



*Pay  
Attention!  
This is Your Life.*



*Loving Lessons from  
the Spiritual Realm*

***Nancy Weil***



## Pay Attention! This is Your Life.

### *Loving Lessons from the Spiritual Realm*

#### Lesson 1: Spiritual Guidance and Manifesting Your Desires

Manifestation can happen in a matter of moments or over time, it's really your choice. I manifested my home in less than three hours. At the beginning of my divorce, my husband and I were still sharing the same house. After one of our final "discussion", I began to vacuum. I clearly heard a voice from spirit tell me, "Give him the house." I calmly explained to the voice that in a divorce the woman gets the house and the man leaves and gets an unfurnished apartment where he lives with a bed, a couch and a television set. Again the voice said, "Give him the house." Now I began to argue with this disembodied spirit, saying "I am not fond of moving and I have a perfectly fine house here which I decorated and fixed up. I do not intend to leave." Understanding that once Spirit guides you there is no point in arguing the point, I began to think of all of the reasons why it might be a good idea to give my soon to be ex-husband the house. In all practicality, I found that there were many reasons, so I went to him and told him that he could have the house and I would move.

Several days later reality hit me, as I now needed a place to live. In keeping with the principles of manifestation I began to list my perfect home. It had to be within walking distance of my current one, already updated, within a certain price range and I continued listing all of the other attributes I would like to have. Less than two hours passed when my husband came home at lunchtime and told me he had a patient who was selling his house. My husband had already looked at it and thought I would like it. It was love at first sight – the perfect property. Plus a manifestation bonus, the owners asked if I would like to keep the furnishings as they already had a fully furnished home in Florida. I immediately gave thanks and signed the papers.

You too can experience this type of manifestation blessing. It begins with trusting your inner voice, the guidance you hear or possibly the intuitive pit in your stomach that tells you that you are on track. You may not hear your spiritual voice, it may be advice from a friend that you need to hear or an article you read or a program on television you see. Ask and you shall receive – still you must keep your heart open to knowing what is your true answer. Also, you must be willing to accept that the answer may be "no." Or something that isn't what you originally thought it would be. Using Spiritual Law to manifest begins with intent. It is our blocks that keep us from our heart's desires. First write down what you want in fine detail, cut out pictures from a magazine, envision yourself in that new job, new house or new relationship. By being specific, you allow for your desired vision or something better to enter your life. Once you have your vision clearly focused in your mind, begin to act as if you already have it! If you visualized a new job, buy that outfit for your first day at work, if you want a permanent relationship, create room in your home, in your closet, in your life for that person to come in.

Finally, if you feel stymied or stagnant or unable to connect with this wonderful manifesting gift, then examine what fears you may have associated with truly getting what you desire. What would moving away mean to your current relationships? Is there fear in that thought? What would happen if you had to change your schedule to accommodate a promotion? Is there uneasiness about change? It's okay, people are resistant to change. We say we want something, but there is always seems to be a "but"

attached to it. When you look at those fear based issues truths will emerge as to whether they are merely worries and not founded in any true concerns. When this is the case, simply release them and allow the opportunities to begin to flow. Be diligent about your affirmations.

“I now connect with my heart’s desires. May this or something better now flow into my life.”

### Pay Attention! This is Your Life.

#### *Loving Lessons from the Spiritual Realm*

##### Lesson 2: Give it Up – Learning to Live Without Attachments

The Buddhists say that attachments lead to heartache. I have learned that most people who have undergone a spiritual shift in their life, traditionally find a deep desire to let go of “attachments.” This is not to say that you just walk away from your life with just the clothes on your back, it means that you know that you could survive without any of your current “stuff.” Look around your home, your car and your office – what is around you? The objects we surround ourselves with, define us. Are we sentimental and have family photos and heirlooms around us? Do we like gadgets and gizmos and the latest and newest that technology can offer? Are our rooms filled with items we just can’t bear to throw away or give away or put away? What do the things around you say about you and who you are and how you function?

Pay attention to the energy of your surroundings. Is your space orderly? Do you have items in need of repair? Are you comfortable just being in that space? Do the spaces you occupy feel like a sanctuary? If not, then make some changes. “Change your space to change your life” is something to consider. Stop holding onto things that no longer serve you. Your possessions are not really yours at all. Someday they will leave you – or you will leave them – and they will then go to the next owner or into the garbage. Clearing your space makes room for new things to enter your life. Give items to charity or to loved ones. Realizing that none of your belongings truly matter in the larger scheme is one of the most liberating steps you can take. Think about the most important item in your life. Choose one. What is it that is truly important about it? Its monetary value? The memories attached to it? We all have them, for instance, one of my most prized possessions is an old candy dish. Actually it is quite ugly - orange, white and gold. But my grandmother used to keep it filled with tasty treats for me whenever I would visit. It is the memory I cherish and the dish only serves as a reminder of those days. I will carry the memory forever, even when the dish is long gone!

Take a moment to assess your possessions. What items serve you? Would you be willing to walk away from everything with the knowledge that it is only “stuff” and that you can go out and get more stuff if you had to? Being willing to live with this knowledge is an important step on the path of faith.

*“I now release my attachments to things and realize all I own is only on temporary loan.”*

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 3: Leaving the Body Does Not Mean Leaving Those You Love

One night, a tugging at my ankle awakened me. I immediately felt a presence in my darkened bedroom. No longer afraid of such occurrences, I merely asked the presence to introduce themselves. It was the mother of a friend of mine, who had recently passed away. She brought a beautiful message of comfort and love for me to give to her son. She impressed upon me fragrances and images and such a love that I could hardly wait for the clock to reach a reasonable hour to call the family. Although the message was met with skepticism, I knew that the idea that his mother really had been watching over him was a comforting thought.

Love does not die. It is the most powerful energy in the universe. The love we share continues even after death. It is common for a loved one to appear during a spiritual reading just to tell the person that they love them. I have had those in spirit nag their child or spouse to take better care of themselves, to finish a forgotten project or to just try to find joy each day.

When a relative from two or more generations back show up at one of my readings, they bring advice and help. Many times the person I'm reading for has never met this spirit relative that comes through, they do not spend time sending words of love, merely guidance and answers for their descendants. Our ancestors are part of our soul group and they continue to watch over us and help us. Still, we must ask and then be ready to listen. It is also important to be patient – time on the other side is not as urgent as our schedules appear. Instant potatoes- yes – instant answers – not a good bet.

“How does spirit make contact?” This is a question I am often asked. The most common way is through our dreams. If you have a dream of a loved one and it involves the senses – you feel them, you hear them, you smell them – the room or area you are in is filled with details – this is a connection to spirit. My girlfriend had a dream where her father held her in his arms and told her how much he loved her. Tears filled her eyes when she spoke of the dream as the emotions were still so real. Even today, months later, she can return to that feeling easily- contact made.

Other manners spirit connects to us is through music – a song you hear when you turn on your car or enter an elevator. Words or images you see repeated throughout your day – on a bumper sticker, in a magazine, on TV – pay attention – these can be a message for you. Loved ones that have passed may play havoc with your electrical items – turning lights on and off or turning on the TV in the middle of the night. You may see them out of the corner of your eye or feel their presence when you are sitting quietly. Items may appear or be moved out of place – photos fall, missing jewelry suddenly appears. There are many ways that those in spirit come to us, but we must trust ourselves enough to believe. It is easy to pass things off as coincidence or demand proof so clear that it cannot be disputed. That is not how it works- it is usually gentle, quiet, loving and subtle.

I have had people say that these visitations disturb them, can they make them stop? Yes, simply ask the spirit to go away. Thank them for their effort, assure them that

you received their message and then just tell them to leave – that their presence is no longer needed.

What if you are desperate for contact and you have not had any? Be patient, as hard as that may be. Some spirits cannot figure out how to come through – it took my grandfather over twenty years to make contact with me! Don't feel that you must search and go to every medium until you have proof of contact. Go within yourself first. We cannot always just order up a visit from the other side. It's true, you may go to a medium and have a visit from the other side, but it could be also come to you through another family member or friend that has a message for you. – just when you need to hear it! After all, there are no accidents in God's world.

*Wayne Dyers says it best: "Expect nothing and be open to everything."*

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 4: Eugene

I learned that all of God's teachings could be found in the most amazing of forms-like Eugene. While others at my synagogue went to services in search of spiritual connection and growth and others took classes in order to learn Torah and other Rabbinic teachings, I just spent some time in the kitchen with Eugene, the janitor. I say janitor because Eugene was definitely not a maintenance man – he never fixed a thing. I am not sure he did much cleaning either, but he did share his views on life with those who took the time to get to know him – and few people did.

Eugene appeared to be not much more than a drunken, poor disheveled black man. But he was so much more than that. He was God's messenger – His teachings in a walking, talking form.

- “Love one another” – if you could find a way to love Eugene as a worthy being of God, then everyone was lovable. Mother Teresa would tell people to go out and find a person who felt alone and make them feel loved. I was able to love Eugene.
- “Judge not lest you be judged” It was easy to label this man, but hard to define him. If we could not look beyond his physical appearance – his clothes, his unruly hair and beard, his odor, then how are others seeing us?
- “Do not covet” When I first met Eugene he lived in a small basement apartment with an old cot and television set. That is all. Not even sheets, just a thin blanket. When he had a stroke, donations to help him poured in. When he finally got out of the hospital his home was transformed- a new mattress, a donated table to eat on, some chairs, new clothes. He felt cared about – happy ending. Not really, Eugene never slept in that bed, he preferred his old cot. He rarely sat in the recliner chair, it was easier to sit and smoke at the table. There were those who felt betrayed by him – after all they had given, why had he not taken advantage of their generosity? But the point of giving should have been to show him that he mattered, the rest was his choice.
- “Expect nothing” Eugene never asked for a thing. He had nothing and that was enough for him. He always found a way to eat and to get cigarettes – otherwise he was content with his lot. He never felt lack or envy for others. His life was just the way it was and he accepted it. How many of us can say the same thing?
- “Live in the now” Regret was never an emotion Eugene entertained. No thoughts of what could have been or should have been. He was always in the present moment. When he laughed, he was pure joy; when he was angry, you knew it; and when he felt grief, his heart just poured out to you. Pure emotion – from living in the present moment.
- “Be who you are.” He never apologized or explained to anyone why he lived as he lived. He never felt a need to justify his lifestyle. He just showed up to work, talked to anyone he could, cleaned a little and went home. Everyday.

Now that you have been introduced to Eugene, let me tell you the story few people knew. He came from a well-educated family in Buffalo. His mother was a nurse and served on a State Nursing Board. He grew up in a nice house in the city. Then he was sent to Vietnam. The horrors he encountered, he never shared, but his cauliflower ears bore the scars from those days. He would tell the story of how his unit went so far undercover that they were out of contact for over six months and his mother had been informed that he was probably dead. He would laugh when he would tell the punch line of how he called her and her shock at finding out that he was still alive.

Eugene could be labeled a casualty of war—a veteran, a hero who, in some ways, sacrificed his life for his country. But Eugene would tell you a different story. He was just a janitor, who enjoyed his cigarettes and talking to people. He was content with his life.

Pay Attention! This is Your Life. (used in healing magazine & Feb. e-zine)  
*Loving Lessons from the Spiritual Realm*

Lesson 5: The Present Moment

*Ask and you shall receive.*

*Ask and I will answer.*

*There is no tomorrow.*

*There is only the now.*

*Be it.*

This is a beautiful message I channeled for a client. Notice that it does not end with “be in the moment”, instead it states, “be it.” What does it mean to *be* the moment? To be fully present and alive in this instant, aware of all around you. Imagine living each day in the present. No worries could exist as they rarely occur and are mostly just idle thoughts we return to. No regret for past actions, as we would only be aware of how we were impacting the world right now – for the better or the worse. Living in the now would create a life in which all possibilities could happen, as we could work towards our goals mindfully.

Breathe – right now – take a breath. Notice the air going in and then leaving your body. How does it feel? How often do you take a deep breath, not just the shallow puffs we usually allow ourselves all day long? I encourage you to put a sign on your computer screen at work or home, or on your mirror or in your car that simply says, “Breathe.” This is the most fundamental reflex we experience and yet in order to be in the moment, we must recognize our need to fully inhale.

Next do a physical inventory. What aches, are our muscles tight and are we comfortable, do we have pain? Allow ourselves to just be in our physical condition for a moment. Truly feel your body. Then decide if changes need to be made; diets begun, smoking ceased, doctors called, etc.

Learn to honor the pain that cannot be erased. This is mindfulness living at its fullest. It is difficult to bless the pain, but to curse it only creates more tension. Bless our body that houses our soul and be grateful for all that is right with it. Continue to send healing to our “broken parts” and never give up the hope that healing can occur.

Living in the now requires enormous discipline. We are constantly bombarded with thoughts of later or yesterday. It takes mental training to become aware. Yet when we are aware, when we are fully present, we are able to give of ourselves to others wholly. Think of how you will feel when you are able to complete focus on the other person talking, or answer an e-mail with nothing else concerning you at that moment, or not multi-tasking when on the phone. Try it for a day - or an hour – or a minute. Being in the moment may grow on you, since it truly is all we have.

Pay Attention! This is Your Life.

*Loving Lessons from the Spiritual Realm*

Lesson 6: You Are Never Alone

What if I told you that at this very moment you were surrounded by spiritual entities whose only purpose was to assist and guide you? Would you feel comforted by that thought or dismayed?

Angels, spirit guides, loved ones, joy spirits, trolls and fairies are some of the elementals that are in our energy field. Knowing who is with you and how they got there can help enormously when you feel alone.

Everyone has a spirit guide – this is the being whose purpose is to keep you on your chosen path. “What path?” you may ask. The one you chose before you came to this Earth. You are here for a purpose and your spirit guide can help you to make decisions that will keep you focused on fulfilling your destiny. When you choose a college, a job, a mate or any other life altering decision, your spirit guide is that knowing in the pit of your stomach that something just feels right...or wrong. They will never stop you from making a choice, you have free will to do as you want, but your guide will always assist you in getting back on track when you are ready.

Angels surround each of us – not just a guardian angel, but also others who come in to help with a specific task or just to be with you. If you are learning a new skill or taking on a new project, an angel can help you to learn. I have seen people with literally thousands of angels around them, just to lend support during a difficult time in their life. I have seen others with beautiful loving archangels protecting them or helping them as they make changes. Angel energy is fun and serene. It is gentle and quiet and usually felt just behind your shoulder and head.

Fairies, trolls and other Earth spirits often walk with those who feel most comfortable out in nature. People attract these energies to keep them grounded and to nourish their souls with the power of the outdoors. If you are someone who loves to walk barefoot in the grass or walk in the forest, you probably have some of these around you. They are light and fun energy to work with. They love to lift your spirits and help you to lighten up. Fairies can be felt around your shoulder and heart area. Trolls show up down by your feet and knees.

Joy spirits are rarely written about, but must be recognized. These are the fellows who come to keep you from taking life too seriously. They can be mischievous and hide your car keys or move other items, but they only want to distract you from your dour and serious side. I have a friend whose joy spirit whispers in his ear when he is speaking in front of a group and tries to get him to “mess up.” He tugs at his elbow and pulls at his shirttail.

Take inventory of who you are and what type of spirits you believe are around you. Write down on a piece of paper who you would like to surround yourself with and how they could help you. Allow your imagination to wander and feel for their presence. Do you feel someone by your ankles, behind your shoulder, next to you? Who are they? Getting to know your spirit friends can assure you that you are never alone.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 7: Prosperi-tree

Who ever said that money does not grow on trees? It most certainly does, but it takes a special kind of tree – a Prosperi-tree. Imagine a garden with trees filled with beautiful leaves that also produce money from its branches. How can you grow such an abundant plant? By following the right gardening secrets!

Think about the tomato plant you had in your garden this summer. You did not just put it in the ground and then pull red, ripe tomatoes out of its branches. No, you planted your garden, watered, weeded, tilled the soil, added nutrients for the plant to draw on as it grew. You patiently watched as a bud became an immature green potential food source, then continued its care until, finally, you could harvest your fruit! It took time, nurturing, care and some luck of the weather!

Now turn your attention to your Prosperi-tree. You cannot just yank dollars from its branches either. You must plant your tree by determining the source of your abundance. Are you planting a career tree, an idea tree, a project tree? Name your tree as you plant it in your mind. Choose just the right space in your visual garden. Then begin to nurture it. Feed it by actions that you take to create your abundance. Water it with your affirmations and positive thoughts. Weed out all negative self-talk that can overtake your garden quickly. Till the soil to prevent any hardening around your Prosperi-tree by constantly stirring up your desire through determined action, thought and prayer. Then patiently watch as your plant begins to produce and grow wealth from the branches that you have carefully nurtured.

Plant a garden filled with Prosperi-trees. Money can grow on trees, as long as you tend to the needs of your plant and allow nature to do the rest!

Pay Attention! This is Your Life.

*Loving Lessons from the Spiritual Realm*

Lesson 8: Finding the Divine

Not too long ago I had a day that was filled with activity every minute. I worked in the morning at my “regular” job, then came home to meet with a sales representative for my new company. A young widow came for a reading and I was able to reconnect her with her deceased husband, helping my client to heal. Then I rushed to do a commercial cleaning job for my friend and back home to teach a class. God sometimes uses such busy days to teach us our greatest lessons.

Working in the business of Spirituality, one might think that I find my strongest connection when giving readings or teaching classes. Indeed, that day was filled with opportunities to live in my spiritual side. Helping someone with confirmation that their loved one is still around is the most gratifying part of my work. Mediumship allows me to assure someone that those they have lost, may no longer be a physical presence in their life, but the love they share continues to connect them. These types of moments allow me to work in the realm of the angels – or God’s messengers – and I am always grateful to serve in this way. Classes are another way to help others along their path. That particular evening I had new students coming to class and a great curriculum planned. I love teaching and was anticipating a very special experience with my students.

Still, these are not the places where I felt God’s presence the strongest. It was while I was bent over cleaning a toilet! Rushing downtown between readings and class, I arrived with little time to spare. Quickly emptying garbages, dusting and straightening up, I was wiping down the toilet when God made His presence known. “It’s odd,” I thought “how God humbles us. Only an hour ago I was connecting a widow with her deceased husband and now I am cleaning a toilet!” It was imperative that I find the Divine in cleaning the toilet, I realized. And an easy task that was. I had a healthy body that allowed me to clean. In attending to this work, it allowed my friend to enjoy vacation time with his children without worrying about business. How easily the list grew in my head. This task had suddenly taken on a sacred aura.

It is easy to find the Divine when meditating, practicing yoga, praying, studying, reading spiritual books, taking classes and the many ways you may pursue your path to connection. When you can find the Divine in the mundane tasks, such as cleaning the toilet, then you have truly opened a Spiritual door that can take you further than you ever dreamed!

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 9: Stir the Pot

*“Stir the pot before the fire settles,”* these were the words of advice I received from a very wise woman. The fact that she had passed away six years before did not detract from the impact of her words. They were meant for her son, but their message can be of help to each of us.

We easily get set in our ways; our routines become comfortable. It takes a lot of effort to shake us from our way of thinking and reacting. Digging our feet in and resisting change is common, especially if the advice is from another person who cares about us.

*“Stir the pot before the fire settles.”* Suddenly our life takes an unexpected turn: we have a health scare, our employment situation changes, relationships shift. During times like these we search for what went wrong and where to place the responsibility. We become introspective and look inward for answers. We also look out and pray for guidance.

Now is the time for change, if it is to come at all. When we feel the most vulnerable is when we are open to taking the steps necessary to improve our situation. Suddenly changing our diet, our exercise habits, our work schedule, our methods of communication with others – everything is now open to examination. We become willing to adapt, to shift, to alter our patterns of behavior.

*“Stir the pot before the fire settles.”* It is usually a brief time when the fire within inspires us to make the moves necessary for change. Stirring our internal pot and creating new patterns of behavior can allow our life to open to exciting possibilities. Seize the moment, stir the pot and once your fire settles you may find yourself in a much better place.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 10: Spiritual Healing

Stories are written about spontaneous healings. Sick one moment and well the next. The word *miracle* is usually associated with such an event. I feel privileged to have had such an experience. Although it was not a fatal disease I was saved from, the occurrence still changed the way I approach healing.

Wayne Dyer discusses the difference between believing and knowing. You may believe you can ride a bicycle because you have seen others ride one and you understand the physics of balance and motion. But once you have ridden a bicycle, you *know* you can ride one. People can tell you that you can't ride a bicycle, but you will not be swayed from your position that you can, indeed, ride a bicycle. *Knowing* something is a powerful position to take. I *know* that Spirit can heal us. My experience proved it to me.

I was very sick with a kidney infection. High fever, bedridden, chills. The antibiotics were not working. My parents were helping me with my young children. While at their house, I took a nap on their couch while they took the kids to the zoo. No sooner had they left than I *saw* a yellow Labrador Retriever approach me and stick her nose in my face. I say see, although my eyes were closed. As soon as the dog approached, I felt a vibration enter through the soles of my feet. I felt myself lift off of the couch and this intense vibration swirled around me, surrounding me. I remember having the thought that I was not sure if this was meant to kill or cure me, but I was so sick that I did not care! I surrendered to the experience. Finally, I felt myself return to the couch and the energy left as it came, through the soles of my feet. Immediately I felt the fever break and I woke up and felt great for the first time that week.

There is another approach to healing from disease that I would like to mention. I took a class from a gentleman who was a cancer survivor. When first diagnosed, he was angry that this illness could take away life as he knew it. A workaholic, this man was never home and always under pressure and stress. As treatment progressed, he realized that at the end of this process he would never be the same person he was. There were only two possible outcomes, he explained, he would either die or he would live. If he survived, he would never approach life the same way again. Work was no longer a priority. Family and friends took precedence. His entire value system shifted. At that point, he began to bless the disease for the changes it would make in his life. He honored this challenge as something that would create a new dynamic for him and his family. Once he began to bless the cancer, instead of curse it, he began to heal. His story so touched me and has helped to realize how many situations in my life I curse, when I should be grateful.

When faced with illness, I pray that each of you can find healing, be supported by your faith, bless each experience as it comes and *know* that miracles can happen.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 11: Table Tipping

Four people gathered around the small table expectantly waiting for what was to come. Slowly the table began to move, gently tipping into a young woman's lap. "Ask the table to show you a yes," I said. The table again tipped into her lap. "Now a no," I advised. The table remained motionless on the floor. "Now you can begin to ask your questions," I told my student. The table began to tell its story, truly the story of the departed soul who was using the table as a way to communicate to his loved one. This was her boyfriend who died suddenly the previous year. He came with words of love and support, with encouragement for her to move fully into her new relationship. Tears flowed as the table became more animated and took on the fun-loving attitude of her boyfriend. It danced across the floor as we all stood up and tried to keep up with it. It bounced into walls excited to connect once again with her. Then, once the message was delivered, the energy withdrew and the table quietly rested on the floor.

Table tipping is a form of physical mediumship. It allows the participants to be involved in the process of receiving message. With the use of a simple table and an experienced facilitator, table tipping can be a powerful tool in your spiritual development. It is not to be used capriciously or as a circus act. I took a class once where the instructor had groups get tables to move yet never received the messages spirit longed to bring. It was merely done for the "wow" factor, to see that Spirit can move an inanimate object. In my opinion, this is not the way table tipping should be approached. Like all forms of mediumship, it should be handled reverently with gratitude for the guidance we can all access. The loving words of Spirit always uplift and guide, the use of the table is merely one way to access the information.

Loved ones often use the table to come through to the sitter, but angels and spirit guides also utilize the table. Through the use of yes or no questions, the source of the message can be ascertained and questions then guide you until the full message is received. At this point, the energy leaves and the table is ready for the next participant to receive their message.

Allowing the sitter to participate in the process of receiving the message increases the power of the communication. It is one experience to sit with a medium and have a message given to you. The experience fundamentally shifts when you can feel the spiritual energy, watch the table move and ask the questions yourself. I believe that messages received this way have a greater impact and are harder to dismiss.

At the end of each session, we gather in prayer to give thanks for the messages we have all received. I reiterate to my students that it is difficult for Spirit to manipulate an object like the table and they should not get so caught up in the phenomena that they forget to honor the message received. Table tipping can be a powerful tool to access spiritual guidance. When used correctly, it can deliver its message while shifting perceptions and opening hearts and souls.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 12: Etheric Cords

We have all heard phrases like, “Those two are connected at the hip” or “They are so attached to each other.” These and other common sayings are based in metaphysical truth. People do connect to each other through the use of etheric cords. Every time we interact with others, we send out a small energy stream. If the nature of the interaction is short, such as with a store clerk, the line may be fine like a thread. In long-term relationships these cords form and attach in various ways. Understanding the nature of these attachments can be helpful in strengthening the relationship.

I have developed the ability to see and read these etheric cords. Just as no two relationships are the same, neither are the ways in which we attach to each other. The location of the attachment is important. I use chakra points primarily, but have seen all sorts of other connections as well. A good example of this is when two good friends came for a Relationship Reading. Their entire faces were connected in an interwoven fiber optic network. Their friendship was based on long philosophical conversations over coffee. They had attached by sending out information in continuous strands. As it was primarily a mental arena they utilized, the cords formed across their face. Others may attach at the heart, the knees or even the ankles. A common place to connect is across the shoulders. These are usually two people who share each other’s burdens and are there for each other.

As stated earlier, these cords form between any two people who interact. I have done readings on parent/child, siblings, friends as well as lovers. Once I had three sisters and their mother come for a reading. They all connected at their knees. I got a past life impression that they had all been in a war together. I told them that the nature of their current relationship was to be very protective of each other and watch out for the other’s well being, even to the point of annoying each other with words of caution. They all laughed and confirmed my analysis. Another benefit of etheric cords, is they may lead you into a past life relationship with the person. The cords that formed many life times ago, continue their connection.

Beyond knowing where the connection is located and the type of cord that is present, analyzing what it all means is key to understanding the relationship. Having dinner with another couple I noticed the friction between them. Energy practically sparked between them like static electricity. They were obviously going through a rough time. I then looked at their etheric cord connection. It was a beautiful rainbow colored arch that went from one outside shoulder to the other, holding them closer together. I further realized that this connection formed when they meditated together. I suggested that they find time to meditate together. They confirmed that they enjoyed this very much, but rarely made time for this activity. They vowed to make it a priority. Understanding the connection, allowed them to see how important this time was for them as a couple and how it could help bring back their close, loving feelings.

Realizing that we are constantly connecting to others, makes us mindful of how we interact with strangers and loved ones. Approaching others with an open, loving heart certainly creates different attachments than those handled with anger or resentment.

Try this exercise with someone you are close to. Sit face to face and close your eyes. Beginning at the feet and working your way to the head, slowly scan with your mind's eye where you connect. You may feel a tingle or a strong pull to a certain area. If you prefer, you can scan with the open palm of your hand and feel the draw towards a particular spot. Once you have established where the connection is, imagine what it looks like. Just allow your imagination to create a picture in your mind. Then you can ask Spirit to help you understand what the nature of this connection is based upon. You may find more than one place that you connect. Each spot will have a different type of cord and meaning. At the end of the exercise send love to your partner and give thanks for the wisdom you have gained. Remember, etheric cords do exist and gaining insight into them may improve your relationship with each other and with yourself.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 13: Love You Forever

When we are in love, we believe that it will last forever. A TV comedy show character stated that he would indeed love his spouse until death do they part, but that was where it ended. He did not want to commit to anything beyond that!

In working with past lives, we often see relationships that last beyond the grave... over and over again. Lovers return as best friends, parent and child return as siblings and the cycle continues. But in some relationships the love does not last forever, it does not last even this lifetime! The reason why became clear to me during a very moving meditation experience.

We choose who we love every day. When we get up in the morning, we determine, consciously or not, who we will love that day. Our partner, children, family members and friends are all loved by choice. Those who object may say that we love our children unconditionally. However, we all know of parents who no longer speak with their children. We all know of marriages that have ended in divorce. We have all experienced friendships that have drifted apart for no apparent reason. The reason, I propose, is that we no longer have them on our list of who to love that day.

There is no relationship that can be guaranteed to last forever. No one walking on two legs can promise to love you for that long. The only relationship that can make that promise is the one you form between you and your Higher Power. The trick is to learn to love yourself as deeply as God loves you. The only love you can guarantee is the one that is the hardest to fulfill – the love of self. This is not self-ish, it is a beautiful experience to love and accept yourself fully for who you are and the gifts you bring to this planet.

Take this paradigm a step further. If we choose who we will love, then this love is a precious gift. Each day we give the gift of love. Each day also, if we are fortunate, we receive back the gift of love as well. A gift is something special. We are excited to receive a gift. Gratitude for the thoughts behind it overwhelms us. We do not take the gift for granted at first. We use it or display it. We show it off to others. It is in our consciousness. Imagine if we continued to treat those we love as if they are that special gift every day. Imagine if we treat ourselves that way too.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 14: Attachment Leads to Suffering

A Zen principle states that attachment leads to suffering. Many people have felt acute loss in their lives. I recently suffered a small, yet profound loss in my life as well. Two years worth of my client contact information disappeared with one wrong click of a button! I was in a hurry to call a student and attempted to pull up my excel spreadsheet with the data I needed. The computer would not open the program and instead asked me a simple question. I answered no and it shut off. Next time, I was determined to outsmart the machine and answered yes. That was all it took. The data disappeared. Two years of effort, gone. Instantly. Permanently.

*Zen: Attachment leads to suffering.*

I was certain I could learn from this event. So I went into denial. I would have a computer savvy individual come over and restore my lost information. A great plan. No suffering yet. The problem would soon be resolved. Except he could not find it. He searched the entire database and no client spreadsheet.

*Zen: Attachment leads to suffering.*

Next step, acceptance. I decided that if it was gone, then it was gone. I would let it go with blessings and begin a new sheet. In two years, I would have another list of clients. I also began regular back ups ... just in case! I patted myself on the back with how well I handled the loss and returned to the computer to send out my e-zine.

*Zen: Attachment leads to suffering.*

My Outlook file was not able to be accessed. The rest of my client information was off limits. I could not beg or bargain to get it back. Perhaps I had not learned the Zen lesson. I needed another test in non-attachment. Except this time I was definitely attached.

Another call to my computer savior and he showed up and saved the day. (Blessings to those who are able to handle tech meltdowns!) I am back in business and well versed in the Zen principle. I have experienced the pain of attachment (in a small way, luckily) and will be mindful of the things I attach myself to in the future. Attachment may lead to suffering, but restoration definitely leads to joy!

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 15: Surrender

Miracles can happen. Mountains can be moved. Obstacles can disappear in an instant. Why then does it so seldom happen to us? The answer is so simple to understand and yet so difficult to master. It has to do with *surrender*.

Surrender – to completely and totally let go of outcome.

Surrender – to be willing to accept loss of control over the situation.

Surrender – to get out of Spirit’s way and allow.

When we pray for guidance we generally ask for a particular favorable outcome. The problem with this is two-fold. First, we can only view the outcome from our limited vision of what we want to happen. Second, we are not able to see the waves created by any anticipated outcome and where that will lead down the road. Limited vision by our human selves means limitations in outcome. By allowing Spirit to “choose” the resolution to the situation, we open ourselves to a possible outcome that will benefit our souls progression.

Spirit is willing to help, but we must get out of the way! When we try to control or guide the ultimate outcome, Spirit is limited in how to assist us. By completely surrendering the situation, we allow Spirit to enter into the equation and produce results quickly. So, why is it so difficult for us to let things go? Because in letting go, we must be willing to accept any possible outcome; without conditions attached, without personal influence involved. Any possible outcome – even those that we may view as undesirable.

I have found myself so wrapped up in a situation that I cannot find peace. When I finally give it up to God, answers have always flowed back to me. The phone finally rings from the person I need to hear from, the e-mails stop from the person I don’t need to hear from. Job offers manifest, movement occurs. Miracles happen.

My friend told me that her daughter did not grasp the content of the class topic and had decided that more studying for the test would be of no use. She knew the teacher dropped the lowest grade, so she accepted that she would fail this one test and move forward. When the test was returned she told the teacher that it could not be her test for it received a grade of a 90 and she could not have scored so high on such a difficult topic she did not understand. The teacher assured her it was her test and a job well done. I laughed when hearing this story and I explained that once her daughter had accepted any possible outcome and went into the test without expectation or fear, just complete acceptance of any possible outcome, Spirit helped her to “guess” the correct answers. Life is a lot like that test. Surrender and you’ll not only pass, you will surpass.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 16: Duality

Try the following exercise:

On a sheet of paper make three columns. In one write who you think you are. How would you describe yourself? Do not put limitations on this and don't be humble. Write truthfully the traits that make you who you are.

In the next column write how others would describe you. How do you think you are perceived by others? What words would they use to describe you? Again be honest and try use words that you have heard used by others to describe you or what you imagine they would say.

Now use the third column to see how closely the other two match. If you are in alignment and living in purpose, they should be identical lists.

Often they are not. We live in duality. We appear to be one thing to those around us, but our interior selves are radically different. We present the perfect life: great job, great kids, wonderful relationship. We are happy, happy, happy. Sometimes inside we are not. Duality.

For others the duality lies in not fully disclosing their interests in holistic health or metaphysics for fear of being judged or deemed a nut. We study and practice in the dark. We dare not share this passion with our co-workers, friends or certain family members. Duality.

Another way to live in this dichotomy is to live your life for others. You spend your day helping others and filling needed roles in their lives. You live the expectation they have set up for you. In the meantime your passion for writing, art, sales or anything you desire to pursue is pushed to the sideline. No time left in the day for you and your dreams. Duality.

Living spiritually means aligning our dreams, desires, passions and selves so that both our exterior and our interior match. This is living authentically. It is liberating to know who you are and be who you are. It is limitless to pursue dreams and goals without worry of how others may judge you. It is powerful to just *be*. Study column one carefully and begin to build a life that allows you to be that person all of the time. You are worth the effort; your gifts are meant to be shared with the world. As Shakespeare said, "To thine own self be true."

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 17: Living in Fear

Lately I have come to realize how often I slip into a fear based living pattern. As situations occur I naturally slip into thoughts of worst case scenarios or negative outcomes. It occurs so easily that I think it is a hard wired response that we, as humans, must work to overcome.

Our souls naturally connect and receive insight from Spirit. Guidance and loving affirmations direct themselves to our higher selves. We put up resistance in the form of negative thought patterns which keep us from this assistance. We prefer to deal with situations on our own – our way or the highway, so to speak. Spirit lovingly accepts our decision and does not push or pressure us. We continue to struggle against things instead of flowing with them.

Think of the times in your life which have seemed very troublesome at first. It is only later in hindsight that you realize how this challenging event actually propelled you into a different, yet better, direction. When you thought you had the control, you later realized that greater forces were at play. Imagine if you had taken that event and blessed it for the opportunities that may result from it. Imagine if from this day forward you bless each event in your day, without judging it as good or bad – only seeing it as a blessing. This is the very definition of faith based living - living each moment as the blessing that it is rather than the challenge that we perceive it to be.

Pay Attention! This is Your Life.

*Loving Lessons from the Spiritual Realm*

Lesson 18: Adjust Your Speed

I was driving down the thruway and spotted a police car scanning for speeders. My first reaction was panic. How fast was I going? Quickly I glanced down at my speedometer and realized that I was well within the safe range. (and I won't reveal what I perceive this to be!) I observed cars around me slowing down to below the speed limit long after we had passed the police car. I took a breath and continued on to my destination.

This scenario, which we have all experienced, made me realize what a great analogy to life this is. We go through life mindlessly and suddenly something catches our attention. We startle, check, adjust our speed and continue on our way.

*Startle.* This word conjures up emotions such as fear and shock. How often life seems to catch us unaware. We shift quickly from sedentary to alert. Our faith momentarily gives way to fear. What is happening? Why? *The police have us on their radar screen.*

*Check.* . It is only when the unexpected happens that we become fully awake and aware. We notice what time it is, who is around us, what we thought we would be doing vs. what we actually are dealing with. The day has taken a sudden turn. We assess the situation to determine what course of action must be taken. A day that seemed predictable, that we approached systematically is no longer safe and certain. *We look to see how fast we are going.*

*Adjust Your Speed.* Are we moving at a prudent rate of speed? Are we attaining our goal too quickly or too slowly? Where are we going anyway and how fast do we need to get there? This is the next step to mindful living. Knowing where you are allows you to comfortably be in the present moment. *You take your foot off of the accelerator.*

*Continue on Your Way.* How much better it is to be aware of your destination and, after making necessary adjustments, continuing to proceed towards your goal. The old saying, if you don't know where you're going, you're never going to get there, is true. Have you taken the time to meditate and journal your life's goals? Everything from the minor ones (visit a special city) to the major (get a Ph.D.) Mapping out your journey is a great start. Then be prepared when bumps occur and you find yourself going through the above steps. Making changes and allowing destiny to have a hand in your plans is what living in faith, not fear, is all about. *You keep moving forward with gratitude in your heart.*

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 19: Making Progress

I have found that taking a simple walk can lead to some of the greatest insights. It clears my head and allows God to speak to me through nature and situations that unfold. Walking dictates that I practice being mindful. More than once I have been lost listening to my music and passed by a friend without an acknowledgement. Later they ask if I was mad at them. I reassure them that I was only lost in my little world intensely walking towards the completion of my goal. I then vow to become more aware of my surroundings.

It was on one these walks that I learned an important lesson. Training to walk a marathon, I had set a 12 mile goal. Walking alone in less than ideal weather conditions I asked a friend to check in by phone every hour to see how I was progressing and to encourage me to continue. The first call came as I was crossing a bridge along the path. I continued towards my turn around point and realized on the way back that I was exactly in the same spot when the next call came. Had I been asked both times where I was, I would have answered on the bridge. With the same answer both times, it may have seemed that I had made no progress. Yet great progress had been made. I had walked many miles in the interim, only to end up in the same spot.

This made me realize how often it seems in life that we are making no progress, that we are stuck in the same place. We set goals that are not as easily measured as miles walked. Internal improvements must be recognized as we work towards wanted change and growth. Often this occurs when we are trying to learn a new skill or break a bad habit. When that plateau comes it seems that we have made no progress what-so-ever. Yet, if we truly map and journal where we were and where we are at now, we would see the subtle progress made.

It is easy to judge ourselves harshly when we want it fast and we want it now. Most worthy goals don't work that way. It takes time and steady progress, and sometimes even a few setbacks. Never give up on your desire. The bridge may look the same, but the person on it is very different.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 20: Unconditional Love

Unconditional love. It is a phrase we all toss around without much thought as to what it truly means. It is an emotion we hope to give and even more, hope to receive. In order to truly give unconditionally, is imperative to understand what is behind these powerful two words.

We know that dogs are the best teachers of this condition. I had a friend who learned this during a long, difficult night. Personal problems were overwhelming her and that night found sleep hard to come by. Her German Shepherd slept on his dog bed in her bedroom. Time and again, she tapped the side of her bed to beckon to him, only to have him jump up and see what it is that she wanted. She wanted nothing, only to see if he would continue to respond to her call. He did, again and again. At no point during the night did the dog continue to sleep. Neither did he complain about being called over only to be sent away yet again. He came because she needed him to. He did it without question, motivated only by his love for her and his need to satisfy her desires and to be of help. This is an example of unconditional love.

Parents find themselves needing to give unconditionally to their children time and again. As a parent of three teenagers, I know what it means to love them even when you don't like them very much. You love them and forgive them and allow them to be who they are, even when they struggle and refuse your help. We love our children without restraint, without the need for it to be returned to us in a prescribed format and without conditions attached. They are a part of our heart and of our soul and we love them.

In other relationships this concept can become a bit more complicated. We easily slide into putting demands on how we are loved. Unconditional love means to me that we accept that person and love them for who they are *including those traits we deem undesirable*. Every person carries baggage, quirks, peeves and just bad habits. We must love the person *because* of these traits, not in spite of them.

Once you realize this, it leads you to the next epiphany. Is the trait truly bad or does it just not align with what we desire? My boyfriend has a need to isolate at times. He enjoys his time alone. I, on the other hand, like to be surrounded by people as much as possible. I am learning to accept and even sometimes embrace my time alone, but it is a challenge for me. When my need to be with him and his need to have some time of his own, collide I find myself loving him in spite of this conflict. One day I realized that my best friend also has the same need to be alone. If they were a couple, each would celebrate that they had a found a partner who understood this need. It would not be a detractor to the relationship, but a commonality. To her, this trait would be a positive piece of the relationship. So my perception of this need cannot reflect upon him as a good or bad trait, it simply is. It is my perception of it that labels it.

How often do we see others in this light? Unconditional love means accepting and loving the person for who they are. We accept all of their traits without the need to label or judge any of these as good or bad. They simply are. Unconditional love requires us to step out of the ego need to be right and into the heart center that simply allows. When we

are able to love those in our lives because they exist in our circle, we can open our hearts and souls and find true love without any conditions.

Pay Attention! This is Your Life.

*Loving Lessons from the Spiritual Realm*

Lesson 21: Past Life Recognition

My client sat before me as I began to tell him the story of a previous lifetime. “You lived in the desert during a time of great famine,” I began. “Your body died slowly, cell by cell. Starvation made you weak until you finally expired.” I then began to bring him the reason why this information was important. “Your cellular memory remembers this lifetime. It no longer wants to starve. It is imperative that you nourish your body with healthy foods. That means changing your diet from doughnuts and fast food, to packing lunches for work.”

I believe that we are souls placed in a human body. As such, we learn lessons and return back to the spiritual realm, only to return again. Our souls retain the memories of these lifetimes. By recalling past lives, you can begin to understand your fears and your passions. Look at a group of Civil War re-enactors. They are drawn to recreating that time period. Past life theorists would say that it is because they were there.

When I bring a past life into a reading, it is always to connect it to what is happening in their lives currently. How can a client better understand situations or relationships based upon this knowledge? Merely being told you were a teacher or a healer or a farmer is a nice story, but nothing more unless you can infuse this with deeper meaning.

There are several ways to discover your own past lives. First begin by listing your personal preferences that might be linked to a past life. Maybe you love music from the 1920’s or are fascinated with the Salem witch trials. There may be people you met and instantly felt an affinity for. Notice time periods, hobbies, music, clothing and people. These all may be clues to a past life. Next look at your irrational fears and dislikes. Perhaps you hate the water or dogs. Maybe you are afraid of being alone at night or sleeping with your windows open. Are there people that just you do not like for no reason at all? Some of these items may be nothing more than false leads and personal preferences this life time, but some will be clues to your past.

Going to a psychic for a past life reading can also help you to uncover these lifetimes. Asking Spirit for guidance and knowledge, not only of the lifetime, but of its current impact on your life, can be very helpful. Finally, you can experience the lifetime yourself. Through deep meditation or hypnosis, you may step into your past. This mode allows it to become so real that the knowledge becomes an unshakable knowing. I have felt myself looking through the eyes of the Aboriginal chief. I have been the slave child thrown into a pit for punishment. I felt myself in the gas ovens as the other victims fell on top of me before I perished. I have sailed the oceans and gone to war. I have also hosted a

lavish dinner party as Vanessa, a very wealthy woman. Now, this is the lifetime I would most like to remember!

Pay Attention! This is Your Life.

*Loving Lessons from the Spiritual Realm*

Lesson 22: Bless You

“*Bless you,*” the words fly from our mouths as fast as the person’s sneeze exploded. We say it without thought to friends and strangers alike. Its’ meaning lost to the ages, the phrase has become more of a reaction than a prayer. Some say it began as a protection mantra to ward off death or safeguard the soul’s return back into the body. It does not matter its origins as today it is viewed more of a common courtesy than anything else.

“*Bless you,*” the words come from the lips of an elderly, church going woman who hears the story of your day. “Bless your soul,” she says as she shakes her head and listens to your troubles. She means what she says. These words have become a supplication for Divine protection.

Numbers 6:24, the priestly blessing: “May the Lord *bless you* and keep you, May the Lord make his face shine upon you and be gracious unto you, May the Lord lift up his countenance upon you and give you peace.” This is a beautiful prayer to wish the receiver good tidings and peace.

Somehow I have transformed into a person who uses this phrase throughout the day. I am not sure how it happened or why, but “*bless you*” comes out of my mouth with regularity. I use it whenever I am listening to someone report their troubles or challenges. I use it when I hear a sneeze instead of the Germanic “Gesundheit” from my upbringing. It even escapes my lips occasionally instead of a thank you.

“*Bless you*” is a phrase filled with love and concern. It invokes a Higher Power to intervene on someone’s behalf. It fills the void of silence with prayer and desire for assistance. A short phrase that means so much.

As school begins and the cold season along with it, be mindful when you use this phrase. Harness the full power of these words and infuse it with over two thousand years of the intent for which it was created. Sending blessings to those around you, no matter the reason, is always happily received.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 23: Crazy Makers

My friend explained to me the meaning of the phrase *crazy makers*. “They are the people who know just which buttons to push that make you crazy,” he explained. “We all have at least one in our life.” I knew exactly what he was talking about for I once had had a crazy maker in my life.

I was a volunteer and the woman who ran the office made, not only me, but everyone crazy with her high strung demeanor and sometimes mean attitude. After one particularly nasty run in with this lady, I called a friend while still in a rage about this woman. “She is evil and mean and I cannot take it any more,” I ranted. I continued on and on about the event until finally my friend very calmly said, “Does she have anyone who loves her?” “What?” I impatiently replied. She said, “Does she have anyone who loves her?” “Yes, I suppose she does. She has a husband, children and grandchildren.” “So she is lovable, you just have not found that part of her yet.” Her words stopped me cold. I had to admit that somewhere within her was a place that others loved. My friend was very wise and I have carried her words with me since that day.

How many of us have people in our lives who are hurtful, thoughtless or just plain mean? We may find our blood pressure rises just being around them. We try anything to avoid them. Or we just find ourselves in a screaming match which we cannot win – ever.

*Crazy makers*. We cannot avoid having them in our lives from time to time. Coping mechanisms must be found in order to deal with these people in a healthy way. When faced with a crazy maker, stop and think – who loves this person? Is there any way that I could ever find that spot within them that is lovable? Can I at least admit that they are indeed lovable and I am just not capable at this time of finding that place? Try this method. I assure you that it is a better approach than yelling, raising your blood pressure or ruining a perfectly good day. And if others wrongly find you to be a crazy maker, remind them that you are lovable too!

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 24: Daily Differentiation

I often find myself working with clients who are bored with their work, their routine and their free time. Life has become monotonous. I call this the *Monday-looking-like-Thursday-syndrome*. It is a highly contagious disease in this country. The people who suffer from this malady find their days run something like this: They get up. They go to work. They come home. They eat dinner. They watch a little television. They go to sleep. Repeat.

I discovered this while in my twenties when I asked an older (in her forties!) friend what she wanted to do before she died. She looked at me with a bewildered expression and asked what I was talking about. I explained that I had created a: things I want to do, places I want to go, things I want to learn before I die list. She explained that she could not imagine doing anything other than what she was doing. And what she was doing was the *Monday-looking-like-Thursday-syndrome*. People get comfortable in routine. They know what to expect. It is simple and, to these folks, simple is good.

I propose that it is the antithesis of why we are here. We are here to learn, to experience, to approach each day with a sense of adventure. To end each day with a sense of awe and gratitude, and sometimes with a bit of frustration. This is how we grow. It is not about playing it safe; it is about trying new things, meeting new people and learning, learning, learning.

I work at a cemetery. Each day I am faced with the reality that some people go to sleep at night and never wake up. I see the shock and pain in the family's faces that I work with. There is not a day that I go home and don't realize that I have no problems – not really. I am still on the right side of the grass and continue to fix what is wrong and pursue what is interesting. I embrace life and so should you.

If you see yourself suffering with the *Monday-looking-like-Thursday-syndrome* I urge you to look at your situation and decide if this is truly serving you. If not, then take a deep breath and engage in life. Sign up for a class in the community (you can find them listed in this magazine), go to a concert, take a walk, start a conversation with someone while running your errands. It does not matter what you do, just do something that differentiates today from yesterday. Memories are created by living this way, so do something memorable every day.

Pay Attention! This is Your Life.  
*Loving Lessons from the Spiritual Realm*

Lesson 25: 26.2

I walked a marathon – 26.2 miles. This is an experience that truly exemplifies the old saying that it is not reaching the destination, but the journey that matters. Training began seven months ago. I have walked in snow, rain and sun. There was not one step that I walked alone. I always knew that I had friends and family pulling for me to reach this goal. There were times that I thought that this was the dumbest idea I ever had – especially after walking eighteen miles and still having more to go. Yet, it was worth every step.

Participants in the marathon were not all elite athletes. Maybe among the runners, but we, the walkers, were a mixed bunch. There were people of all ages and shapes. Some walked for a cause, others for a specific person, most walked for the sheer challenge of it. My most humbling moment came at mile twenty-four when a very heavy gentleman, gasping for breath, blew past me and left me in his trail. You could say that I was stumbling more than walking at that point. Yet, I kept putting one foot in front of the other.

You may never walk or run a marathon, but there are lessons within my experience that you too can embrace. The first is to set goals – no matter how crazy they may seem. Push your comfort zone and try something new. It does not matter what it is, just dream and then pursue. Remember that the marathon was not just about my physical body, it also encompassed my spiritual, emotional and mental body as well. Spiritually I called on every angel I could to help me finish. I also walked in gratitude for having a body that allowed me to walk. I prayed for all of those whose bodies no longer allow them to participate in this type of event. I went through every emotion over the course of the seven plus hours it took to finish – excitement, determination, anxiety and sheer joy. More than anything else, I drew upon my mental plane to finish the race. It is amazing what we can accomplish once we put our minds to it. There is not one obstacle that can stand once the mind has determined that our goal will be reached. Ponder the possibilities – how can you challenge yourself? Set your goal, create a plan of action, set your mind to it, enjoy the process and then prepare for the joy of crossing your personal finish line.