

Giving Advice

Giving advice to someone is similar to offering healing.

Some people may come to us with a genuine desire to get well, others - just want to tell us how miserable their life is, while not actually be willing to change the conditions that have created the environment for their illness.

If someone has a strong belief that nobody can help them, then they would perpetuate that experience regardless of the quality of advice they receive. In such cases, they may walk away from us feeling that they have not been helped, and in doing so, we would actually be helping them, as they would be receiving exactly what they came for.

For us, as advise-givers and healers, it's important to keep our preferred state and to not be personally affected by the information that is presented to us. In this manner, we are giving the other person an opportunity to see an example of health and wisdom. If they then choose to accept the invitation to match our positive energy, they would be able to see all the relevant solutions to their problems and heal themselves.

Therefore, my advice for giving advice is: "lead by example".

Share your experiences and describe what has worked for you, then allow the other person to follow their own path. Guide them by showing them a way forward but don't insist that they must take your advice. In fact, it is your allowance for letting them decide what's best for them, which creates the highest probability that they would make positively-aligned decisions.

This is why it's so useful to keep a record of our own experiences, especially of the dark and difficult times. Sharing our experiences can offer other people a chance to create more clarity in their own life. In fact, this is the key to accelerating evolution - extract as much as possible from the current experience, thereby making more room for the next one. We do this as individuals and we do this as humanity as a whole.

Our personal struggles, however difficult they may seem to be at that time, can always be turned into wisdom, and have a positive effect on the world.