



# *A Quantum Moment*

## *Messages from the Other Realm*

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### *Reaching Back*

I've been reaching back a lot lately. Seeing myself, the younger me, struggle. Scene by scene: looking at the circumstances and how I felt at the time, the things I didn't understand or know then, sorting it out; having compassion for the choices I made, seeing new aspects that I didn't see before, there, in the corners of the frame.

I've been told I needed to do this review in order to move forward in my life.

I've been feeling pulled by the future, like a tether, wanting it more and more, wanting change, *just change*: a more productive day, new things to do, new clothes to wear. But I know now through reviewing the troubles of the past, I definitely wouldn't be here, writing this, if I hadn't struggled. If I had not struggled, misunderstood my circumstances, made decisions that seemed to make life harder for me, thought less of myself than I should have, I wouldn't have come to this place and time, working with Dixie Yeterian, learning what living really is, knowing what healing really is, and endeavoring to communicate what I've learned for, hopefully, others' benefit.

I've learned mostly through this review that the path you're on, the one you're on today, is the *right* one, the one you were intending to take. Imagining your past differently is to negate all that you've been and all that you are—a perfect work in progress. Do not reach back and wish it differently, for each bump and whimper takes you deeper into your understanding, your understanding of you, and most importantly, others. Struggles you've had along the way on your life path are purposeful, very, very purposeful. Do not wish this or that didn't happen, regret or imagine them away. Instead, celebrate the pain in the lesson, turn toward it again, as many times as you need to, to find the gift in the situation and see the other aspects playing in the background, for example, the lessons you bring to others in that scene. The pain will go. No true harm is in the making. Only understanding. In that instant of understanding, of your need to learn through struggle, love that younger you, the one who is so brave as to come here to this earthly plane to educate your soul. Whisper your love to that younger you. And be healed.