

## ***IndigoNews 2007 .4***

### **About the Nature of Spiritual Guidance**

#### Part -3- Being upgraded and learning opposites

##### Working with guidance

After these words of warning (part -2-) we can embark off the path of working with guidance. Your guides, whether or not you know them, are always taking care of you. Like parents, they will take care of everything that you have not yet learned to take care of by yourself.

So it may be that you are suddenly “upgraded,” which means that you can do it by yourself and with free will now. You have choices to make and new things to figure out, which creates some havoc, often even major havoc. Everything seems to fall apart.

You have to start “remembering” how to do it, what "it" is, and how to stay focused. That is what happens if sudden things in your life do not seem to work anymore. You are upgraded and need to ask the right questions and make mistakes here and there. It happens with being alone, it happens with work, with partners, with children, with relationships, with your health. It happens with your religious life.

##### Growing one step at a time

Your guides will always keep you safe, and will not let you alone in things that you cannot handle. You are growing one step at a time. Sometimes you need to “remember” from another lifetime how to do it. Oftentimes your spiritual guidance changes, some "teachers and caretakers" are leaving and new "spiritual mentors" come in.

You may feel really sad or angry because something left you. It is true. Some of your old guides really left you for a new assignment. It is like a sweet teacher you loved has gone. A familiar voice or sense within you is not there anymore. It may feel like suddenly being in high school where you are the youngest of the "group" and not the oldest, biggest or wisest like you were in your former school. Everything is different, nothing feels familiar anymore. You need to find your new guides and connect with them.

##### Being upgraded

Being upgraded can be distressing times in a human life, when a lot of things seem to fall out from under you. Your normal routine does not work anymore. People are leaving or are changing, appliances and cars fall apart. You are faced with situations that you never had to deal with before.

Take as an example getting your drivers license. The spirit world does not give

you something written with your picture and signature on it. What you are suddenly licensed for is something you have to figure out by yourself.

So you are sitting there waiting to be picked up and driven to where you need to go and nobody shows up, worse even, you forgot that you had to be somewhere because your “driver” always remembered your schedule and told you what to take with you. You are getting in big trouble.

When you have always been driven around you don't have to remember your schedule, you can sleep in the car or look out the window. When you have your drivers license, nobody is going to drive you around anymore, especially not when you are too lazy to drive yourself. You need to borrow or buy a car, you have to get gas, you have to know the directions, and be on time. Drive and pay attention. You cannot fall asleep and arrive where you need to be. That is being upgraded.

#### Free will and responsibilities

With a drivers license (being upgraded), you suddenly need to remember where you wanted to be. Or decide that you do not want to go “there” anymore. Nobody tells you that you Have To Go. You need to make decisions, learn to do a lot of things that you have never done before and that seem unrelated. Like having to make car payments, and thus earn money, while you are still sitting on the couch waiting to be picked up and transported to go to your dance lessons. Of course you are getting more and more upset afraid and irritated. Getting your drivers license -- being upgraded -- gives you more Free Will choices and more responsibilities.

When on a spiritual path, this happens a lot, in all kinds of unexpected ways. It makes sense to ask you guides, or Higher Self, have I been upgraded? Then you know what process you are in and why things that never took any effort before suddenly may seem difficult, confusing, fear and irritation provoking, dangerous, and a lot of work.

#### You did not do anything wrong and you don't need healing

Being upgraded is a part of spiritual guidance that is hardly understood or talked about. It is handy to know that you did not do anything “wrong” and you are not being punished. You just got some graduation papers and may start a new part of your life. It may create some loss or mourning because Mommy is not driving anymore, or you have to leave the school you were in for 5 years, but hey, it is a wonderful new day. You can plan to drive cross country if you want to.

Many people misinterpret this phase as a depression and treat it like something that needs to be healed. You really do not need to heal from being upgraded. Anxiety is part of doing new things, so you do not have to hang on to that one either. It is really sad that so many people get stuck and go through their lives with psychological labels and other “medication” that can be traced

back to a time in their life when they were upgraded. The good thing is that they can “remember” their drivers’ license. Start “driving” and let go of the labels, even when you became a lot older in the mean time. It is never too late.

### Ask, Ask, Ask

When you are upgraded you need some good guidance, figure out what you desire, be willing to unlearn some old things, and learn new things (not the same old things). A good cry and a safe place to have a temper tantrum every once in a while helps a lot (and who does not need that). Ask for guidance, ask and you will be given. There is no way to totally figure out what is really going on when you are in the midst of learning all these new things. But remember you did not do anything wrong and you are also not stupid or a failure.

You were just being upgraded! You might as well celebrate and anticipate good things in the midst of all the turmoil.

### The learning of opposites

Another part of spiritual guidance is the learning of opposites. When you are good in saying Yes, there comes a time when you need to learn to say No. When you are very empathic, you need to learn to set boundaries. If you are good in setting boundaries, you have to learn to be empathic. If you are very male, you have to learn to also be female. When you are very female you have to learn to be male. When you are a good giver, there comes a time when you need to learn to receive. When you are very intuitive you need to learn to be rational. When you are very rational you have to learn to be intuitive. And so on, and so on.

The learning of opposites has to do with free choice. You cannot make a real choice if you can only do one thing (of the opposites). So you have to learn the other part of the same coin. If you know the light you have to learn the dark. If you know the dark, you have to learn the light. When you know how to listen, you have to learn how to speak. When you know how to speak, you need to learn how to listen. When you have learned to work with both the opposites you really have the free choice how and when you are using what. We are living on a free will planet. Ask your guides if you are currently learning an opposite and which one. The moment you have mastered both “sides” you will become in balance again.

To be continued with part -4- of “About the Nature of Spiritual Guidance”

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