

This is an edited version of an anonymous Internet document passed along from a Living Lord member.... Anonymous, but full of insight. Contemplate and enjoy...

It's Only a Test *(A New Perspective on the Recession)*

What is your relationship to the recession?

Some people say, "Ain't it awful."

Others say, "I choose not to participate."

Those who live in the middle say, "I'm fine, no matter what."

Where are you? Consider the possibility that the current economic crisis may be no more than a mid-term exam here in the "school of life."

Think back on how your consciousness has shifted as you have become more and more aware. Take a moment to remember all the experiences you've gone through, struggling to trust that your life is in divine order. All of these tough times of the past have been deposited in your "life bank account" of lessons learned. Each one of your soul lessons has brought you to this "now moment." And now in this "recession moment" you have an opportunity to look at your beliefs about money and abundance.

What is the source of your abundance? Is it your job, your investments, the stock market, your savings and retirement funds? Or, is your source of abundance far greater and more lasting than those transitory elements of your life? Consider that the Source, the Spirit of God, who breathes into you, makes your heart beat, and literally gives you life, is also the perfect provider of each and every gift and experience you will receive this lifetime.

In this recession we have an opportunity to learn that money is not the same as abundance. As we downsize and simplify our lives, we become

aware that true abundance is not found in material things. Abundance is an inner sense of well-being. It exists “in here” and not “out there.”

It's time to look inside. Do you have an inner sense of peace, joy, love, and harmony? The recession is a wonderful opportunity to be grateful for the many gifts you already have.

It's now up to you to decide whether you're going to focus on what you have or what you don't have. Are you going to be grateful, or are you going to jump into the future and scare yourself by imagining what fearful thing could happen next?

It's helpful, when fear is here, to come back to the present moment, breathe, and remember we're alive, we're safe, and right here, right now — all is well.

The recession is not the problem. The recession is the solution. Recession is not the disease, it's the cure. Houses that had risen to ridiculously unaffordable prices are now affordable. Out-of-control spending by both government and the people is now brought back into moderation. Sanity can return to the market place.

It's never what happens to us that counts; it's what we do with what happens to us that matters. A willingness to learn our soul lessons quickly and shift to a positive perspective is essential. When we respond to events with a higher level of consciousness, we open a whole new world of potentiality, providing room to create an entirely different reality.

If we can see the positive side of the recession, we can take a giant leap in learning that every experience we have contains a potential blessing. The recession is an opportunity to see the gift in each and every experience we have in this lifetime. If we learn from this one, we'll change our entire future. Remember, the future is always a result of what we're thinking in the present moment. It's created using our existing level of spiritual awareness of God.

The secret to passing this mid-term exam in the school of life is to listen to your Inner Guidance — the Holy Spirit — God! This is the opportunity

we've been waiting for to transform and to embrace a new reality.

To find your connection to the Spirit, "be still and know" that God is God, that God is here, that God *is*. Take a few moments to look inside. Take a few deep breaths and then ask, in a deep way, to be guided by the Spirit. The Spirit responds by invitation. Your job is to then be alert for whatever promptings come your way. Notice coincidences and synchronicities. They are signs that you're following the Holy Spirit, your Inner Guidance.

As we go through this experience together, let's all remember that God makes empty what's full and full what's empty. There's no question we have to go through this recession. Our best hope is to allow ourselves to move through it quickly. So, let go and enjoy the ride.

*"Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth."*

Psalm 46:10