

What is really happening

We are ultimately responsible for our behaviors, our karma, our experiences and circumstances. A person that is striving to know their authentic power challenges any temptation to behave with timidity, bullying, complaint, revenge or protest. When we have an attitude of war, or even a plea for compromise, it comes from fear and a feeling of powerlessness. Here are some questions we may ask ourselves, ask a friend or a friend may ask us, to bring us to the moment and be conscious of what is really happening:

1. Are you willing to be in the circumstance fully with the purpose to heal yourself?
2. What are you thinking? What are you feeling?
3. Are you willing to recognize that the universe is giving you a compassionate opportunity to heal this part of your personality and ego that wants to hold you here?
4. Are you going to distract yourself with other fears or feelings of powerlessness like worry, complaining, blaming someone else, or self-pity?
5. Are you going to distract yourself by overeating, over drinking, over working, or over ...?
6. Does your conscience hurt? What is the purpose of the pain?
7. Is your intent and motivation coming from a place of fear or love?
8. Are you willing be in the moment, calm, relaxed? Are you aware of being one with Universal Life Energy?
9. Are you willing to help yourself, have compassion for yourself, release fear, and choose love?
10. Can you find the tenderness of your spiritual heart, the peace, goodwill and joy? Do you feel it? (When you do then it is your response, your attitude, your behavior!)