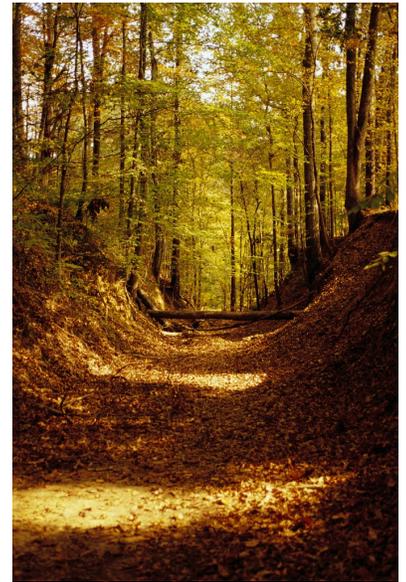


# *October 2014 Daily Reflection*

## *with Merlin!*



Well now here we are once again, my dears, celebrating a change of the seasons and more so, an opportunity to speak together once again in this manner!

This is your friend Merlin and I come forth to speak with you on the topic of choice and your manner of choosing. Sounds a bit simple, doesn't it? Yes. Then I ask you, when an important decision is to be made, why are you going back and forth, back and forth, making sure that your choice is the most perfect? Of course you do, it is your lively journey after all. Yet isn't there a better way? You bet there is and that's what I'd like to discuss today! I believe you are going to like this!

You see, my dears, even though you may make a list of pros and cons regarding a certain choice or upcoming decision, and you might research and reflect upon the effects each choice will make in your lively journey; the truth remains that there is another ingredient, a necessary ingredient in making a decision. It is this.

Deep within your being is the real you, the real Self who comes forth when you let go of trying to make yourself be a certain way, when you let go of trying to make your external world be what your mind tells you that you must have... or your won't be fulfilled. That beautiful real Self knows everything... knows the past, the present and yes, even the future as it unfolds before you. That beautiful real Self intrinsically knows which avenue would be the most fulfilling for your spirit, for your entire being.

Your entire being. What does that mean? Here we go! Even though you are a spirit being incarnate, residing within your human nature, even though deep within your being resides the Real Self, the Godself, you are still an entire being; that is, all of those manners combined. You have to be... simply because you are incarnate. Then one decision might be so very perfect for your spirit being, while the same choice might bring difficulties to that beautiful human nature who is still striving to allow its Godself to emerge, still learning how to let go, to allow, to trust.

And it is your job, all of our job, to take care of that human nature. Why? Because,

my dears, during this time of emergence, during this time of the grande awakening, your entire being is called forth to awaken. You don't simply set aside your humanness and become your Godself! After all, all yearning within your human is actually a yearning for merging totally and completely with your Godself.

When you are making a decision, a choice for a new manner of being, for a new direction in your journey, it is to the benefit of the purpose of your residing incarnate to make that decision, that choice, for your totality of being. Let's use an example here so that we can all become quite clear about what I am saying.



You might be deciding on a new job or career... just as an example... you could also be choosing to keep or end an intimate relationship, to change your geographical location, or to take on a new project. But let's stick with a new job for the moment.

Let's just pretend that the new job will give you a greater sense of financial security, will move you up the ladder of success within your chosen career. It all figures to be what you call a "no brainer". Ha! What a phrase, if you actually think about its meaning.

But there is that missing ingredient. Let's keep right on imagining, shall we... just for clarity's sake. What if your human nature feels threatened, feels frightened of the new responsibilities? What if there is a practical side that says that you are not really qualified to take on this new job? What if you are so thrilled with the new status that you decide that you will invest in a new wardrobe? A new vehicle? A new home? A new everything... just so that you can fit yourself into the image that you are creating for yourself.

Now if you were completely capable of this new job, you might not be thinking about any of that... would you? Think about it. If you are the right person for the job and the job is right for you, you are already a perfect fit. However. Yes, there is that however. If within your being you feel fear, what is that fear saying to you?

You might be thinking that at times you have to take a deep breath and go to the next step, into the unknown which is always a bit frightening. But I'd have to say that it is natural to think that way. But. Yes, there is a but. When you are entering into the unknown and you are afraid, something amazing is occurring. You are, in that moment letting go of preconceived parameters, you are residing in the moment, the present moment. And then! Yes, then you are no longer resting upon fear. Why? Why aren't you

resting upon fear in that moment? Because, my dears, your mind just doesn't know how to interpret what is occurring... because you haven't been there before! It is all new, exciting, and – get this! – fulfilling.

Now you might be a little confused by now. Let me clear things up a bit. I'll put it this way, just for you. When you are making a decision for yourself and your human nature sends a message of fear, there is a reason for that message. The reason has nothing to do with fear. Your human nature is just trying to get your attention. Your human nature wants to be considered. Now that message is a bit different from the hesitant fear that you might feel when entering into something brand new. You see, one is occurring in the moment – the message from your human nature. And one is occurring based upon a projected possibility. The projected possibility's fear will vanish when you are residing right in that moment of experiencing something new... because the something new demands that you be totally present... no room for projected possible futures. Do you see?

When you experience that fear from your human nature concerning a choice you might be making, what can you do? Firstly, my dears, recognize the fear and pause for a moment. Ask yourself, how can I best be gentle with myself, loving and kind to myself? How can I make the best decision or choice that will not put additional pressure on my lifely journey? Will this choice give me further ease of living... or will I be trying to step into a new persona that I have created for myself, a new story in the hopes that it might give me my inner Godself?

All right. Let's get back to your choosing and the missing ingredient. There is a difference between dreams and reality. And while dreams and fantasies at times bring us to a manner of living that can amaze us and give us a thrill, the opposite also gives something daring. The daring is to reside in the present moment, to accept your present circumstances and to live in the natural rhythm of your life. You might think that is boring. You might think that Merlin is telling you to stop wanting to be better, to have a better life. And that simply is not true.

However, I am saying that before you can make those choices, choices that will actually benefit your journey, there is a moment when you breathe deeply and allow



yourself to be whole, in the moment. You are allowing your *entire* being, your Spirit, your Godself, your human nature... all to reside in the one breath.

And it is in that moment that you can begin to realize that you have nothing to prove to anyone, that you are breathing the same breath as every other being, you are yearning for the same Godself as every other being, and you are able to experience fulfillment... in that exact moment... without changing anything in your external world. And, my dears, in that moment, you have made a decision. You have come to the knowing of what is most important to you. It resides inside. Inside your being.



And your mind might not know what to do about all of this... simply because the feeling, the knowing doesn't quite fit with everything that the mind has been thinking about. And that is all right. Your mind is a wonderful part of your being... yet it is not your totality.

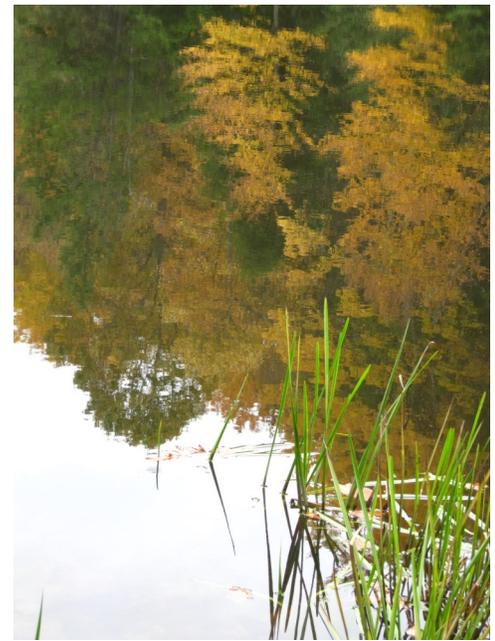
You see, my dears, at times you have been living as if you are pulling a cart behind you. That is, in the cart is your human nature, the facts about your body physical, your capabilities, your lost hopes and dreams, your fulfillments, your previous journey. And you, the emerging Self, is just going right along... as if the cart does not exist. But it does.

While you are emerging, you are also asking of yourself to be whole. It is the entirety of your being that is emerging. Do you see? Yes, your human nature, your humanness has to come right along with you. You are not leaving behind that vulnerable human nature, but you are embracing all that you are, all that you have been, all of the parts of your previous journey, all of your histories, and you are loving the entirety of all of that.

You are not choosing to leave parts of your beautiful self behind. In truth, you cannot. Just as you are an integral part of the whole and are the whole, so it is with all of you... even those parts of yourself, those experiences that you are happy to have forgotten or at least placed in the background... you do not have to re-live them, my dears, yet you do embrace them, knowing that they have given to you this journey, that they have molded you into the being who you are... as you have the phrase... take it or leave it, but the "it" is all of you.

So then, here we are back again, making a choice, making a decision. Does it feel

wonderful? Does the option feel peaceful? Fulfilling? Provide less stress? Is the entirety of you capable of residing in a peaceful journey “from here to there”? That is, can you enter into this choice “as you are”? Or do you have to mold yourself into someone different? Is the choice being kind to yourself? Gentle with yourself?



While I am not saying that you should never enter into a challenge; I am saying that within this phase of your journey within your spiritual unfoldment, it is time to love yourself more than ever, it is time for you to embrace your own totality of being, time for you to forgive yourself for past errors or mistakes, time to live right in this moment and to discover the real you, the whole you. That is the real choice... do you see? That is the real decision.

The real decision asks you, who am I in this moment? The real decision asks you, deep inside, what am I really asking of myself? The real choice says that you are fully capable, in this moment, to be who you are. The real decision tells you that you have nothing to prove, not even to your own self. The real choice tells you that you are an amazing being, that your journey has been one of the “best sellers” of the universe.

The real choices are also deciding upon any of the aforementioned choices, the real you can easily decide if such a change is to the benefit of your entire being, nourishing for your entire being.

And it is from that consciousness that the real answers come... as your inner knowing becomes conscious.

You are so very capable, my dears. You always have been. You are the treasures of the Universe. And I am most fond of you! Most fond.

Then I believe we are complete with this speaking, my dears. Until we speak again, this is your friend Merlin.