

The Gift Life Is Delivering to Your Door

Written by Nirmala

Saturday, 21 August 2010 16:22 - Last Updated Saturday, 21 August 2010 16:42

Someone wrote and asked if life is predetermined or if their friend who uses manifesting techniques successfully is onto something. He ended with the following words:

I so want to just be, be the truth of what is. I feel the resonance in your words and voice, as well as in other's. I am choosing to share with others the deep truth of what I can feel and know. However, my life doesn't reflect the world's understanding of a successful person. How can this imperfect self help others?

I feel caught in ego's separation, yet, i deeply know the truth. I want to have an abiding wakening and live as this truth other than just as a mental knowing. I want it to be realized. I have the recent understanding to meet everything directly, and although this sounds like a conceptual tactic, I want to face the truth of the moment to moment experience fully.

I responded:

Your message has so much wisdom and perspective that I could just send it back to you as the answer to your own questions. Your sense of wanting to meet every moment is all that is really required. Our lives are not so much pre-determined (although from a certain perspective it looks that way) as much as they are orchestrated moment to moment by a very wise and loving presence. It is so good at creating this beautiful life and everything in it that it does not need a plan. It just improvises everything.

Everything you experience, and everything your friend who believes we create our reality experiences is a part of this wonderful improvised creation. It might help reassure you to hear about a visit we had from a Harvard researcher who is studying consciousness as described on another blog post on here called "[No Formula for Spiritual Awakening](#)."

He shared some stories about how people who are at the point where manifesting techniques are appropriate for them can use them successfully. But another person who is not at the same point can use the same technique and it actually makes their life work out worse! And even someone who has used manifesting techniques successfully for years can find themselves at a point where it no longer works and even backfires and seems to cause their life to fall apart.

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However, he had not yet found any formula that explains nondual consciousness. That can arise when your life is working and when it is not working at all.

I would invite you to welcome all of the experiences, including when you are apparently able to heal or transform your own or others wounding from this life, and when you are not able to help yourself or another at all. These are all opportunities to discover more of the depth, richness and mystery of this crazy and beautiful life. Whenever we can serve in this way, what a blessing. And when we cannot serve to relieve our own or other's suffering, then the blessing is found in the depth that the suffering takes us to. Sometimes our heart needs to be broken open to reach the deepest core.

The awakening you want so deeply is unfolding here as your entire life including every experience. This life you are living is exactly how it is happening in your particular case. No need to compare yourself to others except to notice what else is possible. But however it turns out for you each day is the gift life is delivering to your door.

I hope this helps.