

## **Aligning with Being**

*posted August 5, 2013*

*I am often asked about cancer, its causes and possible cures. To me, cancer neither begins in the body nor ends with physical treatment. Perhaps modern medicine cannot find a cure because it looks at cancer as a physical phenomenon. We are not our bodies. Living healthy lives is essential but cancer begins elsewhere in our being and until we embrace this, the cure for cancer will elude us. Disease begins with stagnation, a resistance to the flow of life. Rising beyond this resistance holds the promise of moving beyond cancer and other degenerative diseases. For those with cancer, embracing the lessons hidden in our life experiences with gratitude is the first step to healing.*

## **You are Here with a Purpose, and that Purpose is Noble**

You were born on this planet, in this time, with a purpose.....a noble purpose. Your birth was celebrated by God, your Creator and your spiritual guides who planned this lifetime with you. Your family received you with joy as friends and community gathered to rejoice in your birth. A precious child was born onto the earth and with it a dream! You came into this lifetime with a vision, a purpose that extended far beyond the home and community you were born into. Your family, friends, teachers, spouse, children, co-workers, bosses and neighbors, would with time interweave their life with yours. You came with unique gifts, talents and insights to share with them. And within your heart you held precious lessons and pre-agreements with those who would assist you in embracing these lessons for one simple purpose: *to learn to love.*

One detail of your life would emerge as most significant. You would advance your life purpose against all odds, and these odds were all woven into the fabric of this life that unfolded before you, not to defeat you, but to facilitate the realizing of your purpose for being.

Coming into this third dimension brings with it expectations of growing up in a comfortable and loving family setting, community and society. Along with this is the pursuit of a good education that provides a stable and profitable job, and a healthy marriage and family that continues this cycle of life. Few if any, realize this idyllic life. In truth, we struggle with self-acceptance in a world that cannot give us value. Family life may present challenges of abuse, conflicts, addictions, divorce, accidents, disease and financial difficulties. Our life growing up may be complicated by bullying

at home, school and sports and with feelings of inadequacy, of not “fitting in.” This continues into adulthood. Why must suffering and conflict play out in our lives? Who is orchestrating these tragic events that derail us from realizing our “dream”?

Although we may react to these painful life experiences as threats to our survival, they bring with them great blessing. These events that unfold in our lives do so with a purpose. No one may have planned them in such detail, but the fact that they play out in our lives repeatedly over decades is significant. They may involve different people, but tend to unfold in stark similarity, touching on similar themes and striking the same “chords” within us that arouse deep seated feelings of non-acceptance of self and others, of fear, anger, blame, guilt, shame and aggression.

These events are embedded in the third dimension and we, as living beings who are passing through this dimension, experience them as part of our lives. From our instinct for survival, we may react to these with righteous indignation and defense...with resistance. Self-preservation brings with it denial, aggression and isolation. Eventually, these negative emotions and distorted beliefs in the self begin to take a toll on our health and well-being.

But these events come bearing gifts. They draw to us the teachers of acceptance and forgiveness of self and others and the fortitude to embrace life in all its pain and splendor, with gratitude. We can react with disdain and fear at what unfolds in our personal lives or we can choose to look beyond that which appears to threaten our very survival and discover the greater truth of who we are and why we are here.

In truth, we are infinite beings, untouchable by whatever dramas may unfold in this third dimension, no matter how monumental and threatening they may appear. We have come into this life with a purpose and that purpose is noble. We are here to discover the infinite power of the love that is within us and to express ourselves from this love. Jesus spoke of turning the other cheek. He said not to take offense at what plays out before you. Don't own it. Stand firm in the knowing that nothing and no one can change or annihilate you, for there is only one God, one Life.....and you are that *Life*.

Life is not about living out roles as perfect children who grow up to live happily ever after. This is life with a little “I” which is about survival in the third dimension. It provides us with the setting (family, shelter, food and clothing) to live out our true purpose. But success on this level is not a measure of the fulfillment of our purpose for being. Sleeplessness, depression and anxiety are the companions of those who try to find meaning in this limited existence. Spiritually, we feel confined in a three dimensional life experience, when in fact, our nature is infinite. We are cut off from the flow of life, and with this stagnation comes disease.

*Life* with a big “L” is *primary* and it is about being true to oneself, about embracing the life experiences that unfold for us no matter how painful and distorted, as well as the characters that come with them. *Life* is about learning to love, about discovering the self within and living out from this center of our being, extending our love and light beyond our family to the community and the world.

Jesus’ words clearly define our noble purpose for being: (Matthew 5:39-48):

*But if anyone strikes you on the right cheek, turn the other to him also; and if anyone wants to sue you and take your coat, give your cloak as well; and if anyone forces you to go one mile, go also the second mile. Give to everyone who begs of you, and do not refuse anyone who wants to borrow from you. You have heard that it was said, ‘You shall love your neighbor and hate your enemy’. But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father who is in heaven; ... And if you greet only your brothers and sisters, what more are you doing than others? Be perfect, therefore, as your heavenly Father is perfect.*

The Holy Bible: New Revised Standard Version

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## Gratitude

Click on the link below to watch "A Good Day" a video about gratitude by Brother David Steindl-Rast : <http://www.gratefulness.org/brotherdavid/a-good-day.htm>