



Remembering our True Selves

Re-membrance is putting back together, to re-join a part to the whole from which it comes. Each of us are part of the whole which some of us calls God.

Re-membrance of our true being begins with acceptance of who we are right now. If a part of our lives is not working, change is necessary. When our feelings tell us we are not happy, it is not an indictment, but an inducement to realize that we can be more of what we are allowing ourselves to be. Our “negative” feelings gives us an opportunity to put back together “with love” a part of ourselves that does not fit our current image of who we are. Our feelings are how our spirit speaks to us.

When we act in a manner inconsistent with our spirit, we judge ourselves as bad and dish out the punishment we think such an action deserves. The judgment and subsequent punishment is what creates and prolongs mental and emotional pain in our lives. Our actions provide us with information to chart a new course, a more fulfilling one if we are willing.

We are not at the mercy of our experiences. We create it, and because of this we can change it. However as long as judgment exists change cannot take place. We must move out judgment, bring in love and watch the magic begin. For as long as we keep judgment in our lives we cannot experience joy.

So embrace love, first for self then for others and watch the beauty come in to take the place of the “negative” in our lives. We realize that experiences have no real meaning, it is our perspective that give our experiences meaning.

Things happen, that’s life, how we perceive it is an indication of how much of our divinity and true selves we allow to guide our daily and every moment experience of life.

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