life easier by knowing how to read these situations and see them as they truly are: gifts from the universe.



Everyday we are presented with apparent challenges, whether these are simple ones, such as you're running late, there is too much traffic, the rain ruined your hairstyle to others that may seem worse, such as your friend shouted at you, your child is upset or you don't like your job. Although each of these differs in severity, you can treat them in the same way and, in so doing, so much will be revealed to help you.



There is a Lesson in Every Resonant Experience

Every interaction, conversation, situation that you resonate for is a lesson. If you simply walk past someone in the street and don't notice them, this is not a resonant experience. If you say hello to someone in passing and feel nothing in particular, this is not a resonant experience. However, if you have a conversation with someone and experience a limiting emotional reaction, such as sadness, then this is a lesson. That person is revealing that sadness is a separate aspect within yourself and needs to be integrated. Likewise, if you watch a movie and feel jealous of the film star's looks, then this is a lesson showing you that the frequency of jealousy is a separate aspect within you.



Once you start seeing the world and your interactions within it as a series of lessons, each of those lessons, even if painful, become so much more interesting and life starts to become a lot more fun. Suddenly life is not happening to you anymore, but you are observing your own life. You are a witness to yourself. The people in your life are players, playing a role to help you know yourself. The resonant situations are living mirrors

designed to reveal your inner separations. It is a truly liberating experience for you are no longer the victim but the star of your own personal movie that is an interactive story line that changes and adapts each time you integrate one of your separate aspects. Have you ever noticed how you seem to find yourself in repeated situations? That's because you are stuck in a scene in your own movie as you've not gleaned the lesson. Once you are aware of what this scene is showing you about yourself and the inner limiting emotion or emotions it is re-enacting, then you can integrate and liberate yourself and no longer need to experience that scene again. We talk more about this in our article [Revealing Not Healing](#) and we show you how to integrate and liberate yourself in our one-to-one service [Armichi Method Integrate & Liberate](#).



Then, once integrated, you can move forward to experience other scenes in your own movie and each one becomes fun because life now becomes a journey of discovery about yourself, rather than series of difficulties. Let's look at some examples of real life situations to show you how they may be trying to help you.



The Key is How You Feel

The simple way of being free of the burden of life's difficulties is to think about how you feel about each situation. We take each one of the examples we mentioned above to show you how you can deal with various difficult situations and free yourself from reacting to each situation. So that rather than re-enacting the feelings that are triggered by the situation you experience, you observe how you feel and make a note to yourself that this is another separated aspect of yourself that needs integrating. You are no longer trapped by your own emotions but instead these emotions start to serve you on your ascension journey. You can read more about ascension in our article [Ascension: Our Observations](#).



You're Running Late

How does this make you feel? Are you worried that you are going to miss that important meeting with your boss and, as a result, you feel you may get into trouble or even lose your job? If so, then this situation is showing you that the frequency of fear is still a separated aspect within you - as it is for most of us - and that here is your cue to integrate that frequency. If you find yourself running late frequently then this is a sign that you keep thinking about the future or dwelling on the past, rather than living in the present. The moment you switch your focus to the here and now, is the moment that the universe guides you to be in the right place at the right time. You will get an inner voice telling you to get out of bed, or stop browsing the internet and get to work. You will hear

an inner voice telling you to try a different route (since your usual route is congested) or to get off one stop sooner and walk (since there is a engine failure likely on your timeline with your current bus).



You're Running Late and There is Too Much Traffic

Have you ever noticed when you believe you are running late that the universe seems to conspire to make you even later? It has nothing to do with any conspiracies but, by reacting with stress or fear or any other limiting emotion to your perception that you're running late, this frequency resonates strongly within you and then you switch into a timeline where you experience more situations that match this dominant frequency.



Next time you are feeling calm, you can play a game and notice how there are some drivers on the road who drive really close behind you, clearly impatient, wanting to overtake because they consider that you are driving too slowly. Just allow them to overtake and notice how they meet with exactly the same apparently 'extra slow' driver within a few seconds, or the next set of traffic lights will turn red just before they reach them, or a lorry will pull out and take up the road. It's much easier to watch this effect when you're not in that stress, and it really helps you to notice how you trap yourself in similar situations when you react to a situation with stress or fear.



If you ever find yourself running late and you're stuck in a traffic jam, or in a situation where everything keeps going wrong, this kind of situation is showing you that you are not allowing your soul to guide you, but have allowed your ego to take over. The trick to clear this traffic jam or difficulty is first to calm down (deep breathing helps) so that your ego subsides and you let your soul shine and guide from within. You have the ability to reset every single future moment simply by resetting your current moment.



For this traffic jam, you are going to ignore the slow moving vehicles and see yourself arriving at your end destination in the perfect moment. Feel happy and relaxed that you got there on time and know that it doesn't matter how this happens. However, if it helps you to find a logical reason why, then maybe imagine that that your boss is running late for the meeting you are worried you're going to miss. Whatever reason you think up, don't be attached to this reason, but keep your feelings in a state of love and trust that you are on time. Now, watch what happens, since normally you will experience a fairly instant change and you will see that the traffic jam starts to ease up, or that you get a call

from the office saying the meeting had to be postponed or some other reason that means that you are no longer running late.



This way of resetting your next immediate future moment can be done with any situation at any moment as long as you are aware of the feeling you are re-enacting and experiencing in the situation. Whatever the feeling was, make a note of it for this is another for you to integrate. In both our [Armichi Method Healing](#) services, we discover these feelings for you which are often a vibrational match for your presenting physical symptoms such as allergies and intolerances. Once these feelings are integrated, you often find that the associated physical symptoms abate or disappear. Our [150+ Foods Stress Reaction Test](#) is also useful for understanding what may be causing certain physical symptoms.



The Rain Ruined Your Hairstyle

This has happened to most of us, whether it was the rain, wind, snow, and whether it was your hair, your new shoes or your newly ironed shirt. This kind of issue happens to help show us that we have not accepted every aspect of ourselves. Often the separate aspect within us this kind of situation reveals is one of self-rejection, self-hatred or shame. You can use Resonance Testing to work out what the vibrational match to this situation is and we can teach you how to do Resonance Testing in our series of one-to-one services starting with [Learn How to Do Resonance Testing for Beginners](#). When you have integrated all separate aspects, then even if the rain does ruin your hairstyle, or wreck havoc on your new shoes, you will no longer react with a limiting emotion, such as embarrassment. You then instead realise that you had slipped away from the wonderful synergistic life experience that happens when you allow your soul to guide you and allowed your ego to take over. When you do allow your soul to lead you, even if it has been raining all morning, if your inner guidance inspires you to walk outside, then you will somehow avoid the rain for all those moments you are exposed. Then you will find that once you've reached your end destination, it may well start to rain again, but it didn't affect you.



Your Friend Shouted At You

It's really upsetting to have someone get angry with us, especially when we feel that we did nothing wrong. Let's turn the experience of this situation around and help you to deal with similar circumstances. Firstly, if someone gets angry with you, know that it is not your fault, nor has it anything to do with you. No one ever makes anyone angry. The

feeling of anger is a frequency that will be expressed as long as it remains a separate aspect, in response to any range of situations.



Have you ever noticed how what makes your friend angry doesn't necessarily make you angry? That's because our triggers - triggers are those situations that evoke an emotional response - are always different and actually completely irrelevant to the feelings they evoke. That's why some people get angry over apparently the most trivial or insignificant issues and some people take offence over apparently innocuous words or phrases. When you realise that you are never to blame for someone else's feelings, it makes that anger much easier to accept, even though being the subject of someone's anger is not always an easy experience.



Once you realise that you were just a trigger for that person, you realise that they chose you to be that trigger and that really turns the situation around. You are truly blessed and privileged that this person chose you to help them in their ascension journey. Now the way to help them is to become the observer and to remain in a loving presence while they express their anger. Don't take any of it personally and don't react. Just listen and reflect back that they seem angry and you are sorry for how they feel - by this, we don't mean that you feel responsible, simply that you have empathy for how they are feeling.



Then later, when they have calmed down, you may if you wish talk to them about the feelings they expressed and how they are simply the separated aspects within themselves which can be integrated whenever they are ready. *NOTE: If you are in an abusive relationship we do not advise this since you must never put yourself at risk. No-one has the right to abuse another person to help themselves in their ascension journey.*



Your Child is Upset

This is one of the hardest situations to be in since when our children are born, we assume the role of parent, and that requires us to care for our children who are vulnerable and needy especially when very young. As our children grow older, it is our role as parents to find a balance between recognising their ongoing needs and recognising them as a unique soul on their own path. Your child chose you for the lessons you can offer them and for the particular style of interactions that you either

agreed to play out before you were both incarnated or for the re-enactment of unresolved past life roles.



Once you begin to see your child as a unique soul, it makes your role as a parent so much easier for you see that you are there to enable your child to fulfil their life purpose, as well as reflecting back any aspects that are still separate. We have observed that our closest family are generally our biggest triggers, for we chose them for this purpose before we incarnated! So we often find within families there are apparently big personality clashes. In fact, these are not clashes, these are simply giant mirrors that reveal each other's inner core and discordant emotions, way more effectively than people outside our family!



So when your child is upset, for whatever reason, see if you can help your child understand their inner feelings so that you can help them integrate these. Very young children may find it easier to express their feelings as pictures, colours or sounds, so allow them to express themselves in the ways they are able to and your role is to be the interpreter of their feelings. The very worst things you can say to a child who is upset is 'stop crying' or 'not in public' or 'don't be a baby' because these words push those feelings back inside of your child only for them to re-emerge again and again, yet each time stronger.



You Don't Like Your Job

How many of us have done or are doing jobs that we don't enjoy, find boring or even hate? It's easy to say go find another one but there are good reasons why we find ourselves stuck in a job we don't want to do. If you are not satisfied with your job but doing it because it pays the rent then you are in a similar situation to many others who all have accepted a miserable day to day life because they don't feel their life situation, location, skills, ability, luck or finances will enable them to break free and follow their passion. This is the trap of the ego which makes us believe that we are just a limited, weak, untalented human who couldn't possibly create a set of circumstances that would enable them to enjoy their dream job. However, it doesn't have to be this way and the solution is about changing your vibrational set point. Once you have done this, the universe will help you find the ideal job that works with whatever personal circumstances or apparent limitations you believe are stopping you from following your passion.



Sarah's Story

Although everyone's circumstances are different we share with you the story of the author of this article, Sarah Diggins, as a way to show you that there is always a way to create your path, even in apparently hopeless circumstances. About 15 years ago, her family's business failed and a once healthy bank account balance quickly became negative. Sarah and her family were living in the Alps at the time where the temperature in winter regularly fell well below zero and yet they couldn't afford to heat the house. "I used to go to the shops while the children were at school just to warm up but had no money to spend so ended up looking at all these things we couldn't afford." She remembers one particularly cold spell during winter, the goldfish died of cold in their kitchen and the bananas froze solid. Then in January, the bank closed their account without notice and the family were left without the means to buy food for their family and children, who were aged 4, 6 and 8. "That was a long 3 weeks and was our lowest moment and yet I vowed I would get us out of this situation." She decided to ignore all the calls and not to open any letters since they were always from the bank and instead focused on having enough.



One day she found some cash she'd hidden away over a year ago and knew that was the start of the turnaround. She sold a biofeedback device to pay off some of the overdraft and her husband was offered a job. In the meantime, until his first pay check arrived, Sarah continued to ignore the calls and letters and focused on the feeling of having enough. When the bank finally re-opened their account, she took her first trip to the supermarket and, rather than saying to herself 'we can't afford that' she would turn the trip into a game of how little she could spend. Little by little the family circumstances began to improve and she steadfastly refused to consider that they had no money, despite still not being able to heat the house or pay for clothes or school trips. "I always told myself we have enough and I trusted this would be the case." Over the next 10 months, that trust was regularly put to the test as often it would seem that there wasn't going to be enough money to pay a bill, and yet right at the last moment - often a few hours before it was needed - money would come in, or a refund would be issued. Sarah continually blessed what she had and thanked the angels for helping her and remained grateful for what they had.



And then, it was in this vibrational state that Sarah was given the most amazing opportunity to start her own business; a marketing consultancy, which she wasn't even looking for at the time. It was an occupation that worked around school hours, one she loved and one where she met amazing, passionate people creating products that

benefited humanity. Within 3 years, and still in that state of gratitude, she had developed a thriving business with 20 clients whose products she sold to a network of 60 wholesalers and online retailers in 20 different countries. It was her dream job that she never even realised existed.



Your Vibrational State Shapes Your Future

And that is the purpose of telling this story; it is the vibrational state that is the driving force for you landing your dream job, perfect occupation, a career that pays you what you want and one that works with your current circumstances. You don't need to know what it will be; you just need to maintain a state of love, open heartedness, gratitude and trust. Always ask for help from the angels and always thank them for being there. Listen to the signs the universe gives you and follow your passion. This will lead you into the occupation that you love without having to search. One day, without expecting it, you will notice a job advert that just feels right. Or a friend will call you and say there is an opportunity going that you may like. Or you will end up chatting with someone in a queue and find that this leads to an amazing career.



Practice, Persistence and Trust

Just remember to stay open minded, in a state of love and gratitude and know that the universe always works with you when you allow. It takes a huge amount of faith and practice to maintain your new vibrational set point. If you ever have an apparent set back, remember that this was just another reminder of what needs to be integrated. You have the opportunity to reset this vibrational set point back into a state of loving trust whenever you want to. And the moment you allow your soul to shine through, is the moment the you are in alignment with the universe, your perfect job and a wonderful life of discovery.



We wish you much love on your ascension journey and hope this article has helped. If there are any articles or research topics you would like us to write about please [contact us](#) and make your suggestions, thank you!

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