

# Earth is the Master School

*What did you come to learn or un-learn?*

For years, I have believed that this life span I have chosen was filled with lessons I was here to learn and grow from. With growth comes change and abundance, but also suffering and uncomfortability, so the journey has not been easy to say the least. That's why I truly believe that Earth is the Master School, and every soul on this planet has a distinct purpose and mission and it is our responsibility to do the work necessary to place our lives course on the path of fulfillment and enlightenment.

Now, how does one go about doing the work? I can only share my personal experience and hope something inside resonates with your personal development and hopefully aid you in the process.

I was introduced to this way of thinking when I was 20 years old. It started with spiritual books like "The Course in Miracles" & "The Celestine Prophecies". In those books it speaks of the unbreakable connection we have to not only one another, but our past and present lives as well as the whole of human consciousness, which is stored in the Akashic Record (there will be a post on this topic entirely on it's own, so stay tuned) I started to see how my thoughts literally created my own reality, and how energy was transferable between all living beings and both of these topics can either uplift our lives or it can fill it with turmoil and sadness.

I started to focus on my present state of mind, also known as 'staying in the now', and I challenged myself to remain full of love, positivity and keep an open mind and heart. Sure, it wasn't easy all the time, life happens, we have ups and downs and everybody has daily trials they are facing. With therapy, constant discipline to come back to the present, and after years of practice I started to see it was easier for me to 'control' my thoughts and bring my mind back to the space of love and compassion.

Today, I am not perfect, but I have faith that there is something greater than all of us out there, that we can tap into by constant inner work. To me, that inner work has been healing my inner wounded child, working on my current relationships with loved ones, and being of service to the greater good. We can all be trust fund babies of the Universe, and not in the way of monetary gain, but in the way of opportunities to grow and expand our minds and hearts.

To end I would like to quote one of my favorite poems, 'Desiderata' by Max Ehrman

"Beyond a wholesome discipline, be gentle with yourself. You are a child of the Universe, no less than the trees and the stars, you have a RIGHT to be here."

All my love, Shanai Olson

