



A Quantum Moment

Messages from the Other Realm

VOLUME 2 ISSUE 7 July 2019

Living Is Soul School

How we live our lives determines the degree to which we acquire important skills at the soul level and thereby mature as a soul. It is not enough to live within the norms of our social circle. It is not enough to keep our nose clean and seek happiness wherever we can find it. We need to mature as a soul and this earthly plane is the perfect place to do just that. In fact, we came here because we wanted or needed to grow as a soul. We do have choice in the matter, we can live our life as we wish, but if we keep the following in mind, we'll be more aware of the process of growth and find our daily life more understandable and certainly less painful.

THE CYCLE OF LEARNING:

1. STRUGGLE: Since life in this dimension is intended to be difficult, struggle **is** its main feature for most people. Happiness shouldn't be our goal in life, struggle should be, as it is the vehicle for soul learning. Struggle clarifies differences: me vs. you, right vs. wrong, no vs. yes. Through struggle, we experience life emotionally; emotions are the medium of learning at the soul level. People, places and events are opportunities for struggle, again and again. Our reactions to events and our relationships with others give us our greatest learning experiences.

2. INFLAMMATION: Struggle is the inflammatory process. It causes alarm in us. It precipitates emotions such as anger, resentment, guilt and fear. These emotions mobilize chemical reactions in the body. Struggle gets our attention. If struggle is not resolved over a long period of time, the body mobilizes for what it perceives as a threat. Blood vessels dilate to send in white blood cells and proteins, the osmotic balance is altered to allow for repair.

3. ILLNESS: If long term struggle and inflammation are unresolved, alterations in tissues and organs can occur. Our bodies break down—essentially to give us a break from the struggle. If we are sick, we can no longer continue with our lives as they were. Some choose to take this route to exit life altogether. Some take it as a vacation. Relationships alter when there is illness. Life responsibilities alter when there is illness. If time is taken to re-examine one's life, one's struggles, and such examination moves us to a new understanding of life circumstances, illness can be overcome.

4.ACCEPTANCE: People, places, events, and relationships all contribute to our understanding of life. They constitute our stage, our script, our cue for action. If we can step aside and see life as such, a stage, the people in our life reading from a script that will call us to action in some way, then the struggle becomes less personal and more instructive. If we can accept all that is, as a stage play with us as the main actor, learning our lines, we can understand also that we are a player in the other person's stage play, for their best learning. If it is all meant for our betterment, then what really is the harm in the set up?

5.RECONCILIATION: We can move directly out of struggle and to acceptance in a second by remembering why we are here: to grow as a soul. Life is soul school. Living it gives us our lessons. We pass or we fail, we repeat the lesson again and again until we learn what is there for us, the gift: what moves us to be more understanding and considerate of others (and their lessons). There is a gift inside of every argument, every betrayal, every difficult decision. Seeing the gift may take a little while. When we see the same set-up again and again, with the same results again and again, we may realize one day—oh, I've seen this before. Why? The answer to why is the moment when we can dissect the situation, see the lesson for us, and possibly the lesson for the other person.

6.HARMONY: When we can reconcile the circumstances, which create struggle in our lives, and can see the “gift” in the situation, the larger story playing out (the maturation of our soul), we can move closer to compassion for ourselves and for others, which is the goal, after all.

Be mindful of the fact that achieving harmony in one's life is temporary, for the opportunities to practice your new skills will continue. Be assured though, that it gets easier each time you practice recognizing the set-up, dissecting the situation, seeing the “gift” and reconciling the circumstances in alignment with the larger story. Harmony is achievable, again and again, as we mature as a soul.