

# The Only Two Ways to Live Your Life

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“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” ~Albert Einstein

We come into this world as wonderful, loving and precious beings who look at the world with eyes of love, wonder and purity. As we grow older and as we progress through life, things start to change and we begin to adopt all sorts of beliefs, fears, excuses and limitations that move us further and further away from our loving soul and lovable Self.

In his book, *The Honeymoon Effect*, Bruce Lipton explains how the foundation of our personality is being formed right from the moment of our conception, “The fetus, for example, absorbs cortisol and other stress hormones if the mother is chronically anxious. If the child is unwanted for any reason, the fetus is bathed in the chemicals of rejection. If the mother is wildly in love with her baby and her partner, the fetus is bathed in the love potions. If the mother is furious with the father, who has abandoned her during the pregnancy, the fetus is bathed in the chemicals of anger.”

The child’s personality and perception of the world is determined by the prenatal environment. Based on the perceptions of the mother during pregnancy, the child will perceive the world as either a loving or a fearful place. Parents have a huge influence over their children, playing a major role in how their personality is shaped and how they will later on perceive the world around them. None of us can remember what happened in those first nine months, nor can we remember many of the things that happened in the first

years of our lives, but that doesn't mean those things didn't happen. That doesn't mean they didn't had a huge impact in how our lives were shaped and how we lived our lives up until this moment.

“In their theta-induced hypnagogic trance, children carefully observe as well as listen to their parents and then mimic their behavior by downloading it into their subconscious minds. When parents model great behavior, theta hypnosis represents a fabulous tool that enhances a child's ability to learn all kinds of skills to survive in the world. And when parental behavior is not so great, the same theta “recordings” can drag the child's life into the ground.” ~ Bruce Lipton, The Honeymoon Effect

Our lives are shaped by how we perceive our environment and how we perceive our environment is usually determined by how we are conditioned to perceive it by our parents, our teachers, the media and the society we live in. Everyone around us plays a huge role in how our lives are being shaped. Everything that we see and everything that we hear will either enrich and empower us, or frighten and deteriorate us.

If something happened to us in the past, if we were hurt and injured emotionally, physically, and, or mentally, and if we couldn't find a way to heal those wounds, forgive and let go of those painful memories, chances are that we continued to allow our past to poison ourselves, our relationships and our present lives.

“Tolerance for pain may be high, but it is not without limit. Eventually everyone begins to recognize, however dimly, that there must be a better way. As this recognition becomes more firmly established, it becomes a turning point.” ~ A Course in Miracles

When the time will come for us to leave this world, none of this will matter. Our fears, anger and resentments, they will

no longer have the same value to us that we now give to them, and the things that we now worry about will be of no importance to us whatsoever.

We came into this world to honor our true nature and to share our beauty, our authenticity and our perfection with the whole world. We didn't come here to shrink, to fear and to suffer. We came to here to be love and to exude love. We came here to experience the gift of life and to give life meaning by making the best of it.

A Course in Miracles says that there are only two emotions: love and fear, and all the other positive and negative emotions that we are all so familiar with, are derived from either fear or love. Love is real and fear is not. When we live in fear, we perceive ourselves as being small, insignificant and of no great value. When we are in love, we open ourselves to receiving many of the wonderful gifts that life has to offer.

I chose fear and I lived in fear for more than 25 years, and those were some of the most painful years of my life. The pain of those years made me realize that I don't want to live my life living in fear. I don't want to feel small and insignificant anymore. I'm done with that! The pain of those years made me realize that I don't want to get to the end of my life, look back and realize that I could've done it all differently. I don't want to [live a life of fear and regrets](#), I want to love and be loved. I want to be happy. And happy I am and happy I will continue to be. [Life is too short to be anything but happy](#) 

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