

FOR YOUR Body, Mind, AND Spirit

Choose Wisely; Your Life Depends On It.

Choices. They affect every moment of our lives both now and forever more. Inherent in each choice we make are consequences. If something isn't working, we can give up and live in quiet mediocrity, or be a bit more introspective and take accountability for the choices that got us there. Blaming and/or complaining are not the answers; they only take the self out of the "picture", and if the self was involved in creating that "photograph" simply through a series of choices, how can looking outside the self ever be an answer?

Take for an example a man that attended a class I held about two years ago. For many years, "Fred" couldn't turn his head to the right. He'd seen every specialist there was and still no one could help him. As an Intuitive Health Consultant I immediately picked up that he held a lot of anger in his neck muscles, especially toward his son. I shared this with him and he agreed it was true. Fred then asked what he should do.

I reminded him that if the mind and body are connected, and that he's had this pain for all this time and no one could help him, it was time to make better choices—to help himself. I told him the answer was quite simple and so close to him he couldn't even see it: he had to smooth out whatever differences he had with his son verbally—with a professional mediator if need be. His reaction was abhorrent indignation at best; Fred was determined to take this anger with him to the grave and to hold his son responsible.

While that may seem right—that it's okay to be angry at another—I took this opportunity to point out that the largest choice one could ever make is between being loving and being right. "Fred, You can not be both. You've been living this way for how long? And it still hasn't worked." Why? Because being right is a function of ego, and ego thrives on controversy wanting to prove itself right. Unfortunately, this is often done at the expense of another, for if one person has to be right, (s)he will make another person wrong just to prove a point. The obvious drawback here is that few want to be told they're wrong—even if they are! The recipient of this potential verbal onslaught is quite naturally repelled from the source and drawn to defend itself, and no one can win a war that needn't be fought!

I could almost feel this man's whole life story in each line on his withered face: "My father was tough and made a man out of me, and I tried to do that with my son, too, and he's rejected everything I've ever told him." The truth is that children do not want to be told what to do. Telling a child (or even an adult) what to do only pushes the child away and makes them reject what they're being told by even the most well-meaning parent—no matter how good or even proven the advice may be. Children would rather be listened to than spoken to! This doesn't mean that a parent shouldn't guide the child, but more so to make clear with the child that there are consequences to all choices—it's best to guide them without attachment to the end result. Once a child knows WHY something is required and knows (s)he will be accepted unconditionally, (s)he will often make the best choice. But if a child is told to do something "Because I said so" or because everyone else is doing it, it doesn't make any sense to him/her and only creates rebellion.

"Fred, being loving, on the other hand, is a choice of the heart, which wants peace and harmony. Using the heart to make choices (as opposed to the ego) and looking at things with a much wider lens can only lead to happiness in the long run—a much more beautiful and inclusive photograph—and isn't that what you really want?"

