

Reminder Memos for your Advancement #1

Try Treating Challenges as potential Opportunities.

When we're in the midst of challenges it can be hard to remember that they are probably temporary - for we know that all things will pass. It can be so easy to get caught in feelings of fear and powerlessness or simply the struggle, yet so often we forget that our reaction to these hardships can either make them better or worse. It is the inner response that makes the difference - and that can be a choice if one can practice detachment and fully present in the Now.

Detachment allows one to stay neutral for making considered choices. Being detached is a bit like stepping aside of oneself and watching as an observer - then from that perspective without influences, a situation has more clarity.

If we shift from our inner calm to react with anger, resistance, denial or anxiety, we are sure to keep the problems going, or even make them worse by taking thoughtless actions motivated from fear. If we instead see challenging issues as potential opportunities to reflect and shift into our higher nature, the problems will often turn out to be doorways of something more to our advancement.

So when the next challenge come knocking on your door, try seeing the situation for what it is: simply a situation that can work itself out in a variety of ways. There is a saying; 'Assuming can make an Ass out of you and me' - so rather than to assume that it is something karmic from an earlier time of transgression; Or rather than to assume some major calamity is nigh; Or rather than to assume that all is lost, we can simply look that the next challenge right in the face and command with the strength of our own authority, "You have no power over me." And then consider the various ways you might deal with the situation - and what might be the consequences of any such choices of action.

To then gain the inherit Advantage, the next thing is to look within ourselves and acknowledge any role that we may have played in the creation of such circumstances behind any challenge. And have we been ignoring our inner nudges, or any intuitive insights from our Higher Nature? Have we been trying to control others or force outer conditions to adhere to our wishes? Have we been unclear or sending out mixed messages about what we actually want?

Through a period of inner reflection and surrender to the wisdom of our Higher Nature, we can open ourselves to the more benevolent solutions for having the challenging situation fade away - or at least find ways to accept and deal with such most effectively. Remember, that whatever we focus on, our Spirit outflows and energises, thus, that is often what we get more of.

Before long, we realize that our willingness to face our challenges and trust our Higher Nature has opened the door to a new levels of clarity, meaning and growth in all areas of our lives. So embrace the challenges as gifts for expansion of your awareness and personal growth that will become your own advancement for the rest of your life.

Try to remember that amidst the challenges that come to every life it will be to your advantage to treat yourself kindly and compassionately, and not allow yourself to feel overwhelmed - because you do know that all things will pass.

I am one of many Seeds for Self Advancement from ; www.Goodwillpeople.net please pass me onto someone new !