

SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



Inner Change
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

3. A RELATIONSHIP WITH OURSELF

Change occurs in four basic areas of our lives: our relationships with ourself, other people, our work, and our world. These relationships form ever-widening circles, beginning at our core and moving outward to eventually embrace the earth and all that occupies it. The key to keep in mind as we consider these various aspects is balance. If our relating is out of balance, our life will feel either like a flat wheel, wherein one area is underdeveloped, leeching energy from the others, or like an egg, with one over-developed area protruding and dominating the others.

Why, you may ask, do we begin with our relationship with ourself? Isn't that being egocentric? Aren't we supposed to think of others first? There are many who believe so. I disagree. We begin here because our relationship with ourself must be intact for us to know who we are—to be who we are—in any other relationship or area of our life.

Our relationship with ourself is comprised of all the levels of our being—spirit, mind, heart, and body. At the core of our relationship with ourself is our spirituality, our conscious connection with the Divine. So we ask, “Do I have a sense of my own identity as a living, breathing being at one with All That Is?” This is *the* foundational question upon which every other aspect of our life is built, for it is from this oneness that who we are spirals forth.

After our spirituality, we then look at our thoughts and emotions. We ask, “Are my thoughts and emotions cohesive with each other?” Many times people feel a sense of disconnectedness, saying things like, “My head says one thing, but my heart says another.” The joining of our heart and mind is necessary to restore our factory equipment, for as we were forming in our mother's womb our heart provided the first pulses of knowing—our brains developed afterwards.

It also is important to ask, “Do my thoughts and emotions reflect my spiritual identity?” The more life-depleting an emotion, such as jealousy or rage, the more we may choose—albeit unconsciously—to allow that emotion to rule the roost. In so doing, we abdicate our ability to use our minds to choose rightly. Tension, stress, and strife invariably result if what we think and feel are out of accord with spiritual truth.

Lastly, we ascertain our relationship within our own skin. We ask, “Do I honor my body's needs ... for nutrition, movement, and sleep? Is my body in sufficient condition to support my life and work in the world?” Our body is our vehicle through which we connect with others, engage our work, and extend ourself outward into our community. If we neglect our body, we render ourselves less effective than we were designed and intended to be.

If you're like most people, as you read the above ideas, you started identifying with some of them. In effect, you are making a list of sorts, a list of the ways you would like to be better grounded with the Divine and more comfortable within your own being. Good! This awareness is necessary to your unfolding—you can't grow without it.

So spend some time with yourself, for ...

Wherever you go,
whatever you do,
there you are!

Peace, Love, Joy,

Diana

