

The Long JOURNEY Home



Photos by Javier Martinez Bravo



I can remember the years before I became conscious. I felt I had to protect myself in a scary world. I was at the mercy of people and events outside myself. It was a roller-coaster ride of ups and downs. One day I decided that before I made any more major decisions, I would get to know myself.

That was the beginning of my new life. I didn't know how I was going to do it, but I was willing. As the saying goes, "When the student is ready, the teacher appears." My teachers showed up in many forms: books, classes, individuals, experiences. I didn't have to figure it out. Spirit is so good that way, providing all the opportunities. The only necessity was my willingness to say yes. It took a while for me to come out from behind the protective walls I'd built to keep myself safe. One does have to take a risk because that's where life is: out in the open, facing the world fearlessly.

As I grew in consciousness, life became easier. I began to feel my own power to create the world around me. I opened myself to more love, more beauty and more joy. I began to live from the inside out. I felt loved and supported by a wondrous, loving universe.

I felt fearless in my living and loving. My old story was no longer interesting to me, and because of that, it ceased to have power over me. I realized that we are at different places on the path but all looking for the same thing — frequently not knowing what it is or how to get it.

Now I feel my oneness with everything and everyone. I choose to spend my days in peace, joy, love and creative expression. We come back to the beginning — to that state of inseparability from the Love Intelligence that created us. We come home; we finally come home.

What I know now with absolute certainty is that we are meant to experience heaven on earth and that our life's journey is about coming home to the self — home to that aspect of us that has always been perfect and has always been steeped in love.

Dr. Ernest Holmes said, "Let every thought of doubt vanish from my mind that I may know the Truth, and the Truth may make me free."

*We begin to shed the **old story**, and because of that, it no longer holds **power over us**.*

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Unless you are very lucky and were raised and supported by highly conscious parents and teachers, somewhere along the way, you began to believe things about yourself that were not true. Yet those untruths about you became your inner dialogue.

Those false beliefs and notions about yourself are the very things you must shed in order to rediscover your divine identity. This is good news in that it is not so much about having to *acquire* something from without as it is about *unburdening* yourself from all the false beliefs that are not true about you.

That is your soul's journey on this planet — the journey that will finally bring you home to the peace, love and joy that are your *true* identity.

As bodies of energy, we reveal everything, not just in the words we speak. Our enthusiasm for life is like a beacon of light that attracts like a moth to a flame. It is within our power to create that light, but we cannot do it by dwelling on worry, doubt, fear, self-judgment and despair.

No matter how old you are, there is in every heart that childlike delight, that love of wonder and the joy of experiencing something brand new. As has been said a million times, "The thoughts you think are what determine the world you live in." If you don't like the world you are living in, *now* is a great time to change. It is within your God-given power to change your life. Nothing is stopping you but YOU.

The Science of Gratitude

I have discovered that gratitude is a wonderful way to shift my vibration. Though you can see my physical body, I am a vibrational body of energy. I am like a magnet. As I focus on and express gratitude, my vibration lifts and moves me into the light where I witness great beauty and experience great love. Because I am a magnet, however, if I am dwelling on negative thoughts, my magnetic self attracts more negativity into my life, and my vibration spirals down. I call this the Science of Gratitude because it always works that way. Holmes knew that and understood why our thinking is so important.

Experiment by expressing gratitude for what you have. If you have trouble thinking of things to be grateful for, start with the most obvious things: I am grateful for the warmth of the sun. I am grateful

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for the birds that sing. I am grateful for nature and the trees. I am grateful for my car, my bike, my walking shoes, etc.

Spend several minutes a day with this practice and see if you don't experience more peace and happiness in your life. If you practice gratitude faithfully and consistently, your life will change. Begin right where you are.

My beloveds, you did not come to this planet to be in pain and suffering. You came to experience the joy of living. We have so much to be grateful for. You will begin to see that your blessings are so numerous, you could not even begin to count them. You will remember why you have come into this physical expression — to see and feel the beauty, the light and the love all around you.

You will experience it because, finally, you have *become* it. You have come HOME. ☼

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