

The Zen of Being Human 11-11-11

How many of us truly appreciate the outrageous experience of being in a body at this most propitious time in the development of human Consciousness?

For us, who are Immortal Spirits, to be residing in a human body at *any time*, is such an exquisite experience. Even when things aren't going our way, we can still take the time to appreciate the full spectrum of human Consciousness we are capable of feeling, from our deepest grief, to our highest love-filled experiences.

When we love, do we love well? When we mourn, do we mourn well? When we make love, are we totally present and vibrantly alive? When we make dinner, do we include love in the recipe?

Are you fully present and accounted for or do you wander aimlessly through your life? When you cuss, do you allow yourself the full expression of your torment? If not, why not? What is holding you back?

When we take our last breath in this lifetime, will we leave with a full belly of wonderful experiences, a smile on our face, and an appreciation for a life, our life, well-lived?

Regardless of how far down you are at this very moment, know that you are Divinity incarnate. You are a Holy Being full of love and adventure. The goal is not to be 'blissed-out' all of the time, the goal is to appreciate your life, the people in it, and *all* of your experiences. To really feel down to your very bones, the good, bad, and the ugly of being human, is what it's all about.

All of your experiences, crushing or exhilarating, have made you an incredible being full of depth, heart and soul. Fearlessly express yourself. Appreciate, and have compassion for yourself. Truly enjoy yourself. Taste the salt of your tears and savor the love that is already present in your life.

In appreciation for each and every one of you,

Amara

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