

FREE SPIRIT, LOVE AND PASSION! written by Sylvia Marina©

What is the common factor that has projects unfinished, love unexplored and dreams unfulfilled?

If I were given the power to cure just one ill that haunts mankind, writes Todd Puntolillo, I would pass up cancer, AIDS, and overlook heart disease because curing the malady I have in mind might just cure most of the others as a side effect. The cure I would seek would be the cure of criticism. No disease shrivels up children, destroys the family unit, ruins the business place, incapacitates government, nor produces stress like criticism.

The terrible three (criticism, judgment, and complaint) do more to dishearten the spirit and, in general, create misery, pain and sorrow than anything else I have ever encountered, says Todd.

Recently we embarked on a new *to me* art. I was excited about the prospect of exploring another aspect of the creative spirit. To friends I passed the frivolous comment that I hoped the evening didn't finish with the dream being bundled into the box marked unfinished products.

It didn't! I completed the project and now have a beautiful piece of wearable art that I enjoy. Oh, the joy, smiles, accolades from our friends! And I was ecstatic! I'd finished my project, oh the satisfaction!

In conversation we began to mentally explore items that become unfinished projects and wondered why they had not been completed. Not having time was an excuse, as was not sure how to complete and change of mind, and no longer appropriate was why the project(s) lay dormant and then... Criticism we decided, was why most projects, remain incomplete.

For many criticism had not been expressed just the notion of what others may think or be thinking and not being supported in the dream, are debilitating factors.

We have no control over what others think, or say. Demeaning comments, judgement and criticism debilitates the innocent spirit, cripples ideas, fades and erases dreams and incapacitates human desire.

Probably all of us know the difference between receiving encouragement and being invalidated. Criticism puts the criticiser in a loveless place while the person being criticised feels inadequate loved-less and un-love-able. It's a place devoid of kindness.

Unappreciated, people endeavour to cope by closing off emotions to the point they begin to operate their lives from a place of disappointment and then to move on in life, unfeeling.

Locked in 'unfeeling' people continue to physically live, emotionally freeze and spiritually diminish. Afraid to reach out and explore they stay stuck in the familiar environment of silent and verbal taunts continually longing to feel and know what love and kindness is! And internally yearning and asking, what is freedom?

What does it mean to have a free spirit?

- To be able to express your initiative without fear of negative response
- To live your life and life's purpose with clarity and passion
- To trust your knowing – understand the invisible and do the impossible

This is what it means to 'evolve your future', and truly know the love and joy of living.

***Sylvia Marina** is a Professional Intuitive and Spiritual Educator. She specialises in helping people heal their body, emotional struggles, blocks, and fears. She has developed a series of programs to enhance Intuitive Awareness as well as CD's to uplift your energy and vibration. An experienced teacher and personal development mentor, her natural abilities are supported by her professional background in health and behavioural sciences and thirty year career as a professional kinesiology teacher and practitioner. Living in Perth, West Australia she runs her own private practice and mentor program and travels nationally and internationally to speak at events, present Creative Self Mastery programs empowering people through times of change.*

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