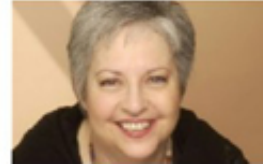


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Living on Earth from My Soul's Point of View

by Barbara Schiffman, ARCT, CHT

Your Life & Soul
Enjoy Your Life & Evolve Your Soul



“We are not human beings having a spiritual experience; we are spiritual beings having a human experience,” said French philosopher-scientist and Jesuit priest Teilhard de Chardin.

This simple yet profound concept has been quoted by inspirational authors from Stephen Covey to Wayne Dyer. But as we move into 2012—widely predicted as a year of shifts and hopefully of conscious evolution for humanity—we still seem to be tribal warriors conquering coveted geologic, ideologic, sociologic, relational, and spiritual territories by sheer force.

To me, humans as “spiritual beings” implies aligning with Trust, Peace, Love, and Unity, and taking actions accordingly in our daily lives. These positive traits are not always easy to see in the world today, however, especially in our national and global interactions. Our highly sensitive and very human “emotional buttons” inevitably get pushed by words and actions we consider “negative” or “wrong.” So we strike back to soothe our bruised egos by expressing our “correct” points of view online, in our blogs, on TV, or in print—or at least in the silent privacy of our thoughts.

De Chardin's insights come to mind whenever my emotional buttons get pushed or I react out of frustration. I'm glad this occurs less often as I get older and hopefully wiser as a result of consciously “working on myself.” But as I open up to bigger and bolder opportunities, Life doesn't seem to get easier. In fact, as new challenges arise, new “buttons” seem to get pushed.

I've always been spiritual and regularly participate in ceremonial, meditation, and prayer-oriented practices to stay centered, empowered, and energized. But lately I've found myself drawing inward as a protective reaction to the increasingly crowded Internet and media airwaves where everything always seems urgent and important even when it's not. As access to the increasing number of options and opinions throughout our planet increases exponentially, going

inward also keeps me from getting “info-whelmed.” Sometimes it feels like I’m a fragile flower sending deeper roots into the Earth to stay grounded while I reach upward towards the sun. As humans, we’re designed to learn through experiences—the good, the bad, and even the ugly. We also seem to evolve further and faster at the Soul-level by overcoming challenges.

I’ve come to appreciate that humans learn the most (if not the most easily) through relationships—to our work and creative projects, to other humans who interact with us as lovers, partners, teachers, opponents, and/or allies, to our animal companions who teach and amuse us, as well as to the electronic devices that link our lives together around the planet.

Life on Earth in 2012 is a web of relationships interlaced with each other. I think of this energy-archive of our collective Souls’ experiences throughout all lifetimes as Humanity’s Global Soul. Karl Jung called this our Collective Consciousness, Edgar Cayce viewed it as the Akashic Records, and quantum physicists currently define it as the Unified Field.

As a Life & Soul Coach and Reader-Teacher of the Akashic Records, I’m often asked by clients and students about when and how they will find their Soul mates. While they hope this Cinderella-style quest will provide a quick fix for loneliness or low self-esteem, relationships actually provide Life’s most challenging lessons.

I’ve been married for over 33 years to Glenn Schiffman, whom I consider a brilliant spiritual teacher-writer even though my buttons often get pushed by what he does (or doesn’t do) in his role as my beloved husband. Thus, our relationship forces me to discover and accept new facets of my own human-ness every day.

I appreciate how Glenn defined himself as an “Earth Man” in his 2/25/08 blog post at www.rootsandwingsfoundation.blogspot.com: “The word ‘humus’ means the organic composition of soil, and is also the root word of ‘human.’ I know my human being-ness is in the land, not in an ideology. My Soul was born from the Earth; the Earth is the Mother of my Being... I am an Earth Man. I am not alone; my tribe is vast, there are Earth People everywhere. We find our spiritual revelations in Nature...”

I also see reflections of human qualities in nature, but I self-define, like de Chardin, as “a Soul having a human experience.” This has become even clearer to me from working actively in my Akashic Records. Through tuning into my unique thread of what I consider the “tapestry” of

Humanity's Collective Consciousness, I strive to live from the perspective of my Soul which is being expressed via my human personality. This is not easy but it is deeply empowering.

I find comfort in the Soul-view of all humans—even those we don't approve of or like—as “whole, complete and good” according to my Akashic Records teacher/mentor, Linda Howe, author of “Healing Through the Akashic Records.” From the Records' multi-lifetime perspective, we're all living this Life perfectly. We're not doing it wrong or missing out on anything, and there's actually no rush to achieve specific goals before we die.

The good news is that we're alive to enjoy life on Earth and evolve individually and collectively while striving toward the tipping point where all humans will be more open to viewing Life from the Global Soul's perspective. To help us in this mission, our bodies are organic vehicles designed to help our Souls enjoy Life, our relationships are sacred mirrors and learning grounds, and our thoughts help us envision what can be and analyze what already exists so we can make better choices and take empowering actions. Fortunately, our Soul-level guidance system keeps us centered and grounded as we surf life's emotions and gather experiences.

I believe that when we stop fighting with each other and live from the Global Soul's perspective, we will finally see all humans and also ourselves as Spiritual Beings and truly begin, as philosopher-poet John Lennon sagely imagined, to “live as one.”

Barbara Schiffman is a Life & Soul Coach, Akashic Records Advanced Practitioner and Certified Teacher, and author/speaker specializing in life balance and personal evolution. She helps people enjoy their lives and evolve their Souls. Find out about her workshops, private Akashic Readings (in person and by phone), guided meditation CDs, books, and more at 818.415.3479, AkashicLA@gmail.com, <http://YourLifeandSoul.com>, or <http://Meetup.com/AkashicLA>.

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