

How to Live Free, Despite the Circumstances



Have you ever thought, this is heaven or this is hell? The terms heaven and hell are a metaphor representing states of being. We have a lot of choice in how we experience life. It literally can be hell or heaven, despite the circumstances. How this occurs is a matter of priorities. Do you seek your consciousness or fall victim to events? Pain in this life will occur, it's part of the human experience. Why? We were created with feelings and emotions as well as choice, so with that comes lots of ups and downs. Some life experiences we have control over and some we don't. Our response can be to suffer or to grow from them. It is all based in perspective.

Seed Your Consciousness

Seeding your consciousness is a great way to prepare your self for times of painful growth. As humans, we are built for challenging times. We also have everything within us to thrive, but many of us have forgotten. Let's remember together and create more heaven than hell. Plant some wisdom seeds and watch them blossom.

A Course in Miracles workbook is a beneficial for planting seeds, developing awareness and for remembering who you are and what you are capable of being and doing.

Major tenants: You are the light of the World and your function is forgiveness. Grievances hide the light of the world in you. You are entitled to miracles.

The following is a huge teaching in A Course of Miracles: I am under no laws but God's. Laws are developed from the ego, the mind, the world. This is the perfect statement of freedom! "I am under no laws but God's, for example: laws of nutrition, of immunization, of medication, of body's protection, of friendship, of 'good' relationships, of reciprocity, of religions"

Balance is the Key

Now take this freedom and balance it with your purpose: forgiveness as the light of the world. How do you perceive someone that has a differing opinion than you? Let go of grievances and allow unconditional love to flow through you. See the miracle behind the struggle. Choose to see the light in the other person. Know, know, know things are temporary. Recognize we are all on a journey to something greater than we can even imagine. Feel this and live the truth of it, even before it becomes a reality. This is our power! This is our ability to right a wrong.

Straight from A Course in Miracles:

3 Think of the freedom in the recognition that you are not bound by all the strange and twisted laws which you have set up to save you. You really think that you would starve unless you have stacks of green paper strips and piles of metal discs. You really think a small round pellet or some fluid pushed into your veins through a sharpened needle will ward off death. You really think you are alone unless another body is with you.

4 It is insanity that thinks these things. You call them laws and put them under different names in a long catalogue of rituals that have no use and serve no purpose. You think you must obey the "laws" of medicine, of economics, and of health. Protect the body, and you will be saved.

5 These are not laws, but madness. The body is endangered by the mind that hurts itself. The body suffers that the mind will fail to see it is the victim of itself. The body's suffering is a mask the mind holds up to hide what really suffers. It would not understand it is its own enemy, that it attacks itself and wants to die. It is from this your "laws" would save the body. It is for this you think you are a body.

6 There are no laws except the laws of God. This needs repeating over and over until you realize that it applies to everything that you have made in opposition to His Will. Your magic has no meaning. What it is meant to save does not exist. Only what it is meant to hide will save you.

7 The laws of God can never be replaced. We will devote today to rejoicing that this is so. It is no longer a truth which we would hide. We realize instead it is a truth which keeps us free forever. Magic imprisons, but the laws of God set free. The light has come because there are no laws but His.

Schucman; Helen. A Course in Miracles: Workbook for

Students/Manual for Teachers (pp. 133-134). Course in Miracles Society. Kindle Edition.

My friends, remember the important truths seeded within. Then: live, love, forgive and be free. Love, Julia



Julia Parsell is a Certified Holistic Health Counselor with an emphasis on the intersection of science and the sacred. She writes from experiences and transformative understandings that have led her to an authentic and peaceful life. She goes by these names: mother, grandmother, sister, aunt, niece, cousin, and friend. As home educator of her three children, she also developed/ran cafes, and maintained various leadership roles within her community. Her greatest desire is to encourage others to live life fully. Her passions are family, art creation, writing, and trail blazing. She loves her life in Western North Carolina.