

Look at the Solution

Stop Staring at the Problem



Dear Friends and Awakening Souls,

Considering the extraordinary challenges we are collectively facing in the world today, it may seem inappropriate to be joyful or to celebrate life. Yet, it is precisely during this kind of planetary upheaval that we need to share our joy and abundance with one another, more than ever. We need the blessings of Grace to help us transform our global community. In this light, I pray that this message finds you exceedingly happy with yourself and celebrating life, regardless of circumstances. For, without joy, how are we to re-set the energy in this world for all of us to be able to receive the gifts of Grace and restore truth, beauty, and goodness to each of our lives.

You already know that everything is energy. From the tiniest sub-atomic particle to our bodies and from the planets and the stars to the myriad galaxies, our entire universe is energy. Our thoughts are energy, as are our feelings. Consciousness is energy. Energy is consciousness. So, if we are to transform anything - our personal life - or the whole world - we need to change the energy. To change the energy of the world, we need to first re-set our own energy.

When we change our mind, we change our energy and we impact all the energy around us. When the person we know as the “life of the party” enters the room, he or she enlivens the whole gathering. On the other hand, when the “party-pooper” enters the room, the energy drops. Each of us has within us the choice to be the party-pooper or the life-of-the-party in this world - to become part of the problem or part of the solution. Which would you like to be? It’s just a matter of your choice. Are you going to get down on yourself because things aren’t going your way or are you going to *get down* - and dance?

Many years ago, a young woman came to me feeling stuck on a problem she didn’t know how to solve. At the time, she had a perfectly fine job that she enjoyed with a wonderful boss she respected and was grateful for. Despite all of that, she knew she had to take her next step and find a job in which she could spread her creative wings, as well as increase her income. She didn’t know what the job would be that would offer her both. Furthermore, she so appreciated her current boss that she wanted to give him at least a full two-week notice and stay on long enough to help in the training of her replacement. Yet, she couldn’t afford to have a lapse in her paycheck for even one week between leaving her current job and securing a new one. While she worked full-time at her current job, she wouldn’t be able to set up interviews for her next job. If she waited until she left her current job, she would be without pay, until she landed

another one. If she somehow got an interview for another job worthy of her to leave the good job she currently had, the new employer would most likely want her to begin, before she could give her current employer his two-week notice and training of her replacement. She was stuck looking at what seemed an unsolvable dilemma. There seemed to her no logical and doable way to have things work out to her satisfaction.

I taught her to look at the solution, rather than keep fighting the problem. The solution she saw clearly: having a new job that gave her much more creative freedom, that was even more enjoyable than her current one, that paid her what she needed or more, and everything in her process of landing the job would allow her to give her current employer at least two weeks' notice, during which time she could train her replacement and she would not be out of pay, during the transition from one job to the other. Logically, she couldn't see how that could happen, but she learned that if she created it that way in her imagination and gave her request to Spirit and owned her certainty in Spirit, all would work out.

Once she clearly saw the complete creative solution to her heretofore seemingly unsolvable problem, she gave it to Spirit and continued to live her life. Soon after that, she was inspired to have a heart-to-heart talk with her current boss about what she wanted to do. So impressed and grateful for her candor and desire to make her departure as graceful as possible, her boss gave her full permission to start interviewing with potential employers, even while she was still working for him. By her third interview, she had found her dream job. When her potential new employer told her that she got the position with everything she had wanted and that she would start first thing Monday morning, she balked. She told him that she loved working for her current boss and wanted to leave her position in the best condition possible. She needed two weeks to give her current boss ample notice, so that she could train her replacement, before she left the firm. Her new boss was so impressed with her consideration for her current boss and company and told her that how she wanted to leave her current job demonstrated that she was exactly the kind of employee he always dreamt of having. He told her that she would officially start first thing that Monday, but that she could have two weeks to finish up with her current boss before showing up to work in his firm. She would, however, be paid full pay for those first two weeks that she wouldn't be there at her new position. How could that happen? Logically and business-wise, no way! Yet, this is the way of Spirit. If you don't get stuck on what you think is the problem, but instead, keep looking at the solution, the miracle reveals itself in a most unexpected way.

We can be happy with ourselves, even when we are not happy with what is happening in the world. The very definition of healing is "restoring to wholeness". Whether you are seeking healing for yourself, for a friend in need, for your family, for your community, or for the whole world, you seek to restore what has been divided back to wholeness. The less we are divided and conflicted, the more whole and at peace we are, and the healthier, wealthier,

and wiser we become. Yet, if we are unhappy with ourselves, how can we hope to heal ourselves, much less anyone else? Make sure that just because your life - or the whole world - seems to have been upended, you don't take out any unhappiness on yourself. If you choose to be unhappy with yourself, you become part of the very problem that you find unacceptable in the world. If you choose to be happy with yourself, even if worldly conditions are upsetting you, you take your first step in becoming part of the global solution. So, if you are not celebrating yourself and your life today, cheer up and be part of the solution. Happiness or wholeness is our natural state of being. No matter what is happening, healing is inevitable, if you happily look at the solution and not get stuck in anger, frustration, fear, guilt, or blame by staring at and fighting or avoiding the problem.

Ah, but how can you look at the solution, when you don't know what it is or where to look for it? First, where do we look for a solution to anything? We have to look where the solution is, not where it isn't. Now, that may seem obvious and even silly that I am stating that here. Yet, it's a basic truth, isn't it? If you look at where the solution is, you will certainly find it. If you look away from where the solution is, you will not find it. If you are drowning in the ocean, in order to stay alive, you would have to look above the water where the air is that you need to breathe. Unless something has you trapped underwater, if you relaxed, instead of fighting in panic, you would naturally float up to the surface and be able to breathe. The seeming joke is that we always find our missing car key or cell phone in the very last place we look. Yet, could it be that we don't often find it in the first place we look because more often than not, when we first discover that something important to us is missing, we tend to panic and stare at the problem - that it's missing and what will happen to us, if we don't find it? On the other hand, if we were to look at the solution - finding the misplaced object - we would most likely be intuitively guided to where it is much more quickly. And, if we were to look at the solution, we would be looking within us at the limitlessness of Spirit in which all solutions become possible. That's exactly what that young woman did that experienced the miracle of landing her dream job in a way that she couldn't have figured out how it would be logically possible.

We are each whole and limitless to start with. What makes us need healing is that somehow we've divided ourselves against our wholeness repeatedly. If we let ourselves be, if we trust ourselves that we do know the answer somewhere within our own beingness, we relax and we will naturally float up to find the solution we need. So, the initial step of looking at the solution, when we have no clue as to what that might be, is to have our certainty that the solution is already within us in the limitless wholeness that is Spirit. If we ask for the solution and keep seeking it, it will certainly be revealed to us. It usually comes as a total surprise and not in the way we might have expected. If we are busy trying to control what the solution has to be, we'll miss the real solution that is given to us.

Today, globally, every one of us needs to recognize that there is indeed an extraordinary problem. At this time, that “problem” has been given a name: “coronavirus” or more specifically, Coronavirus Disease 2019 (COVID-19) brought about when a person is infected by the *severe acute respiratory syndrome coronavirus-2* (SARS-CoV-2). It is a virus purported to be about 120 nanometers in diameter. We can’t even see it with a light microscope. Yet, it’s grabbed the attention of the entire world. It seems that many people in the world continue to stare at the “problem” in order to find the solution, rather than looking at the solution to discover what that might be. At this point, medical experts are telling us that there are no known direct medical cures. But, most people who have been infected are naturally recovering, given proper care. Those who have an already compromised health condition have been more at risk to develop serious complications and even die - just as they are with most illnesses. Yet, what has the world in an unprecedented pandemonium is that this particular disease has become a pandemic. Now, the problem everyone is looking at is how to stem the exponential spreading of the contagion.

No matter whether you believe that the whole global situation that we are currently in is caused by a specific virus spreading from person to person and we are doomed unless we are able to stem the tide of the pandemic or you believe that it is all part of a malevolent scheme of the power elite to cinch down the population even more under its control or that the whole thing was concocted by mad racist epigenetic scientists intent on “purifying” or de-populating the human race, the fact remains that we still have to find the solution for all of us, who would like to live our lives here on earth in the healthiest and most fulfilling way possible. Isn’t that more the solution that we all are seeking, in spite of all of our different individual needs, interests, and goals? If we had a healthy world, we wouldn’t have to solve being sick or our society collapsing. And, that begins with each of us being happy with ourselves first. After all, the only way we can hope to truly support life on this earth is to celebrate life. We cannot sustain life by condemning it.

If you’ve read this message thus far, you are interested enough in your spiritual awakening and development, because you are part of the spiritual level of the solution. You are here in this incarnation to help bring about a change in consciousness in humanity. In fact, you’ve been at that task for many lifetimes already. Not all souls incarnated at this time in this world, however, have that as their primary function. Most souls are here to fulfill different functions than yours. Theirs are just as important to the whole of evolution. Each and every one of us is an integral part of the whole puzzle.

During this time of tremendous awakening and evolutionary transformation in the world, we need everyone and what each and every soul has to offer. We need capable and compassionate scientists and doctors, engineers and technological whizzes, artists and entertainers, political, religious, social, economic, and cultural leaders, and all those who are willing and committed

to do what we need to get done. Yet, without those of us, who are tending to the home fires of Spirit that is the Life that animates everything, nothing will ultimately work to anyone's well-being and fulfillment. The true backbone of planetary life support is validation of Spirit. You might be an artist or doctor or computer coder by profession, but, you, an awakening soul, are here first and foremost to validate Spirit and daily establish that consciousness in your life.

What any of us seeks in healing is an improvement in the condition of our existence, isn't it? When we find that some condition of our existence is lacking in some way - our health isn't optimal or we are struggling with our finances or our family life is hurtful or we feel disconnected and isolated - we realize that we are in need of some kind of healing. We are seeking to experience some improvement in those conditions of our existence in this world. And, when we begin to experience that we are feeling better or our relationships are more fulfilling or we're more successful in our career, we decide that we are getting well.

What, then, brings about this improvement in the conditions of our existence? It is the simplest thing. Every moment in life, conditions are either improving or deteriorating. They are moving more toward wholeness or moving more toward division and fragmentation. It is said that "Love heals all" and "Truth shall set you free". Both love and truth are limitless and everlasting. What we experience as unconditional love or absolute truth is unchanging. Conditions in this world, however, whether they be our bodily conditions or global situations are constantly changing. In this world, change is the only constant. It is that which we call Spirit that is not of this world that is never-changing, limitless, and whole. When we realize the truth of Spirit, the conditions of our existence begin to improve. We bring about healing by seeing and living the eternal reality of Spirit, rather than becoming hostage to the ever-changing conditions of the world. The conditions that come and go in the world do not dictate our happiness or unhappiness. We choose to be happy or not, regardless of what is happening in the world around us. Whenever we validate the reality of being spirit, we improve the conditions of our lives and the world. If, on the other hand, we neglect to realize the limitless oneness of Spirit and invalidate it in any way in living our lives, we lend our creative power to deteriorating the conditions of our lives. So, be true to yourself and be happy with yourself, rather than criticizing or blaming yourself in some way. Validate Spirit in every way you can in the way you live and how you relate to others and the world around you. Not only will you make the world a more loving and livable place, you will pave the way energetically for others with their various kinds of expertise to discover sustainable solutions to the multitude of challenges we are all facing - even the threats of the current pandemic. Those who truly validate Spirit in their everyday living inspire all of us by their very presence in our lives. Learn to be that light yourself as well. You will bring about more good in this world than you might imagine.

I just read a news article from last year about a waitress in a Texas diner, who, in the midst of an almost overwhelming rush of customers, stopped to listen to the request of an elderly man

needing to have someone cut his food for him due to his declining dexterity in his hands. In spite of the cooks and other staff members calling for her and demanding that she hurry up and do what they wanted her to do, she took the customer's plate to her counter, carefully cut his food into bite-sized portions, and returned it to him at his table with a smile. Meanwhile, another customer, moved by the kindness and grace with which the waitress tended to the elderly man, decided to video their interaction and then posted it on Facebook to share with others, who might be inspired by what this waitress did and how she treated that customer. Then, unexpectedly, her video went viral. Eventually, it led to a news coverage by a major TV network and the Mayor of the town wanting to proclaim the day in her honor. When the ceremony that was to take place at the diner with the Mayor made the news, along with the story that the woman chose to work as a waitress there to save up enough money to go to college, the dean of the nearest college heard about it and was inspired as well. During the ceremony, the dean presented the waitress with a full scholarship to his school saying that she was the very kind of model student he wanted at his college. The waitress wasn't stuck on the problem of never earning enough money as a waitress to save up enough to go to college. She was committed to looking at the solution, whatever form it was to take, and kept doing what was true to her own heart, even during an overwhelming rush of customers and some of the staff demanding her to do otherwise.

When you have certainty in Spirit, you access your true intuition, for intuitive knowing comes from your inner being. Even when others may not agree with what you know to be true, if you but follow through with your own inner knowing, it will lead you to your solution, even for a global problem. Your solution may not be the same as others' solutions. Yet, it would work for you and as it works for you, it will benefit all who are involved.

If what you truly seek is healing and resolution, does it matter what the journey looks like? If you can let go of trying to control how you want things to turn out and have certainty in Spirit that, if you follow, in the most loving way you can, what you know is true for you, everything will turn out for the best - for all.

Have certainty in Spirit and let's celebrate life as we each commit to seeing and living the solution today and everyday.

May the Light of Truth free you and the Love of God guide you to wholeness.

With gratitude, love, and joyous blessings,

Michael

