

Cycles of Intent

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Everything around you is a gift. Even situations that seem difficult or harsh are, in fact, teaching you something. There are times when you observe someone encountering challenges or negativity and such situations can be difficult to watch. Yet, you should be aware that from a distance you are actually observing that person's Journey into spiritual freedom and awakening. Such a Journey is an inspiring thing to witness.

People in the darkest experiences of the Universe are caught up and consumed by a cycle of negativity. Their ongoing darkness creates more darkness—be it on an emotional, energetic or physical level. But in rare cases a person can, simply out of faith, cease activities that prolong the cycle of negativity, thereby effectively cutting the cord that draws them back into darkness.

It is easy to see why this is difficult, for the entire process relies on a tremendous amount of faith. When someone is used to living in a difficult way, he or she often has no experiential evidence to prove that there is any more fulfilling way to live. Considerations for improving his or her life must be based on nothing more than faith that the sacrifices will pay off eventually. In addition, new positive life habits must usually be followed for a long time before one can even determine if they are actually effective.

It is during the interim period—when there are no visible results but positive Energy is nonetheless beginning to gain momentum—that most people fall out of the cycle of Intent and get sucked back into negativity. It is a rare person who can effectively break the cycle of negativity and evolve. When you see someone who is able to fulfill an Intent to be healthier, love more fully or connect more deeply to Divinity, you are looking at someone who truly deserves your respect. Such accomplishments are rarely acknowledged but growth from negativity into Light is a powerful attainment, nevertheless.

Know that as you live in faith and break out of your own cycles of negativity, others will be inspired to seek better lives for themselves. You may never know it, but by your example others may be uplifted and encouraged to grow, as well. In this way you realize that your dedication to spiritual Evolution impacts not only your life, but that of everyone around you. You become an inspiration to people you may never know. What better reason is there to grow?

- L. Taylor

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