

Living In The World, Yet Not Of It



What does that mean? It is a phrase that I grew up hearing in church that always had me baffled and no one could give a satisfactory explanation of it. How was I to be in the world?

Consequently, I didn't pay too much attention to it and truly was thrown to-and-fro in the winds of consciousness. Oh yeah, I learned a lot of what not to do, but it took decades and four years of study in consciousness and quantum theory before I understood I had the power to be in any state of consciousness I chose. The more I trusted that, the greater I felt the

already present faith of Source, God, the "I", the Universal Presence, whatever you call it. This trust allowed It to take precedence over the conditions I was experiencing.

That brought new possibilities for the choices I had available to me. Staying in that power is a practice, and practice makes perfect - a true concept. Letting go and letting faith take command is taking the unwanted stress out of my life.

What I Can Do Now to Change My State of Mind: The only thing constant in life is change. We are either living by default from our childhood conditions and beliefs, or we recognize other choices and begin to stir the pot to create change. On my hunt to do just that, I gleaned a lot of information from many avenues and all pointed to the inside job of sifting and sorting through what I wanted and didn't want. That led to a major forgiving of my past and those involved. The common denominator was me - in every situation, there I was. The major part of forgiveness was for myself.

Simply getting out of my own way was the biggest challenge which also completed the surrender. Thinking I knew it all was my first mistake. I knew nothing!

I love above poem titled, I Choose...

Choose for yourself,
Stephanie "Starr" Starrett
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