

# It's all good, even the tough parts

by **Connie Brisson**

Turns out... it's all good.

A few years ago I went for a reading with a psychic that was here for a few days from the States. A newer friend told me this psychic was wonderful and I went on that recommendation, despite the fact that I didn't feel I resonated with her (after reading something she wrote).

So, looking back, my first big lesson was to listen to my gut feelings and not someone else's opinion.

I went to the reading, and even though I already intuitively felt some of the information didn't sound/feel right, I ended up asking her a few questions at the end, regarding things I was extremely vulnerable and fearful about. Well, low and behold, if I didn't get all the answers that I did not want to hear.

Actually, that's putting it too mildly. I heard all the answers from her that I could not bear to hear. I left that reading in a total state of shock and hopelessness. What she told me devastated me so much at the time, that I was emotionally kamikaze.

For a while, certainly for weeks, I tumbled between despair and anger. Then I remembered Catherine Potter saying that we now live in a time where we have many knowledgeable and helpful resources available to help us - books, courses, counsellors, therapists, practitioners, etc. We never have to face anything alone. So I booked a session with her and, at the end, she offered me the name of someone else who ended up changing my life.

At the beginning though, I couldn't have said that. I was just struggling, trying to get through each session and openly deal with the issues that were *really* at the core of my drama. But with each session came the wonderful AHA's, which led to other inner discoveries and adventures and now, almost five years later, I'm not the same woman. I'm different - thank God and (ironically) thanks to that psychic.

What appeared to be one of the most negative things in my life, has turned out to be one of the things that has changed my life in the most profound ways. It could have been awful, and it was for a time, but then with the help of others and some hard work on my part, it became a gem in my crown. Along the way I became free, letting go of old demons and fears that had haunted me for so long.



detail of Girls in the Garden © Heather Brewster — www.heatherbrewster.com

Looking back, I've often wondered... was that psychic just plain-old-wrong (what she said did not come true), or did she just read what was in my energy field (I've heard that it's possible for them to read your fears as reality), or, did what she say cause me to alter my future (by getting help from others which ultimately changed me deep inside)? I don't know... possibly a little of each.

Who can tell if today brings 'good or bad' things? In two days, two months, two years, it can all look differently if we have a different perspective. Maybe there is no such thing as something just being 'good or bad'.

In tarot, the third card in the major arcana is the High Priestess. With the High Priestess, nothing is wrong or right, good or bad. We go through all experiences specifically for the sake of learning and personal growth. From that perspective, all is 'good', because we are in the classroom of evolution, not perfection.

There is a Taoist story of an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbours came to visit. "Such bad luck," they said sympathetically. "Maybe," the farmer replied. The next morning the horse returned, bringing with it three other wild horses. "How wonderful," the neighbours exclaimed. "Maybe," replied the old man. The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbours again came to offer their sympathy on his misfortune. "Maybe," answered the farmer. The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbours congratulated the farmer on how well things had turned out. "Maybe," said the farmer.

Judging anything (as entirely positive or negative) limits the potential of it. However, if you believe that everything that happens to you is ultimately for your 'higher good', that nothing is either right or wrong necessarily, then you'll be automatically open to seeing the gifts and learning from the issue at hand.

If everything is for our learning, then each moment and situation is perfect, even when it's imperfect.

Connie