



I trust that every relationship in my life is here to heal me

We typically have the most problems with people who touch on the places in us where we do not yet fully love ourselves. If I have an issue with my appearance, I will have the most problems with someone who has an issue with my appearance. When I decide to love myself unconditionally, I will not have the same reaction to that person. Eleanor Roosevelt once said "No one can make me feel inferior without my consent." That's what this is all about.



The people who upset us most, have poked us where we're bruised. They have done us a favor. They have shown us a place where we are still judging or attacking ourselves. We are being given the opportunity to take that painful self-perception and give it to the Holy Spirit for healing. **We are meant to see ourselves as Spirit would see us: totally innocent, loved and assured of grace.** We are meant to continually forgive ourselves. Don't waste your time resenting the "messenger." Instead, seek the guidance and healing power of the One Who Loves You.

Years ago, I used to coach couples based on *A Course in Miracles*. I remember one session in which the husband suddenly got very upset with me. Arnie sat up rigidly and his face turned red. He turned to me and began to question my competency. "Do you know what you're doing? Do you have any idea how to proceed with us?" he said, more as an accusation than as a question. His rage rattled me. I felt frightened inside, but soldiered on.

After Arnie left, I burned with shame and fury. I felt found-out and scared. Alternately, I felt like he was a bully and a tyrant and I could not see a shred of light in him or anyone like him. Later that night, more of my own self-judgment came up. My ego attacked me mercilessly. I decided I was the worst coach ever, if not human being, and that I should just give up and stop faking effectiveness.

But as I went deeper with that thought, something shifted in me. I thought of all the clients I had helped over the years. I thought of all the thank you cards, gifts, and glowing recommendations I'd received. They couldn't all be wrong. They couldn't have all been fooled. It made me realize that even if Arnie didn't see my value, I still had value. Then this healing thought just floated into my mind, "I am not for everyone." Suddenly that was okay. I realized, Arnie didn't have to like me. He didn't have to think I was talented or useful. And his opinion didn't have to change my opinion of myself. "I am not for everyone," I repeated to myself in awe. It made so much sense as I thought about it. My work is not for everyone. I am the perfect



coach for some people, and not for others. **I felt this crushing need to be perfect in every single situation just lift off of me. I suddenly felt incredibly light and free.** I felt so healed by this and so neutral that when I thought of Arnie, I wasn't afraid of him anymore. I didn't need anything from him. I was free. And I set him free.

That week, I went forward with my coaching practice in pure peace. When Arnie came in for his next session, I calmly told him that it sounded like he wasn't happy or secure with what we were doing and that he deserved to feel good about things. I told him perhaps he should consider finding a more suitable coach to work with him. It felt great to feel calm and need absolutely nothing from him. In fact, I really did want him to find his greatest happiness.

He had given me a great gift. He had helped me own my own value and free myself. Oh, and a fun footnote, admittedly some cotton candy for my ego. Arnie didn't want another coach. "Oh no Tama, I don't want anyone else," he said. "That last session was fantastic for me and brought me a lot of insight. I'm sorry I was such a bear with you. **You really saw something in me and it scared me.** That's why I lashed out at you. I'm sorry. "

By the way, I am not saying that you ever need to stay with people who do not treat you well. I am saying there is a way to clear up any extra "charge," deep-seated pain, or reactivity. And when you are not listening to judgment, you can hear the voice of your Spirit and know what is right for you to do.



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.



What are you trying to get from someone? Make a list of your relationships. Write about the scripts you've assigned to people. What are they supposed to be like with you? What are they supposed to give you or do for you or make you feel? Remember you have every right to receive the good you desire. You do not have the right to decide from whom you should receive it. God is the Source of your Good. Give these desires and expectations to God and set the people in your life free. Rip up your scripts. See what it's like to no longer expect the people in your life to behave a certain way. Experiment and try this for a day.

- **Think about someone challenging in your life or someone you wish would be different.** What might you be learning from them? What are they offering you the chance to give to yourself in this situation? If you did give this to yourself or somehow sought it elsewhere, would you feel differently about this person? I'll give you a personal example of applying this concept.

I kept wishing my partner would talk with me more. I kept making him wrong for this. It was a great conflict in our relationship. Then when I decided to look at what the relationship might be teaching me, I realized that it had given me a great gift. **I wanted to talk to my partner because I wanted emotional comfort and advice.** But when he did not provide this for me, I ended up finding answers and solace internally. I strengthened my relationship with my inner guidance. I've even joked around with him, saying "You're making me go heal the world," because I teach and share so frequently; It's one of the ways I fulfill my love of communication. Once I realized this, I rested easier in our relationship. I saw the gift. Of course, then he started talking with me more. My intense need was no longer there. He felt free to talk to me instead of pressured.

- **Take inventory of the different relationships in your life.** Think about the different people in your life. Then write quickly, without thinking: "In this person's presence, I feel..." and fill in the rest. Have you uncovered anything that you would like to heal? Take any feelings of lack or upset and pray to forgive yourself, or see yourself differently. Your willingness to see this differently will invite a miracle.
- **Try this meditation from *A Course in Miracles*.** Think of someone you are having a challenge with, someone you can't forgive or let go of. Practice this prayer and meditation with them in mind. Be gentle with yourself. You may need to work with this in stages.



"I give you to the Holy Spirit as part of myself. I know that you will be released, unless I want to use you to imprison myself. In the name of my freedom I choose your release, because I recognize that we will be released together." p.329 (T) Chapter 15, Section XI

- **How do you feel about this statement from *A Course in Miracles*?**
"I am not a victim of the world I see." Lesson 31 in the Workbook. p.48(W)
Journal for 10 minutes the first thoughts that come to you about this.