

# Springeagle

Love is eternal and when I accepted this and I healed many old wounds I was able to stop pushing everyone I loved away from me.

Blessings and Love — *Springeagle*

**Dear Springeagle:**

I am an undergraduate student from an Asian country. I am doing a degree in the UK. The problem is my English is very poor. It's hard for me to express my idea whether in writing or communicating. I don't have many friends. I think my tutorial group member think of me as a shy person. I didn't talk so much during certain discussion. I just keep quiet. It is not what I intend to do. I want to be talkative, full of fresh idea and able to communicate very well with my friends. I want to be a friendly person. I hope somebody can help me out. I'm really in a trouble.

Thanks.... — *Meas*

**Hi Meas:**

Is there a communications course in your school? If so take the course. I took one years ago and it helped a great deal.

You will need to also face your fears. When we are unable to communicate, sometimes this is due to our fears of being rejected or unliked.

You need to learn to like yourself then others will as well. It is not so much what we say to others when we communicate, that counts but, more what we feel towards ourselves. We project our feelings towards ourselves when we communicate with others and this is what is being reacted to.

Blessings and Love — *Springeagle*

**Dear Springeagle**

Is there something like an 'exam' phobia because I'm sure I've got it. I dislike exams immensely, but I can go to them so I guess I don't have a true case of phobia. However, once there my mind turns blank, I can hardly understand the questions and I just can't seem to do anything in an orderly manner - for example, I tend to answer a question from the middle part, jump to the last questions and maybe finally take a look at the first question. Any idea of a 'cure'? — *Justan*

**Hi Justan:**

Exam Phobia is usually referred to as a Fear Of Failing. When I was in school I was terrified of exams. I would mess them up and have mental blocks when I tried to answer the questions. I quit school early due to this problem. Later I went back to school. I decided to change my thinking about the situation and have fun with it. I paid no attention at all to whether I was right, smart or would even pass at all. I was there to have fun and do what I could. I browned out and had no fear at all

with this new head-space. Try it. Blessings and Love — *Springeagle*

**Dear Springeagle:**

When you are in the midst of nature, in a forest, by the sea, on a mountain peak -- do you ever feel a sense of the sacred, like the feeling of being in a vast cathedral? Do you believe that humans should be a part of Nature, rather than set above it? The magnificence of the universe might be able to draw forth reserves of reverence and awe that could lead us to the genesis of a new religion!

— *Hank*

**Hi Hank:**

I understand how you are feeling. I believe we do belong with nature and that our true peace will be found in a new world wide belief that is based in nature.

Love, Light and Peace — *Springeagle*

**Dear Springeagle:**

Hello again angel love--and can I ask you another thing if you don't mind? you were very accurate in how you described my actions, I know and recognize those qualities in myself--I just wanted to know how you were able to overcome what you went through and did any relationships that were totalled, ever get back again?--does that make sense to you? and do you think he no longer thinks of me because of my dramatics? — *Mercy*

**Hi Mercy:**

I had to reach into my past and resolve any issues that had not been resolved, learn to deal with my emotions and get them to a space where I could work with them, get to truly know myself and learn what love is and how to love properly. I had to become my own best friend.

A few of the relationships were once again presented to me but I found I had grown past where they were and did not wish to rejoin again.

The only ones I did rejoin with were my children.

The reasons he has stopped thinking of you is most likely when you get dramatic it hurts him and angers him more then he is able to deal with.

Stop blaming yourself and work on what you need to become you best friend. Then love will be in your life land draw the right person towards you whether it's him or someone else. life.

Blessings and Love — *Springeagle*

**Dear Springeagle:**

Hello angel love and thank you so much for responding to my question--this is really something I should have let go of a long time ago, normal people don't dwell on things long periods of time, but I have this infamous knack for doing so--and in the process, can alienate anyone who is close to me--I really at times have thought I was crazy for feeling the way I do, because for all intents and purposes he has blown me off, or my dramatics, as I've been told, were too old--I am married and so is he but I always knew I liked him--meaning his opinion of me mattered and he had qualities that drew me to him--I messed things up in a big way by running my mouth about him constantly and thinking that he had similar interest/attraction/like for me--and I based this on the fact that he did at times seem uncomfortable around me--but I'm not from this area, don't really know too many people and supposedly, it's different--whatever that means--people told me that whatever I thought I felt from him was how he is with all women and his wife is open to it--what has been driving me crazy, is how could I have been so wrong--I know he is angry/doesn't care for me now--and believe me I do feel like a fool--and I am aware that I caused it--what do you think?

— *Jan*

**Hi Jan:**

What I thinks is happening is that when you get near something you like you begin to get despite, over react and dramatize things out of fear. I used to do these things and destroyed many relationships in doing so.

You need to deal with your deep fear of rejection and learn to accept love first from yourself and then from others without the fear of losing.

We truly never lose love, only the source in the physical.

does an acquaintance I know have any feelings for me now or does he think I'm a loser? did he ever feel anything for me or was it all in my head?

Thank You — *Becca*

**Hi Becca:**

Yes he has feelings but feelings are fleeting and they change depending what the input is. If you feel he feels negatively about you, you are right and if you wish it to be positive then you must change your thoughts regarding yourself.

Blessings and Love

*Springeagle*

**Dear Springeagle:**

I have feelings for a person and wonder if this person feels anything for me. Sometimes it seems like he does and then I begin to doubt myself. — *Dianne*

**Hi Dianne:**

I have found that everyone has feelings for all it come into contact with in life.

Yes this person feels most likely feel what you feel but for many reasons may be in a very different space and they may or may not mean anything at all to him. what you feel. The question is will he in space to admit it, do they realize it and what they wish to do with it.

Many times in life people do not realize what they truly feel for another and deny any feelings at all for whatever reason they may have.

Blessings and Love

— *Springeagle*

Blessings and Love

Angel

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## Karma, Judgment and Respect

Karma, The Three Fold Law, & Grace  
 "As you sew so shall ye reap".  
 "What goes around comes around".  
 "Whatever you send out returns three times".

These are all sayings very familiar to all of us, all of them examples of a supposedly

Universal Law of cause and effect, action and reaction.

Of course many of the religious systems try to furnish us with some sort of "escape clause" that will allow man to either alleviate suffering from past misdeeds, or to escape responsibility totally.

Let us take a little closer look at these three ideas and their inter-relationship.

It seems that, on one level, we do live in a mechanistic universe, one pretty much ruled by cause-and-effect.

This Newtonian universe seems to react in a very mechanical fashion, I.a. every action "produces an equal and opposite reaction". A good analogy for this is the example of one billiard ball striking another. The energy from the striking billiard ball is transferred to the one struck and is used to push against the first, imparting motion in the line of it's fire.

**Judgment**

We are living in a society in which everyone believes they have the right to judge others, situations, things, life, and even our Creator, for more reasons then I could ever get on this paper. We all feel completely justified in the doing so.

But then someone judges us and we are hurt, wondering why, wondering where they got the right and why they just can't accept us as we are. Well when you judge, don't you stop to consider how this action makes you feel and realize that all else feels just as hurt by your judgments as you feel with theirs?

Within our mental capacity, as humans, we were given the blueprints to judgment. Judgment is a very useful tool, if used

correctly, in the proper places.

We humans have grown a custom to using this tool in all the wrong places. This is why we have a special department in our police departments to deal with hate crimes.

Judging and sentencing people for the color of their skin, race, religion, intelligence, coping skills, or lack of, stage in life, where they live, what they have, and I could go on forever.

How often do we see things in life or things that others make or acquire and then decide we like or don't like it after judging it? Our judgment may not be necessarily right at all.

The person who is in ownership of this object and the next person that comes along may truly like it. Remembering that we all have the same human capacity and blueprints as to how to judge, yet what we like and dislike are completely different. In this we see clearly that our judgment is meant to be used only for personal desires and needs, not to be putting down whatever it is that we have judges not for ourselves.

Judgment is meant to help us make good decisions and protect ourselves.

**Respect!**

One must give respect to one-self before it can be given to others, or even before one can be respected. Like love, respect must be the way we deal with ourselves. If we do not respect ourselves, we put out signals to other that it is ok to disrespect us, hence others will find it very hard, if not impossible to react in a respectful manner.

Respect is not just action. A show of respect is not true respect it is just what it says, a show of respect! It is easy for any of us to act respectful, be respectful, or show respect, but that is exactly what we are doing. Acting like we respect each other. This is not true respect at all.

When we truly respect, we send a message of positively from the right side of our brain, {the emotional center}, to our

soul and our soul then send out positive emotional energy. Much in the same way we send love to one another. We think loving thoughts. Respectful thoughts can be sent the same way, and with the show as well it becomes true respect. When one only respect's because

someone demands it, there is no sincerity within and it is phony.

One must give respect to others before others can give respect to them. Many people, such as authority figures, {police to criminals, judges to accused, parents to children, teachers to student, manager to staff, seem to believe, {usually due to their position in society}, others should automatically respect them but they do not have to be respectful towards the people they are demanding respect from. At best they may receive a show of respect but, actual respect is also sincere and has emotion attached. If I want someone to respect me, I must give the same respect.

Since respect is universal, {in the same aspect as love is}, it has to be given to be received as all else in this universe works likewise.

**Respect is Sincerely:**

In thought, word and deed:

1. Respecting oneself and others weather you agree with whom or what they are and do. One can always give common human respect.
2. Being honest as possible, (in this world as it is total honesty is almost impossible but one should never lie to those they love regardless of the reason).
3. Being sincere and not playing head games, manipulating and cheating. Keeping ones word when given.
4. Seeing clearly another's boundaries and not crossing them, unless requested to do so.
5. Being honorable, dignified, open minded, caring and polite towards oneself and others
6. Keeping one's word to one selves and others
7. Being able to look into others eyes

