

# SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



*Inner Change*  
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

## 6. PURGING GUNK

Here's the fantasy most of us entertain: once we've created a space for change, once we've committed to moving forward in our lives, then the doors of heaven will open wide and pour forth a new consciousness, along with all its vast and sundry related joys, and we will live in bliss. But you know what, folks? That's not necessarily how it works.

Once we make a commitment to changing our lives, we often encounter a phenomenon of a different sort: anything and everything shows up to challenge our decision. It's as if all hell breaks loose. In fact, no metaphor could be more accurate. You see, just past the commitment to create a shift lies the hell we have been holding in mind—the gunk ... the muck and mire ... the dirty, stinky stuff that no one talks about in polite company. Here lies the goop we must release from consciousness in order for peace to fill our very souls.

I can remember several years ago sitting in a Weight Watchers meeting when the leader posed this question to our group: what did you do this week to support yourself in your decision to lose weight? I felt a little bit surprised at the first thing that came to my mind. Nonetheless, I shared it: I cleaned off my desk. The leader thought that was a great example, because she understood the principle that sometimes we must purge from our lives, from our minds, from our physical surroundings those things that detract from the free-flowing energy that change requires.

When it comes time to release goop in our lives, human tendency is sometimes to analyze it first. Thinking that's a necessary step in letting go, we ask: Where did it come from? How long has it been here? We ponder the patterns of the past over and over again. In my day, I've seen far too many people get sidetracked in the purging process by convincing themselves they couldn't move forward without such a "complete" understanding. The paradox of this perspective is that it can never be complete, for it focuses only on the cause rather than the cure. We give our change room to root when we weed the unbeneficial from the garden of our mind, when we lay down the old so that we have arms ready to embrace the new.

This is absolutely true: unproductive, joyless habits of a lifetime hold weight in our being. Truly, we can see that they are not supportive of the changes we want to make. So how do we let them go? To release old thoughts, behaviors, beliefs and ideas, we approach the task in a multi-dimensional way. Mentally, we practice denials, those statements of release that loose the bonds of old from our thoughts. Emotionally, we may write letters we never send or join a process-oriented support group. Physically, we may scream into a pillow or take up kick-boxing. Cleaning our house or engaging in yardwork can also work wonders. ☺ We may even engage our body, heart and mind together in our own private burning bowl ceremony: writing down what we'd like to release, placing it in a fire-safe container, lighting it and watching it go up in smoke! We do whatever it takes—as long as it is not harmful to ourselves or others—to get out any energy we heretofore have held so tightly.



Purging gunk ... although it's messy, it is unquestionably necessary in engaging change. Although it's often hard, you do have the ability within you to let go ... to let it *all* go. Though we may procrastinate and try to talk ourselves out of it, the eventual release is imperative, for it paves the way for the good to come.

So don't wait! Roll up your sleeves and let that gunk go!

Peace, Love, Joy,

*Diana*

