

SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



Inner Change
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

8. DISCERNING WHAT'S YOURS

If we are to engage positive, proactive change, we must poise ourselves to take ownership of our minds, our hearts, our lives. Discerning what is ours to do—and what isn't—is a crucial step in moving forward. A prayer I learned a long time ago comes to mind:

“God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can, and wisdom to know the difference.”

First, let's consider two obvious aspects of life we can't change—even though many of us spend enormous energy trying!—the past, and others.

We can't change the past. It's done. What has happened has happened. This can be particularly challenging to accept, especially when someone hurt us or we hurt another. However, what we *can* do in the now is change how we entertain the memories of those events. Rather than focusing on the hurt, we can choose to focus on our lessons learned, for example.

As I began my journey of healing, I developed a technique that helped me move from victim to victor: when I would recall an event of the past, particularly those events in which I had not engaged my innate kindness or wisdom, I would recall the event with one difference: I would see myself responding in a centered and loving way. In my mind, I would say the right thing, do the courageous act. As I did this with many memories of past events, something interesting began to happen: I started acting courageously and speaking with compassion and authenticity *in my current life*. In effect, I began creating a new future by restructuring my present thoughts about those past events.

Another prevalent preoccupation of humankind is contemplating how we'd like someone else to change. “If only they would be different, my life would be better.” Such a mindset is a block to our peace of mind. We can't change others ... but we can change how we think about them. Unity minister Eric Butterworth talked about granting others safe passage through our mind. In other words, rather than focusing on what they do that we wish they wouldn't (or what they don't do that we wish they would), we must summon the courage to follow the wisdom teaching of seeing them rightly. Rather than thoughts of some negative trait we perceive and project onto them, we would do well (for them and ourselves) to focus on their truth: they are a beloved creation of God, and every aspect of the divine essence is—in every moment—alive and well within them.

So the choice is ours: We can focus on what we want *them* to change ... and reap stress (because they don't follow our gameplan) and alienation (because no one likes us to coerce or manipulate them). Or we can focus on what *we* can change—our thoughts, our behaviors, *ourselves*—and reap the rewards of empowerment, self respect, and seeing *ourselves* rightly as the co-creative beings we are.



To make this mindset shift, we call upon our abiding serenity, courage and wisdom. These inner resources bring us acceptance, proactive change, and understanding. And here's the good news: we have—right now within us—the ability to choose wisely!

Peace, Love, Joy,

Diana

