

“IT DEPENDS IN WHOSE HANDS IT IS”

By Rev. Toni Brasted, Ph.D

I have been guided by the spirit to share with my readers my personal learning experiences. “Everything you learn that is helpful and dear to you is also helpful and dear to thousands of other people”.

A few nights ago I went to bed physically tired, but could not sleep. I had too many worries, and I spent a great deal of time, tossing around, and brain storming to find solutions. When finally my tired body gave up and I fell sleep, I had a beautiful dream, so real and so detailed, that when I woke up the next morning, I new I had to share it. In my dream, a beautiful angel named Ariel approached me carrying a huge golden tray, and he said: “Dear child, why have you spent so much of your precious sleep time trying to solve those issues that you already know you can not find a human solution to right now? Let’s take it to the one who can... See this golden tray? Place in here all your worries.” And he guided me to name each, one by one.

When I was finished; he said, “Now rest and recover my dear child I will take it all to God’s hands” I woke up in the morning, remembering all details of this dream and with a profound inner feeling of happiness and ease. Did the problems miraculously disappear? No, but I feel that I do not have to worry anymore. I guess it is important where things are placed, within what ‘hands”. A baseball ball in your hand may not be very important, but the same baseball ball in the hand of a professional baseball player, can really do something with it. Or possibly a surgical knife in your may have limited uses but in the hands of a heart surgeon, miracles happen. So, why do we still try to hold in our hands those things we can not handle? Why do we still hesitate to go to God and say: Here it is. I can’t handle it. I know you can make miracles happen with this. I also know that the outcome always will be for the highest healing and the highest good. Please help me God. I wonder if the reason we still fight to resolve things on our own is our firm belief that whatever is tried, won’t work. We have much investment in our beliefs and thus we have much investment in our blockages. When we keep experiencing difficulty in a particular area, it is because we have the belief that healing won’t work out for us.

Strange as it may see, we are sometimes proud of the belief that certain things don’t work out for us. Some of us are even proud of our consistency. We are proud of the fact that no matter how hard we try, certain areas just can’t be healed. Anytime we are stuck for any length of time, it is because we are certain that this difficulty “will not work out anyway”. We even seek assistance in order to prove that whatever solutions are presented. “I’ll try it, but it won’t work.” Some of us have variations on this theme. We believe things won’t work out

unless they are done a certain way. They won't work out without a struggle or without pain. Some of us believe that things won't work out unless we do them ourselves. How many times before we try anything do we say, "This isn't going to work." How many times have we been right about this?

In any situation where we are experiencing difficulty, we may ask, "Am I addicted to the belief that this won't work out for me? If so, would I like to be wrong about this belief?" We have never really questioned how many things we insist won't work out. Our families will never listen. Our work will never be appreciated. We will never find a healthy relationship. We will always be fearful. We get so caught up in trying to get rid of our difficulties, that we forget our focus is God's Ease, God's Solutions. We have such a condition that we cannot get on with our lives until certain things are resolved, that we keep ourselves trapped. What if you could have peace; even if you are experiencing a 'block'? even if you have not gone beyond your "challenge"? The peace of God is unconditional. It is not conditional on us meeting any challenge or getting rid of any difficulty. It is much easier to have our 'blocks' released coming from a state of peace. It is much easier walking through any challenge coming from the gift of life's flow and possibilities. God's gifts are here now. We don't have to wait until we get rid of our "blocks" in order to experience these gifts. When we are focused on the wall, we will not see the doorway. If we cannot change our focus it is time to take our challenges to God and let him take care of them for us. After all, why should we stay awake worrying, when we know that God is going to stay awake all night anyway? God loves you, so do I.