

Wouldn't It Be Nice to Begin 2012 Free?

by Toni Petrinovich

Good grief! Free? You can really begin a new year and feel free – body, mind and soul? What would that mean and what would it feel like? Have you actually ever felt freedom before?

I know I can answer that question for you because, *no*, you have not felt freedom before since you are still walking around feeling burdened by this and that within the physical illusion of earth. And I really mean everything in your life is fair game here because absolutely every person, place, situation, object or desire you believe is important to you is not important in the way you *believe* it is. You only think each of them might be because of some benefit you believe (don't you just love that word – *be* and *lie* with a little *eve* at the end?) that you will gain something from it, him, her or them. My goodness; what a confused betrayal all of that is for you as an energetic signature of Source in form!

Then of course, there are all of the aspects of life you believe you want – a good relationship, a financially fulfilling job (should that come before relationship?), a warm, comfortable home, plenty of food, people who like and affirm you, children who do what they are told; the list is endless. If you don't have one of those contributions to your “fulfilled” life, you are very distressed, unhappy and generally frustrated by life in general. Something is wrong! You deserve to have everything you are told you should want because, after all, isn't that why you are here? To have all of this along with what you prefer to call the “spiritual life” (they're not separate, you know)?

Well, first of all, everything above is window dressing – yes, everything. From your beloved relationship to the food you put in your mouth, you have created an attachment to what you believe is due you and when you don't “get it”, you feel under-served, left out and generally miserable. What if all of the extraneous accoutrements above-mentioned were just that – extraneous? What if these were absolutely negotiable points in your life once you were free? What if, in fact, they came easily once freedom was put first? What if? What if, as God in form, all you had to do was let go to get it?

Oh, whoops, I can feel that fear knot starting up in your belly. “Do I have to lose everything I believe is mine to be free?” you ask yourself. The answer: You don't need to lose the “thing”. You want to lose your attachment, your *need* for the *thing*. Then you are free and in that freedom do you recognize your enlightened state. It's easy and it's even easier than it sounds. Let's take a look:

First, you have to be willing to walk away from the person, place or thing to lose your attachment to it. Now, hold on, I don't mean you have to leave your family or your job or anything else. What I do mean is that you have to be willing to walk away from what you believe your family, job, friends *mean* to you so that you can see what they actually *represent* in your life. This is a negotiable tenet from which you can work and it is easily recognized when you begin to dismantle all of the confusion you have allowed to build up during your life about your attachment to earth.

The basic premise from which you are living life is always that which your parents instilled within you and they got it from their parents and on and on. Freedom in your heart, mind and

soul means letting go of the need to have the same desires as your parents or authority figures and creating an entirely new template of understanding for your life. This means that you take the time (this is the important part!) to sit down and look at how you are living, what little tendrils of attachment have ultimately connected you to all of the weights in your life and simply take that pair of cosmic scissors and snip them away – free. After all, you *are* God.

If you are not able to say, “No” to holding on to the 100 lb. weight that holds you bound to unhappiness, misery and despair, how are you ever going to feel the freedom you yearn for more than anything else? This is where you must enter into negotiations with yourself. After all, there is only you and yourself sitting at the bargaining table and that table is all light.

Ask yourself this question: What do I need to do to feel the lasting respect I want to experience in my life? How can I respect myself more? This is a very slippery slope because once you begin to name the places in which you have lost respect for yourself, you see every place that you have literally erected a bar in your personal prison cell and you also begin to understand how to dis-create that cage for yourself. You are the one who knows what type of respect you desire and you must first give it to yourself by letting go of all that does not respect you as spirit in form.

So, back to the inner negotiating table: What are you willing to give up in order to earn your own respect? Do you know that your authentic view of yourself (read that “respect”) is equivalent to being free? This is your enlightenment and it, too, is free.

Why? Because when you hold yourself to be first and foremost in your life then you lose the desire to acquire. **You** are enough for **you**. **You are enough . . . period.** Then whatever else you desire does become only window dressing (and spectacular dressing at that!) and you see it as such. Now life becomes fun because you no longer feel the need to figure out how to get him, her, it. They simply arrive in your life floating in on the wings of freedom you have created for them by releasing them into their own freedom.

This is exactly how to begin 2012 free of the burdens, attachments and justifications you have created over your long life that are holding you down. They are the proverbial burden that keeps you from sitting joyously on your own mountain top enjoying the view 360 degrees in all directions, in resonance with all that has manifested.

So:

1. Sit down and make a list of everything that you feel you must have in your life;
2. Look at why you believe it is necessary;
3. Think about how free you are when it/they are not *necessary*, simply aspects within divinity;
4. Let go of the attachment you hold to it/them so that your soul may float free, and
5. Invite it/them to join you in your newly found freedom.

Begin 2012 feeling the true respect you have for yourself in the Divine form you incarnated into within this dimension. When you loosen the tendrils you have tying you to the ground, even the heavens above will be unable to contain you.