



Mistake or Precision?

Have you ever reflected on a situation and silently thought, "That was a mistake?" Maybe it was a date gone wrong or a simply bad timing. What if the mistake felt larger than life, such as a job or a failed marriage?

To believe every uncomfortable or unpleasant situation you've been in was a mistake can turn an otherwise loving, trusting heart bitter. In a moment of weakness, the perception of abandonment can transform a once strong faith into a crushed spirit. These wounds can take some time to recover from fully. Without support some never get past the pain.

My invitation to you is to consider the following:

What if everything you experience is meant to be a teaching moment? Imagine every unpleasantness, every heartache, every situation you wanted to run away from and couldn't escape occurred to help you grow. What if every challenge was divinely orchestrated to mold you into the person your Creator needs you to be? In the past 20 years, I've learned to examine every experience as an opportunity to gather information. I'm the quintessential researcher looking for the missing pieces of my bigger picture. In the process, I better understand my mission and how it applies to my ever changing life.

My world is no longer black or white but filled with any color combination I can create from what I've taken in. Life is the canvas, how I navigate through, is the palette.

New to this idea? Viewing a challenge as a growth opportunity if you're in the midst of one may be the last thing on your mind, but what if you could? What if you could turn a highly charged emotional situation into a calm discussion? What if you were able to view someone over-reacting (in your opinion) as a person in pain invoking a defense mechanism because they felt threatened? How about transforming unforeseen circumstances or an unpredictable outcome into an epiphany?

You don't need to become "Born Again" in the Christian sense of the term for this shift to occur but you do need to trust in your higher power, trust in something larger than you and practice resilience. The transition from fear, avoidance, and withdrawal into a peaceful co-existence with Spirit/Creator, is one of the most beautiful transformations I've had the privilege of seeing in my clients. Your ability to thrive in the face of adversity will inspire others to greatness.



Let's take a minute to check in. What's going through your mind at this moment? How is your body reacting to the suggestion that your pain was intended to serve a higher purpose? The thought of reliving that which you've avoided or denied can produce a visceral reaction and evoke stress if done from a victim mindset. Stay with me here.

Two of my favorite words are, "I wonder." That simple phrase can shift my perception about almost anything and open a world of possibility. I invite you to explore two recent uncomfortable situations through an "I wonder" filter. The goal is once you investigate alternative outcomes from a new perspective you'll see something in a whole new light. Ideally, you'll let go, forgive or be open to having a conversation.

When two people have an emotionally charged discussion, no one walks away feeling understood. Sometimes it doesn't take much to throw a person off balance. Many folks are stressed, suffer from a lack of sleep, and have worthiness issues they don't advertise.

Getting righteous about your beliefs when you don't have all the facts only makes things worse.

Understanding you are placed in any given situation to grow your skillset will measurably reduce your stress and increase your ability to feel compassion. There are no accidents. There are no coincidences. There is only Divine intervention, opportunities for personal growth and invitations to let go of what no longer serves you.

Take the high road, be the explorer of uncharted territory and watch your ability to move through uncomfortable situations grow exponentially. In time you will approach a difficult moment as an invitation to choose your actions as second nature.

I'd love to hear about your experiences. Please share your insights on <https://www.facebook.com/HealingThroughYourStory/>