

How Can I Feel Liberated? What More Do I Need?



The first premise: Less is more with regards to “stuff”. Liberation comes when you let go of tangible clutter because in the letting go, mind clutter also decreases. As goes your outside environment, so goes the inside environment.

What is the goal of more?

The goal of *more* is: gratitude, peace, joy, love, and bliss. When you are filled to overflowing with these attributes, scaling the mountain of difficult life events becomes manageable. Life flows with synchronicity, it sings with harmony, and it rests with great hope. All is well, is the call of the heart irregardless to circumstances.

How do I get more?

I know these things because I live them. I have also lived with *more* as a desire. It is in the seeking, in the quest that

the result waits patiently. How? Two principles: organization and ingredients. In order to clean or organize you must first take inventory, then make decisions what to keep and what to pass on. As you desire *more*, make room in you mind and in your heart. Also, just as you make something to eat you must have ingredients. If you desire for food to serve your body well, you choose very good ingredients. The good ingredients of *more is* choosing good ingredients for the mind and heart. Hence, the *more* to life is about organization and good ingredients. It is about setting intentions and following through. It is about flow. Stagnation occurs when the water gets puddled and no movement occurs. The *more* of life is an active state.

As you want *more* in your life these wise words will serve you well. "Ask, seek and knock".

What can I expect from more?

Two concepts I have known youth now understand: I felt one day we, as humans, would have downloads of information that would teach us what we needed to know. These downloads would come pertinent to our life. If we needed wisdom or a practical skill, we just needed to ask and receive. The other concept, we would experience life on multi dimensions, all at the same time. Our awareness would only register one at a time, but overall each of us would be walking and living in different planes as I referred to them then. This was always important because it allowed me to not judge another. I could see that others differed from me because of where each of us walked. In this current day multi-dimension consciousness is almost normal life to many.

What is more really?

Higher consciousness is the *more* to life. It is the quest and it also the relax. It is work and it is non-work. It's is seeking and it is realization. It is tangible, because the

results are visible.

How is more visible in my life?

Two words: beauty walker. Shamanic terms for one who experiences life in all forms, as beauty. One who sees beyond, to know with their heart. One who loves regardless. One who looks for more and finds it, then asks and expects more and is refreshed over and over again. It is in the more that we live, walk and breathe, then with it brings hope and grace. Walk in beauty my friend, experience and live the *more*.



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