

Lesson 6 2-10-19 Running From the Truth

Opening Prayer: Gracious and loving God, Be with us when we are confused and troubled. Help us to recognize our great potential and to be fearless, knowing You are beside us every step of our journey. Teach us to show as much compassion to the people we love but don't like, as we do to the homeless and down trodden. Open our eyes that we may see the world with pure love. In Christ name we pray. Amen

Intention: To inspire us to think deeply in regards to judging others, life situations and the way we perceive the world.

Do you find yourself losing relationships, jobs, and friendships? If you keep running into the same personality types, losing relationships and blaming forces outside your control, then you might be walking away from your lesson. The person or situation that is pushing your buttons is always your highest spiritual teacher. Like as not, they are the people closest to you. Don't walk away from them until you receive the gifts of the lesson, or you will just re-create the same experience over and over.

Now you ask, "Well, how do I find the lesson?" That is easier than you might expect. You merely look at what you are resisting in them and embrace that part in yourself. You see, everyone standing in front of you is yourself in disguise. You are projecting on to them your greatest fears. But if they would just live their lives according to your values and principles, they would be alright. You are labeling them with shouda's. Shouda's are judgments. You should be doing this or that etc. like me. See how good I am? Listen to me; I have been there. Why can't you just be like me or your siblings? Labels, opinions and judgments keep us from seeing the God in others and ourselves.

"When you can meet me wherever I am. That's love." Byron Katie

We all have negative moments, victim moments, perfection-controlling moments and avoiding moments. It is when I say, "I'll never ever do that again", that, I create the struggle. That is because all of my conscious and unconscious attention focuses on not going there again. This is a limitation because it keeps me on defense. I am coming from fear, not love. I become motivated by fear or anger to never do that again or never live like that again. For some, it is a driving force for success, and for others, the motivation is to give up, depending on your perspective.

Some will crawl deeper in their holes, afraid of even trying because nothing they do will be okay. They believe all the labels that say... 'you are not good enough' and 'you will never be enough', so why even try. And that may be the only attention they get from you. So if all expressions are expressions of love, they perceive in their confused minds that being helpless and hopeless is the only way to get any attention from you. And any attention is better than none. The cycle will repeat itself over and over until the stronger person realizes the need to break the pattern. Sounds like it is time to take the labels off and extend unconditional love. Look deeply and make a list of things you love about them. Begin now.

Instead I say, "This looks familiar?... I think I've been here before... I think it was painful... I never want to experience that pain again, so I better find an excuse to check out fast!" Sound familiar? Running from the truth. And of course when I check out, I blame it on a fear thought from the past. You are giving your power away to a situation from the past by reliving it every day to no avail. It becomes a crutch for not living your great potential because WE keep raining on OUR parade. We resist believing we are powerful humans capable of living a joyful life. It becomes an addiction that keeps us trapped, a crutch, an excuse for not succeeding in life. Forgiveness is the only way to neutralize a judgment. Self forgiveness as well as forgiving the incident.

Luke 6:37 "Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven;

This fearful mindset keeps me locked into a small quadrant of what life can be. I am so afraid of being hurt that I only live in a narrow safety zone, if you call that living. *Illusions* author, Richard Bach says, "Shop for security over happiness and we buy it at that price."

There is a difference between a wall and a healthy boundary. When we try to be safe, we live our lives being very, very careful; and we wind up having no life. We wall ourselves away from people out of fear.

So how do I get out of this self made box of no-hope? Before I can do anything, I have to own my responsibility for creating it. As Dr. Phil says, "You can't change what you don't acknowledge". You will always be a powerless victim to something outside of your control, when you believe that your problem is caused by someone else. Then you become a victim of your thinking, and the situation appears to be hopeless. To own it is to regain your power.

I am always free to change my mind and choose a different future. Knowing I always have a choice gives me ownership. Then I decide if the consequences are worth the price. Blaming gets me nowhere.

"When we put up with any situation that we don't have to put up with, it's not because we are dumb. We put up with it because we want the lesson that only that situation can teach and we want it more than life itself." Richard Bach.

To get the lesson I must open myself to all of life... the pain and the joy, the sorrow and the ecstasy. Kahlil Gibran said, "Your joy is your sorrow unmasked." Until I am willing to experience the pain, I will not have a basis for experiencing joy.

"Life is divided into two halves, one frozen, the other aflame; the burning half is Love. Make me, O Lord, nourishment for the blazing flame. Make me, O God, food for the sacred fire. Amen." Kahlil Gibran

When I can be willing and open, I have a much bigger arena to play in. It doesn't mean I want to experience the pain. It means I am willing to learn from the experience. Pain is a perception associated with failure. There is no wound deep enough that pouring love on it can't cure it.

Learn from the experience and choose again, but don't expect others to change. Before it will work, I must be willing to see the person or situation differently. Often as not, I can't see it another way. This is when I surrender my way and ask to see it another way. 'God, help to me see this differently' leads to another way. When I insist on being right and having it MY way, I get to keep what I have, thus the same situation, waiting for me to get the lesson.

Life is a university and the enrollment is free, and you don't move to the next level until you get the lesson. Life University is patient; you can get it now or you can get it later. Your next teacher is awaiting you now. Enjoy the process. Embrace the teaching.

Closing Prayer: Holy Father God, Help us to realize as long as we continue to blame situations and happenings in our lives we will remain stuck and miserable. Help us to forgive it and go on. FIGO. Lord, help us to forgive ourselves for reliving the past hurt and continually to bring the past forward. Give us the strength to detach from our addictions. Fill us with trust and love so we may see the light of a new day and be free at last. In Christ name we pray. Amen

Cajun Story: Boudreaux at the Cemetery