

Greetings,

Congruently, following the discussion of the recent newsletters, I want to include a short essay on the subject of labels. My use of the word, 'label', is far-reaching; in that, it includes 'names' like a comedian, imbecile, genius, dummy, etc., 'titles' like a Senator, President, boss, etc., and 'conditions or disorders' like ADHD, depression, etc. Specifically, everybody carries some label(s) whether it is earned or not. Also, labels can follow you from birth to the grave.

I had a client a few years ago, who was, continually, called stupid by his Mother from early-childhood until her death. He carried the mantle of that label throughout his life by successfully failing at everything that he attempted. I could give hundreds of examples of that type of label, but I'm more interested in the deeper issue... power.

Labels are so powerful that they can limit or expedite our search for destiny. I believe that everyone has a certain fate and destiny. Fate is wrapped in our genetics, karma, cultural and family dynamics, and socioeconomic issues; whereas, destiny is wrapped in the power of limitless potential and expression. We cannot get to destiny without passing through the trials of fate. Explicitly, no one is destined to a life of mindless suffering, but that might be ones fate, if the obstacles of negative labels are not resolved. Granted that there may be other impinging issues, but negative labels by themselves can restrict our higher purpose, destiny. Imagine, if you will, how different your life would be if your start at birth had encompassed nurturing positive re-enforcement by extraordinary role models.

Although history has examples of great persons overcoming their fate, the reality is that very few people do. The opportunity to rise above our fate is given at birth to each and every human. Some have an easier time with fate than others, but the choice is still ours. So, how do we get to that place of destiny or purpose? Shed your labels and stop labeling others.

The Taoist practices grounding himself in nature to detach from the human battles, and he works to become the observer. The labels that man puts on man can either inflate an ego or destroy an ego, but the observer uses the senses to peer into the ambit of nature and man without judgment. The Taoist achieves a balance of ego through recognition of his place in the universe. "I am everything and nothing," reflects the mindset of a Taoist, which seems to be a paradox to the Western mind, but that statement represents a balance. After all, humans are the only inhabitants on the planet, who are searching for their purpose.

Everything in nature knows its purpose. You will be amazed at the ingenious or miraculous ability of nature to fulfill its purpose, if you become the observer. Destiny, the higher purpose, is the result of following the soul. To get to that higher part of yourself, you have to develop a discipline... your customized discipline. Because everyone is different, I believe that we have to customize those parts of the higher work to fit our schedules. Most of my higher spiritual work is done in the middle of the night, which fits my schedule in a more appropriate way. Some people find that the early morning hours are a better time for their work. Making time for meditation, prayer, or contemplation is an important part of embracing the soul. It is through that practice that you can open the mind for the reception of understanding. My caution to anyone starting this practice is to begin and end with a prayer of protection. I, personally use the 91st Psalm, as my prayer to start and finish my sessions. What you will discover with a disciplined practice is your soul, and a spiritual warmth that instills a knowing, which is for you... just you. Whether you know it or not, there are spiritual levels that are available to you. No amount of money or assets can get you to

spirituality or the soul. So, it matters not of your station in life. We, as humans, develop our knowing from experience; therefore, each of us have to choose to have an experience, which validates our spiritual being.

Start by asking God for an experience, but make sure that you're the 'Grand Observer' of your very own personal experience. You were given that promise at birth, and it's too bad that this third dimensional, material world got in the way. Use affirmations, which begin with, "I choose," and those spoken words will become the foundation for self-reliance.

What good would it be, to gain the world, and lose the soul? As Jesus said, "Or what shall a man give in exchange for his soul?"

Peace Be With You

Garry

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