

I have decided to send four short lessons a year to people who are interested.

As I announced before I have considerably reduced the address list for invitations to seminars, even though the list for general circular letters from Living Spring remains as before, with a few exceptions. The lessons will be mailed only to persons on the shortened list (note: this has changed since the website opened).

This first lesson is about CHOICE


I am sure it is not new to you that you choose constantly. Or is it? Constantly means: **every moment**.

- The moment you raise your hand to scratch your head you make a choice,
- any moment you react to a situation you make a choice,
- you constantly choose to speak or remain silent,
- you choose resistance or acceptance,
- you choose truth or lie,
- you choose acting or not-acting,
- you choose being true to yourself or betraying yourself,
- you choose controlling or letting go,
- repressing or facing things,
- you choose dream (sleeping) or reality (being aware).

And above all you choose what you want to see and how you want to see it.

As long as you are not aware of your constant choosing you will not be ready to accept the consequences of your choices. And only to the extent that you are conscious will you be open for the consequences, will you take responsibility for them and look into the cause for the consequences created by your choice. The more conscious you become the more joyfully will you realize the possibility and opportunity **to choose anew**.

Here is a simple example, and only you can answer if it is applicable to you:

Out of the blue -  - a woman suddenly experiences a desire to sing in a choir but is neither able to read notes nor does she believe that she can sing. As soon as this desire appears all the mechanisms also appear to talk himself out of this seemingly senseless idea and to prevent himself from attending the choir. Even a first step is not taken, such as seeing the leader of the choir to talk with him about your desire and dilemma. The possibility of unfolding is discarded ungratefully and stifled immediately by arguments that “make sense”.

Human choice can be perpetuated only by two feelings: fear or love. Here “Love” does not mean being nice but gives meaning to the integrity of the heart where love and absolute truth are merging.

The truth that

- Life/God is eternal and indestructible
- All forms/images are perishable
- All illusion leads - without fail - to disillusionment
- Truth is unexplainable and does not need defense
- Truth and love are one

Every choice which is not made from integrity but from fear influences and impairs not only one's own emotional wellbeing but that of everyone. And I mean **everyone**. All choices made from fear also influence and impair bodily functions and wellbeing; they eventually create disease.

Here are some tasks:

Find three situations in your recent past (or ask for one – you will know if there is still something to do) when **and where your choice did not conform with your integrity**, for example

- Did you remain silent when something wanted to be said?
- Did you speak when you had better remained silent?
- Did you make a visit which you actually did not want to make?
- Did you not phone someone although you had an urge to? - (even if you did not know why)?
- Or something else?

By the way: Integrity does not come about because of fear.

Integrity neither imprisons you nor will it let the horses bolt.

You cannot make integrity; it rather comes from letting go off control.

Integrity is humble.

1. Reflect the situations and find out which choice would have been one with your integrity (being rational does not help here) and why you **did not** make that choice.
Be honest with yourself!
2. Make yourself aware of what influenced your choice and which things (results) you attached to it.
Was it worthwhile?
3. Feel also into your explanations for your choice. What are these explanations based on, which understanding/misunderstanding is at their core?

Make a new choice!

I am quite willing to help you with questions coming up.

If you do not wish to receive these letters please let me know.

I greet you with His Love

