



Destination Unknown ?

911 Spirit

Today you are on the choo choo train of life. The track you chose leads you somewhere, but where? Your choices up to this time led you here, are you in a good place? If not, get off at the next stop and buy a ticket elsewhere. Sounds so easy, not so easy to do you say? Probably one of the most misunderstood facts of life is free will. Free will allows us to do what we want in our human life. How powerful is it? Free will is so powerful that we can witness its power in the news every day. We (humans) can choose to murder a baby — or— jump in a raging river to save a stranger. That is free will.

I Choose My Consequences

Our free will is so strong, we can even manipulate matter. We can change our own flesh through diet and exercise — even surgery should we choose to. Many of us feel trapped in our own body — yet maybe there is a different way to think about this. How about — I chose this body — and now what I learn from designing my body is patience, persistence, and determination.

Many of us feel trapped in ‘our own’ life. Yet your life is of your choosing. When you are a child, you relinquish free will to those more powerful, those who ‘know-what-is-best-for-you’. As an adult,

you know what is in your heart, mind and soul. You know your special needs, likes, dislikes and dreams. The incredible thing about being human is that we are all so unique. That uniqueness allows you to be different than others who may think they know what is best for you. They do not, unless of course what you are doing is self-destructive. But, even self destructive behavior and acts are the gift of free will.

I Have No Choice

Think about free will and the things you do “because you feel you must”. You most likely *must* because you choose to. Often we hold consequences as our captor. “I would not get out of bed today if the consequences of missing work were not so harsh.” Your choice is not to face the consequences — you certainly could if you wished. Many of the women in prison that I work with made choices that resulted in dire consequences. Why did they make these choices? Does it matter, the consequences were theirs. You are today a sum total of your choices. How did I get here? Does it matter? The consequences are yours and so is the future and future choices and consequences.

When you make change for the better you are accepting the positive consequences. A person I know lost 40 pounds in the last six

months. Her choices in food and exercise has led her to this place — which is a better place for her. Her choices resulted in wonderful consequences. All choices result in consequences, it’s about your perception of the consequences. She could have perceived the loss of chips, and cake as dire consequences of committing to this diet. The difference? Which loss was greater? The loss of the pleasure of the food, or the loss of self esteem and physical comfort? She chose self esteem and physical comfort over food. Sounds too simple. The choice can be simple.

Justice Oliver Wendell Holmes was traveling on a train. When asked for his ticket, he fumbled around, discovering it lost. The conductor was aware that this was the Justice and told him, “Don’t worry, Mr. Holmes. I’m sure you have your ticket somewhere. If you don’t find it during the trip, just mail it in to the railroad when you reach your destination.”

Appreciative, Holmes looked up and responded: “Young man, my problem is not finding my ticket. It’s finding out where in the world I’m going.”

What train are you on and do you know the destination? It’s your choice and it is that simple.

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Recommended Reading

“Free Will”

Mark Thurston, Ph. D,
\$12.95

