

# We are here to learn lessons

by Connie Brisson

I was about five years old when I had my first inkling of the concept of "God."

We didn't go to church often, but I can remember coming home on a Sunday afternoon being confused and very scared by what I had learned that day in church about God. I can recall walking around the yard on our farm in a frightened frenzy, trying to figure out: "Who is this guy, God? Why is he doing this to all of us?" I thought it was some crazy, cruel game he was playing with us, trying to see who would win and who would lose.

When you grow up thinking that life is a game, one where there are winners and losers, one where you believe God is on your side, or not, based on how good or bad you are that day or week or month or year, you ultimately live each day from a place of survival and competition.

I think I'm blessed to live in a time and place where I've been able to contemplate God (and all that means) from a more knowledgeable place and in a more personal way. Thankfully, in my 30's, I discovered a different concept of God than anything I ever learned at the churches I had been to.

One of the best things I learned was the concept of reincarnation. It just made so much sense to me that we aren't here for one life. This life isn't a test or a game; it's a process. We are here to learn, to evolve our souls (especially our understanding about love) and lifetime after lifetime we purposely come back, by choice, to learn different things. It makes so much sense to me.

When I first read *Your Soul's Plan (Discovering the Real Meaning of the Life You Planned Before You Were Born)* by Robert Schwartz (Frog Books, 2007), I was like a kid in a candy store.

OMG... What if I planned all the major events in my life? What if every time someone loved me, or hurt me, I chose it (on purpose) to grow and to learn a deep lesson?

That idea softens my heart because it means that I approved of every "good" or "bad" thing in my life long before they ever happened; I agreed to this – every minute of it. That gives me compassion not only for myself, but also for the other people that I feel have wronged or really hurt me.

Like all of you, life has not always been kind to me. Parts of my life have been great and I am so thankful for those times. But there have been other parts that were so painful, where I can't even face the betrayal of another person I loved so dearly – never mind easily forgive them. And at those times, I've felt like the biggest victim in the world. How could this happen to me?

But now I have a greater understanding of why we are all here - to learn tremendous soul lessons. And if I'm honest, when I look back on all the relationships in my life, I actually KNOW the lesson, with each person, each time, that I came here to learn.

Sometimes I have discovered this from my dreams, different meditations, tarot and past life regressions, as well as other soul searching work. And it actually isn't that complicated. It usually revolves around the big crisis moment that defines/decides your relationship with someone else.

I learned a very tough lesson with one relative after a betrayal. I was devastated by what happened because I had loved and trusted her so much. I just didn't see it coming. But, after I started to heal and get clarity, I realized I had ignored some intuitive insights and warning bells that had come to me as "whispers" in a few different situations with her. My lesson was to listen to my

inner knowing and not brush it off as silly or insignificant.

It has been my willingness to be curious about why each big event has happened to me (and also be curious about the key players involved – why him or her?) that has allowed me to grow and change in ways I never could have if I had automatically limited myself to being a victim of "life."

If you believe that life is all random, then it honestly is (because that is the lens you will view your life through and therefore it will be your truth). If you believe that we are guided by a greater intelligence, a greater Spirit, then there is a saving grace built into that which allows for growth, learning and compassion.

I'm here, just like you, learning my lessons every day. But now that I know that I was "in" on the planning of them, I want to get the big "Aha" about them as soon as I can, and not waste time being a victim or asking: "Why me?" Now my intent is to learn my lessons easily, with grace and compassion... That's my new prayer to Spirit, to God.



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