

Module Eight: Video Number 2:

Opening to a Reframe

OK, we're at the next part of module #8 where we are Opening to a Reframe.

Now, to be clear, we're not at the actual reframe yet. But, we are being invited to become open to it in a little while once we have gone through some preliminary steps. Steps 8 through 15, to be precise.

So, let's read what the first one of these steps says, bearing in mind that it follows on immediately from the client having just selected a number of core-negative beliefs that either drove the story or came out of the experience of the story:

8. "I now realize that my soul encouraged me to form these beliefs in order to magnify my sense of separation so I could feel it more deeply for my spiritual growth. As I now begin to remember the truth of who I am, I give myself permission to let them go and I now send love and gratitude to myself and _____ for creating this growth experience."

Now, again, this does refer back to the Soul's Journey model in Module #3 in that it refers to a reason for being here on the earth plane - which is to understand oneness by volunteering to experience the opposite of it - separation. As you can see this does represent a movement towards a reframing of the situation, especially since it invites us to feel love and gratitude towards those involved, yourself included.

COACHING TIP: This might be a good time to take a moment to be quiet and invite your client to see if they can feel their heart opening and their belly softening as they get in touch with the love and gratitude. Give them some time but let it be just fine if they weren't able to feel it yet. They'll get another chance at the end of the worksheet.

9. I now recognize that my Spiritual Intelligence has created stories in the past that are similar in circumstances and feeling to this one in order to magnify the emotional experience of separation that my soul wanted. I'm seeing this as evidence that, even though I don't know why or how, my soul has created this particular situation in order that I learn and grow.

So, the task is to list similar stories and feeling experiences (as in 2b) and note the common elements in all of them.

OK, so this obviously relates back to the timeline we did in an earlier video where we saw that that the energy of one event, that is to say the original one, moves along a time line and every now and again, often in a numerical sequence, throws up another version of the same event, albeit often disguised as something else, many times over, forming a repeating pattern. How this helps the client is that it shows that there are no accidents and things happen the way they do for a reason.

It proves that thoughts, feelings, and beliefs create our experiences and that furthermore, we order our reality in such a way as to support our spiritual growth. When we open ourselves up to this truth, we are on the way to dis-solving the problem, and that's because as we saw in the earlier video, by doing this worksheet we collapse the energy that keeps the pattern going.

COACHING TIP: Watch out for any tendency in your client to judge themselves severely for keeping a pattern going for a long time. For example, a series of failed marriages on each occasion marrying an alcoholic and abusive partner that might well make a person feel that they have wasted a big

chunk of their life. You just have to convince them that their Higher Self needed them to take that amount of time (for the karmic unit value) and that nothing is wasted.

You'll notice, too, that the statement challenges us to let go of the need to know the how and the why of it. This is where most intellectually inclined people have the greatest difficulty. They want 'proof' before they believe anything. Therefore, they make knowing 'why' a condition for accepting the situation as a healing opportunity.

This is a big trap since to ask how and why things happen as they do is to ask to know the mind of Spirit. At the level we are now in our spiritual development, we cannot simply know the mind of Spirit. And, we must give up our need to know why (which is after all victim's question), and surrender to the idea that God does not make mistakes and therefore everything is in Divine order.

That said, we are curious human beings and we do like to know things. So, having said that we must abandon our need to know, this step offers us the chance to have some fun looking for some of the more obvious clues that would offer us evidence that the situation always was perfect in some unexplainable way. So long as we don't make having such evidence a prerequisite for accepting that this was so, there is no harm in it, and it may turn on some light bulbs.

The kind of clues to look out for might be as follows:

1. Repeating Patterns: This is the most obvious one. Marrying the same kind of person over and over again is an example. Picking life partners who are just like your mother or father is another. Having the same kind of event happening over and over is a clear signal. People doing the same kind of things to you, like letting you down or never listening to you, is another clue that you have an issue to work on in that area.

2. Number Patterns: Not only do we do things repetitively, but often do so in ways that have a numerical significance. We may lose our job every two years, fail in relationships every nine years, always create relationships in threes, get sick at the same age as our parents, find the same number turning up in everything that we do, and so on. It is very helpful to construct a timeline like the one I did for Jill on page 36 in the book, except that you might fill in all the dates and note the intervals of time between certain events. You might well find a meaningful timewise correlation in what was happening.

3. Body Clues: Well, your body is giving you clues all the time. Are you always having problems on one side of the body or in areas that correlate to particular chakras and the issues contained therein, for example? Books by Caroline Myss, Louise Hay, and many others will help you find meaning in what is happening to your body and what the healing message is. In our work with cancer patients, for example, the cancer always turned out to be a loving invitation to change or to be willing to feel and heal repressed emotional pain.

4. Coincidences and Oddities: Now, this is a rich field for clues. Anytime anything strikes you as odd or out of character, not quite as you'd expect or way beyond chance, you know you are onto something. For example, not only was it odd that in Jill's Story both girls who were getting the love that Jill felt was denied her were called Lorraine, which is not a common name in England, they were also both blonde, blue-eyed, and the first born of three. Jeff's behavior was also extremely uncharacteristic. Far from being cruel and insensitive, Jeff is an exceedingly kind, loving, nurturing, and sensitive man. I can't imagine Jeff being cruel to anyone or anything. So his behavior towards Jill struck me as odd in the extreme.

Where once we thought things happened by chance and were just coincidences, we are now willing to think that it is Spirit making things happen synchronistically for our highest good. It is these synchronicities that lie embedded in our stories, and once we see them as such, we become free then to feel the truth in the statement that, "My soul has created this situation in order that I learn and grow."

That brings us to the end of Module #8. Module #9 is an exciting one because It's all about recognizing a Healing Angel when you see one. You are one yourself, of course, for thousands of people whose lives you have touched. So, we'll see you there.