



Ask to Learn the Lesson

Looking back, my life seems like one long obstacle race, with me being the chief obstacle.

~Jack Paar

The best way out is always through.

~Robert Frost

Recently, I received an e-mail that was forwarded from my friend, Valerie. This one particular e-mail captured my energy, perhaps it was because I needed the information or perhaps I was READY for the information, I am sure it was both. When I went to find the e-mail to reference the specifics, I could not. It seemed to come into my life as quickly as it exited. Perhaps it is the message that is important here, not so much the messenger.

I talk often about being stuck and how to get out of your own way, even give a few suggestions as to HOW, but through it all, if you are not ready to move forward you will continue to stay stuck. Sometimes we hang onto our life lessons like a stationary front that keeps dumping and dumping rain on our parade.

A couple of weeks ago I found myself in a repeated situation with repeated emotions and my initial Scorpio reaction was to be done with it all and walk away. I also knew that it would all just pop up again in a different form if I did not deal with it here and now. It was a situation that required understanding, patience and (in hindsight), a shift in perspective on my (stubborn) part. I decided it was time to get out of my own way and matriculate to my next level of lessons.

Thursday's Kick! Learning the Lesson

My first sign of spiritual evolvment was that I recognized I needed some help.

My second sign was listening to the guidance that led me to open that e-mail from Valerie, which I initially was going to put in my "save for later" file. It made me laugh at the "feather" of guidance being dropped on my head like a brick.

My third sign of spiritual evolvment was recognizing THE vital component in regard to help: I needed to ask for it.

After finding Valerie's e-mail, I sat down in my office chair and read it. It offered just what I needed: How to ask for help! I thought about how to formulate my request, making it personal yet being careful to use the correct phrasing. In the e-mail were several suggestions for requests, but the one that resonated with me (I liked the quickly and joyfully part), so what I adapted for my own personal use is:

Please, God allow me to learn my lessons quickly and joyfully so that I may safely move forward with love and understanding.

Also, if you would like to be more specific:

Please, God allow me to learn my lessons with _____ (put in your name or situation here or leave it as "my lessons") quickly and joyfully so that I may safely move forward with love and understanding.

I said my prayer, heartfelt and ready to accept *whatever* would come my way. Also, being me, I already had in mind what God would send. Yep, he was laughing at me big time! (Sister Alphonsa would always tell our class, "Do you know how to make God laugh? Tell Him your plans!) Why was God laughing?

The important aspect to note here is that what happened was that I shifted when I was expecting others to gain the insight. "No ego there, Catherine".

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I cannot describe what happened, but I would have to equate it with what Evangelicals label being “born again”. My perspective was different and I was given the wonderful gift of insight into another’s situation. I was not put in their shoes so to speak, but I was given new insight, and yes, given answers.

The biggest shift was that I had been taking so much personally and what I realized was that it wasn’t even about me! I was also given insight as to the benefits of the behavior in my current situation, rather than looking at the behavior literally and in a negative light.

Distancing can be perceived as rejection and disapproval, or it can be perceived as a generous gift of allowing you your own space for growth and development. So often we do take someone else’s behavior to heart and it really isn’t our stuff! What we may perceive as negative and uncaring may really be a gift of personal growth and insight. Begin to move forward and ask for the lessons to be learned quickly and joyfully. Be prepared for anything and anyone to provide insight into your situation.

I would like to offer a creative visualization to help you with your request. Remember that we receive and allow from the left of our energy field. So with that in mind:

Take a deep belly breath and hold out your hands to each side of your body, palms up. Imagine the energy flowing from your left side using any image, form, or symbol you are comfortable with. Bring this energy in through your left hand. As you breathe in, imagine the “energy of allowing” coming into your body through your left hand, traveling up your arm and crossing over your heart center as it travels up to your crown swirling back down criss-crossing over your heart center again and out your right arm and right hand. You are pulling that energy from the left side; it flows up to your crown and back down and out your right side. On your right side, your right hand you allow the old energy you are hanging onto to exit out your right hand.

The key words here are “allow” and “flow” and I use the symbol of the ribbons you see everywhere on cars for everything from AIDS to the troops to breast cancer

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awareness, use that symbol of a ribbon every time you see it as a reminder, a vibratory trigger, to breathe and allow the energy of “shift” to flow **through** you.

What you are doing here is opening yourself up to possibilities! We do not realize how tight we hold on to the familiar! Trust in the certainty that what is to come is for your highest path and ultimately your happiness.

I use this visualization for allowing all things in my life, clients, money, opportunities, relationships; I open myself up to the possibilities and then allow (give them permission) to flow into my life.

It is ALL good. What makes it NOT good is our perspective, our attitude, our fear of change, our narrow perceptions of what those changes could be and how they could affect our life.

Being open to the possibilities that are ahead of you and knowing faithfully in your heart that if the current situation is NOT working, it is because there is something far better in the works. But releasing current misery is difficult, why release the familiar for the unknown? Just ask yourself if your current misery is working for you, trust that it will only get better if you allow better to come into your life.

Allow

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If there are people or situations in your history that have wounded you so deeply you'd rather die than forgive, then it must have been pretty hard to click on this link. Give yourself credit; some part of you is ready to take a huge step forward!

My current "breakfast book" is Joel Osteen's *Your Best Life Now*, an extremely useful and inspiring paperback. He says that “*when we have parts of our life where we've been stuck for years and nothing but nothing seems to budge them, then the root cause is often an area of unforgiveness.*”

Well, I surely do have an area or two in my life that doesn't change no matter how many energy treatments, flower essences, light work sessions, guided meditations, mantras, homeopathic remedies, visualizations, prayers, guides from other dimensions,

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and yadda yadda I've tried over the years. I put my whole heart and soul into the work,
but some of them simply refuse to be healed. Maybe you're stuck in some places, too, and
maybe, like me, you secretly suspect that you're a metaphysical moron.

When I read what Joel had to say, in his usual humble, humorous way, I just
couldn't imagine what relevance my list of unforgivables had to do with my list of
unbudgeables. What could a certain issue I still had with my mother who died 20 years
ago possibly have to do with my lifelong struggle with a certain blockage? But hey, that
particular issue had been UP again of late, and I'd tried every doggone thing I could think
of to get free of it. What could I lose by trying? So I gave it a shot!

I prayed, "Dear God of All Creation, I KNOW You want me to forgive my
mother. And You know I've worked a lot of that crud through, but Joel insists there's still
more. I don't know what it is, and I don't know how to release it, but You do and You
know how. I ask that You completely dissolve each and every area of unforgiveness that
remains in my relationship with my mother."

And then I added the post script you don't want to try unless you're really serious:
"I MEAN IT, LORD." That particular rider on a prayer kicks things into high gear.

And just like it always happens when I pray that way, the insights and windows to
forgive immediately began cropping up: a whole lot faster than I really wanted them to.
Oh yeah, I remembered stuff and prayed to release it. And I found out that certain people
who annoy me do so because they're acting like a mother. They think they're being
nurturing and helpful, but I interpret them as being controlling and get all bent out of
shape. There's been plenty of movement in that stuck place since then and positive
change in a couple of relationships.