



## **Cultivating Curriculum Control By Dr. Shirlene Reeves**

What if you could become more skilled at the process of living and equip yourself with a sense of calm to handle the inevitable ups and downs in life from an undisturbed place?

We are here on earth experiencing living tests in specific soul traits in the places that feel most vulnerable. When these tests come our way we all tend to lean on God, Spirit, the Universe for help to calm the waves of fear, pain and consequences challenging our willpower.

When these sorts of troubling things occur the anxiety and stress kick into high gear causing us to look for solutions and make quick decisions that find us unprepared and at risk of crumbling into deeper fear and despair.

### **The Answer for Peace & Freedom**

Understanding and accepting the nature of these repeated tests, in your personal curriculum and eradicating the deepest fear, allows for a sense of peace, freedom and calm when maneuvering all future tests.

The ideal response to a test is to lean in and learn how to win. This requires you to stretch into the difficulty to learn a difficult lesson for the growth of your soul.

When you pass the test your soul is strengthened and you earn the right to face yet another set of challenges. Yippee!

On the other hand if you don't pass the test you will once again experience the same test in a different situation, with different people in a new context. In any case it will be the same soul lesson to learn until you run yelling and screaming, "Ok, ok I've

got it. I got the message! I won't do that again!" Even then you will be tested once again to make sure you really learned that specific lesson.

### **Relationship Challenges**

Relationships are often our biggest challenge. They are the most difficult and the ripest arena for growth because they reflect the challenges we are encouraged to resolve deep within. I wrote a whole segment on this topic in my book, [Selling Through Your Heart](#) and there's a video message in [Episode 3 on my blog](#).

Once the honeymoon has come and gone the tests flare up and the coals smolder beneath the surface always laying in wait of being stoked into a raging flame of nothing but tests. Often you find yourself running from the trials, get divorced and then begin searching right away for your next victim. On it goes repeating the same process all over again.

### **Passed Over for Promotions**

On the job there are challenges with co-workers and upper management that cause daily difficulties of stress, unrest and an inability to move up. You get passed over for promotions and don't understand why. Well, now you know.

## **Becoming the Master of Your Inner Journey**

A calming of the soul brings about a feeling of freedom because the actions of others, or life itself, does not determine your emotional state. And you become much better at maneuvering through the challenges brought on by the emotions, wishes and projections of other people. These fears and powerful feelings even out and tend to dissipate bringing into your core a feeling of peace and the ability to sort out and reason problem-solving tasks with confidence.

Now that you know the secret to living in peace you have the choice of passing your tests with flying colors or continuing to battle life's challenges in fear, anxiety and stress while repeating the same lessons again and again.

Bringing you back to the first question asked at the beginning of this paper - what if you could become more skilled at the process of living? What if the challenging lessons no longer bothered you and you could breeze through them? What if the anxiety and stress were gone and there was no longer anything to fear? Would that work for you? If your answer is a big **YES** it's definitely time to talk with me.