

Obstacles to Change

by Selacia

We are in times of great transition as the illusions we have based our lives upon come to light and we move bravely forward in search of changing our limited human condition. Everyone is in the midst of change, even those who do not recognize that they are changing. Change is a natural part of life. We face many challenges as we seek positive change, and this article is meant to address some of the obstacles found in the journey of most people.



Nearly all of you say you want to change something about yourself and your life. You want things to be different than they appear to be.

Even though you are constantly changing and evolving, you seek particular changes that you believe will bring you more joy and peace. You seek changes that will help you move beyond the pain and suffering of the typical human life. The changes you seek relate to transforming aspects of the human experience that you find limiting. You seek to speed up what you label as positive changes, desiring to manifest them as quickly as possible.

Most people seek to change themselves based on a reference point of believing they are not OK as they already are. They spend their lives trying to fix what they perceive as being wrong about themselves. They are ignorant of their Divine perfection. From that same limited reference point, there is also a normal human tendency to see things as being worse than they really are. When you operate from this reference point, you always see yourself under a much darker cloud than actually exists. No matter what obstacle you are facing, you do not see it clearly and therefore your vision of how to resolve it is clouded. The Divine, seeing the same obstacle that you do, can see the many creative solutions and opportunities for growth.

Why does it often seem so difficult to change the things you know you want to change?

Changing Your Mind:

In order to have real and lasting positive change in your life, it is necessary to change your viewpoint about yourself and how you

experience life. It is not enough to simply wish for a new relationship or a fulfilling career. You must be willing to change your mind. To do that, you need to become more conscious of what really runs your mind and to get in control of your mind instead of allowing it to control you.

Belief Systems:

You have belief systems about yourself, about others, and about the numerous aspects of life and living. You have beliefs about change itself. Most people are conditioned, for example, to believe that change is difficult and can only be achieved through struggle or by force.

Feeling Hopeless In The Face Of Change:

It is normal to feel hopeless in the face of change. It is also normal to feel helpless about being able to orchestrate the positive change you desire.

Changing The Focus:

If you really want to change, you must also be willing to refocus your energies and attention so that you live from the perspective of the present instead of the past. You have a choice in each moment of whether to react to your past or to move on in your present. What does it mean to react to the past? You do this when you focus on a past circumstance or object that you do not currently have. In the past, for example, you might have enjoyed living in a particular house, neighborhood or city. In the present, you may no longer live in this place, and you may have regrets about having made the move away from what you thought you loved. Regrets keep you chained to the past. You also react to the past when you focus on relationships you enjoyed at some earlier time. The person you focus upon may not still be in your life, or your relationship with them may well have shifted, yet there is a tendency to view that relationship through its previous outdated energy. When you do this, you are operating from your past rather than from your present. You also focus on the past when you hold a grudge against someone for something that happened long ago. *(Continued on page 14)*

The Classic Woman's Formula For Renewed Energy

by Leslie Davies, RNC

Today's woman is busier than ever and a reliable source of energy is a welcome addition. Research has revealed that a good percentage of women suffer from iron deficiency, which is a leading cause of tiredness and fatigue.

Being female predisposes us to iron deficiency due to blood loss during menstruation and childbirth. Constant dieting and stress also depletes our bodies of iron and B vitamins. Active women also need greater quantities of iron as exercise depletes body stores which often results in anemia. Deficiency symptoms include: pale skin, dark circles under the eyes, fatigue, constipation, lackluster hair, brittle nails, breathlessness and frequent infections.

In one study completed at the University of Medicine and Dentistry of New Jersey, 800 pregnant women between 14 and 29 were monitored to determine how iron deficiency might affect their pregnancies and infants. The New Jersey team reported that the women diagnosed with iron deficiency anemia had less energy and were three times as likely to deliver prematurely than women who were not anemic.

Iron is present in every living cell and combines with copper and protein to make haemoglobin, which transports oxygen from the lungs to every part of the body. Iron increases resistance to disease and stress and when we have iron rich blood we experience a greater sense of well being. Unless we are pregnant we give little thought to iron. Even if we did, it might be difficult for the body to absorb enough iron from our diet. So what's a woman to do?

When I've been working hard and I'm tired and irritable, I take Floradix Iron + Herbs, a nutrient-filled liquid non-constipating supplement. Within a few days the roses are back in my cheeks and my temper is much improved – just ask my family!

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Persistence, Patience And Kindness:

As you make your personal inventory of thoughts and actions, remember to be kind and gentle with yourself. Punishing yourself for being in confusion will not get you to where you want to go. It is not helpful to slap yourself on the wrist, making yourself wrong for taking seemingly too long to change. However, it is important to persist with your transformation process for long enough to make deep, lasting changes. When you are changing something about yourself at a profound level, remember that you did not become the way you are overnight. Therefore, as tempting as it is to desire immediate change, remind yourself that there really are no quick-fix solutions. If you stick with your inner process, having the patience to weather the times when it seems like you will never change, the Divine can assist you in developing the awareness and clarity needed for making the changes you seek.

Being Specific In What You Ask For:

How many times have you noticed that you do not like the change you asked for when it shows up in your life? A relationship, for example, may enter your life as a result of your focus and intention. It helps to be specific in what you ask for when you seek change. You may ask to be in a romantic relationship, but if you neglect to be specific about the kind of relationship you desire, or about the qualities you seek in the partner, you could be disappointed with what shows up. Allow your Higher Self and intuitively guided reason to assist you in setting your specific intentions for change.

Fallout From Change:

It is normal to have fallout when you are in a transformational process. What happens frequently, though, is that you judge this fallout as wrong. You do not like the feeling you experience in the midst of the changes, so you attach a negative label to the experience. It is more helpful to view the fallout as a natural aspect of your growth, and to allow for self-nurturing while you seek to move back into balance.

Manifesting a Tangible connection With The Divine

It is said that to change yourself is to do your part in changing the world. Likewise, it is a universal desire to want change within the world. Those dedicated to walking a spiritual path learn that they must look to the Divine to reveal the steps leading to the desired changes within themselves. These people often say they would like more connection with spirit in their lives so that they have a tangible awareness when the Divine is revealing the most appropriate and beneficial steps towards change. Why is it that spiritual seekers often are unable to manifest a tangible connection with the Divine?

Each of you has a natural longing to make the Divine more tangible and real. You live in a world that for eons of time has separated spirit from the physical world. When you realize how separated you have become from your true spiritual nature and from your Divine guidance, and discover that it is possible to end that separation, it is natural to seek a spirit-based life that can join the Earthly with the Divine. As a part of that seeking, you come to understand that change is a necessary part of the equation for success. You learn that you must change how you relate to the Divine nonphysical world. You discover that in order to change, you must exchange your

limited human view of what is really real for a more aware view that includes the Divine in all things.

This may sound like it would be easy to do. After all, your logical brain understands the concepts. You learn in school that if you study hard and grasp a teaching, you will probably get a good grade. Likewise, you learn that if you do not do your homework, you may get punished with a bad grade. If your grades are poor, even more punishment may follow when you get home. When you have been at the effect of the world's punishment long enough, you begin telling yourself you are wrong even if no one else says it. After years of this educational conditioning, it is normal for you to think that life is like this too. If this is your reference point, you likely expect that successes come from working hard, from struggle, and from making success happen. If you feel you are not manifesting the success you seek, you likely judge yourself and label yourself as wrong or bad. If you feel you have manifested a success, there is a tendency to believe this success has come to you because of something you did through working hard or through painstaking effort, rather than because of the Divine being that you are and your ability to simply connect with that Divine nature.

Making Spirit Real

If you apply this limited point-of-view to your quest to make spirit real, the scenario may look something like this example:

You read in a magazine that meditation is a key to connecting with spirit. You attend a workshop to learn how to meditate, applying your rational mind to the technique and studying the method with the thought of guaranteeing success by doing it the "right way." You practice the meditation technique, following strict guidelines of when and how to do it.

On days when the meditation practice is missed, you send yourself various messages of judgment and punishment.

Meanwhile, in general when not meditating, you continue with your normal paradigm human life that is basically devoid of spirit.

You continue practicing the meditation technique for long periods, or perhaps give up on it and stop, in either case questioning why the practice has not lead to a more tangible presence of the Divine in everyday life and wondering what you have done wrong.

This is just one example of how you can feel empty and like a failure when you approach seeking spirit as though it were a project for the rational mind. What has happened is that you have been applying a non-Divine reference point to your quest. This is a false view and it will keep you locked into the normal limited condition that tends to separate spirit from being human.

Among the alternate, more useful approaches to pursuing a practice such as meditation include the following, which incorporate a Divine reference point:

You read in a magazine that meditation is a key to connecting with spirit. You remind yourself that there are indeed countless paths to having such a connection. You ask within for a confirmation of how, and in what form, meditation can help you to connect more with the Divine. You listen for the answers to this inquiry before taking action.

If an opportunity presents itself to attend a workshop involving meditation, you go within your own heart center to inquire about whether it is an appropriate opportunity and whether this is the optimal time to pursue it. If, upon investigating this opportunity, you discover that it is not your optimal next step, (Continued on page 16)

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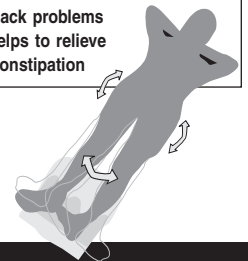
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(Continued from page 15) you allow the Divine to speak to you about why it is not optimal and about what is preferred. If you feel guided to avail yourself of the meditation workshop, you remember to place your rational mind in the backseat and to approach the study with an open heart and open mind. You resist the temptation to use the practice as a yardstick or guarantee of successful connection with spirit. You resist the temptation to approach your practice with a rigid mindset, allowing spirit to reveal to you what will be most useful to your personal journey at this time.

Instead of applying your rational mind to the practice of meditation, you allow the insights from your meditations to translate into your daily life activities. This means being open to receiving the insights, even those that come to you hours or days after a meditation. It means learning to connect the dots.

If you find yourself unable to meditate on some days, you remember to be gentle with yourself, letting go of judgment. You remember that there are numerous tools for the Divine connection you seek, asking your Higher Self to open your mind to them as they are presented in everyday life. When not meditating, you continue with your regular activities, realizing that each moment has the potential of becoming a waking meditation that allows you to join with the Divine.

You continue appropriately practicing the meditation technique, while also continuing your approach of waking meditation, allowing each of them to naturally lead to the more tangible presence of the Divine in your life.

What does it mean to live your life as though it were a waking meditation? It means you are willing to see the Divine as it mani-

fest all around you. When you do this, you hear your angelic guides or your own Higher Self when they speak clearly and loudly through the people and circumstances of your life. You allow yourself to be receptive to these messages of Divine wisdom presented to you in even mundane situations such as driving, shopping, interactions with other people, or watching television. You are open to the opportunities each of your everyday life situations presents. You invite the Divine to reveal to you the teachings most appropriate for your path. To proceed successfully with a life of waking meditation involves a state of awareness that must be developed with intention and maintained with attention.

If you are having difficulties connecting with spirit, you can ask the Divine to remind you that you are not broken. You are conditioned by your humanness to want to fix things that do not need fixing, believing that you lack something you need for successful connecting with the Divine. You may read dozens of books or participate in a string of workshops designed to open you to spirit, each time with the conviction that you need fixing before you can have the Divine as a tangible part of your life.

There is also a tendency to desire an immediate fix. In modern day times, with microwaves, DSL Internet access and fast food drive-throughs, you become accustomed to having your needs met instantly. This modern-day human desire for urgent or immediate resolution is not the way of spirit. You cannot place an order for spirit like you do for a hamburger. Asking spirit for guidance is not like sending an e-mail either. When you send a friend an e-mail, you learn to expect very quick responses, quite often involving either a

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return e-mail or a phone call. Remember that spirit will speak to you, if you allow it, through many varied vehicles of communication. When you ask your Higher Self to provide guidance about your life, you need to have a long enough and wide enough attention span to receive the answers. Some answers, most notably those that you are really ready to hear and make use of presently, may begin to come quickly. These answers may come to you in the form of things your loved ones say, things you read or hear in everyday conversation, insights from your dreams, or through countless other ways spirit has to communicate with you. Other guidance may be communicated days, weeks or months after your inquiry, reflecting your ability to better digest the information at that time. More often than not, in the beginning, you simply miss the obvious and overlook it when spirit is responding to your invitation.

Pay close attention to everything in your environment. Ask your Higher Self to help you stay on track as you get accustomed to this new way of experiencing the world through the eyes of the Divine. As part of this, you may want to begin each day by inviting your Higher Self to show you how to see more clearly through your fear and confusion. Invite your Higher Self to partner with you in the day ahead, revealing to you the answers to your questions, providing you with gentle and loving reminders to see and hear the Divine guidance being presented throughout the day. ■

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In 1991 he reported to the Retinal Vascular Disease session of the Association for Research in Vision & Ophthalmology the stunning differences in dietary and environmental risk factors between the three most common forms of macular degeneration. (By 1999: No more leakage threat! Leakage customarily is stopped within two weeks without lasering or visudyne!)

He has lectured in April 2002 to the World Congress of Ophthalmologists at Sidney, Australia and recently in Moscow, Amsterdam, Copenhagen, and Reykjavik. In November he chaired the Metabolic Ophthalmology Symposium and presented a major lecture on cataract at the 12th Afro-Asian Congress of Ophthalmology in China, and two major lectures in June to the European Congress of Ophthalmology in Istanbul, Turkey.

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