

Change Your Life Before It Changes For You

BY MICHAEL L. PIERICH

Turmoil and Change – Why?



Are you experiencing sudden, traumatic changes in your life, seemingly through no doing of your own? Perhaps a relationship that you thought would last forever has suddenly evaporated, and you find yourself alone for the first time in years. Or the job that you thought you could be happy doing for the rest

of your life has ended, leaving you the latest victim of the slumping economy. You wonder what's next; the road ahead that had seemed clear and well mapped out has become murky and you can't see around the next bend.

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Maybe you've retired and left the life you've known for so long behind. This can leave you feeling lost and without direction. Even if you find yourself with sufficient resources financially, the question, "what next?" is always with you.

Or maybe you're "stuck" and you feel as though something should be changing, but you're not quite sure of why you should feel this way. Your life has been safe and secure for a number of years now. Your job or retirement circumstances are satisfying; your relationships seem secure; you might not be rich, but all of your needs are taken care of now...so why aren't you happy? What is it that's missing, that secret ingredient that, if only you had it, would fill the emptiness for you?

In the former situation, it may seem as though the world is conspiring against us; after all, it's not our fault the economy is bad and the company had to lay us off. And we did our best to please our spouse or partner...it's not our fault they found someone else. Stuff happens, right? Isn't it our job to roll with the punches...get up, dust ourselves off, and do our best to recover from these things that happen to us? Stiff upper lip, get on with it, and hope it doesn't happen again?

Not exactly. Because, you see, *nothing* happens to us randomly. We are (as the great Jesuit scientist and philosopher Teilhard de Chardin famously said) *spiritual beings having a physical experience*. We are the Divine Creators of our experience, and our thoughts and emotions, whether conscious or not, determine what happens in our physical lives. The part of us that resides in a realm we cannot see with our eyes, that little spark of God, our Higher Self...has a mission. Its mission is to grow – in wisdom, love,

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goodness and truth. It has chosen to be incarnated into this plane in order to create experiences that will facilitate that growth; and we, as the physical manifestations of our Higher Selves, are in charge of creating those experiences through our actions, thoughts, and emotions.

So why *did* we lose that career, anyhow? Was it simply fate that caused our child or parent to be struck down with a terminal illness? Was it a random circumstance that others kept their jobs; that our neighbor's kids are healthy and happy while ours lay in a hospital bed? I tell you again; no. Each and every experience happens for a reason, and each and every time, we ourselves manifested it that way in order for us to learn some lesson and grow closer to realizing our true, full potential.

Even in the absence of traumatic change, we can feel as though something's just not quite right. We feel unfulfilled...as though there's something we should be doing but we can't put a finger on it. Our occupation, even if we can enjoy it, seems not to be a good fit for us any more. Our marriage is calm and predictable, but the connection we thought was there has gone. Nothing drastic has happened...yet. But we sense that it could, and the fact is that it probably will because we are in the process of beginning to manifest change. We may not be aware of it, but we are attracting the set of circumstances necessary to bring to us those new experiences we need in order to learn.

In either case, turmoil or unease, what are we to do? There's no physical manual provided when we're born...no guide to handling each and every situation that might arise, because each and every situation is different for everybody; what works for one

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person will likely not work at all for the next. We may try to look for comfort in conventional religion, but in doing so we are basically asking some higher power to please take care of it for us, or at the very least to show us the way. We could resort to alcohol or drugs to numb the pain but as pleasant as that can be at first, it always eventually leads to more emptiness. We can seek psychological therapy, and this can be a good option; but it's always at the mercy of not only the skills of the therapist, but depends on our finding that one person who "gets" us. The ideal therapist is compatible with us and is good at making suggestions for relieving our situation from the outside looking in. We might go through many, many psychologists before we happen upon that ideal person.

So, considering that in a very real way we are *on our own* when these things happen, is guidance available when we simply can't use our logic and reason to know what the best next step will be? We can see that the very best course of action cannot come from outside us, because no one else can know what we're going through...not really. Only we know exactly what we're feeling.

Fortunately, there is indeed guidance available. Remember, it's the job of our physical selves to create experiences and conditions here on Earth. However, our Higher Selves, our souls, have a vested interest in seeing us create the conditions that will help keep us on the road of our highest path and purpose. Our souls have the advantage of seeing the life process from a much wider perspective...on that level, we remember the lessons learned over countless lifetimes already experienced, and can use that wisdom to gently guide us in this life. For the most part, your Higher Self can't directly affect a

single thing here on Earth; but it can make gentle suggestions, leave us clues and hints as to what a good course of action might be. This is where intuition comes in. It takes a certain awareness in order to see what we're being shown, and a little later on we'll look at how to do that.

Your Inner Truth

Before we can access our inherent inner wisdom, we need to know who we really are at soul level. You wouldn't see a medical specialist without knowing that she'd been trained in the particular area where you need help; and you wouldn't consult an electrician if you needed to have your roof repaired. In the same way, it's helpful to know what kind of knowledge our particular spirit possesses; or, more accurately, what perspective or slant our Higher Self brings to the table.

There are certain definite traits, training and characteristics that are available to every soul. For practical purposes, there are a finite number of these (although within each trait there is likely an infinite possibility of flavors and colorations). However, there are enough potential permutations and combinations of these traits that we are indeed like the proverbial snowflakes. You would be hard-pressed indeed to find two people who'd had not only the same inner characteristics but also the exact same life experiences that lead to their having those characteristics.

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Some of our soul's perspective arises out of where we originated in this vast physical universe. Taking the big picture into account, it's ridiculous to believe that only Earth has ever sustained life. Odds are, many civilizations exist; and the beings who inhabit them are possessed of souls just as we are. Those whose souls were first incarnated in other places where the environment and civilization are bound to be vastly different from our own will have had a rather different life, learned different lessons, and have a different perspective from one who has only known life on Earth. On the plane where our Higher Selves operate without physical encumbrances, there is no difficulty traveling what to us are vast distances; many souls now inhabit the Earth who are from other places – these are the so-called star travelers, and many spiritual workers, healers and Lightworkers belong to this group.

Another variation between souls' characteristics can come from Divine training we receive directly while not incarnated in a physical shell. Our Higher Selves may have been focusing for eons on specializing in the specific energy of Love, or Truth, Communication, or any of a number of other areas. We also have areas of interest while discarnate...we don't just sit around playing harps, but continue to work on our evolution just as we do here, but in far different roles. We may even eventually serve as Spirit Guides to people who are currently incarnated in a physical body, using our learned wisdom to help them to evolve spiritually and thus simultaneously aiding our own evolution.

Now, if one takes all the above at face value, it's apparent how knowing the truth about ourselves can make it much easier to understand why we attract the experiences we

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do and how best to use our natural gifts to make decisions within this life. But to many of us, this information is so strange as to be completely unbelievable. After all, we can't see or touch any of it, so how can we know it's "real"? How can we believe in something just because someone says it's true? Obviously, people do that all the time; churches are filled with people who believe in a set of rules and concepts of which they have no direct experience. Scientists believe in things they can't actually see but which they can conclude are true because of mathematical rules that have proven themselves over time and that seem to apply to things they can't experience directly. And that idea, the one where the knowing of one thing can bring us to conclusions about things we haven't yet directly experienced, is exactly the one we need in order to find the Truth about the non-physical, spiritual concepts that can lead us to greater self-knowledge. *As it is in Heaven, so it is on Earth.*

From Emptiness to Belief – of Signs and Synchronicities

Not so very long ago, I believed in nothing. Or to put it more accurately, I didn't know what to believe. At the time, had you asked I would have classified myself as an agnostic, which is generally defined as "one who believes that it is impossible to know whether there is a God" (although it can be a little more complicated than that). I didn't really think that a belief in something other than the physical was impossible, necessarily...I just didn't know how to go about "proving" to my satisfaction that there was anything worth pursuing in that direction. I was highly envious of "God" people,

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who had picked a belief system for whatever reason...whether it was a religion or a spiritual philosophy like Buddhism... and were able to stick to it. I'd been raised Catholic, but that system didn't make sense to me. I just couldn't believe that there was a God who would put me into eternal torture if I didn't follow a particular set of rules. It just didn't make sense. But although "religious" people may have been dead wrong in their beliefs, at least they had a framework, a system around which to build their inner lives. I had nothing except what I saw around me – the things and events that, to my mind, happened pretty much independently of myself. I felt helpless in the face of a mechanistic reality that ran like a giant clock no matter what I did or thought... and if I got caught in one of the sprockets, I'd be ground up into dust and gone.

I'd had my share of good times and bad in my life. I got to see the worst of people, how badly they treated one another at times; I'd made some mistakes of my own as well. When I looked at what I saw as wrongness and evil, I somehow knew that this simply wasn't the way things were supposed to be.

Eventually I wound up with a decent job, a good family, a few toys with which to occupy myself, and substances to keep away the boredom and frustration I felt when the rest didn't seem to be enough. But always...always there was the nagging feeling that there was more to the world than met the eye, and I couldn't stand not knowing. I wanted to know who I was, why I was here, what I was supposed to be doing that I hadn't done already. I was in the stage discussed earlier...the uneasy, vague desire for change that leads to the change itself. As it turned out, since I was unable to consciously discover a method for effecting the change for myself, I was about to enter the other kind of

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condition: I attracted direct experiences that would propel me forward like a rocket on my path to the truth. As is usually the case, this was not a pleasant thing! I would never have consciously chosen these situations, because the part of us that is conscious and thinks the thoughts, the rational and logical part, exists to keep us safe. My “ego” would never have agreed to undergo such risky business as I endured. But deep within, the most real part of me knew that change was necessary for my evolution, and so it began to assemble just the right conditions necessary to blow my world apart so that it could be rebuilt.

My state of uneasy “sleepwalking” through life came to an abrupt halt when there was what I saw as a tragedy in my immediate family. Someone very dear to me became extremely ill, and this was so traumatic that it appeared that my own life and that of my family as we’d known it was over – and for sure, things would never be the same. My assumptions about what the future would be for us evaporated in the space of a day. I was devastated.

Over the course of the following months and after the initial shock, I did what had to be done. Unpleasant as it was, I surprised myself when I realized that the best of me had been unleashed. I remained calm, handled whatever came up no matter how terrifying, and put my own comfort aside for the time being in order to help my loved one get well. I was and am still very proud of what I did during that period.

Even so, as the situation began to improve ever so gradually, I realized that the fissures in my shell of reality had opened wide and exposed the core of who I really am

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and what I am really capable of, although I still couldn't see these things clearly. I also understood on some level that those fissures were never to close again, and that some kind of further change was coming; figuratively speaking, there was a huge army advancing on my position; but I couldn't see them or judge what they were about. I just knew they were coming.

During this period, things began to happen in other areas of life, especially around my vocation. My job (which was in a laughably, vastly different field than what I am doing now), had never fit me especially well, but it had presented itself nearly 40 years before as a relatively easy way to support myself. I was well liked, both in work ethic and personality, and had been secure on my position. But, when the earthquake in my life occurred, it seemed to have shaken up *everything*. On the surface, part of the events that took place leading to my losing the position I'd held with the same firm for nearly 20 years were due to my almost completely losing interest. My former feeling of unsuitability for the work turned into distaste, and I admittedly began to make mistakes.

I attempted to correct the situation, to no avail. Once the tremors in this area of my life began, there was no stopping them. Changes in the company, in personnel, methods, and my own attitude...all conspired to one end. When the end finally did come, I actually felt sorry for the people who had to ask me to leave. The way events transpired leading up to that moment seemed propelled by an irresistible force, as though the other people simply were being compelled to do what they didn't want to do. After all, I had more years there than most of the people who had to make the decision to let me go, and as mentioned I had been well-liked up to that point. The day it happened, they seemed

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sad, but I left the building smiling. A sense of relief swept over me because I knew that what had been brewing had finally broken loose, and I was excited to see what happened next.

In the past, I would have been devastated by this turn of events; after all, the security I'd taken for granted was suddenly gone, along with the identity provided by my occupation up 'til then. But there was a reason that I wasn't distressed at this point.

We need to backtrack just a bit here: during the year leading up to this sudden change, the situation involving my ill family member had caused some stress and anxiety within me (to say the least!). Even though I'd handled it quite well, the burden was taking its toll and I was afraid I'd lose my nerve and be unable to perform as well as I felt I had to. The only way I could think to remedy this was to seek counseling; therefore, I rang up a psychologist I'd known years ago and made an appointment.

We spent some time discussing my anxiety. The man is a very skillful therapist... he almost never makes recommendations, but he does plant seeds in order to allow one to come to conclusions that will, in the best of circumstances, lead to one's healing oneself.

It was during one of these sessions when we got onto the subject of spirituality that he presented me with the seed that was to carry me forward like a speeding bullet:

“You get to decide what you believe.”

How simply elegant those words were, and yet how powerful. I was thunderstruck. Yes! What an idiot I'd been, thinking that this religion or that philosophy or some scientific regimen had to be swallowed whole! NO one had the power to make me believe anything! It was completely up to me to come to an understanding of how the world worked and my place in it. And so began my journey of true awakening.

The year or so that followed was full of discovery, and was the period where I gradually began to realize that I'd been asleep and that my occupation was, especially now, unsuitable for me. I was lead from one idea to the next, and there seemed to be a pattern – I only found a new concept after I'd first found the one I needed to comprehend it. I began with learning about the Zero Point Field, which posits the way in which all things may be connected. I've never studied physics, and the field of quantum theory was beyond me regarding the mathematics involved, but I was able to intuitively grasp the concepts of interconnectedness and the truly strange nature of physical matter exposed by that field of study. I was seized by the idea that all things are truly one thing...not necessarily in a spiritual sense yet, but it was common sense. The subatomic particles of my body were interacting with the air around me, which were interacting with every particle on Earth, which were in turn interacting with the particles in your body; therefore, there was in fact no distance at all between you and I. One thing – you, me, and the air...and everything else that existed.

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I read the book, *The God Theory* by Bernard Haisch, and that provided an excellent bridge between science and spirituality. The idea that one field of consciousness was what had created the physical world, and that we are all tiny bits of that consciousness resonated with me and linked to what I had learned about the Zero Point Field theory.

So I began to think of what would be the ramifications of this interconnectedness. What was the real effect of all things being tied together by one consciousness? The implications were huge, but I wasn't sure how to go about gaining substantial evidence for myself. Reading about it was one thing; experiencing it was what was needed. I pondered this for quite a while – in fact, I realize now that what I was doing was focusing my thoughts on manifesting the proof I needed.

One afternoon I was with my wife in her car – I had driven us to a movie house where we were to meet our son for a family outing. As we waited in the parking lot, I happened to glance down at the odometer. The numbers there read “176176”. Instantly I had the thought that this meant something, this repetition of three seemingly random numbers. The second thought I had was that this number would be the winner in that day's daily state lottery. I was sure of it. I had rarely played any form of lottery game and never before the daily one, but the significance of three numbers in a row, repeated for emphasis, in that moment seemed solid.

I told my wife that later in the day when she did her shopping, she should pick up a lottery ticket and play 176 as the daily number.

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As you might guess, the daily number did indeed turn out to be “176”. The money was not that much; but the satisfaction I felt was tremendous. Without understanding quite how, I had manifested the exact kind of proof it took to ensure me that the interconnectedness I’d been pondering was real. For someone else, the occurrence might have seemed a simple random coincidence. But such things are intensely personal – I’d been given what I’d asked for and needed, at the time I needed it. And thus, my journey kicked into high gear.

In the ensuing months, as I learned more about interconnectedness, consciousness and spirituality, I began to experience a variety of synchronicities. Just like my lottery number, these are always so personal and tailored to the individual that they can seem completely meaningless to others. In fact, to the outside observer it can appear that the one experiencing them is simply giving a desired meaning to random events. This is to be expected, considering the personal nature of the significance – no one else can know exactly what is meaningful to you, not to mention the fact that if a person is not seeking, he will not see. Nothing of this nature can have meaning until one is ready to receive it.

Now, not everyone will have a synchronicity as obviously valid as my lottery story. But if one is sincerely looking for answers and pays attention, the guideposts will present themselves like a trail of breadcrumbs. Furthermore, usually you'll not see more than one or two breadcrumbs ahead! One thing will lead to another in a sequence that's exactly tailor-made for you. Once you learn to trust the nudges and signs you're

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receiving, you'll become more confident in just following the path and not anxiously looking ahead for the destination.

Be mindful. When you're working on a problem, don't obsess; but, do get in the habit of really seeing what's around you. There may be a billboard you've passed a hundred times and never noticed, but if it carries a message for you that applies at any given time, you'll happen to look at it and, voila...there's your breadcrumb.

I have many more stories like the tale of the lottery. Each and every time I've come to a turning point where a decision was necessary or a worry felt, an answer has been provided in a language that only I can understand. Furthermore, paying attention to these spiritual downloads has allowed me to avoid further cataclysmic change as I previously had experienced. I've learned that when one is in the questioning stage, being mindful of the breadcrumbs before me can allow me to make small corrections as I go along, relieving the stress of transition and avoiding the need for corrective, tectonic-level upheavals.

One more example: Just before I came to lose my job, as I was doing some spiritual research on the internet I ran across something called Soul Realignment. I'd never heard of it, but the explanation on the young woman's website was intriguing, especially the testimonials. They spoke of her accuracy in describing the clients' personality traits and certain problematic circumstances that had seemed to plague them throughout their lives. They also spoke of how not only the insight but also the spiritual

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soul-level clearing she'd performed had brought about improvements in their outlook and in their lives.

I had already consulted a reputable psychic regarding the problem with my sick loved one, and had gotten some measure of comfort and information from her. I had been thinking of going back to the psychic to try and gain more specific information about my own situation - the questioning and dissatisfaction with my vocation and spiritual path. But upon learning about Soul Realignment, I wondered if it might be better to try this new modality.

One afternoon as I was sitting at work, I asked for a sign to help me decide which route to take. While the psychic had been good, I'd found it not quite as satisfying as I would have liked. However, her fee was half the price being asked for a Soul Realignment, and considering my feeling that I could lose my job any day now, it seemed unwise to spend the extra money. What to do? As I sat at my desk gazing out the window at a beautiful blue sky with random clusters of white clouds passing by aloft, I asked the question of the Universe: should I try the Soul Realignment? And as I gazed out the window, two medium-sized clouds slowly but purposefully came together into a perfect representation of a pair of angel's wings. It was truly astounding. I was stunned at the speed with which this answer manifested itself; but having gotten used to the synchronicities by now, I wasn't surprised. I booked an email reading immediately and was told it would be done in about a week.

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A week later, I was called into my company's main office and let go from my job. When I got home, I checked my email and the promised Soul Realignment reading was awaiting me. Like the testimonials I'd read, I was astounded at the accuracy of her description of my personality, and I immediately recognized the explanations of what blocks and restrictions had been affecting me and helping to hold me back in my spiritual and personal development. The real kicker came when I read her accompanying email wherein she described what to expect following a reading and clearing: the first bullet point was to "be prepared for the possibility for major changes" to come into my physical life. It's a good thing I was alone in the house, because I laughed and laughed like an idiot for a full minute: here I'd just gotten home from losing my job of nearly 20 years, and she was telling me to expect change! That was the mother of all synchronicities, for me.

Steps You Can Take

1. **Be aware.** If you catch yourself sleepwalking through life, stop acting purely out of habit. If you realize that you are becoming more and more uneasy and dissatisfied with your life, remember that this is a warning that change is desirable. And as shown above, if you don't do it gradually it may be done for you suddenly and unpleasantly. Being aware of the need for change puts you in control of how it happens.
2. **Take new action.** If you're dissatisfied, or things begin going wrong, it's obvious that whatever you're doing now isn't working - so make some small changes.

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Sometimes any change will do – it doesn't need to be anything major, and it doesn't even have to be directly related to the area of concern. Just breaking up your routine can allow new perspectives to flow. Change the restaurant where you go to eat...you never know who you'll meet or what you'll see. Go to work a little earlier, or change supermarkets. New habits and new environments can lead to new opportunities. Beware of your comfort zone, and understand that it isn't necessarily comfortable. It's just the place you're used to. Step out of it as often as possible.

3. **Be conscious.** In order to receive guidance, you need to be receptive and to look for it. There are no coincidences; if you've been looking for an answer to an ongoing problem and an old friend calls you out of the blue, pay attention to what he has to say. Notice billboards and street signs and bumper stickers...they may carry a message for you. Sometimes the message will be a clue to the answer you seek, but just as often it will be a sign that someone is listening, sort of a "stay tuned" hint. This is especially true of the "11:11" phenomena, which I suggest you research on the internet.
4. **Know thyself.** Honesty with yourself is key to understanding. It's all well and good to listen to that little voice...but sometimes that voice is just telling you the story you want to hear. What you perceive as your inner guidance system may be built upon a set of preconceived notions that really aren't true for you. You need to dig deep to find out if your instincts are coming from a place of wisdom, or are conditioned responses from the ego trying to keep you safe. An intuitive nudge is

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a simple and direct suggestion – if you find yourself over-analyzing, you're not following your intuition.

- 5. Fear not!** Fear will keep you from new action, which will cause you to put off controlled change...which will lead to uncontrolled change and even more fear. This is exactly how the ego (conscious and subconscious mind) can work to perpetuate the darkness within you – and it feeds upon that fear and become stronger. It's only perpetuating that fear in an effort to keep you “safe”. Don't let it do that – nip it in the bud. Don't engage with negativity and there's no way it can hurt you. You are not your thoughts nor emotions. When you're thinking or feeling, it's always rehashing the past or trying to predict the future...but they don't exist. Be present in this moment right now, or you might miss something really good.
- 6. Become educated.** There is Absolute Truth, but it is different for everybody. It's all a matter of perspective...we can all look at the same elephant and see different things, depending upon where we're standing. Search until you find One True Thing, something that you feel you can easily wrap your brain around and believe. Now, stick with the source of that information, whether it be a certain teacher, school of thought, or modality. Determine whether that source has anything substantial to gain from making things up. If not...if you determine their honesty to the best of your ability...take a look at what else they have to tell you. Where you find one good thing, you'll be more assured of finding others and you can

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build on that. Also, look at other teachers, books, concepts recommended by your first source, and so on. One thing will lead you to the next.

7. **Seek help.** If you are awakening, chances are you're a "Lightworker" who's being called to action for the changes that are imminent in this society, on this planet. You are definitely not alone. Look for someone a few steps ahead of where you are now. Even if you're just beginning to become aware of spiritual thinking, you're not that far behind most current teachers and practitioners. You probably won't want to write to Deepak Chopra right off the bat, or consult a Tibetan monk who spends months at a time meditating...you likely wouldn't understand him, nor he you. There are plenty of we intuitive practitioners and healers available now who've gone through what you're experiencing; in the same way and within the same societal framework, and who therefore can relate very well to your situation.

In summation: changes in your life are inevitable. If you become conscious enough to feel the tremors leading up to these transitions, you can avoid being at their mercy. But even if they catch you unaware, you can still be in control of the severity, duration, and direction they take. You are the Divine Designer and Creator of your own physical life, and through awareness, mindfulness, self-knowledge, and finding your own truth, you can and will advance personally and spiritually with grace and confidence, free of fear and anxiety.

I hope that this information will prove helpful. Remember, only you get to decide what you believe, and only you can discover the truth of who you really are and what

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gifts you bring to this planet. I encourage you to take conscious action to make the changes you're experiencing fruitful, because they are a gift given to you by the Universe in order to allow you to grow. If I can be of any help to you in discovering your own personal Truth and clearing the blocks and restrictions that may be holding you back, please don't hesitate to contact me at my [website](#). I'll be happy to correspond with you. Having mastered the three levels of the Soul Realignment modality myself, I've moved beyond that framework and can now offer much more free-form and personalized spiritual counseling – and I can help you to access your own intuitive guidance so that you need not constantly look outside yourself to “gurus” or teachers. Everything you need is within you already.

I look forward to serving you.

Peace and Blessings,

A handwritten signature in black ink that reads "Mickael". The script is fluid and cursive, with a prominent loop at the end of the word.