

QUALITY OF LIFE

There are times when the quality of our life is not so red-hot and we find ourselves in situations that are not much fun. When we have this awareness it is time to pat ourselves on the back for it, and look at the opportunity that we have created to learn about and clear an unresolved memory.

The resolution of a memory is at the same time very easy and very difficult. When we forgive ourselves for something we have done then we surrender it and it is gone. Now, here comes the hard part ... we have a hard time forgiving ourselves when the emotion is still attached to the memory. When this is the case we often find ourselves stuck in a tug-of-war between our thoughts and our emotions.

To resolve this conflict we need to start draining the emotion off of the memory. When we have the emotion cleared from the memory then we can find our neutrality and surrender it (forgive ourselves) and let it go. At the same time we have the opportunity to find any spiritual agreements or programming that were part of the learning experience that resulted in the memory and clear these also.

The process of gaining experience, storing information and clearing and resolving memories through surrender and forgiveness is a constant one. This is spirit-experiencing life in and through the body. It is when we block or over-ride this process that we run into problems.

When this happens we, as spirit, will often create a wake-up-call for ourselves. Sometimes these come in the form of an accident or as a sickness (dis-ease in the body). Although we want to treat the symptom, it is equally important to address the root cause of the symptom, the stored memories and agreements that created the wake-up-call. When these are cleared, then we as spirit can bring forth the natural ability of the body to heal (change).

We can live life either without or with the awareness of what we as spirit are here to learn about. If we live life without awareness then we spend most of our time reacting to what is happening in our life. If we live life with awareness, then we become an active participant in directing our life through the choices we make. Enjoy the journey...

Rev. Chuck Fagre
Spiritual Leadership

For more information visit www.chuckfagre.com or call 573-529-6279.

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