

Sit Back, Relax, and Enjoy the Roller-Coaster Ride of 2025!

How would this year be if you began to trust that everything that happens to you in 2025 is divinely designed to push you a little further along the universal, but highly personal, journey home to love? ‘What!’ I hear you exclaim, ‘even a broken ankle, a missed flight, a huge row with a loved one, or a big scam that empties my bank account?’ Probably yes. There are no true accidents in life. If we expand our consciousness high enough, we will discover to our amazed delight that our life is basically planned out for us for our highest good. Now I know that this simply does not make sense to our logical human brain, but please trust me when I say that it makes every sense to our core-self or soul.

But of course, we are not robots. We are totally free to ignore the divine plan for our journey home for as long as we wish. We are always allowed to go on doing our own thing even if we make a complete mess of everything. However, even here I have good news to impart. We can go on wandering away from our divine home for eons of time, but in terms of ultimate reality, even eons of time lost in the desert is just a blink of an eye – a short nightmare of no eternal consequences.

The more I keep travelling down the path home to Love, the more I know without a shadow of a doubt that there are no real accidents in life. Every single person whom we meet this lifetime we are meant to meet. Every place we visit we are meant to visit and every experience we ever have - whether we label it really good or really bad – is meant to assist us on our journey home. Wow!

If we could only believe this all of the time, think how peaceful our hearts could be? Now I am certainly not suggesting that once you get a brief glimpse of God’s Infinite Love, His guidance and intimate care for you, you are going to be happy when everything in your current life seems to be going wrong. That would be crazy. Not even a saint is going to feel happy if they are in terrible physical pain - although they will probably cope with that pain a lot, lot better than the rest of us.

However, I am suggesting that even when our personality-self is deeply unhappy, terribly painful, or fearful; our core-self is still at peace because

he/she absolutely knows that all is fundamentally well, always, even when absolutely everything about our life seems to be telling us that it is not.

Now unfortunately, the only way we can begin to see this much bigger picture is to find some means to awaken to the ultimate truth that we are not just a personality-self in a body born to die, but an eternal soul having an incredibly brief dream called a lifetime here on Planet Earth. Once we begin to touch base with this ultimate truth about life, we also begin to understand that whatever happens to us in this dream world is primarily designed to assist us to evolve. We go through many challenges this lifetime fundamentally in order to learn how to forgive, how to let go of long held resentments and grievances and how to love ourselves and others unconditionally, even our bitterest enemies.

A very few individuals awaken suddenly to know this ultimate truth about life. For example, someone may feel suicidal one day and then suddenly realise- as if waking up from a terrible nightmare - that all is totally well and that they are loved by God beyond their wildest dreams.

However, most individuals who 'awake' this lifetime tend to awake much more slowly and methodically – albeit with so many ups and downs and twists and turns along the way that most of the time we simply cannot see where we are going. Moreover, we have no real idea about whether or not we are making real progress on the path. Our egoic-self embracing some kind of spiritual practice can begin to feel 'oh so morally superior to those wrapped up in making lots of money, or seeking sexual or other kinds of worldly thrills, but unfortunately, this type of egoic pride in any kind of spiritual awakening is yet another barrier to genuine 'enlightenment'.

I did have a rather dramatic spiritual awakening in my late 40s, but since that time, I have slipped back over and over again into fear, resentment, self-pity and self-pride. I have also had to make a more or less constant effort to keep expanding my consciousness upwards rather than allowing my mind to become obsessed by - and then dragged down by - all that is so terribly wrong with our modern world. I have also had to learn to trust my own heart's intuitive, compassionate wisdom rather than relying on my quite clever, but ultimately pretty ignorant and self-centred human mind.

So, as yet another year on Planet Earth begins for all of us, I would just like to share with you what has worked best on my own quite long spiritual journey that has moved me at least a few steps forwards on the awakening path which I now know to be a miraculous path out of fear and darkness into love and light.

We cannot force our return home to love, but we can definitely prepare the ground for the grace of divine love to grow deep within us. In any case, everything we do to raise our energetic vibration and consciousness really will assist us to lead a beautiful life down here - whether or not we are eventually able to see beyond the veil of illusion that covers our material world to reconnect to the infinite field of love that is eternal reality.

So in 2025, may I suggest that we all spend at least some time each day doing something to raise our energy levels, expand our consciousness, and open our unconditionally compassionate heart? What specifically should you do? Please just choose a few practices from the following list and keep doing them every day of the year come what may.

Walk silently and mindfully in nature.

Listen to uplifting, heart-opening music.

Meditate.

Help a friend in need or volunteer to help strangers.

Have deep, meaningful conversations with a dear friend or loved-one.

Practise forgiving others for their hurtful behaviour on the grounds that they have no idea what they are really doing.

Cultivate faith in the ultimate truth that the true-you cannot be hurt or destroyed by anything this world may throw at you.

Keep counting your blessings every day and then at the end of every day by saying 'Thank You!' for all these blessings.

Avoid anyone or any place that drains you of energy.

Spend as much time as possible with people and places that lift your spirits or touch your heart.

And above all - Send yourself infinite amounts of love and compassion every single day of 2025!

I promise you that if you adopt just one or two of these life-affirming/life changing practices and stick with them throughout 2025, you will experience so much hope, peace, love and joy in your life, despite all the inevitable challenges of another year in this crazy, but oh so beautiful world.

Peggy Foster
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