

## What if everything in your life is a miracle?

*There are two ways to live: as if nothing is a miracle  
or as if everything is a miracle.*

(Albert Einstein)

You may decide after reading this month's message that it is just too radical for you. But it is a risk I am prepared to take because I really want to share with you an insight I had whilst Gloria and I were on retreat in Spain last week.

We had decided to stay the night before our retreat in a wonderful hotel right in the centre of Malaga. But when we arrived late in the afternoon, we discovered that I had booked the wrong Friday night to stay there and Booking.Com would not change the date or refund my money. So we had to pay *again* for a twin room that cost a lot more than the room that I originally booked – and that room was pretty pricey in the first place!

Now for some reason, I was already feeling pretty energy-less and quite depressed before this booking disaster and my silly mistake just pushed me over the edge into floods of tears. Of course, Gloria was then wonderfully kind and supportive, and as we talked over what was going on with me at breakfast the next morning, I realised that I had recently become exhausted by trying to make several people I know feel much happier. I then decided that I needed to release a very old programme from my childhood that insisted that my main role in life was to make other people happy.

That primary role that I was given as a small child by my adoptive mother turned out to be totally draining and unfulfilling because we can never *make* a miserable person happy. They have to decide they want to change their own mind-set from negative to positive. We can assist someone who really wants to heal their core tendency to be miserable, but we can never force them to make this huge change in their own life script.

But none of that is what I really want to share with you this month. The core of my message is this: Have you ever wondered whether what may appear to be an awful mistake on our part or a horrendous accident or illness, might just have a positive purpose in our lives in the longer run?

Let me explain. If I had not made that stupid mistake about the room booking, I would never have realised – with Gloria's wise help – that I needed to heal the deeply embedded negative programme in my mind that insisted that whenever I met an unhappy person it was my job to make them happy. So, what at first sight seemed like a costly error on my part turned out to be – as I now see it - divinely planned by a much higher power to push me into yet another layer of self-healing.

Let me give you another example from my own life so that you can see a little more clearly where we are going with this.

Last year, I went by myself to a wonderful retreat in Assisi led by Vinod Ravindranathan. Vinod is just an exceptionally kind and nurturing individual and throughout the retreat I felt so 'mothered' by him. But then, as I was slowly wending my way home, I got scammed by a taxi driver at Rome Airport who was not an official taxi driver but a clever scammer who charged me double the normal rate to take me to my hotel. All the time I was in his filthy, ancient, private car, I felt pretty unsafe because I already knew exactly what was going on. Anyways, that night all alone in the hotel room, I got into a really anxious state which I just could not shake off during a long, sleepless night.

When I finally got home to Gloria – still in a right state – I collapsed into her arms before going through a really deep healing around being given away by my natural mother when I was just six weeks old. (Yes, tiny babies can experience trauma that then gets stuck in their system, even though they have no conscious memories of that traumatic time).

Vinod's gentle 'mothering' of me on the retreat, followed by my panic over the taxi scam, brought up a really deep-seated heartbreak around the loss of my birth mother that I needed to re-experience vividly so that I could release all that stored emotional darkness into the light.

So again, what at first looked like a minor disaster in my life turned out, on reflection, to be an incredibly deep blessing in disguise.

Now, whilst taking a break from writing this message, I randomly began to read an article by Suzanne Giesemann in this month's Kindred Spirit magazine. Suzanne, a former US Navy Commander, was heartbroken when her pregnant stepdaughter was killed by lightning. But this tragedy led Suzanne to keep trying until she connected with her stepdaughter's spirit.

Suzanne then became a spiritual teacher and medium helping others to connect to their own departed loved ones. Suzanne writes *'At the human level, Susan's death was a tragedy for our family. At the level of the soul, it has resulted in my ability to touch the lives of millions through my podcast, videos, books and classes. It is a blessing to help others find the light within that never goes out.'*

Reading that profound insight into someone else's tragic past simply confirmed my growing confidence that everything that happens to us in life, even apparent tragedies, are designed to assist us to heal and to awake spiritually. But of course, in order to benefit from all events in our lives, especially the painful ones, we do have to choose to be exceptionally brave to really feel the pain of our heart breaking over and over again in order to allow more and more light to pour through the cracks.

So this month, I invite you to reflect on how something that seemed like a big mistake at the time turned out, in the long run, to be a blessing in disguise. Maybe you had to marry the wrong person the first time around in order realise the type of partner who would really be

the perfect fit for you? Maybe you had to be in the wrong sort of work for a while so that you could realise where your true vocation lay? Maybe you once got horribly lost or delayed on a journey of some kind only to meet someone who later played a really positive role in your life?

I know that it is a huge stretch for most of us to begin to wonder whether everything that ever happens to us is ultimately for our highest good. However, the older I get and the longer time I have spent on my own awakening and healing journey, the more this incredibly radical spiritual truth begins to make sense to me.

I am certainly not claiming here that I can even begin to understand how this works in relation to the truly unbearable collective tragedies in our world such as WW1 or The Holocaust. But when I look back into my own past, I can now clearly see how so many really painful events in my life eventually led to deep spiritual healing and awakening.

What about you? Can you now begin to see how at least one traumatic event in your past could possibly have been some kind of miracle in disguise? I am pretty certain that if you can find one instance of a really challenging time in your life being a true blessing in the longer run, you will soon find a lot more instances of miracles in disguise.

This new way of perceiving your painful past may then really assist you to stop feeling as though you are the helpless victim of a cruel, random world. Who knows? You may even start to feel incredibly grateful for all the painful challenges you have successfully weathered in your life on the grounds that they have really assisted you to become the kind, loving, wise, mature soul that you are today.

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