

## **Heal Yourself To Heal the World**

Even the most basic knowledge of human history and fleeting attention to current events is enough for us to understand that human beings are capable of the most horrendous acts of cruelty. When you consider all the atrocities that have occurred and continue to be perpetrated in the world it is easy to feel overwhelmed with sadness and despair. It's easy to feel that the evolution of humankind to a higher state of consciousness is just a pipe dream with no chance of becoming a reality. Remember though that wherever there are stories of horror and hatred there are also stories of remarkable courage and love. As with everything, what is important is where you focus your attention.

There are many individuals in our history who have shown us the power of love and forgiveness to overcome adversity and cruelty: those who have risked their lives to save others; those who have been treated terribly but offered only compassion and forgiveness in return. We can all take great heart from these shining examples of what we are capable of when we live a more conscious life; when we live from love.

There are people of all races, religions and cultures who judge others by the colour of their skin, their beliefs and their customs. People who find any way but their own abhorrent and who twist their beliefs to justify abuse and violence towards others. Equally there are people of all races, religions and cultures who live from love, rejoice in the diversity of the world and accept the right of every individual to his or her own beliefs.

The problems in the world are not caused by race or religion, they are caused by ego. Individuals who have completely lost touch with their soul, their connection to the oneness of humanity. People who have become so wrapped up in their own individual identity that they believe it is what defines them. People who are pointlessly searching in the world for joy and satisfaction and becoming more and more unhinged the harder they try to find it, because of course joy and satisfaction can only be found inside them, it is not something the outside world can provide.

When considered on a macro scale the problems of the world can seem overwhelming. To make that worse and more confusing it's hard to know what are reliable sources of information: can you believe what you read or hear? The news has become a form of entertainment so many journalists (or at least their bosses) are more concerned with the marketability of a story than its facts. And what are facts anyway? We know that there is no such thing as 'truth', as everyone's view of a situation or event is influenced by their beliefs, conditioning and experiences. Even if someone tries to relay to you the 'facts' of a situation their perception of it is inherently biased by their perspective whether they realise it or not. Added to that of course is the fact that you receive whatever they tell you through the filters of your beliefs and conditioning!

So where does this leave us? Well, my view, and it is just my view, is that the best we can do is to focus our attention on our own lives and living those as lovingly and responsibly as we can. Be kind, be generous, and be compassionate in all that you do.

Make conscious and responsible choices in every aspect of your life. Think about who and what you are supporting every time you make a purchasing decision. Think about how you are impacting others lives in everything you do. That doesn't just mean

thinking about how you are affecting someone when you are directly interacting with them, but also being aware of how every choice you make and every action you take impacts the lives of other people. Think about what the choices you make say to the world about who you are - is it the message you want to send?

If we each take complete responsibility for our lives and everything we do, we can change the world. When we truly live our lives from a basis of love there is no room for judgement, fear, hatred or cruelty. Most of us will struggle to fully achieve that all of the time, but every effort we make to face and conquer our fears and move to a life based in love improves our life and the lives of everyone we come into contact with.

Be authentic and be true to yourself and show the world through your example how things can be different.

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