

Pieces of the Puzzle, Volume 2 – Our Reality

Chapter 17 – My Reality

In the beginning of my journey, I was witness to a great many things, those things thought of as paranormal or supernatural. From seeing auras to spirit guides, each mystical moment, each event, and miracle large and small assured me there was *something* more, that *we* were more. Such occurrences primarily demonstrated the reality of life after death, but I would not realize their full impact until sometime later.

Voices and ghostly shapes did not have the connotation of fright that many would assume. They brought about much interest and curiosity, and never a cause for fear. Each experience was simply another piece of the puzzle to our existence. Each piece brought me closer to seeing a bigger picture of whom we are and why we are here. Each piece was creating *my reality*. More surprising was their affect on my nature.

New beliefs and understandings of this world were forming with every occurrence. What my mind is capable of may be in a greater understanding of our consciousness. The makeup of my body found in the study of energy. The essence of my soul discovered in our beliefs and perceptions. Each experience was cause for self-reflection. I questioned my being and mortality, as if I could comprehend the answers. What does it mean to be a human being, to be a *spiritual* human being? Why is our connection to one another so important? These questions and more were pressing heavily on my heart. I was becoming more aware of others and *their* experiences. I was becoming involved with others, connected to them in ways I never before imagined. My experiences were validating theirs and vice versa. By sharing, we could see truths to where there were doubts. By sharing, we could see more of our similarities than our differences. By sharing our experiences, our creativity and gifts, and our beliefs, we could see the common ground on which all of humankind stands. We are more alike than different and each of us gifted. Each has value and worth, as we are all a part of something greater. Universally, we are all brothers and sisters. What affects me, affects you. Who we are influences others and the rippling affect continues. Every encounter demonstrates our connection to each other, evoking a sense of unification.

The most life changing aspect to experiencing the supernatural has been my own self-perception. I am not the same person that I was just a few short years ago. I care more about others. I am continually conscious of my thoughts, words, and actions. I am trying to be more aware of the real you and the real me. I am different today, because of my experiences with others and with Spirit. Inspired to look outside of myself, I am discovering the many possibilities to living more in the awareness of others. I see the potential in you and in me, and I recognize our divine gifts and creativity. Singularly and collectively, we have an amazing ability not only to create our own individual reality, our own personal experiences here, but also to create the world in which we all share. I know this ability exists and for me, it has been life altering. My perceptions and beliefs have created a new me and new way of living that is *my reality*.

Before my first conscious encounter with Spirit, I was a typical young woman with a normal life. I thought of myself as a good person, one who loved her family, worked hard, and occasionally went to church. I thought that was how one lived a relatively good life. I put all my trust in the material world, rather than in Spirit. It was not until I recognized that of an unseen world and an invisible presence and power that I realized there was more, more to my life and more to my destiny. What happened afterwards was just the beginning of a personal transformation and the beginning of a new reality. It is now a life dedicated to helping others recognize their own truths, their own creativity and gifts, and their own value

and worth. It is now a destiny by divine design, a destiny guided by Spirit, and a destiny lived by faith.

I wish I could say I had this faith during my younger years, but I must admit to never giving it much thought. Faith was an abstract, a theoretical promise of both a Holy Spirit and an afterlife. Did I think people survived physical death? No, those ideas faded as the little girl grew into the young woman. Impressions of past lives were just that, impressions. Tales of angels, spirits, and saints were lovely to imagine, but far from being real. Such things were not a part of my reality. Until I began to have both subjective and objective experiences, these things remained a mystery.

I lived a very typical, but spiritually limited life. I had my family, my friends, and the things of this world, but I had no real concept of Spirit or understanding of the coincidences in my life. I ignored all the signs of an unseen world and that of a greater presence. I lived in my small existence, never exploring beyond my own backyard. I lived without knowing that Spirit was there by my side. My reality was much different than it is today.

My reality changed with the birth of my daughter and the passing of my mother shortly after. Birth and death will do that to a person. They cause us to ponder our mortality and the creation of the heavens and the earth. How did humankind come to be and why are we here? Questions came and the quest for answers began. Decades later, the journey has not yet ended. There are still a number of questions yet to answer, but many more examples of life reaffirming everlasting life. Spirit is not done with you or me. We are still learning and experiencing. We are still being encouraged along a spiritual path and still being inspired in our life.

Divinely inspired, my writing began only a few short years ago. As I began to take notice of supernatural experiences, I wrote. As I began to recognize some of an unseen world, I wrote more. As I began to validate life after death, I wrote even more. I am still experiencing, still learning, and still writing. It is a slow and subtle process of rebirth. Little by little, I am spiritually growing and maturing. I am in the process of a divine transformation. I am stepping outside of myself and noticing all that Spirit is helping me to see of others and the worlds around us. Step outside your backyard or your current world, and you will surely discover a new reality. It is a reality filled with a great deal of potential. It is a reality filled with all that Spirit wishes for us here on this earth. With Spirit guiding us, we may find surprising opportunities, unexpected blessings, and rich rewards.

Once I invited Spirit into my life, very real and tangible things began to happen. I had my first interview less than two weeks after I accepted an invitation from Spirit to write. It all came about that fast. In a much later interview with Allene Cunningham, she recalled a time when quite young of needing a work contract within three days and as soon as she gave it up to Spirit, it came about within the hour. Once she allowed for the *possibility*, it happened. We must first be open to possibilities, open to unexpected blessings, and then we will see how Spirit moves in our lives in very real and practical ways.

Blessings have come about in my life. My health was one of the most obvious signs. I no longer physically hurt each day from arthritis. I awake in the morning free of soreness, backaches, and headaches. Those were only the first of a number of health improvements. Next, my lifestyle began to change. I was socializing more, out speaking with others about my experiences and of Spirit. My world was expanding beyond my own backyard. I was connecting with others, sharing with others, and learning to care for others. I felt more connected to others. My existence had value and worth. I no longer dread the day ahead, but rather rise now in anticipation. What opportunities will Spirit present me with today? What chance meetings will take place? What unexpected blessings will I give thanks for this new day? Thankfully, I am able to see all the blessings in my life much more easily now. I see an invisible presence leading the way to new experiences and to new acquaintances and friendships worldwide. I see family relationships growing stronger. I see my health improve

even as birthdays pass. I see material and financial security even as work comes and goes, and retirement beckons. I see those unexpected gifts that seem to appear from an invisible source. Rich rewards are manifesting from first a new outlook on life.

With a new perspective, *my reality* is changing. My world is becoming bigger and brighter every day that I walk a spiritual path. Real change has come about in my relationships, my work, and my daily activities, but more importantly in me. Even as I approach mid life, I somehow feel *refreshed*. I am more than capable now of continuing the rest of my life. I am eager for what lies ahead. Whatever my future may hold, I know each day is a blessing. Each day is a new learning experience. Each day is another chance to make a difference in someone else's life and thus my own. Each day is an opportunity to make more of it than simply existing. Each day is a chance at truly living.

What your life will be like is up to you. You can greet each day in anticipation or you can wake with aches and pains, worries, or fears, and miss another opportunity to be happy from being spiritually, guided in life. Finding the joy in life seems to be such a struggle at times. When we lose sight of the bigger picture, we tend to focus on only our problems. Our problems diminish when we think and do for others, when we are in service to others. We find our value and worth by connecting with others and forming a loving and unifying spirit. Finding the value and worth in our daily life or in the mundane routine of our lives is not that difficult. Every task, every function, and every job creates an effect. Recognize the impact that your service has on others. The street sweeper finds his connection to others in helping to create a cleaner environment for all. The CEO finds a sense of satisfaction in helping both a business and a community grow together. The retiree finds lending a helping hand or volunteering to be a much greater reward than that of any monetary nature.

Personally, my past career as a safety and health specialist takes on deeper meaning of pride. It changed the lives of others for the better. In a safer and healthier workplace, people not only survive, but also work more confidently and efficiently. I can look forward to the next phase of my life knowing I created a history of concerted efforts at reducing worker injuries and illnesses. There is a sense of accomplishment looking back at over a decade long career in occupational safety and health. There is, however, a deeper gratification in seeing how far I have come along on a spiritual path. In moments of quiet reflection, that is what still surprises and delights me the most. I am proudest of the personal growth and changes that have taken place. It is much more impressive than the resume or lifestyle. The change in me has led to the life I now live and an even greater awareness of others. While I still have a long way to go, growth has occurred.

Remember to look back occasionally to see all the progress you are making. Learn from your mistakes and then move on. Spirit is always by your side, encouraging you to go forward in life. Spirit is guiding you along your spiritual path. Spirit will lead you to both blessings and very real rewards. Each step will allow you to look back later with a deeper sense of pride and accomplishment.

Satisfaction and joy in life is yours to create, yours to anticipate, and yours to experience. You have the means within you to create a more joyful and purposeful life, and I promise the way is more rewarding than you could ever imagine. It was for me and it can be for you too. My reality changed and for the better, because I first believed in the possibility. My reality is mine to create, mine to anticipate, and mine to experience, and I am making it better every day by first allowing Spirit to lead the way. Learn how to actually, create your day, your life, and your reality, as one of improved health, greater security, and true happiness, in the next chapter entitled *How to Create Your Day*.