

SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



Inner Change
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

11. WHO AM I NOW?

There exists in the process of change a shift of focus ... from releasing what we don't want to claiming what we do want. This shift requires us to contemplate the question, "Who am I *now*?"

In the last quarter of a century of intentional change, I have often experienced a roadblock during this phase: as I was envisioning a new way of being on the outside—having a different job, better relationship, more toned body, whatever—I didn't feel like I had done enough changing *on the inside* to accomplish whatever that good happened to be. I was aware of lingering thoughts I had that were not in alignment with truth. I knew there were habits I wanted to shift. I knew the changing that still needed to occur. Because my intellectual nature (the envisioning activities) and my feeling nature (the keeping score) were at odds with each other, my results were sporadic ... and my good was at times long in arriving *because I was too preoccupied with my faults to receive it*.

This dilemma captures the essence of what is called a self-fulfilling prophecy: we cannot attract and keep in the outer any more good than our inner mind is willing to accept. The expression "life is consciousness" captures the same quandry: the recurring, routine aspects of our life are part of our life because of the mindset active within us. How do we move beyond it? We must keep in mind who we are *now*.

When I look back on my process of growth, I can see that when I envisioned various demonstrations in my future, I brought with those outer images inner feelings that were rooted in my past false self-perceptions. I was stuck in contemplating what was wrong with my thoughts, behaviors, beliefs and ideas that would repel the good instead of thinking about what was right with my consciousness that would attract it.

I became aware that I was envisioning a chasm between the person I wanted to become and the person I used to be. This disconnect existed because I forgot to link the future with the past by way of the present. To make the shift, which allowed me to bring the *best* of my past into my future, I began to ask myself: who *am I*, and who am I *now*?

As diligently as I could, I focused on the truth of my being in the moment ... and how I wanted to bring that truth forward, how I wanted to live that truth in my life. To the best of my ability, I continued to forgive myself for not being aware of my true self in the past. With steady perseverance, I envisioned the best qualities and talents within me radiating brightly.

I began practicing those qualities and talents in the present. This is key: rather than focusing my present energy on healing the mistakes of the past, I began using my present energy to shine my truth now. In so doing, I was creating a new awareness of myself in the present moment. I could see the truth of my being, see it in action now, which naturally flowed into seeing it action in the future.



Friends, as you envision your future ... and all the outer good you would like to be present in it ... remember to include in that vision the highest and best parts of yourself—those God-given gifts and talents and truths about who you are. See your truth alive and well, for that's what the best dreams are made of!

Peace, Love, Joy,

Diana

