

# Inner Support

In this day and age how do you solve problems? Where do you go when you can't work something out yourself or you just don't know what to do? There are many options for us in this modern world, and we can be thankful for many of them, but this article promotes one which seems to have been relegated to the background and is potentially one of the most effective.

The support I am talking about comes to you from within after a period of relaxation or introspection. This process can be called 'prayer, faith and understanding'. It is listening, tuning in and receiving answers which give you clearly the way to move forward. This process results in the 'click' when you understand, the aha moment when you know what to do or the sigh when you realise the truth about a situation. It comes from within and not from outside of you. You do not have to put religious connotations around this. It is the natural internal intuitive process that is important.

I remember at school when learning maths I would try and try and not quite get it, and then I would just get on with my life. Then one day seemingly out of the blue, it would all fall into place. It had 'clicked'. This learning process was half done by me and half done to me, through something larger than me, all I had was the awareness that the understanding had come. I strived, then let go, and the understanding came.

When we only focus on the striving, missing out the intuitive internal process, imbalances in our life occur. Modern western civilisation at present focuses on the striving side, and you could not accuse us of striving too little! We strive so hard for a good life, we listen to the experts, we try to eat right, try to exercise, try to work and look after families, try to keep tidy, try to not break any laws, and try to keep our relationships steady, try to be good.....exhausting.

But we do not, and cannot, do it all on our own. That is too much pressure for anyone. There is a unique purpose for your life, a unique expression which is yours alone, and the full expression of this is supported by the very world we live in. The thing is sometimes we just have to 'Let it Be'

Prayer and Faith connect us into this support system, the essence of all life that supports and guides us, some call this God. This invisible essence keeps the universe ticking over and in balance. It is the essence that makes the sun come up, a baby form in the womb and good to win out in the end.

This essence not only forms us and but also supports us with our dreams, hopes and points the way to our happiness. It gives up purpose and clarity. You can relax into and trust this essence and learn from its wisdom. This wise and true support is always available.

This essence was the one I relaxed into with the maths problem; it's what Einstein relaxed into in his bath before one of his most enlightened revelations, and where all old prophets received their guidance.

It is ever present and we need to tune into it if we are to live balanced, happy and fulfilling lives.

With the overwhelming focus on technology and medicine in the western world the balance has shifted from our natural balance with the world. We can lose our natural rhythm with the world unintentionally but this imbalance can have negative consequences through all avenues of life.

I remember hearing a vet talking once about a dog which was quite sick. The vet could see that the dog needed exercise but the owners didn't want to hear this as they didn't have time to walk the dog, they wanted the quick fix and were demanding drugs.

Some of humanities woes have simple answers but people will need to take a larger view, a more holistic view, with God at the centre. Prayer and Faith can get us back to our natural balance with the whole. The confirming 'click' is the understanding of this connection.

The first commandment "Thou shalt have no other Gods before Me" explains this so well. If we get the first and most ancient connection right, everything else will fall into place.

This is why in the future, meditation, contemplation and connection with the natural world will be made much more important and will balance the new technology wave. Technology is great and is moving humanity forward but this needs to be secondary, balanced against the whole.

So try this the next time you have a problem on your mind; let go of the striving, just take some quiet time, go for a walk in nature, read a spiritual book, do some quiet stretching and let the wisdom around you 'feed you', increasing knowledge and understanding in your life and gently pointing out the true way forward.

You have unique purpose to fulfil and only you and God know the way to its full expression. Listen, be open, follow inner guidance and you will be supported by the greatest invisible intuitive natural truth of the world all the way home.