

~ Living From Spiritual Wisdom ~

In today's world, it's very easy to get caught up in the drama and confusion that seems to be circling the world. Sometimes people think that the world is going down so bad that we may not make it through another year! And yet, beautiful babies are being born that are so enlightened, produce and flowers are blooming like never before, the rain came back to California, and the American people are being given an opportunity to think and feel for themselves in these major times of change.

It might be best if we understand that in the world of spirit, there is no right or wrong, bad or good, however there IS light and dark. The dark stems from the light and the light stems from the dark. When I was being trained many moons ago by my Cherokee mentor, Karen Land, she used to say that the light cannot live without the dark and the dark cannot live without the light. Therefore, she said it will never be a perfect world as lessons will always present themselves in order for us to be wiser. If we were learning from all that has been in our lives, we would not only help achieve a more peaceful world inside and out, but we would also be able to intuit each other much more easily and humanity could live without judgment.

The other day I was driving to see my brand-new baby grandson, and as I was on the road, I received this message:

"We need to perceive the word 'challenge' in a new way. When we see life as a challenge, we can feel victimized. It is a blessing within a challenge that is needed in order to see clearer. We make better choices when we learn lessons. Life is constantly changing and so are we. How we do that is up to us. It's important to realize that we can make choices based on what we are feeling in the moment. We could be more grateful for these lessons called 'challenges' that provide for us a deeper wisdom and a greater learning. When we learn these lessons, we can become better balanced and are able to make higher and clearer decisions according to our soul's contract. It's fun to know that we are creative beings without limitation. Taking life a day at a time and appreciating it every step of the way will help us to lighten up and achieve more recognition that truly, we really have always been taken care of. When we understand this, we will soon begin to live in gratitude and make it become a part of our daily living. Freedom of knowing that we have a free will and choice is true power. It stems from the love of source: God, Our higher self, or whatever you want to call it. It's a love that encompasses all around us when we don't even know it's happening."

Living from spiritual wisdom is allowing and becoming more resilient as time goes on. It's recognition that we are making choices to suit our better good, our deeper feelings

and acceptance of ourselves more than anything else. Judging is a factor that has been done for so many years that sometimes we don't even know or are aware we are doing it.

In the work that I have done for practically my whole life, I learned that people have been hurt and became attached to that pain instead of learning from it and moving on. If anything, this is what I have seen that has held us back more than anything else. If we really recognized what was in our hearts and in our muscle memory, I feel most of us would make better choices and wash away the past so that we can become new every single day. Nature is the first one to teach us this wisdom. Animals are next. Nature is made of balance and unconditional love... animals come from that same energy. My wish for our entire world is for us to see each other as individuals who have all had pain at some point in time, and teach each other to recognize more of what today brings. Being real, being honest, and realizing you are never alone is the most comforting peace a person can have.

Here's to our new world and our new spiritual living with eyes wide open!

Love and blessings, Mona~