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ARISE THROUGH ASCENSION

Carrying Verses Caring

By Angela Blaha

I was at a conference recently and one of the topics was carrying versus caring. I found it super interesting how people sort of looked around at each other as if they were picking out the ones who carry others or are caring.

I actually never thought about the differences before and it was very clear to me that I needed to understand them better. Caring is loving yourself and others so much that you allow them to be where they need to be, allowing them to choose their life and all the experiences they desire. Carrying is controlling, because you want to control the outcome of your life or someone else's, unquestionably an ego trait.

We carry far too many opinions, anger, judgment and perceptions about who we are. We are very programmed to see the world through other people's eyes rather than our own. If you really cared about yourself you would not even acknowledge other people's perceptions, opinions or judgment about who you are.

If we really cared about others we would allow them to have the experience they came to earth to have rather than trying to constantly be talking them out of it, or judging them about their choices.

If we really cared we would support each other with their decisions instead of telling them how they are making mistakes. If we really cared we would love each other without conditions. If we really cared we would not have opinions about someone else's life, rather we would ask soul piercing questions to help them see a 360-degree view versus a narrow perspective. We would teach rather than preach. We would listen rather than lecture and we would love, just love.

My mother carried everyone in my family, she was a great teacher for me of how not to be. She was the scapegoat for every situation and took the blame for everything. She cared so deeply about everyone and was willing to love people no matter how they treated her. In my opinion, she did not understand how she was trained to believe that caring meant carrying and is a social injustice.

To care deeply does not equate to carry burdens and in my work this belief is an old one that we carry in our cells. Caring means that you care about who you are rather than carrying everyone else's perceptions about who you are. We do not love by carrying someone or try to control their lives.

It was very clear to me, looking back on my life how traditions play an integral role in the quantum entanglement of carrying versus caring and how we perceive the two to be equal when actually they are very different. Moving forward I intend to be hyper-aware of when I care deeply not to extend my care and turn it into carrying.

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