



Miracles in Personal Coaching ©

DAY 62 – Rising Above the Family Story

Key Topics:

- Perhaps you are the pioneer in your family
- The “Leaky Boat”
- What you remember never was
- Rising above the family story
- The Holy Spirit’s use of memory
- Grievances hide the light of the world in me

Perhaps you are the pioneer in your family

I spent years waiting for certain family members of mine to join me in my search for God, truth, love, happiness, consistency, and abundance. I finally realized that they were not going to budge and I was going to have to make that journey seemingly by myself. I was delighted to find out that once I took that first pioneering step, some family members began to step up and join me along the way. If you have been holding back in your search for truth, or you feel like you are the “weird one” or the “oddball” in your family, maybe you are and it is for a very good reason. Perhaps today, you will embrace this as a fortunate trait and you will pack your bags for the journey back to all that is rightfully yours!

The “Leaky Boat”

In my classes, I like to use an analogy that I call “The Leaky Boat” to help explain the importance of choosing peace, happiness, and freedom for yourself, even when others in your family are reluctant or resistant.

Imagine that you are out in the ocean on a foggy night with your family and friends, and you are in a leaky boat. The boat is beginning to sink and everyone is getting fearful, stressed, and upset with one another. You have no interest in sinking or in getting caught up in their conflict, and as they banter back and forth about what to do, you catch a glimpse of larger cruising yacht passing by through a break in the fog. The people on the larger vessel are motioning for you to swim the short distance to their boat so they can rescue you. You are overjoyed and you tell the people on your boat about the vessel that you saw. You tell them that all they need to do is swim the short distance to the other boat and they will get pulled out of the water by the crew. They are fearful because of their situation and on top of that, they think you are crazy. They continue arguing and getting more frantic. You do everything you can to convince them to swim for the boat, but they will not listen. They are getting upset with you for asking them to do something they think will lead them to their certain death.

Ultimately, the leaky boat begins to sink, and you beg them one last time to swim to the boat to save themselves, yet they refuse. At some point, there is a moment when you must decide if you will stay and sink with them, or if you will save yourself and swim to the boat. Let's say that when that time comes, you decide to swim for the boat and you are saved by the crew, just as you expected.

Now, let's say that after you are gone and safe on the larger vessel, the leaky boat continues to sink. Your family and friends are now up to their necks in water and they are realizing their certain fate. While they are struggling to stay afloat, they hear your voice in the distance, calling to them to join you. As they all swim about, looking at each other and wondering what to do, what do you suppose they will do next? Yes, they will swim towards your boat! It is amazing how open-minded we become when we have run out of ideas and our resistance is worn thin. In the end, it will be your willingness to save yourself that will lead them out of fear and darkness.

You are the pioneer and the one to blaze the trail for the whole family. The moral of this story is that when you are healed, you are never healed alone. Go ahead and take the steps you need to take to head towards peace and this will bring a blessing to everyone.

In Chapter 17, it says, **"It would not be kinder to shift the goal more slowly, for the contrast would be obscured, and the ego given time to reinterpret each slow step according to its liking. Only a radical shift in purpose could induce a complete change of mind..."** ACIM Ch.17.V.5

What you remember never was

The Course teaches that what you remember never was. Through your family story, you experienced the effects of your unhealed thoughts and beliefs, in the place of truth, and that is all. It is essential that you look upon your relationships of the past with love and forgiveness, for you cannot be free otherwise.

In Chapter 28, it says, "What you remember never was. It came from causelessness which you confused with cause. It can deserve but laughter, when you learn you have remembered consequences that were causeless and could never be effects. The miracle reminds you of a Cause forever present, perfectly untouched by time and interference. Never changed from what It is. And you are Its Effect, as changeless and as perfect as Itself. Its memory does not lie in the past, nor waits the future. It is not revealed in miracles. They but remind you that It has not gone. When you forgive It for your sins, It will no longer be denied." ACIM Ch.28.I.9

Rising above the family story

I remember a time when my husband and I drove up in front of a very nice house that we were considering moving into and I felt a surge of sadness come over me. When I tuned into what was happening, I realized that I had a fear that my family would never come to see me if I moved into this house. My belief was that they would not want to (because it was too nice) or

they would judge me for living in too nice of a home. I was shocked at my own reaction and had to use EFT to clear my own fear and resistance. Ultimately, we moved into the house and for the first couple of years, no one came to visit. (I got to be right about my beliefs.) After releasing my judgments and negative charges, my family visited frequently, along with many others eager guests.

I believe that we all come into the dream (earth) with a set of unhealed beliefs that need healing. Then, we surround ourselves with people that mirror our thoughts and beliefs back to us. The more I looked at my own family story, I realized some unhealed beliefs that I was carrying about myself. I noticed things like: nearly every dress I wore to a dance, prom, or even to my own two weddings were borrowed. There must have been something in me that didn't think I deserved a new dress. I also noticed that by age 11, I had 5 part-time jobs. It was very important to me to pay my own way, much to the frustration of my parents.

Later, I realized that my behavior came from an experience I had as a little girl. I grew up singing with my two brothers and sister in a family country-western band, and we performed weekly from the time I was 3 until I was 11. When I first started singing with them, I was a novelty to the audience (i.e., the cute little girl with ringlets and a tambourine). Every time I would get up to sing on the stage, the tip jar (for our band) would fill up and my brothers and sister would be very happy. Then, I would step off the stage and go back to sleep in the booth next to my parents. This went on for many performances, and ultimately, I decided that it was up to me to perform and make money, so that other people would be happy.

This was no one's fault. It was a belief I formed after years of having an experience. Once our band stopped performing, I took on 5 part-time jobs to keep earning money. It is amazing to look back on your childhood to see where you formed your habits and patterns. It is even more amazing to release and let go of the ones that are no longer serving you.

The Holy Spirit's use of memory

Remember that the ego's goal is to keep you so preoccupied with the pain of the past and the fear of the future that you will never focus on the present. This is because the present moment is where God is, along with your True Self and your freedom. Every time you choose to hold onto the past or dwell on your fear of the future, you are denying the present moment and walking away from your freedom. The Holy Spirit has another use for time, and it is to free you from the false images you have made of yourself and to lead you back to all that is rightfully yours.

In Chapter 28, it says, "The Holy Spirit can indeed make use of memory, for God Himself is there. Yet this is not a memory of past events, but only of a present state. You are so long accustomed to believe that memory holds only what is past, that it is hard for you to realize it is a skill that can remember now. The limitations on remembering the world imposes on it are as

vast as those you let the world impose on you. **There is no link of memory to the past.** If you would have it there, then there it is. **But only your desire made the link, and only you have held it to a part of time where guilt appears to linger still.”** ACIM Ch.28.I.4

“The Holy Spirit's use of memory is quite apart from time. He does not seek to use it as a means to keep the past, but rather as a way to let it go. Memory holds the message it receives, and does what it is given it to do. It does not write the message, nor appoint what it is for. Like to the body, it is purposeless within itself. And if it seems to serve to cherish ancient hate, and gives you pictures of injustices and hurts that you were saving, this is what you asked its message be and that it is. Committed to its vaults, the history of all the body's past is hidden there. 8 All of the strange associations made to keep the past alive, the present dead, are stored within it, waiting your command that they be brought to you, and lived again. And thus do their effects appear to be increased by time, which took away their cause.”

ACIM Ch.28.I.5

If it is your desire to rise above the family story and move towards a happier and more abundant life with ease, then forgiveness is the first order of business.

Grievances hide the light of the world in me

The following is an exercise from ACIM Lesson 69 to help you release grievances, so you can move beyond them and into the light and truth of all that you are. As you claim your True Self, you will also claim your Divine Inheritance as given you by God, Himself.

“No one can look upon what your grievances conceal. Because your grievances are hiding the light of the world in you, everyone stands in darkness, and you beside him. But as the veil of your grievances is lifted, you are released with him. Share your salvation now with him who stood beside you when you were in hell. He is your brother in the light of the world that saves you both... We are trying to see past the veil of darkness that keeps it concealed. We are trying to let the veil be lifted, and to see the tears of God's Son disappear in the sunlight.

Very quietly now, with your eyes closed, try to let go of all the content that generally occupies your consciousness. Think of your mind as a vast circle, surrounded by a layer of heavy, dark clouds. You can see only the clouds because you seem to be standing outside the circle and quite apart from it.

From where you stand, you can see no reason to believe there is a brilliant light hidden by the clouds. The clouds seem to be the only reality. They seem to be all there is to see. Therefore, you do not attempt to go through them and past them, which is the only way in which you would be really convinced of their lack of substance. We will make this attempt today.

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If you are doing the exercises properly, you will begin to feel a sense of being lifted up and carried ahead. Your little effort and small determination call on the power of the universe to help you, and God Himself will raise you from darkness into light. You are in accord with His Will. You cannot fail because your will is His.

Have confidence in your Father today, and be certain that He has heard you and answered you. You may not recognize His answer yet, but you can indeed be sure that it is given you and you will yet receive it. Try, as you attempt to go through the clouds to the light, to hold this confidence in your mind. Try to remember that you are at last joining your will to God's. Try to keep the thought clearly in mind that what you undertake with God must succeed. Then let the power of God work in you and through you, that His Will and yours be done.

In the shorter practice periods, which you will want to do as often as possible in view of the importance of today's idea to you and your happiness, remind yourself that your grievances are hiding the light of the world from your awareness. Remind yourself also that you are not searching for it alone, and that you do know where to look for it.

Say, then:

My grievances hide the light of the world in me.

I cannot see what I have hidden.

Yet I want to let it be revealed to me, for my salvation and the salvation of the world.

Also, be sure to tell yourself:

If I hold this grievance the light of the world will be hidden from me."