

Life Provides

Written by Gina Lake
Friday, 29 July 2011 09:05

The ego focuses on what it wants that it doesn't have and on what's missing. It sees the glass as half empty. The ego was programmed to be this way, and it serves some purpose for survival. But the ego misses the truth: Life provides. Life doesn't provide everything the ego wants, but it provides what we need to fulfill our higher plan. Life is not about getting what the ego wants, although the ego would like it to be, but about learning, growing, and returning Home to love. For what life was designed to do, it is very dependable and trustworthy.

It's a good thing we can't trust life to give all of our egos what they want. What kind of a world would that be! Everyone would be rich, beautiful, young, and powerful and have everything they wanted. Perhaps the Creator made a world like that somewhere, but this isn't it! So we have to accept that. And, truly, that wouldn't be an ideal world, would it?

It would be wonderful if everyone were fed, clothed, and housed comfortably, and this would be more possible in a world that wasn't so ego-driven, in a world where we regarded others as equally valuable expressions of our own true Self. The ego has created a world with a lot of inequality, human rights abuses, environmental degradation, violence, and war, so let's not blame life for the damage and harm the ego has done and continues to do. Life on earth could and would be more wonderful for everyone with Essence at the helm instead of so many egos.

If we change any beliefs we have about life not providing to the belief that life provides exactly what we need, then we can begin to realize how very true this second statement is. We can begin to notice how beautifully life does provide what we need, and often even what we want. If, on the other hand, we believe that life doesn't provide well, then life will seem that way. That belief, like most beliefs, creates a particular internal experience of life, specifically, an experience of lack and discontentment, which affects how we are in life and what we do and consequently how we experience life and what we create in life.

If you want to change how you experience life, then you have to change what you believe about life. If you believe that life provides what you need, which happens to be true, then that's what you will experience. You will give life a chance to show you how it does do that, and you'll notice the ways that life already does do that. Then gratitude and joy will be alive within you, and they will fuel the creation of the life you want. With no negative beliefs to stop you, there is nothing left to do but follow your Heart and create the life you were meant to live.

Life provides in small ways and in big ways. It's important to notice the small ways because they aren't as insignificant as we might think. Many of the gifts life offers may not even be recognized initially. For example, I recently had tendonitis in my arms from too much computer work. A friend of mine that knew this had just discovered something that reduces inflammation because it had worked on her knee, so she excitedly told me about it. I dismissed her suggestion, thinking I'd be fine if I just rested a few days. After a few weeks, I realized how serious my condition was and began taking the remedy and immediately improved. And here I am writing again.

Life Provides

Written by Gina Lake
Friday, 29 July 2011 09:05

Life provides. I'm sure you can come up with examples from your own experience of help arriving just when you needed it through information on the internet, a book, a friend, someone just showing up, or some other means. The Whole takes care of itself this way. Apparently, the Whole was agreeable to me returning to the computer. If it hadn't been, I may not have found a solution when I did.

Here's another example. Yesterday, a young couple came over to our house to express their gratitude to my husband for telling them about a healer named Braco, because the woman's sight had been corrected after traveling to Las Vegas to see this healer. That was a wonderful enough example of life providing, but they had another interesting story to tell about this trip.

They were staying at a campground in Las Vegas because they didn't have any money, but it was extremely hot there. They happened to meet a man from India at the campground who, after noticing how hot they were, said: "I accidentally got a room at a hotel with two king size beds, and you're welcome to stay with me." Although they were a little wary of this offer, they decided to accept it. Then, the man handed them a one-hundred dollar bill and told them to go shopping for food and bring it to the hotel. In the hotel room, they had a wonderful feast, which the couple was very grateful for, since they hadn't eaten for a while. At bedtime, the man laid his wallet, keys, and cell phone on a table and said, "Take anything you need. I'm going to sleep." Of course they didn't take anything, but that's how trusting this man was!

This gentleman graciously provided the couple with exactly what they needed, without them even asking for anything. This is Essence in action. What a gift! And this story of how life provides was just what I needed today for this chapter!

[From *Trusting Life: Overcoming the Fear and Beliefs That Block Peace and Happiness* by Gina Lake](#)

Life Provides

Written by Gina Lake
Friday, 29 July 2011 09:05

