

This is the Plan

We chose this life. We are a part of this world, this galaxy, this universe, this time, this place, this experience. We are this experience; this life; this universe. We can set aside the ego and allow ourselves to acknowledge that part of us that is a part of our children, our parents, our loved ones, our neighbors, our coworkers, our friends. We acknowledge that part of us that is part of the madman who cut us off in traffic, the letter carrier bringing our mail, the clerk behind the counter, and the stranger passing us on the street. We acknowledge that part of us that is part of the divinity that created us.

We embrace our divine nature as we allow ourselves to consider that we are more than the sum of our physical makeup. We are part of a greater whole. I am you and you are me; so I love you when I love me, and I can love me because I am part of the creation and the creator. There is a connectedness in me that is in everyone who lives today, who ever has lived, and who shall live. This connectedness transcends all boundaries. It is not bound by place or time; will or desire; or human constraints.

We are connected whether we know it or not, whether we like it or not, whether we believe it or not. As we allow ourselves to move beyond our self-imposed boundaries and to connect to that which is beyond our physical vessel, we feel more at peace, more whole, more fulfilled. We needn't fear this connectedness. It is our true nature. It is what makes us whole. As we allow ourselves to be our spiritual natures, to experience what is within as we connect to what is, that is when we truly know what it is to be. I am that I am.



Art by Mannon C Martin
<http://mannoncm.deviantart.com>

NurseHealer.com

Classes & Workshops
Online & In Person
Free Downloads

Paranormal advice
Spiritual Consulting
Classes/Workshops
Books/MFPs

Mary Catherine "Cathy" Miller
MCM@NurseHealer.com
817-717-5683

Paranormal Spiritual Consultant
mcm@paranormalspiritualconsultant.com
817-717-5683

Paranormal Spiritual Consultant

Mary Catherine "Cathy" Miller
MCM@NurseHealer.com
817-717-5683

Classes & Workshops
Online & In Person
Books/MFPs

Healing
Spirituality
Preparatness

NurseHealer.com



Mary Catherine Miller
ParanormalSpiritualConsultant.com
NurseHealer.com



Oneness

~ Sacredness of Life ~
Galactic Consciousness



Oneness is the essence of the sacredness of life; the ultimate dimension of galactic consciousness within which we are all connected in perfect peace, harmony, and unconditional love. It is the sacred space for all that is. In oneness is the bliss of the I am; divine consciousness. As all of creation is changing, we flow through life with greater ease and grace if we keep pace with the flow of creation into Oneness.

You are an Integrated Being

You are an integrated being. Just hearing those words may cause you to say, "This lady is nuts." If you feel comfortable with just considering a different perspective for a moment, as you ponder on the thought of who you really are, you can easily embrace the thought that you are someone in a physical body. As you contemplate that thought, focus more clearly on it. You are "someone" who is in a physical body. So, you are not just your body. You are the someone within the body. The body is you, and the someone is you. That makes you a multidimensional integrated being. Some of you may define these distinctions as body and spirit or soul, or as physical and nonphysical. As you speak in these terms, you acknowledge the dimensions in which you exist as an integrated being.

You may carry this concept further. You recognize that your most beloved loved ones are very close to your heart. There are times in which you know what they are thinking or how they are feeling. More than that, you feel what they feel at times. When you feel most closely connected with them, you feel what it feels like to be where they are as if you were there yourself. You may be able to examine more deeply and accept that you ARE there. Some dimension of you resides for a moment with some dimension of them. You are as one. You are one. So, when you are in that moment of oneness with your loved one, you are adding a new oneness dimension to who you are, and this, for that moment, becomes part of your integrated being.

You may take this even deeper. You are aware that as you walk through nature there are times when you gaze at the swaying leaves of a tree, and you begin to feel your body swaying in unison with the fluid rhythmic motion of the tree. As you allow yourself to enter further into this hypnotic state, you begin to feel the life energy of the tree. Moving further into your meditative state, you feel what it is like to be the tree, then to feel as if you were the tree. Then you come to be aware that you are the tree. There is a place of oneness in which the fluidity of who you are is in the same etheric place of the fluidity that is the tree. The someone that is you enters a new dimension of oneness with the tree, and for the moment this dimension becomes a part of your integrated being.

As you ponder this concept, you may be aware that you can connect this completely with anyone, anything, and with all that exists. You become aware that there are more dimensions to your multidimensional integrated being than your mind can conceive.

As we come into greater awakening, awareness, consciousness, and enlightenment, may we embrace our integrated being with peace, love, and harmony.

Tapping into Source

We are not simply beings apart from the world who have no connection to anything. Our physical bodies are separate from one another; but we are more than the sum of our parts. We are spiritual beings inhabiting these vessels. Our spirits can transcend our bodies. They can expand to connect with other spirit bodies. As we expand our spirit selves to connect with other spirit selves, we can experience the other like a gas, being heavier than oxygen, can move in a path along the floor to fill a room; but still be separate from the oxygen above it. Unlike a gas, though, no matter how far out our spirits expand, they do not become less dense. They can readily draw back into the shell of the human body with all their intelligence intact.

As one expands the spirit, one can experience the spiritual nature of anything. Yes, anything. It is as if a part of you becomes whatever it is that you are experiencing. This is because we are a part of everything we see around us. We are not disconnected from our world. A part of me is the grass outside my door. A part of me is the sunrise. A part of me is the desk on which I work. A part of me is the birds in the cage in my window. A part of me is my neighbor. Understanding this gives us a clearer comprehension of how we fit into this world, this life, and this plan. It is no accident that we are alive today. This is the plan.