

"Your life changes the moment you make a new, congruent, and committed decision." Tony Robbins



Purpose of Choice

Our style of treatment is based on many different models of therapy. Our fundamental philosophy is that everything we experience is a consequence of the choices we make. On the surface of it, I'm sure most people would agree with this. It's most obvious when we choose the wrong (or right) partner, whether in business or for love, wherein the relationship offers us many lessons. In regards to unsupportive relationships, some people learn from those lessons and move on, while others repeat the cycle. But it's still choice. I could go on describing all the different examples, but I'm sure you're quite capable of tallying up the significant choices you have made throughout life. The problem is we tend to focus on all the choices we deem as bad or not good, and ignore the myriad of positive outcomes or consequences. Further to that, we want to blame others, or external factors, for the poor outcomes to the choices we make.

You could argue that absolutely everything is a consequence of choice, as we all choose to experience a human existence for some reason unique to each individual. Having said that, I would like to acknowledge that external factors or influences can affect us, that are not related to choice.

The real trick to this business is determining exactly what is our choice and what is external interference. We all want to blame the nasty entity, whether invisible or human, for what ails us. But most of the time, when you dig deep enough, you will find it's a consequence of choice. And there's always a reason or purpose for that choice, albeit at the unconscious or spiritual level. There's no denying that it's a challenge for anyone to understand why we would choose to experience some form of poor health, poverty or trauma, just as an example. The answer to this is very complex and we find ourselves examining not only the choice of the the individual, but also the collective choice of the human race. There's no way I can fully describe this interactive concept here, so I will try to chunk it down somewhat.

One of the greatest challenges we have in our work, particularly when faced with very complex cases, is helping the client to accept that their situation is a direct consequence of choice. What we need to do is look behind the choice, to understand the purpose. I want to give one example in this regards. We have been working with a client who was rocketing to a successful legal career at a young age. Literally on the brink of a very lucrative business, with all the superficial trappings of success. But then there was a downturn in their health, physically and mentally. The consequence was loss of financial income and intrusive influences from inter-dimensional entities. Some would describe it as burnout or mental breakdown. We would describe it as a direct consequence of choice. The question is why?

While the client was wanting to blame interference from external forces, we recognised that their extreme reversal of fortune was of their own making. The purpose of this choice was to experience "deprivation". So somewhere along the line, our client has chosen to experience the loss of good health, financial freedom, and to some extent control of their thoughts. With this comes the fear of never regaining their health or past lifestyle and the complication of inter-dimensional interferences taking advantage of the situation. This reversal of fortune did not happen over night, and the "set-up" pattern can definitely be seen if you look at the big picture. When we investigated the case, it was obvious that our client had chosen to experience the exact opposite of their happy lifestyle. On top of this, we also recognised that our client had taken on the role of clearing the vibration of "deprivation" for both hereditary lines.

We see this sort of scenario all the time. It's how humans operate or learn. We have a need to explore what we don't want in order to appreciate or understand what we do want. You can't fully experience true love unless you also experience the opposite. The best lessons in life come from "not having". If you think about it, the best motivational writers and speakers in life have recovered from some disaster. This disaster could be physical or financial trauma just to name two. You may have heard such people claim that such and such accident was the best thing that ever happened to them. Fortunately, we don't all have to suffer significant trauma to learn a lesson and can wisely gain from the experiences of others. But the point I want to make is that such events, in the main, are a consequence of our own choice.

I just want to add a few points here. Not everyone is destined to completely recover from some trauma, disaster, or health challenge in their life. At least not from our human perspective. But in the main it's still a consequence of choice. In this regards, the key to moving on is acceptance, rather than wallowing in the turmoil it creates.

Both planned and unplanned occurrences do occur in life and all go toward creating our character, while adding to the richness of our human journey. What some people view as a personal disaster, others may consider it as trivial. Some planned events go to an extreme, or continue longer than expected by the spirit. External interferences can play a role or be the cause to some problems. However, in the main they are still a consequence of choice.

In regards to our client, is it possible for them to heal and reverse their misfortune? In this case yes, but it's not always so. It's always dependant on what the person/spirit wants to experience in life. The challenge for our client now, is to accept that their current situation is due to choice. Next comes the understanding of why or the purpose of that choice. Once you get to that point, the healing process can begin in earnest. Will the client return to their previous lifestyle? It's possible, but most likely their outlook will have changed and they will mould their future in a different way. As per the quote by Tony Robbins, "your life changes the moment you make a new, congruent, and committed decision." So perhaps the decision that needs to be made is...well now, I have chosen to experience this, what is it that I need to learn or integrate into my life?

So what has to happen for our client or anyone else who finds themselves in such a significant downturn or reversal of fortune. The first point as I have mentioned, is to accept that the whole scenario was created or chosen by you for some purpose. This commonly requires a change in mindset. Yes there will likely be other players in the game you can point to, and say they did this or that to me, but you created it...you set it up. The purpose will be unique to you. It may be for the purpose of creating a complete change of life direction, or it could be to bring you to a point of standstill in order to deal with past issues. Next is to integrate the lessons. The question we need to ask is...*"what are the positive learning's for myself and for the future...those positive learning's which will allow this whole set of circumstances to serve a far grander purpose in my life...the purpose it was meant to serve?"*

So in your life journey, there are likely to be minor and major upsets. In any given situation or experience, it's worth asking, did I set this up myself? Did I choose to experience this? If so, for what purpose? I do not suggest there will be any easy answer in regards to major events. It will take some soul searching. And then there is always the problem of anger, other negative emotions, and forgiveness to deal with. But just know, that having experienced the worst of whatever, the best will surely follow in some form, albeit different to what you were expecting. The sooner you get the lesson, the sooner you can move on to a new adventure.

One last suggestion. If you would like to understand more about forgiveness and self healing, then read Sandy MacGregor's books. Sandy is a great example of experiencing significant emotional trauma and coming out the other side in a positive way. On January 23, 1987, Sandy's three daughters from his first marriage and a friend, were shot dead. A terrible tragedy to experience for anyone. MacGregor states he began "meditating again soon after the murder and I realised in meditation that hatred, anger and revenge will only make me another victim." MacGregor subsequently wrote the books, *Switch on to Your Inner Strength; Piece of Mind* and *Creating Happiness Intentionally*, which feature chapters on forgiving others.

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