



Five Awareness Insights That Can Begin To Transform Your Life Today!

1. There is a reason for everything that happens.

When bad things happen to us, people often say, “Everything happens for a reason.” Has this phrase ever given you comfort? Has it annoyed you to no end?

For every action we make, there is a reaction. There is consequence, or outcome – whether desired or undesired. For every consequence, or outcome, there is a reason – the original action.

On the other hand, every moment – everything that happens – whether pleasurable or uncomfortable, is also an opportunity to discover something new which can further our learning process. If we are open to this learning process, we are better able to affect the reasons, or our actions, in the future. Therefore, every moment has reason, or purpose – to propel us forward in our journey of discovery and awareness as we gain more control over what we manifest in our lives and activate the power to choose how we react to and process that which happens around us.

This awareness and purpose brings us to a place where we see that the things that happen are so intricately connected that we start to see “the bigger picture” in which everything affects everything. Or in other words, that there is a reason for everything that happens.

2. There is a purpose for your life, and you can find it.

Have you ever had the feeling that you are destined for more? Have you ever felt that there was more to your life?

If so, you may be intuiting that you are not living your life purpose. Often, our life purpose is so simple that we pass it by. Or, we live it for a while but do not continue to follow it as it evolves. When we are not walking the path that gives us purpose, we may feel anxious or restless. In order to follow our heart and live our purpose, we must find a way to let go of our fear and our past and live in the present because our purpose is always in the present. Our past only lives in us when we give it life. There is no “someday”. The past is “dead”. Your purpose is now – discover it, and discover your wings.

3. You can choose to not be a slave to time.

Has anyone ever told you to “stop and smell the roses”?

We are often so busy that we are not aware of the reasons or whether or not we are living our purpose. We feel out of control and say that we do not have the time to do what we want to do or be what we want to be. We feel chained to our calendar, our schedule, or more often to the calendars and schedules of others. We feel helpless - caught in the trap of time.

We speed through the present unaware because we are reliving our past emotions and experiences, often erroneously assigning these experiences to the present. We are a slave to our past.

We assign too much value to our schedule and not enough to our passion and to those that we love as we wait for something outside of us to change – if our job changes, if we get more money, if we pay the house or car off, if we just feel a little better tomorrow, etc. We are a slave to the “what ifs” of our future, unaware of our power to change the present, thereby creating our future. We have become slaves to time. We do not have to be. We can live in the now, leaving the past where it is with a future that is flexible and infinite with possibility.

4. You can appreciate things, simply, as they are.

When we live with the awareness of reason for everything that happens, with a purpose, and free from the chains of time, it becomes easier to appreciate things as they are. When we learn to appreciate things as they are, we find ourselves in harmony with what is around us, observing without judgment or labels. Appreciating things as they are allows us to see the beauty of both the comic and tragic in life. We do not form attachments that we carry with us, or form expectations that will not be met. We do not feel bound to other people’s thoughts or expectations. We, simply, appreciate them for what/ who they are. We find the freedom of not being beholden to the thoughts, outcomes, expectations, assumptions, etc. of things, of people, of events, of this tapestry that we call life. With this attitude of appreciation of things as they are, we often develop a deep sense of compassion and connection, or “oneness” with things which eradicates our feelings of isolation and separateness. We feel fulfilled, happy, and content. We are living in the present when we can appreciate things, simply, as they are – neither judging them with our past experiences and the emotions and stories surrounding those experiences nor projecting them into our future as obstacles or things we must change.

5. You do not have to be dominated by the thoughts and expectations of others.

Have you ever felt down or deflated because you did not meet someone’s expectations? Or your own? Have you ever felt pressured to think like others think to the point of not being able to express your own truth and ideas?

We learn early in life to make our choices, form our reasons, find our purpose, and form our ideas and beliefs, based on the thoughts and expectations of others. Our parents and teachers and family and religious leaders and others begin to pile their expectations upon us. They begin to measure us according to those expectations until we learn to measure ourselves according to those expectations. We then begin to form our own expectations for others and the world around us.

These expectations are rarely met, but we hold on dearly to them as if they are the only truth. We store away all the ways in which other people and circumstances and our own selves have not met our expectations and we sit in judgment. All of this judgment breeds fear and resentment. Our life becomes one big minefield of unmet expectations. We cannot appreciate things for what they are when they do not meet our expectations. We cannot be free from the chains of time when we are busy trying to fulfill a cacophony of conflicting expectations. We cannot live our own purpose in life and adjust to the evolution of that purpose if we are bound by these expectations.

Expectations limit the reasons, limit the outcomes. With no expectations, we have infinite possibilities. This is a very difficult concept. As a process, releasing expectations is probably a lifelong journey. However, each step along this journey results in many steps towards our personal freedom. Your life does not have to be dominated by the thoughts and expectations of others!

Often times along the way, we need support as we learn to transform our lives. We may find that support in clinical therapy of some sort. We may find it in teachers, family members, religious leaders, books, etc. We may find it in relaxation methods such as mediation, through healing Reiki, or through a Life Coach or Hypnotherapist.

The journey of our inner healing and the transformation of our lives are layered much like an onion is layered, and we often find ourselves revisiting the same themes and issues at a deeper level, or “layer”, as we progress in our growth and healing. I like to call this “the infinite onion”. So most likely, we will find all of these methods useful at different times in our lives as we unravel the infinite onion. At times, one may resonate more than the other. We may think we no longer have use of a method previously explored until suddenly we find ourselves at that next “layer” and change our minds. This is natural and signifies that we are progressing, not regressing. The important thing is that we listen to our Spirit and follow our heart. Then, we know that there is no right or wrong step to take. There is simply stepping or not stepping.

Please visit me, Moses, at www.getalifecoachtoday.com if you would like a free consultation to find out if a Life Coach or Reiki sessions would facilitate your journey and goals at this time. Or perhaps one of the therapists at azfamilytalk.org would be more beneficial. We care about you and want you to discover the right “fit” for you in this exact moment on your path. If you choose to come to us, our goal is to see you “outgrow” us at your own healing pace. (Of course, we will always be here if/ when you decide to use us again!) Whether or not we become partners in your journey towards healing, personal growth, and achievement, we sincerely wish for you freedom, happiness, and contentment as you follow your path and purpose.

Peace, Love, and Light on your Journey,

Moses Cole and Arizona Family Therapy and Wellness Center