



I trust the extraordinariness of this time in my life



A Course in Miracles teaches us to “**Let all things be exactly as they are.**” This is an acknowledgement that nothing is wrong in this time. **Nothing is lacking.** In fact, something is here that is absolutely miraculous. We are in this moment for a reason. If you resist this time in your life, you miss the instruction or opportunity that can take you into extraordinary joy..

The Buddhists say, “**What you resist, persists.**” In other words, we will not *move on*, until we *move through*. It’s like a spiritual car wash. You will sparkle on the other side. Something is here for you in this time. It’s something you really don’t want to miss. This is your life. You don’t want to push it away or condemn it. When you embrace your life, everything reveals itself and you take the exact right actions with love instead of fear.

Sometimes we are in the thick of the soup and **it seems as though our lives are stuck or going nowhere.** I’ve had so many coaching clients tell me, I’m sick of waiting. I want to get on with my life. I know the moment I hear the word “waiting,” I hear stagnation. Waiting means ignoring this moment, seeing it as a total zero, seeing it as lacking or even detestable and indicative of a dismal life.

But there’s something in this moment that is perfect or it wouldn’t be here. Stop waiting and start wading, wading into the pool of this holy experience.

You might begin to ask yourself, what is the discomfort in this moment? What belief am I holding that is disturbing my peace of mind? Where am I denying my own good? Where am I separating from my spirit and believing in limits? Remember, *A Course in Miracles* teaches us that **it’s not the situation that is troubling us. It’s our thoughts about a situation that are troubling us.** These painful thoughts come from our small and doubting selves. Fear uses every circumstance as a movie screen on which to project its vicious scenarios and attacks.



In my career, I have often felt frustrated that it's hard to get into certain venues to speak, venues that could change the reach and scope of my work. When I get a rejection from a place where I want to speak, I have to stop myself from crawling down a deep dark hole and beginning to shrink and pout and whine. It's not that I can't teach at the conference in California that makes me sad. It's that "I'll never get into the types of places I want to get into." Or it's "Why does everything have to feel so uphill? Why can't anything be easy?" "Why don't they get me?" "Why am I being denied the things I need?"

These are thoughts that paint a picture of failure, disappointment, and a murky gray horizon of loss. I add these thoughts, like sacks of potatoes, to the original experience of getting the letter. Of course I feel bad. **But it's not the rejection letter that makes me feel so heavy. It's all the thoughts, stories, and self-attacks that I've added to it.** (By the way, I have many stories of getting a rejection letter, only to get in to that venue later at a better time in my life.)

These days, I do not choose to see the "rejection" as final or indicative of anything. *A Course in Miracles* teaches us to look at situations and be open to interpretations other than our old sad stories. Lesson 25 in the Workbook, says, "I do not know what anything is for." That thought helps me when I'm about to bring out my usual stories and dismal projections. It's just a simple truth. **"I don't know what anything is for."** That keeps me open to discovery rather than condemnation. It helps me to relax and embrace the moment before me. When I relax, I feel the presence of spirit. I remember, once again, that **everything is occurring for my good.**

Stand where you are right now and know that you are standing on holy ground. This moment in your life offers you an experience you will never have again. If you stop judging the experience, it will reveal itself to you in all its startling grace. Even dealing with illness or bankruptcy or things we think of as tragedies, can be experienced with grace.

Do not pull away from your experience right now. **Do not reject your life or any aspect of yourself.** Do not reject this situation that spirit has placed before you. Every fear you have is either about something in the past or something in the future. There is a pristine, holy, unlimited experience you can step into right in this moment. **Do not bring your past. Do not bring your future. Let this moment be the sum total of your life.** It is the only moment of your life that is real. Because it is the only moment of your life that is here.



Trust in Action

Your weekly assignment.



Okay, Dear One, here's another chance to trust guidance. Pick one or more of these suggestions and let it guide you where you need to go.

- **If you absolutely knew that everything would “work out” and that by this time next year you’d be “there,” what would you do with this time right now?** What would you take care of? What would you wrap up? What would you make sure you learned, improved, or accomplished? That is what this time is for. (I’ll give you an example. I felt very frustrated in my career wanting to be more successful. I asked myself, if I was more successful what would that give me? Freedom, I wrote. Then I asked myself what I wanted to do with that freedom. I wanted to write more, take yoga, get a dog, and improve my relationship with my partner. Suddenly I looked at the time before me differently. I realized that I didn’t need to be striving for success and worrying about book sales. I needed to be writing, doing yoga, getting a dog, and nurturing my relationship. I realized the Universe had given me this window to take care of these things so that when bigger success hit, I’d have these nurturing elements in place.)
- **Buddhists believe that “leaning into the sharp edge of the sword,” will set you free. It’s another version of “resist not evil.”** Another image, commonly used is “inviting your demons and fears to tea.” Try drawing an image of this moment in your life. Bring your sadness, demons, fear or confusion to the table. Draw what each one looks like, what all aspects of this moment look like. See if you can sit at the table and bless the whole gang.
- **What comes up for you when you hear “infinite patience brings immediate results”?** What part of you is impatient or frustrated with this time in your life? Can you write a letter to that part of yourself from the Holy Spirit or your Loving Self or perhaps a very happy future self? How can you take care of this part of yourself right now? Can you generate a list of self-care or self-love or supportive actions to take? Perhaps this part of



yourself needs to know that you will love it no matter what. The more you love yourself, the more extraordinary your life becomes.

- **To enter more fully into the present moment, take care of your future with this passage from *A Course in Miracles*.** Gently read the words to yourself and enter a meditation and see where your heart and mind takes you:

"I place the future in the hands of God. The past is gone; the future is not yet. Now am I freed from both. For what God gives can only be for good. And I accept but what He gives as what belongs to me." (p. 394 Workbook Lesson 214)

- **How do you feel about this statement from *A Course in Miracles*?**
"What could you not accept, if you but knew that everything that happens, all events, past, present and to come, are gently planned by One Whose only purpose is your good?" (p. 255 Workbook Lesson 135) Journal for 10 minutes the first thoughts that come to you about this.