

Thursday, June 18th 2009, 7:30-8:30pm

Only One Choice

Force or No Force

The only constant we can count on in our physical universe, is change. Life will always be changing, growing, morphing and recreating itself. This continual flow of evolution carries us into the truth of who we really are. How we move through change is really the only choice we have as human beings. We can move through life kicking and screaming, or we can move through peacefully and effortlessly...the path we take it always up to the choices we make.

At any given moment, you have two choices. You can accept whatever situation lies before you, or you can resist it. Every time you resist, that resistance will automatically be converted into stress. Over time, this stress will begin to reflect as symptoms in your mind and body. This happens because it takes effort, will and force to resist. Truly accepting, on the other hand, will allow you to remain relaxed and at ease – even in the face of seeming chaos and challenge.

Resistance happens when we try to control things externally to us. This is an uphill battle, as there will always be far too many factors for us to control in our lives. The only choice that will bring true peace is to completely accept that which lies before us. Many people think of acceptance as defeat, when in fact, it is complete freedom from the bondage of the mind. It means that we are able to recognize the lessons and opportunities being offered to us without judging the way, shape or form they may manifest in our lives.

From the perspective of the universe, it doesn't matter which path we take. Spiritually speaking, we are all going 'home' to the same place and will all get there eventually. The universe is kind, loving and compassionate and will continue to provide us the situations we need to learn from, no matter which direction(s) we happen to be taking. We can move through our lessons quickly, or we can move slowly – whichever we choose. The path of least resistance will allow us to glide through more easily because we will be open to recognizing where we may have strayed off path, or where changes need to be made.

Anytime we force something into existence, or use our force to stop something from existing, we are working against the Universal Flow, and not accepting what is in our path to be learned and implemented. Complete acceptance allows us to simultaneously unlock from past patterns of fear and limitation, and allows us to expand into our lives with grace and ease.

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