

## Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is “Living within the context of others”. Living within the context of others is the real Pandora’s box. Because when we are living according to someone else’s design we have allowed ourselves to be put in a box where only lower energy will proliferate. “All of the evils of the world” that Pandora let out of the box are only expressed through ourselves when we are out of balance. When we live within the context of others we are sure to be out of balance and thus allow all of the apparent negatives of the world to afflict us. So, let’s further discuss what it means to “live within the context of others”. It means we aren’t living the life we would design for ourselves. It means that ever since we, as individuals, have been on the Earth, we have been formed and have learned to conform. But what if we don’t fit in the box provided? Do we just get a bigger box? Learn to fit in better? Of course not, not if we really want to live freely, according to our own spirit’s needs and desires. A box is a box, no matter the size. We would still be boxed in. And being boxed in, we find balance to be evasive and we then fall easy prey to the negative emotions so common these days.

Why does it matter that we live our lives freely, with total free will to choose our own personal path? Because, when we don’t “walk our path” we become stagnant. And when we become stagnant we become unhappy. And when we become unhappy we will easily become “the victim”. And when we become the victim, we become vulnerable to all the lower vibrations. Continuing on this path, one finds one self not only unhappy and feeling like a victim, we will soon find our selves unhealthy as well. The downward spiral continues until we realize that all we have to do is start making wise choices *for ourselves*. Making wise choices that will afford us to live our own lives, freely, will reverse this flow to a free flowing, upward mobility of energy, leading to a higher vibration of health on all levels.

Levels. Let’s talk levels. Levels of what? Levels of us. Understand, we are all made up of several levels or layers of varying density. We have our energetic level; not very tangible to most people. We have our emotional layer; a mental; and of course, a physical, very tangible layer. They only vary in the speed of their vibrational rate. The slower the rate, the more dense or tangible something is. AND, THEY ARE ALL CONNECTED. We cannot affect one layer and not the others. Many refer to the connection as Mind, Body, Spirit. Why do layers matter in relation to living within the context of others? It matters because when we try to build our selves based on ideas given us by others, those ideas don’t “fit” our spirit and therefore we build on a faulty base, kind of like the house built on sand. It just isn’t stable and will soon fall. To be strong and healthy on any level, we have to build on solid ground. We build layer on layer beginning with the less tangible, etheric layer. This is the layer all other layers will originate from. And once again, this is why it matters what we allow into our energy fields. For instance, the smell of a brownie can make one salivate. Right? Well so can thinking of smelling a brownie. Someone special to you wears great smelling cologne. You pick up the scent on someone else and you smile, thinking only of your special friend. It is so important to remember, we imprint with feelings and our feelings about something or someone will determine how we will act in the future. And if that someone is trying to determine our future we will come to not want to be influenced and then we will have to choose to live for ourselves or not.

So... to stagnate or not? Seems an easy question to me. It is the answer that can be tricky. How does one live their own life with so many outside parameters involved? By being constantly aware of our choices and why we are making them, we can consistently move forward in the day-to-day progress of being who and what we want to be. First though, we need to have a quantum, spontaneous acceptance that it is *expected* of us, on a soul level, to be who *we* are. We all came with lessons, goals and work to manifest here in this world. We didn’t come to do someone else’s bidding. You either work to make someone else a good living or you work to make your own.

Today, right now.... consider how we can change any aspect of our self-acceptance and appreciation of what we have to offer as us. Remember Thoreau. It is okay to walk to our own measure, our own beat. It is imperative. And when others per chance don’t get it, remember...they use the electricity in their house although most of us don’t have a clue as to how to wire a house. Just carry on. Flip the switch, not the bird. Accept that sometimes there will be those who will never “get” us. Remember also, their opinion of us is not any of our business and carry on. Carry

on being you, for you. It is how life works. When we live as we should, as our selves, our flow within the universe is smooth and is free of wake. This affords us clear vision. And clear vision is what it's all about, because clear vision will allow us to see we just need to be "Me".

Question of the week: Does buying organic really make a difference?

Answer: Absolutely! When you are not buying organic you are, at the least, allowing for the pollution of the Earth with toxic synthetic and pesticides. It absolutely matters!

Book of the Week: *Deviant's Advantage*; Mathews, Ryan; Wacker, Watts; Crown Business; 2002

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to [sheryleaglewoman@livingresponsibly.com](mailto:sheryleaglewoman@livingresponsibly.com) for "The Question of the Week".

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