

## Thoughts on Personal Evolution

We are eternal souls having a temporary mortal experience. We are not random accidents of nature. Each of us has chosen the life we are here to explore. Whereas it would appear that the fundamental purpose of life is to gain experiential insight and evolve, each of us will have identified specific objectives to achieve during our physical time on earth.

Once we are old enough to look back over the sweep of our life with genuine honesty, we may more easily ascertain what our life was designed to accomplish. Feelings of anxiety, injustice, and cruelty, when viewed in the context of our own personal growth, reveal situations that appear to have been custom designed to experience precisely what we needed for our own spiritual evolution. **Not because suffering is good, but because the growth that may ultimately result from our suffering comes in no other way.**

It is through deep emotional struggle that we seem to learn the most in the shortest amount of time. Of course, we are free to choose how we respond and feel to every event in our lives, although few there are that truly grasp this truth. It is here, on this world within the fluctuating middle ground of Love and Fear, Light and Shadow, that we may experience accelerated growth. Planet Earth seems expressly designed for exactly that purpose.