Strap in, this one’s going to be powerful...and probably long.

This past month has been one of incredible learning for me. I met two people literally within days of each other who presented completely opposing view of life that were in such stark contrast to each other that the comparison was almost shocking to me.

In one I saw the raw power of the inner Gremlin to control through disguised fear. In the other I saw the power of the Higher Self facing fear over and over, and as a consequence creating opportunities to manifest exactly what was being sought in life. Put me in mind of the old line “There is nothing lost, which if sought, cannot be found.”

In both cases what each person said they wanted was right there in front of them, ready to be grasped. One appeared trapped by fear into approach and retreat cycles of oscillation, the other appeared to be taking action and building upon opportunities.

We have talked about the GAILS before...

1. The inner Gremlin who keeps us safe, secure and small,
2. The Assumptions that we make about what has been in our lives and how we use those same assumptions to project ahead of us a view of the most likely future outcome,
3. The Interpretations that we make about the events around us in order to create a workable and livable life story, combined with the evidence we then find to support the story we have written, and
4. The Limiting Beliefs that we use to give structure to the rules we think apply to the game of life.

So, lessons learned from this pair of experiences?

First: I have seen the Gremlin use a strong and powerful voice in both cases. In one case it uses fear to create oscillations of approach and retreat, in the other I have seen the Gremlin voice used as a tool for discovery. In both cases the main tool of the Gremlin voice is fear: fear of the unknown, fear of failure, fear of being inadequate, fear of making the same mistake again, the list goes on...you can probably fill in your own list. The Gremlin is incredibly good at crafting various types of fear messages and then camouflaging them as something else entirely.

In one case the Gremlin voice became a sort of Devil’s Advocate, to be used to explore reasons for not doing something, but in the ultimate case decisions were being guided by the Higher Self in order to generate the maximum opportunity. In the second case I watched the Gremlin voice work with such power and authority that it actually subverted the Higher Voice. The Gremlin spoke for the Board of Directors and was orchestrating the decisions in the name of the Higher Self.

Second, the Assumptions played themselves out in completely opposite ways. Curiously, in both cases the underlying message was “I don’t want more of what I have had in the past.”
Gremlin Power contd.

In one case the following sentence was “so knowing that, I am going create a new future doing what I want in a different way...” and in the second case, the following sentence was “because that’s what I see happening if I go back and take another chance in the same arena.” And who is to say both are not accurate views of life? Certainly not me.

Now the thing about Assumptions is that in order to gain power they must use Interpretation to find evidence to reinforce the Story of Life upon which they build and upon which the Gremlin feeds.

The thing about evidence though, is that it is entirely subjective...ask a quantum physicist if you don’t believe me...or a trial lawyer.

Evidence is what we think we see, filtered through the experiences of life and paraded to our core selves as reality. And of course, because it is our perception of reality, we never question its truth...it’s what I see, it must be true....after all, if I cannot believe the evidence of my own experiences or my own senses, what can I believe?

So what happens I wonder, when

1. We look to the future for possibility rather than look at the past for what was?
2. Or we ask ourselves what if what I think is real evidence is merely a perception based upon limited available data?

Lastly, there are the Limiting Beliefs that define the rules for the Game of Life. Again, curiously one of the underlying rules for both people was similar, but not exactly identical and revolved around the notion of energetic change. In both cases the underlying core belief was the nature of core energies of both self and others.

In one case it was accepted as the status quo that people’s core energies don’t change much and in the other case the idea of rigidly defined core energy patterns was being challenged as a message that is asking to be examined as a life truth, which may not be as true as once thought.

So people are where they are on the journey of life. In the words of Brian Tracy it is not for us to ‘criticize, condemn or complain’.

It is for us to facilitate change if asked and to stand aside when asked. It is for us to honor those around us and be amazed by their courage. It is for us to believe in the in the innate journey towards awareness that is occurring within each of us, at our own pace and in our own way.

So all of this comes home to me in one of the school slogans that we have in the oriental medical school I am attending: “Discover yourself, heal others.” I have reversed the statement for my own purposes: “Heal yourself, discover others.” I have done this because it is only when I heal my own wounds that I stand any chance of seeing the world as it is, and not as I think I see it from the perspective of my own life traumas...and we all have them. I have yet to meet a soul who has not experienced trauma in life...

...well then, that just exposed one of my own core beliefs: I don’t think such a person exists...we all know suffering of various kinds. It’s all a matter of what we choose to do with that suffering that makes the difference. We can choose to allow pain to define us and rewrite our life stories or we can choose a different path. Neither path is easy.

In closing, let me say this: From my limited perspective (having only the awareness of this single life that I am living), if there is anything that I can do to obtain a clearer (non-distorted) view of the world around me, then that is the path I seek to follow. I suspect that most of us might say the same thing.

I also suspect that life has quite a different view to present when we can see past our own GAIL’s...or maybe it’s the same view but the lens of perspective has changed and therefore the outcomes change, because the choices and potential outcomes that we can see change in conformity with our perspectives.

So how are your GAILs doing today? What aspects of your GAILs are controlling or defining your life choices? How much do you control your GAIL’s?

“Happiness lies in controlling the sail, not attempting to control the wind”

Anonymous
Had an interesting insight tonight. When I get migraines, they tend to be associated with both photophobia and phonophobia. Light hurts and so does sound. I'm only telling you this because of an interesting change in perspective that occurred after clinic the other night. The migraine started on the previous afternoon. I was, however, functioning at a high enough level by late the following afternoon that I could attend and complete my clinical rotation in the evening.

After I drove home after my clinic rotation, and got out of the car I looked at the night sky. I was literally hit by the blackness and the emptiness of it all. In that moment, it was a physical sensation in my gut as I looked into the darkness of the sky. It was as a second awareness that I then saw the moon in the clear sky. The sliver of the moon and a few stars were additional phenomena. For a brief moment, the light existed for me within the dark. Yang within yin. O.K. we're getting a tad metaphysical here...But follow me here for a moment, stop and think about sound...or for that matter any other phenomenon that falls into your awareness. Sound exists within a backdrop of silence...I'm sure that you have heard the analogy before: It is the space between the notes that gives a symphony its power. Likewise, pictures exist on what was an empty canvas, words exist on what was an empty page. We all know this as an intellectual thing.

I'm not slipping off the deep end here...really (it's probably too late for that anyway 😉).

My interesting insight was not so much the light within dark or sound within silence awareness but that anything that I manifest in my world, be it a migraine or stress, or calmness and peace, love or rejection, connection or isolation, abundance or lack, exists within a field of potential outcomes from any given starting point, but until I create my life, moment-by-moment...none of it actually exists. Simple you say...of course it is.

The future is the night sky, the space between the stars, the silence between the notes of the symphony, the piano before the pianist, the empty canvas before the picture. We all know the metaphors...but how often, I wonder, do we actually allow that one to really sink in and to feel it at all levels of our being.

I'm not enlightened enough to say that it happens for me very often...but as I looked at the night sky...I didn't see the moon or the stars, I saw the space between them.

It was in that moment that I also saw my life as individual notes in the music that together form the symphony of my life. I am the one who wrote the notes, and I give them meaning within the context of my ability to understand my own life.

Someone else, listening from the outside might interpret my notes differently, but they are not in here, writing my notes and therefore may not see what it is that I am attempting to create with my life story...Indeed, as an unenlightened soul, it is entirely possible that I don't see it all either.

By way of example, one of the things that I have found interesting is the number of times I have been asked why I came to Oriental Medicine school after a lifetime of being an academic and field geologist, and a martial artist. From my perspective within the writing process of my life symphony, this is simply a variation on a theme of an existing melody...it fits seamlessly within my view of the Earth as a gestalt in which humanity exists and my view of the martial way...in fact so much so that I have difficulty at times drawing clear boundaries between the three...but that's my music, not yours.

As I near the end of the program, I begin to think about how I want things to evolve after I graduate. I know I belong close to nature and I know I want to continue the journey of the 'scholar warrior' and the 'wounded healer', so for me at least, those paths coalesce and become one.

So what’s my call to action here?

As a transition and transformation coach, I would invite you to consider the space between the notes of your life. Before you write the next few notes in your opus, what is it that you intend? When you listen to the music at the end of your life, what is that you would like to hear?

Summary time: I wrote the notes of my own migraine by allowing myself to get stressed on several fronts at the same time, and not giving myself the time to put any space between the notes...to rest. I also gave myself the opportunity to learn something rather beautiful. There are always opportunities if we are willing to see them.

“Never criticize, condemn or complain”

Brian Tracy
In Transition?

Personal Coaching can help you reorganize and liberate the beauty, the strength and the potential that lies within.

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