

Personal Mission

By Anne Dorcas

“Nothing can stop me now,” a dear friend said to me, while wiping another tear from the corner of his eye. He blew his nose, took a deep breath, and with a half turned-up smile, he whispered, “I’m on a mission.”

If you’ve had recent changes or painful experiences in your life, you’re probably either starting or wanting to understand what your personal mission is about. You may ask yourself why certain things are the way they are. You remember that popular phrase “Everything happens for a reason,” and you start to search for what that reason might be. And then begins your quest, your mission to know your place in the “Greater Picture”.

Depending on how deeply painful a shift in your life may be, perhaps you realize you are what has come to be known as a “wounded healer”. So deeply have you been affected by life circumstances that you uncover the reason for your pain, and that is to discover your capacity to heal. Once you realize you are able to heal yourself, to create complete balance in your life, you imagine what it would be like if all people could come to the understanding that they too have the ability to heal.

All that’s required is the willingness to say, “yes,” and to allow the unwrapping of your unique gift to yourself and to all those around you: the perfect gift of You. Just imagine this precious, unique jewel, which, once covered in “muck”, emerges after simple care and polishing. There you are – shining bright and ready to reflect the light – Your light.

Resistance to change is one of the biggest obstacles to our inner progress. Sometimes, we don’t even realize we’re resisting. It shows up when we find ourselves avoiding the eyes of the person we meet on the sidewalk. It appears when we find excuses not to attend a session or event that just might allow us to take a step forward. It is reflected in the way we think or speak about our problems but aren’t willing to listen to our hearts. And it is there in the way we criticize others instead of noticing we are merely criticizing ourselves. We sway in the confusion of our noisy minds instead of seeking stillness – thus continuing to build on the foundation of our suffering (the noise) and we avoid the truth of what is right under our noses; a beating heart just wanting to genuinely love and be loved.

Each thing that affects us is a wonderful opportunity for us to face the truth of who we are. Am I attracting situations in life that keep me feeling vulnerable and insecure? Am I wondering why the same “drama” repeatedly unwinds in my life? If so, how can I change that broken record from repeating its tune yet again?

With our thoughts, our intentions and our actions, we are creating our journey; molding the outcome of our existence. What if by changing the way we think, feel and act, we could create the life we always wanted?

And what about the rest of the world? We may ask ourselves, "Why is there so much pain and disease? Why is the medical field unable to find cures for illnesses after decades of research?" Many of us know the saying, "You are a spiritual being having a human experience". Along with a physical body, the fullness of our being includes emotional, mental and spiritual aspects, as well as other dimensions we have yet to comprehend. If the medical field simply addresses the physical dysfunctions; that is, if just one aspect of our entire being is addressed, then how can we be brought back to health? How then can we recover our true balance?

Take my friend, Guylaine, for instance. Since her early thirties, she suffered from guilt and remorse over a circumstance she created, which she was unable to face up to. Over time, this unresolved guilt - a toxic energy in her mental and emotional fields - settled in her heart/lung area. Years later, the person she felt she had harmed passed away, and her unresolved guilt came to the surface for release. For days, she couldn't stop crying, so she saw a doctor and asked for her "symptoms" to be relieved. An anti-depressant was prescribed, ending the constant tears. And life moved on, Guylaine's unresolved guilt still looming within her system. Guilt turned to anger and drugs helped her relax, but still she felt empty and longed to live a life of peace and harmony. Her soul longed for resolve and when she was unwilling to face her guilt, her body gave her a stronger opportunity. Her lung developed a lump. It was cancer. Could this cancer have been prevented? Guylaine knew that it could, if only she would have the courage to face her dis-ease with herself.

There are many modalities available now to ease our transition. We have greater support than ever before so that we can more easily transcend all that ails us.

If you know everything is energy and that everything is intertwined; if you're aware that our planet is actually a sentient, living being, with a pulsing heartbeat; then, you may have a better understanding of what is happening at this time in our history. Why are natural disasters occurring now on such a large scale? Could it be that Earth (also known as Gaia), as a wounded healer herself, has decided to emerge as the beautiful jewel that she is? Could it be that she too is being given the support and the tools to remove the "muck" that has been ailing her? And if so, then is it any surprise that so many of us are following her cue to change our world for the better? And how do we change the world if we are merely one small piece of the giant puzzle?

Perhaps you search through religion, or God, or appeal to your Creator. In relying on that power greater than yourself, you discover you are easily carried where you need to go. And maybe at one point, you realize that, though that power may be greater than you, it is also very much a part of you. From there, you are on your way to accepting you are an essential piece of all that exists, and by creating positive change in your life, you are in fact assisting in creating change for the greater whole of existence.

What are our choices? If Earth is already on her own mission, how do we follow in her stance of global changes? If there is a process of cleansing and awakening, how can we not be a part of that process, being held by Earth herself on this journey?

We have free will to decide on whether to embark on our personal mission, whether to ride the waves of change or not. Using whatever tools we are given or guided to, we can evolve beyond what we may never have dreamed possible. May we all be willing to make the choices that are most beneficial to us, as individuals, and in turn, to the utmost benefit of all.