

What is EVOLUTION?

by Ulla Jacobs

Noun: A process of gradual, peaceful, progressive change or development, as in social or economic structure or institutions.

A journey of change; a progression that can lead to insights allowing us to change in some way.

For the purpose of this writing let's examine evolution within relationships. The following excerpt is from my first book, *Hidden Laws*. It shows the Law of Attraction working within Lauren's life. As a child she was treated badly and conditioned to believe she was worthless. This feeling transitioned into her choice of partners who delivered more of the same treatment. In each of her relationships Lauren's energy aligned itself with someone of similar vibration to that of her parents.

Lauren

Lauren was in her third relationship. Like the other two, this was again with an abusive person. The pattern kept repeating over and over. Her father was an alcoholic who abused her mother verbally and physically.

Lauren was constantly criticized and belittled as a child. Is it any wonder that she had very low self-esteem? She felt unworthy. This low energy and thought pattern led her to attract other people of the same caliber.

Seeing that yet another relationship was going nowhere, she decided to seek guidance. She could not understand why she kept making the same mistakes when it came to choosing a partner.

In order to break this cycle it was first necessary to understand the dynamics at work: *the Law of Attraction*. She didn't believe that it could be as simple as changing the negative thought processes instilled in her so many years ago and reinforced by each of her relationships, but was willing to give it a try. She realized that something needed to change. After three lousy relationships, she felt she had nothing to lose and perhaps much to gain. This spark of optimism got her interested in pursuing the help necessary for a better life.

She read books and signed up for a seminar on improving self-esteem. These steps made her realize that further help was needed so she sought counseling as well. These first steps gave her the impetus to continue further. Her outlook changed, and with time she decided to get more schooling in order to get a better job. Her self-esteem changed for the better. She began to take an interest in her appearance, deciding that she deserved to look nice.

The more she changed the more threatened her partner became. He became more abusive as he became aware of losing control



over Lauren. After all, control was the driving force for him as it had been for her other two partners and her father, as well.

The subservient persona was leaving, to be replaced by a stronger, happier Lauren. She was able to see the relationship more clearly and could no longer be comfortable in the role of the victim, a role she had taken on for so many years. How could she possibly continue the healing process under these conditions?

Lauren was able to see the toxic effects the relationship was having on her. A new awareness had been created, one that could not be taken back. These changes in awareness made it impossible to stay with her partner. They were no longer compatible. Her vibration had changed while his remained the same. She tried to interest him in counseling, but he declined. This was his choice to make, as it was her choice to move on. Lauren packed her things and left the relationship, with a barrage of angry threats following her out the door.

"Who needs this? Never again! I deserve better!" were her thoughts as she drove away with a new sense of freedom and ease, knowing she had made a positive decision to further her empowerment and improve her living conditions. There had been too many years of abuse and feelings of inferiority. It was time to move on and create something positive. Lauren had become aware that she had a choice to either continue with the status quo or make some changes. Her newly found confidence enabled her to make the only choice that would support a peaceful existence. **Lauren took charge of her life.**

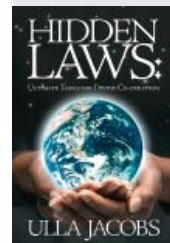
When her healing is complete she will be in a better position to draw someone of the same vibration into her life. She is in no rush to enter into another union. Time needs to heal some of the remaining scars. In the meantime Lauren is happy to be independent for the first time in her life. She is exploring interests and hobbies that bring her joy. She feels good about her future and its unlimited potential. It is nice to observe the transformation. As her light shines more brightly it radiates out, forming a glow that makes other people aware of the change in her.

She has made the decision to get more education in order to pursue a career in clothing design. The artistic juices have started to flow now that she has become true to her soul by taking charge of her life. Lauren truly feels happy and at peace, knowing she has turned a corner and needs never to look back. She embraces her new attitude, with gusto, feeling empowered.

Once we begin to change our vibration, the energy we align to, relationships will need to change or fall away. Evolution pertains not only to life partners but to connections with co-workers and friends as well. We still continue to draw to those that are compatible, matching energetically to the frequency we emit.

That is the Law of Attraction at work

Ulla Jacobs has been a researcher for more than 35 years.



Favourite topics include healthy eating, baking, theosophy, universal law, mind/body connection, quantum mechanics and energy healing. For more information and schedule of upcoming classes on Universal Law, visit: www.ullajacobs.com

