

# Back To Basics By Chris Thomas

Change is upon us. The problem is that most of us are too busy fire-fighting our lives that we have difficulty sorting out just how we are changing. In order to understand ourselves, and our place within this change, we need to return to some of the basic truths of who and what we are. In this way, we will be better able to steer our way to the future.

As humans, we are used to thinking of ourselves as physical bodies with some kind of extra bit we call a soul. But this is a false impression. What we really are is a soul that is 100 million years old and our soul has build for itself many physical bodies over the course of human history. As each of our many lifetimes has ended, we have merged with our higher soul aspect to review our successes and failures in the physical life we have just ended. With that process of review completed, we then plan our next physical life.

Everyone who is alive on Earth has undergone this process many times with each successive lifetime planned to provide with new experiences as well as to re-live some of our past failures in order that we complete the lesson our soul chose to learn. In this way, each new physical life is lived as a mixture of clearing out past failures, lessons we did not learn, as well as learning from the new experiences our next life will provide us with.

Nobody directs the actions our souls take – every action is chosen with full and free choice. It is how we, the physical body, react to our soul's choices, as we encounter them in life, that determines how straight forwards our lives are. If we stray from our soul's chosen path, we receive hints from our higher self in the guise of an illness – we return to our chosen path and the symptoms heal themselves.

All of the main choices we are faced with in life are chosen by our higher selves before we are re-born into our new bodies as babies. Babies and children are souls of the same age as we are, they just inhabit younger bodies until they become adults. Who our parents are, who our siblings are, the country we are born into, our way of life, our means of earning an income, who our lovers will be; all of the main aspects of our new lives are worked out *before* we are born.

This is something that we really have forgotten about – everything we do in life, our way of life our nationality, is all pre-determined BEFORE we are born. It is very easy to become distracted by the plight of those who live in other countries as we often compare their way of life with ours. If we consider that they have less than we in the west do, we become concerned. In doing this, we are making a judgement on the lives those others are living and who are we to make judgements in this way? The old Native American saying is something we really need to pay attention to: “before you judge someone, walk a mile in their moccasins”.

This is not to say that we should not be compassionate or that we should not care. What we should be doing is finding a balance. Having spent thirty years working with people's health problems, there have been many times where it was very tempting to step over the line and try to take on the problems my clients were having in their lives but, I had to draw back. No matter how much I might have wanted to cross that line, the reality is that the situations that had arisen in my client's lives were as a result of their soul's choices and all that I could ever do was to help them understand the choices that they were faced with whilst doing everything I could to heal their ailments.

As we undergo this process of change, we become more and more aware of the plight of others and it becomes increasingly tempting to try to step in and solve their problems for them or allow the compassion we feel to distract us from sorting out our own problems. What we need to do is to find the correct balance.

To give an example. The farmers in India have been under huge pressures by the GM companies to only grow GM crops. The Indian government and banks increased that pressure by insisting that bank loans to buy seeds were only granted to farmers who agreed to plant GM crops. Traditional seeds (non-GM) are 10,000 times cheaper than GM seeds but, faced with bank and government pressure, Indian farmers planted GM instead of traditional crops. Consistently, the GM crops failed or produced much lower yields whilst at the same time requiring 300 per cent more water and huge quantities of herbicides and insecticides. Many thousands of farmers became bankrupt and committed suicide by drinking pesticides. But, by people in Europe rejecting GM products, the pressure has now come off the farmers and they are able to re-plant using their traditional seeds. This is where balance lies; by rejecting to buy GM products, we in the west have helped to save the lives of Indian farmers and improve their lives immeasurably.

This is compassion in action. We are not physically able to step in and alter the lives of these farmers, no matter how much we might want to, but, by forcing the GM companies to cut back on their crops, lives have been saved and livelihoods saved.

We need to remember to think before we act.

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