

A Partnership between you and You

You've probably heard the saying that we are spiritual beings having a physical experience. What does that mean in practical terms in your life?

It means that each one of us is actually a partnership. We are a personality/ego AND a Soul having a joint experience. And when both parts go in the same direction, the ride is magical. That's why remembering why we're here (discovering our Soul's purpose) helps us to live a life that flows smoothly and easily.

Here's an example: Jack, a 30-something teacher, feels called to travel. He overcomes his worries about taking an international trip and how to finance it, and starts planning it. He feels excited and energized about this trip to Spain that he's envisioning. Things start falling into place: he gets the time off from work, one of his friends offers the use of her luggage so Jack won't have to buy his own... things are progressing nicely. But when it comes to buying his ticket, the airfares to Barcelona are very expensive and he wonders if he can really afford this trip. He just can't bring himself to book his ticket; there's no positive energy around taking that step. Then he sees a program on TV highlighting the coast of Italy; something in Jack's brain says, "Wow!" The next day, there's an ad in the newspaper for an airline offering sale fares to Rome. Again, Jack feels a rush of energy just thinking about booking a ticket at a great price and going to Italy instead of Spain. He takes the step, and suddenly it just feels right that he's going to a different country than he'd originally planned.

What happened? Did he wimp out and take the cheap route? Not at all. He was honoring his Inner Guidance when it stalled over booking a ticket to Spain, and then honored It again when the signs seemed to point to Italy. Jack the Personality wanted to take an international trip... it would be fun and nourishing and exploratory. Jack the Soul has a grand plan in mind (often a mystery to our human minds). Jack's desire for a trip coincided with what his Soul wants to do, and he felt a renewed energy, excitement, and synchronicity around the trip.

Listening to our Inner Guidance is a fine-tuning process. It means not being stuck on things being a certain way. The Universe is lining up the circumstances that would fulfill your desires as well as your Soul's desires. Thus, you'll find all kinds of directions along your path, which will eventually lead you to the experience you're seeking... and then onwards from there.

It's by being flexible and *willing to be led by Inner Guidance* that things just seem to work out perfectly. People stand back in amazement at how things transpire in your life, but you know that it's because you're in partnership with Something that's much wiser and all-knowing than you are.