

In order to have,

you must let go. You must let it go.
This applies to everything,

including the things you want most in life. The old cliché of "if you love something set it free" is based in spiritual truth. Practicing non-attachment is one of the more challenging things for the human body, because the body believes that if you want it you should hold onto it tightly. This is not the way of Spirit, of the universe. As Spirit we understand that if we want something we need to let it go and the more we want it the more we need to release it. This does not mean we go into apathy; "who cares". It means we can be passionately involved with something and at the same time not be attached, being able to let it go. Many of us have had the experience of being in a relationship we really wanted and were holding on to it so tightly it began to fall apart. At the moment we let it go it started to blossom again. It is about being clear with what you want and at the same time being OK if it doesn't happen. We can heal the past, we can create the future, but we must be in the moment and accept it for what it is. So the things you want the most in the world you need to release, to let go. That is a statement of love and creates freedom for everyone and everything involved.



Maple Leaves, Vancouver, BC Canada 2004

Anything you do, you do to yourself.

Have you ever heard the expression "whatever goes around comes around"? It is more than just a little saying it is talking about the spiritual law of karma. Essentially whatever you put

out into the world you receive back. If you put resistance out into the world you receive resistance back. If you put anger out into the world you receive anger back. If you put violence out into the world you receive violence back. If you put love out into the world you receive love back. If you put freedom out into the world you receive freedom back. If you put ease out into the world you receive ease back. When the thing that you put out into the world comes back to you, you have a few different options of what to do with it, depending on what you are receiving. One is to live it out, another is to heal it, to take whatever steps that need to be taken to clean it up. If you choose the first option you will send it out into the world for another cycle. This can feel wonderful if it is love you are receiving back and it is love you send back out into the world. It can also be anger that you put out and then have received back, and then in turn put out again, keeping the cycle of anger going. So decide what you want in your life. Decide what reality you want to create and put that out into the world. Give it away. Let it go and ultimately you will receive it back. If you want to learn all of the time, then teach all the time. If you want to receive love from others all the time then love others all the time. Ultimately this comes back to you. If you want to be in a state of bliss it doesn't work if you just sit around waiting for it. You simply need to be there and put it out. Simply be in a state of bliss and let that radiate out into the world, it will radiate back to you. Remember anything you put out into the world you will receive back sooner or later. Make your choices from this place.

Everything is energy, and anything can be created.

Everything in the universe is energy. It is neither created or destroyed, it just changes form. You are ultimately a spiritual being with unlimited creative power. The universe is your playground. It is just a matter of understanding and letting go of the invalidation that keeps you creating a limited reality. Anything you imagine can be created. If you can visualize it you can create it. Remember, anything that you put out into the universe you receive back. So if you want to live in a state of freedom, you freely put out into the universe energy that is in the highest integrity for yourself and the highest integrity for all, doing this free of expectation. This energy, when it comes back to you, requires no healing. There is no debt, no incomplete contract, there is nothing to be paid back, it is simply freedom and flow. So when you ultimately understand that you are an incredibly powerful being and you can create anything, you also understand how you create and what you create is important. The only limits that exist are the limits that we put on things. The reality is anything is possible.



Leaf, Vancouver, BC Canada 2004

With love and awareness,

comes freedom.

Love ultimately is the energy that holds the universe together. Love and Source energy are essentially the same thing. When I say love I do not mean the Hollywood emotion of love, I mean real love which is incredibly powerful and freeing, without attachment or limitation. Awareness is the ability to see what is, to be conscious. Consciousness extends through the manifest universe and the un-manifest universe. The more you can see what is happening on an energy level the more choice you have and the more power you have to create from a place of freedom. If you look at someone who is stuck, the only reason they are stuck is they really do not have a clear awareness of how to get out. Often they are not even aware they are stuck. If you are in a cage and you are unaware the cage existed, how would you ever get out? With awareness you can see the cage, you can see the limitation and the exit point. Without the awareness that you have a choice, massive limitation will be your reality. Truly being in a place where you are consciously choosing your reality requires you to be able to see the choices, requires you to be aware and with awareness comes ultimate freedom.



Horizon Line, Flinders Ranges, Australia 1992