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# Mindfully Creating the Life You Want

By Nancy Freier & Sreper, Angel of the Great White Light

Meditation is a practice of going within one's self and accessing higher states of consciousness, not common to the state of mind we are used to in our everyday life. There are a number of different meditation practices a person can follow that are perhaps as unique as we are. These techniques are known by various names, but when practiced, help the meditator achieve relaxation and healing on the subtle levels.

As different as the various approaches are, the ultimate goal of meditation is to experience an inner sense of calm and wellbeing- to have that peace and joy spill over into our daily life. Sreper, Angel of the Great White Light said, "Understand that you function on more levels of reality than you are aware of. Although these levels are not apparent to you in your normal consciousness, they exist just the same. You can attain these higher levels, commonly known as the alpha state, just by your desire to do so. Then, by following a practice of meditation that works for you to go deep within your consciousness, you are able to access the Divine in a communication process present within you."

Angels are messengers for God. They exist on "higher" planes of consciousness and vibrate at a higher rate of speed than the physical plane. This is why we cannot normally see them with our eyes. The angels have instructed us, when we meditate, we actually raise our vibration to meet theirs, making communication with them possible.

You may be meditating and not be aware that you are. In addition to sitting comfortably, stilling the mind of its chatter, people can also enter a meditative state when they are engaged in an activity they enjoy. Some examples of these are being active in sports. You can meditate while golfing, swimming, walking, or jogging. Being engaged in an activity in which the body is busy and the conscious mind occupied, frees the higher mind to listen. You may also experience meditation while you are fishing, knitting, sewing, crafting, painting, writing, driving to work, taking a shower, scrubbing the floor, or routinely washing the dishes – to name a few activities.

One of the benefits of meditating is to cleanse the mind of unwanted, negative thoughts. Sreper says, "All thoughts create." If we are experiencing something in our lives that we don't want, we need to pull that thought out by its root like a weed in a garden. Through meditation, we can access the creative mind within and re-create what it is we desire. In meditation we can be the observer of our life and let go of unwanted mental images that are creating unwanted scenarios. It is a very basic principle that requires absolute diligence, yet we humans have a tough time accepting it because our ego minds do not want to accept the responsibility of our creations. The ego would much rather blame someone or something for its predicament.

In our darkness (unenlightened state) and for eons of time, we have blamed God or something outside of ourselves for everything that goes wrong in our lives. We cannot fathom the notion that we have created our disease, or the ills of the world – personal or global, but the angels say it's time we accept the responsibility. It is the first step in switching gears and turning our lives into a new direction. The good news is if we've

created what we're experiencing, then we can recreate those things we'd rather experience. The second step is to forgive ourselves and be at peace with what we have created. Starting right now we can begin anew. Choose to be at peace within yourself knowing you have always created the highest and the best for yourself and the world with the knowledge and awareness you held at the time you created it – just like we are in the creative process right now, with all the awareness available to us right now as I write this, and as you read this. Let us also take note that God, by whatever name you choose to call the Creator – represents the highest of all creative thought, heals all wounds and (according to A Course In Miracles) has already healed whatever we are going through!

How can that be if we are still suffering? The angels answer by saying, "If you are hanging on to something and have regret, know that it has been your choice to hold on to it and have regret. Suffering is not of God. And because the regret has come to mind today, know that it is simply time to let it go. Take responsibility for your creation of it and step up to the Light. Join Us in the higher realms of creative thought in Heaven where We are. Do not accept the reality you made in place of God's perfect peace. If it causes pain and sadness, why would you accept it?"

So, this is our Clarion Call for us to wake up. It's time to wipe the sleep from our eyes and walk a new path. "Walk away from your bed into the light of the new day. Whether you perceive Light or dark; whether you are at peace, or at war – it is your choice to choose what you will see and have from this time going forward. Your personal power can move mountains. We ask for your awareness of this, and for the wisdom to make the highest possible choices for yourself right now. Those choices are always peace, love and healing, which will be the results of your highest pursuit – for you and for all concerned," Sreper said.

Personally, I feel I am on a new path of creating my life fresh and new, as Sreper suggested. I have only taken a few steps on this new journey of becoming totally aware of what I am creating for my life and weeding the garden, and it feels good. I feel like I did when I was 18 and ready to conquer the world. I am full of joy and wonder – like a child in a brand new sandbox.

