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The Game of Life – Choosing Life

We have been talking about the development of spiritual virtues as we progress along the spiritual path. In this article we will take a short break and review the issue of euthanasia that is getting much attention at present.

Central to understanding the pros and cons of euthanasia is understanding of the sanctity of life. The sanctity of life, not just as a concept or theory, but as a living virtue. A virtue, that drives our everyday choices and decisions.

Life is not limited to the human experience

What is life? Life is not limited to the human experience of course. Life is inherent in our spiritual nature, our essence. Spirit is immortal and never changing in essence. The human journey allows us to experience apparent change as part of the evolutionary journey. The purpose of the evolutionary journey is to gain a deeper understanding, or rather to rediscover, of the sanctity and oneness of life.

If spirit is immortal, why do we care about suicide or euthanasia? Why does it matter? To answer these questions it is best to step back and understand the context for these questions?

What is the purpose of suicide or euthanasia? To escape the human experience. Usually due to pain and suffering but sometimes due to anger and frustration or to hurt someone else.

In either case, it is seen as a quick fix to a situation that is seen as hopeless or undesirable. Quick fixes of course have habit of being short sighted and ignoring the bigger picture.

A key lesson of the human journey is to be responsible for our creations

What is the bigger picture in this case? We need to remember that a key lesson of the human journey is to be responsible for our creations. Only by taking responsibility for our creative powers and the resultant outcomes will we learn to create holistically, taking into consideration not only the short term but also the long term impacts of our creations.

Pain and suffering indicate a lack of balance. The only way to overcome pain and suffering is to integrate the experiences and the feelings and learn from them. Pain and suffering are there to teach us. We do not seek them out on purpose, but when they do appear we seek to understand the cause so that we may grow in understanding and correct past mistakes.

Pain and suffering can only endure when we remain inflexible and unwilling to learn. They grow in intensity in order to encourage us to learn our lesson.

Suicide and euthanasia only exist due to ignorance. Ignorance of universal law. A belief that we can escape the consequences of our creations simply by ending the current human journey. This is a flawed belief and ignores the fact that spirit is immortal. It ignores the fact that pain and suffering exist for a good reason and it ignores the fact that universal law will ensure we learn our spiritual lessons.

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The poor souls that give in to the temptation of suicide or death by euthanasia soon discover that their clever escape plan has been foiled. How could they escape? Escape from what and to where? The pain and suffering is often only exaggerated, as the soul no longer has the physical vehicle of a body available to assist in the balancing of past creations.

Now everything must be balanced at the mental and emotional level. Before, the physical body and the physical environment provided another outlet. Removing them from the equation has only resulted in turning up the heat, so to speak.

Great is the agony of many souls seeking the quick escape from a lifetime of imbalance. So great is the agony in many cases that the soul refuses to acknowledge the death experience. Helplessly following the same old daily routine, as if still alive in a physical body, these souls find themselves increasingly bitter, as nobody seems to pay attention any more.

These are the ghosts that are trapped at the etheric level, unable to progress for long periods of time. They long for the time when loved ones used to comfort them in their suffering. Now they have to learn their lesson in isolation. Their only companions are other souls in the same predicament.

In due time, the soul acknowledges its true state and the learning takes place little by little. Much suffering, however, tends to take place before this progress is made.

Nothing in life happens without a reason. We don't always understand all the cause and effect relationships. If we did we would already be fully enlightened, all-knowing and omnipresent, not living within the confines of a human body.

Acknowledging our spiritual essence and having faith in the one-ness of all of life we are able to face all situations, knowing that anything that doesn't kill us makes us stronger. Yes, sometimes the growing pains are extremely painful, but the pain comes about through our own resistance to the natural flow of life.

Life is never painful. It is our resistance to whatever is happening that causes pain and suffering. It is our attachment to a desired outcome that creates disappointment and suffering.

It is only when we realise that we are the source of all our experiences and all of our feelings that true learning takes place. It is when we truly embrace our creative potential that we empower ourselves beyond limits.

It is painful to admit that we are the source of our own suffering, but it also empowers us to be free and happy. Anything we have created we can also un-create. It is simply a matter of will. When we are willing to be happy and joyful, embracing life rather than resisting life, then it will be so, in the blinking of an eye.

Exercises:

1. Review as many painful experiences as you can think of, both real life experiences as well as imaginary ones. What change in attitude could help reduce the pain in each circumstance?

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2. Imagine living as a ghost. You believe you are still alive but all of your friends and family have started to ignore you completely. Most other people also ignore you completely. Your body seems normal to you but in reality you are looking at your etheric body and no longer your physical body. You are caught in between dimensions without realising it. Imagine your emotional life as you experience life as a ghost.

3. It is difficult to understand the experiences of a ghost when we have little background information or personal experience to fall back on. Imagine you committed suicide to escape some major pain (mental, physical or emotional). Has the pain gone away once you are a ghost? Remember you are invisible and inaudible to most people even though little has changed as far as you are concerned. Assume you are a psychic and can see and hear ghosts. How would you try to help these poor souls? What is the expected response to your well meant intentions? Remember a ghost refuses to accept the physical death and lives in a dream like state largely controlled by his/her belief system.

4. Assume that you are the creator of all of your experiences. Much of your creative work is done subconsciously, but nonetheless you are the responsible source. What experiences would you like to change?

Think carefully about your answer. Explore the consequences of your new creative choices. Think ahead five or 10 years. How will your life be different due to your new choices? Make sure you think about the detailed implications and don't simply make sweeping statements like, "If I had more money I would be happier." Do you uncover 'hidden obstacles' as you perform your detailed review?

5. For everything you would like to change in your life look for an existing belief you hold that may have contributed to your present situation either directly or indirectly. How could you change your beliefs to help remove unwanted experiences from your life?