

Video 156: Life Choices

by Ariel Glad, June 12, 2019

This is a transcript to video:

<https://youtu.be/Ty9GILIDZ5Q>

Very often, when we receive questions from you, these questions are seeking advice of some kind regarding choices that we feel we should be making. We've decided to discuss these choices in this video, and we hope it gives many of you some security and confidence in knowing that you are doing what is best for you. So many of you have asked, "What should we be doing?"

There is only one answer to this question; do what you want and what feels best for you. What may be beneficial for one person wouldn't be to another. What may be easy for one person may be very difficult or impractical for another. It is too easy to get caught up in some kind of spiritual practice, routine, or judgement of what is right and what is wrong. Often, we end up hurting ourselves because we put unrealistic expectations upon ourselves for things we think we should be doing, but don't. We look around us at other people living very spiritually conscious lives and they may speak or write about their own practices and routines. We might think, "I should be doing that!" Maybe we aren't as fulfilled as we want to be and that inner critic voice that we have spoken about so often, rears its head to tell you that you'll never achieve what you want if you don't buckle down and change your diet, meditate religiously, or devote some serious practice to lucid dreaming. These are just examples, of course, but we know you get the idea. The only advice we will give about these things is to stop pressuring yourself to conform to some ideal concept of a spiritual life. There is none.

Let's look at some of these things. We get asked about meditation quite a bit. We know there are many of you who practice meditation as a regular part of your daily routine. We think this is wonderful! Meditation has been shown to have a lot of helpful benefits to your health, especially at reducing stress. It helps to quiet the mind for a period of time. There are many different varieties of meditation practices and one can be as formal or informal about their practice as they want. We would like to suggest that even taking a quiet walk, weeding a garden, lazily floating in a pool, and many other activities could be considered meditation. Connecting with yourself is the purpose of meditation and we can find a lot of ways to do this. If the more traditional and structured forms of mediation are what appeals to you, then go for it! The point we are making is that only YOU know what is best for you and if it works for you, then it works. No one can say it doesn't.

What if you can't find the time, forget, or don't feel inspired to include meditation in your life? That's okay, too. Meditation is not a requirement to check the box on your "spiritual to-do list". There is no list, other than the one you feel inspired to make for yourself. YOU make the rules for YOUR life.

We also get asked quite a bit about practicing and trying to achieve out of body exploration or OBEs. If you feel that this is something you want and need as part of your own spiritual growth and learning, then go for it! Is this something you must do in order to graduate or become a more advanced spiritual being? No, absolutely not. Becoming proficient at OBEs can be very difficult and not everyone is able to achieve success at this. It is certainly not necessary for our own development, but it is also not harmful. Again, it is a personal choice and you must do what you feel comfortable doing.

Each person will naturally be drawn to what interests them and what they feel will benefit them the most. There is no practice, test, diet, mantra, meditation, or lifestyle that is a "one size fits all" standard. Everyone must do what they feel drawn to do and what is right for one person will not be right for **another**.

We, personally, do not meditate, practice OBEs, lucid dreaming, adhere to a special kind of diet, or participate in any type of routine or practice. Having said that, the ONE thing that has helped us the most and given us the most growth, experience the results of our own intentions, and allowed us to get the answers to our own questions, has been the increase in self-confidence, self-awareness, and self-responsibility. When destructive relationships have been dealt with, fears have been faced and challenged, and inner critic messages have been told to "shut up", we experience a rapid rise in our ability to discern, ask for clarity, manifest intentions, and receive answers from within. The more we experience this, the more confident we become. The more confident we become, the more we receive. It's all connected, and confidence is the secret ingredient.

Whatever you choose should be inspiring, uplifting, and fulfilling. This is the key for ANYTHING to work. It does no good to meditate every day if it feels like a chore. It does no good to eat a vegetarian diet if it makes you feel sad because you cannot eat a cheeseburger. Have you ever noticed that some people who drink, smoke, and live a "wild" life can live on and on in seemingly good health and well-being, while someone else who exhibits the same behavior will ultimately experience an early demise? Why? When listening to an interview with a very well-known musician who was, and is famous for his "rock-n-roll" lifestyle and still enjoying a fulfilling life in his old-age, he was asked for his secret. Do you know what it is? He ENJOYS it! His attitude, his mood, and his perspective are what makes the difference. For him, these things bring him happiness, he enjoys his life, he doesn't spend hours and days

worrying about making the wrong decisions. He's content with his life and his choices. Do you think that he might enjoy a more satisfying life than someone who is living a life of regret, shame, and fear? Of course, and this attitude manifests the happy existence that he is enjoying. That's how it works. Fear, shame, and regret and anger will lead to an eventual downfall quicker than any cheeseburger, cigarette, or lack of spiritual practice.

Whatever you do, do it with the intention to create joy and a more fulfilling experience for yourself. Please understand that we are not saying DO NOT do these spiritual practices! No, what we are saying is do not feel bad if you choose *not to* or don't succeed. If you do not do these things, you are no better and no worse than someone who is doing these things. Meditate to your heart's content, eat a cheeseburger, watch a movie with someone, listen to your favorite music, read a book about OBEs. The choice is yours and yours alone. ENJOY your life! This will do more to help your personal spiritual progress than anything. It's YOUR life. No one can live it except you. Don't try to live someone else's life. Discover who you are and what makes your heart sing. The path you clear for yourself is the perfect one for you and the only one you need.

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Talk to you soon!

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