

Who Do You Believe?



We get so many mixed messages these days about what we need to do to support the aliveness of the planet that I get confused on a fairly regular basis; at first glance it seems that everyone is contradicting each other. So whose truth is the true truth and which information should we believe?

Comedian George Carlin who recently transitioned once said that he believed that the planet is just fine because if we humans got to be too much of an irritant, the planet could just shake us off like so many fleas. He then went on to say that the question for him is 'will we survive ourselves?'

In his life changing (and out of print) book 'Walking Between the Worlds: The Science of Compassion,' author Gregg Braden provides a mind bending account of how the outer world is a direct and profound reflection of our inner worlds. I used to think I understood the mirror affect until I read this book – it literally changed my life.

Braden expresses in very clear terms that the world we see is a direct reflection of how we feel about ourselves, our world and life in general. The key to the mirror effect is in what perspective (beliefs) we have chosen to hold and in what choices we make as a result of that perspective.

Using the ideas presented in Braden's book, Carlin's take on our situation begins to resemble fact and offers far more hope than most scenarios being offered today.

The drama that is playing out here on planet earth right now becomes an opportunity to grow and evolve as a species; an opportunity to choose a different perspective and make different choices. The most obvious perspective that needs a little bit of attention is self respect; it's time we learned to love ourselves so that that love can become part of our outer world and be reflected back to us.

Imagine what the world would be like if everyone loved themselves? A loving being would never do anything to damage another or its environment. A loving being would care to leave every space, person or situation better then it was when they arrived.

And again, who's to say what would constitute a loving action or thought?

Here's where the answer gets simple. :-) Believe yourself. Follow your heart. If we each become conscious of how we feel in our heart every possible moment of the day, the planet and ourselves will be a reflection of love. The heart is the organ and symbol of love for good reason... Because it is the space through which we feel love.

If we continue to run on default, nothing will expand or change. Conscious choices are the most important thing we can do to expand aliveness on planet earth because conscious choices are based on love, respect and our own ability to choose in each moment what we want to be and see in the world.

What are you consciously choosing today?

In Gratitude for Choices

Kat McCarthy

[Email Kat](#)