

Five Steps to Breaking Free

Lori Martin Gregory

I am a rebel. I've always been a rebel. Even though the evidence has been there all along, I came to the conscious awareness of this truth just recently, which means I am still in the throes of accepting it. But acknowledging it consciously has been very freeing, and has given me the opportunity to follow my heart even more.

My name is Lori Gregory, and I am a natural healer specializing in Ayurveda and Metaphysics, and music.

I started off as an MBA-toting investor relations specialist, hawking pharmaceutical and biotechnology companies to Wall Street, which is about as far from natural healing as you can get. So my magnificent journey, like so many others, has involved movements of 180 degrees. But that journey has transformed my experience -- from one of fear, lack, limitation and not-enoughness to one of self love, living from the overflow of abundance, empowerment to manifest anything I desire, and the ability to share and teach others the same process.

The most overarching lesson I have learned so far is that the heart and head do not naturally work together. It is a relationship that must be cultivated. Native Americans say, "The longest 12 inches in the world is between the heart and the head." I have learned that this is true.

I have also learned that when the heart and the head are working together, and when the spirit is there as the divine escort, miracles happen. The heart holds our desires, and the head helps us reach them.

I know this kind of dialogue errs on the side of the ethereal..., fun for those of us who like to delve in such things, but not exactly practical application of how to break free

of the gravity of culture to achieve some extraordinary intent. So for the sake of discussion, I will move quickly to the 'how' for the purpose of practical application.

Just a quick word: As a metaphysician I have learned that when manifesting anything in my life, I focus only on the what. I leave the how to God, which is an act of courage and faith in and of itself. My job is only to focus on what it is I actually desire. Holding that frequency is all I have to do.

Here are five key components that have been essential in helping me break free of cultural expectations and instead allowed me to move to my deeper purpose. My hope is that it will inspire you toward deeper understanding of yourself, that in some small way it will help you to bring your desires to you, as well as the awareness that achieving all of it is entirely up to you.

1. Pain is a Great Motivator, *if we are willing to work with it and not just stop it from happening.*

Stories of liberation are always magnificent. And usually they start with pain. Pain is a great teacher and is often the first indicator that change is in the wind. Learning to embrace and trust it, and listen to it, is a key step into wisdom. The winds of change are always going to blow, and change is the only constant we have.

My philosophy is, the deeper the pain, the bigger the change that is coming. If we want to break free from life as we know it, the first step is recognizing that pain is a gift. It tells us exactly where we need attention.

Whether it's our heart, our leg, our mind -- any dis-ease is the beginning of imbalance. Often the temptation is just to 'get a pill' so that we can go back to life as usual. Or maybe to have a drink or two, or take an extra lover or two, or an extra pill or two, or go online and buy a bunch of stuff, or eat a whole cake. Each response is designed to block out some sort of pain that our surface mind does not want to

recognize or face. But in every single instance I can tell you, the pain is there to tell you something in your life needs to change.

As M. Scott Peck talks about in *The Road Less Traveled*, if a broken knee had no pain, we would walk on it until our leg fell off. What good would that do us? The great metaphysician Rev. Michael Bernard Beckwith tells us, "*The pain pushes you until the vision pulls you.*" All these teachers know this to be true: pain is a gift.

Today, I am a practicing, thriving healer who has the privilege to help others. It all started with my willingness to embrace my pain and get to the root of what is causing it. That, and a willingness to change, is the very first step in breaking free of any expectations -- cultural or otherwise -- which might be trying to hold on to *Things As They Are*, instead of breaking free into that great unknown.

2. Be willing to be a Seeker. Pain can wake you up; being a Seeker is the next step in moving toward spiritual liberation.

My studies in Ayurvedic and Yogic medicine, as well as metaphysics, have helped expand my awareness of what is and what can be. They helped open my eyes to being present, to really getting the fullness out of each moment. I am still learning how to do this, and there is no end, but the journey is a blast and is an experience I would not trade for the world.

These ancient methods have helped me manifest anything in my life I have ever wanted, including a record deal and giving birth to a healthy and beautiful baby boy at the age of 45. Opening my eyes to these ancient forms of healing and universal truths has made me a Seeker. Seekers are those who are willing to step outside the 'norm' of anything, to abandon group-think and instead embrace whatever practices inspire you to cultivate God qualities like trust, love, peace, harmony, excellence, joy, abundance, and others.

Seekers are always embracing change. Seekers are always willing to learn, and aren't afraid to admit when they've reached a dead end. They simply acknowledge it, learn from it, and move on. Seekers are generally happy because they know life is a journey and it's always unfolding. Seekers are not afraid to 'do the work,' because they know 'the work' is where the gold is. Seekers take responsibility for their reality, which includes their mind/body/spirit health. Seekers are always excited to share their latest revelation, warts and all. Seekers know we are all here to help each other and that expanding our awareness of what is possible and what we are all capable of on a global scale is the magic of the journey. Seekers are unafraid to learn, grow and change. And Seekers, in the process of their journey, become very wise.

How do you become a Seeker? Start by sitting quietly in a chair for five minutes every day. Set a timer so you can unhook from the temptation to monitor how long you have been there. Instead let go, focus on your breath and try to think of nothing. This is a great Seeker joke, because of course it's impossible to think of nothing. So when you catch yourself thinking, don't judge or scold, just go back to the breath. It is an exercise in learning to control your thoughts and in being still so that your heart and head can learn how to work together. Do this every day for two weeks and your life will start to change. That will be the beginning of you building your spiritual workbench.

3. Be your own Alchemist and don't tell everyone what you're doing.

As you practice observing your thoughts instead of engaging in them, you can begin to choose which thoughts reflect that which you desire, and which ones don't. Did you know on average we think 50,000 thoughts a day? Did you know more than 90% of the thoughts you have today are the same thoughts you had yesterday? Did you also know that 70-80% of those thoughts are negative? Learning to delete the thoughts you don't want (lead) and replace them with the thoughts you do (gold) is the first step to becoming your own alchemist.

Not sharing everything with anyone is one of the best pieces of advice I ever received, because not everyone on the planet is ready for all this stuff. And when we share these transformational ideas with those who are not ready to consider them, their ego (which is in a constant state of fearing death and annihilation), will rear its ugly head and try to shoot us down. When this happens, remember it's not about you; it's about their own fears.

That's why it's important to not tell everyone what you are doing. You will know if you sit back and watch and listen, who is open to what you are doing and who is not.

Don't let your ego or insecurities tempt you into sharing just as a way to gain validation. Have faith, trust, and breathe. If you feel a strong need to share, write in your journal. There are tons of great books available (see my reading list on my blog: www.lorigregory.com). Great books on the subject of transformation and spiritual growth abound, and our digital age means often you can download a book with the click of a button. Grow your library, and recognize people come into our lives for a reason, a season, or a lifetime. Again, don't be afraid of change. Just trust your path and allow yourself to be on the journey.

4. Use powers of manifestation to create exactly the world you desire.

The 4th dimension (the Internet), has given us so much in terms of shared information. There are zillions of examples of people who have defied odds to achieve their goals. Why should you be any different? The truth is, you aren't. If you don't have an outer world that matches your inner world that simply means the work is not yet done. If there is a discrepancy between what you desire and what is, there will be pain. And as we all now know, that pain is trying to tell you something. That pain wants to inspire you to do something different.

There are numerous ways to manifest, with integrity, what you desire. Vision boards, journaling, meditation, yoga, tai chi, qigong..., the list goes on. What's important is to find a methodology that works for you, and build it into your routine so that you do it. Surround yourself with people and things that support and inspire this process, and then allow yourself to have it.

So many of us are lacking what we desire because we caudle a deep-seeded fear that somehow we don't deserve it. Each one of us as a divine emanation deserves to have whatever we want! Be sure you are clear in what you want, and then be willing to do whatever it is you need to do to have it. And as always, do no harm to others in the process.

5. Breathe, be consistent, and realize it take time.

Impatience killed many a dream, right before it unfolded. Don't allow fear and doubt to hijack your process. And do NOT look to the physical world to support you. Your inner world, your internal guidance system, will tell you exactly where you need to go. Be sure to take care of your instrument (eat healthy foods, drink clean water and get good sleep), maintain minimal exposure to anything in excess, and breathe. You are your own pilot, and where the ship goes is entirely up to you.

Namaste.