

## Living by Choice

Everything in our life is a result of a choice that we made at some point in time, including our choice to be on the planet at this time. Every aspect of our reality, from the people we chose as our parents and siblings to what we will eat for dinner tonight is a choice. There are no big or small choices, there are no insignificant choices and there are no accidental choices. Whether we choose consciously or unconsciously we are always making choices. While we are often not aware of what we choose, we are aware of the results that we obtain. And we judge the results as good or bad, right or wrong and blame them on many things outside of ourselves, including bad luck, bad timing, other people, but we do not often look at the real source, the choices that we made.

Our choices fall into two categories, conscious and unconscious. Conscious choices consider every aspect that we can think of and then leave an opening for the miraculous to occur. We also have no expectations of our choices because we know that the best possible outcome is what will occur. In this way we are choosing without limitations. Here we also allow the possibility of new and different thinking to occur, where we use the past as a tool to create different outcomes than we have previously experienced. We don't consider the concept of failure or mistakes but use what we have learned to guide our choices to produce different results. Choosing consciously is the best use of our power.

Until we are aware of our ability to choose and the possibility of choice, we choose unconsciously. At this level we may be unaware that we have choices available to us. This can happen when we are faced with a difficult situation or when we feel powerless. From a powerless position we are unable to see beyond one outcome or one solution so we make a choice based on limited information. And the result is one which limits us in some way or that we later regret.

Who makes choices for us? We can make choices for ourselves but we often allow others to make them for us. We do this by making choices from past beliefs and perceptions, allowing what others have said or done to us to remind us of our past disappointments and failures. Here we are choosing unconsciously, feeling that no matter what we do a situation will not work out to our benefit or will fail in some way. Sometimes we give up, allowing others to do what they want to and then follow their lead. We are generally not even aware that we are giving others the ability to make choices for us. We see the results of these kinds of choices when we receive the same result over and over again.

If we don't realize that we are constantly making choices with every thought we think and word that we say we can wonder what is happening to our reality when things suddenly seem to change or to veer out of control. This is the result of choices we are making and we can control these events by being aware of the power of our words and thoughts. Every word and thought has creative energy attached to it. Until we make the connections between this energy, our choices and the results, we can feel powerless. The key word to remember about choices is responsibility—we are responsible for our reality and for what happens in it. Everything flows from the choices we make, even if we don't realize that we are making a choice.

The key to making choices that give us the results we want is to understand the concept of being in the present moment. When we are in the present, we are unconcerned with the past and what happened then. The past becomes an event, a snapshot of the result of a choice and we can use that information to make different choices in the present moment. This way we avoid using the results we obtained in the past to create something different in the future. If a choice is presented to us multiple times it is simply an opportunity for us to choose something different.

Are we aware of the many different areas of choices that are available to us? We can choose joy, abundance, love or peace. We can also choose sorrow, lack, fear, powerlessness and discord. What we say and think about ourselves, others and our reality creates choices that we may not be aware of. We know what we have chosen when we experience the results. Whether we see the results as good or bad, harmful or beneficial, remembering that we chose this reminds us that

life is a choice and we are always choosing. How do we change our reality? We make different choices, we choose consciously instead of unconsciously, we keep our focus on the present instead of the past and we remember that there is power in everything we think and it all has an effect. Being conscious of our power to make choices and to choose every aspect of our reality allows us to each create the reality of our dreams by consciously choosing exactly what we want and then watching the manifestations occur. When we are aware of this power and the responsibility that is associated with it we can choose powerfully, knowing that we will manifest every moment of our reality from our choices and that whatever results we achieve are our responsibility.

### **About the author**

*Jennifer Hoffman is an intuitive, spiritual healer, mentor, teacher and author. She also channels the energy of the Archangel Uriel. Jennifer has helped many people through the Shift through her unique insights and counsel, facilitating their healing journey. Jennifer is the founder of [www.urielheals.com](http://www.urielheals.com), an on-line spiritual healing and growth center and dedicated to the messages and teachings of Archangel Uriel. Information about Jennifer's books, on-line seminars and services is available at her websites, or email [healing@urielheals.com](mailto:healing@urielheals.com) for information.*