



Paradigm Transformation

By Amy Hale

Journal Exercise 1: You and Your Story

Your story has a purpose. It helps define who we are we don't feel lost in the world. Living inside them is like being inside of a clear bubble. The thin transparent walls act like walls that trap us inside. Even though we can see past these walls at everything that is around us, we stay safely trapped inside. Comforted by the familiar terrain, bound by an inner knowing that we cannot go any further. Our stories separate us and draw a clear line (or boundaries) between ourselves, others, and the world. These walls limit and even shut down our possibilities. Our stories keep us apart even when we are craving a sense of belonging. They drain our vital energy, leaving us tired and often hopeless. The predictability of our stories feeds our resignation and guarantees our fate. When we engage inside our stories, we engage in repetitive habits, abusive behaviors and abrasive internal dialogues causing fear and resentment towards others and ourselves.

Like all good stories, our personal dramas always have a theme, which it repeats itself repeatedly. We can decipher the themes by listening carefully to the conclusions we have made about the events of our lives. These conclusions shape who we become, who we are, and drive our personalities. Our conclusions become our shadow beliefs, the subconscious beliefs that control our thoughts, words and behaviors. They establish our limits. They tell us how much love, happiness, and success we are and are not worthy of. Our shadow beliefs disguise themselves as the truth and rob us of our dreams and our expression of them.

But what is important to realize is that our shadow beliefs contain the very wisdom we need to transcend our current limitations and our discontent. They motivate us to compensate for our shortcomings and drive us to become the opposite of what we tell ourselves we are and yet they drive us to prove that we are worthy, that we are lovable, and that we are important. Left unattended, these shadow beliefs turn on us, sabotaging the very things we most desire by letting their negative messages limit our lives.

So, in a desperate attempt to give our lives meaning, we create and then repeat our stories; and as we cling to who we think we are, we continue our dramas. Then, gradually and

unwillingly we become our dramas. We become invested in our stories and carry them around like badges of honor. In the process we unknowingly become victims of the stories we created to protect ourselves. We become victims of life.

When we realize that our identity has been lived out within our stories and not with who we really are (our true self), our first inclination is to run away from our story (ignore it, deny it, overeat, smoke, etc.) However, we have become our stories and our stories dictate how our lives will be. And so we ask, *what's outside of our story or who am I without my story?* Life becomes more unpredictable. We fear that our identities will be lost. To what and where will we belong? We would be nothing without our stories. Many of us would rather stick with our stories than to become completely visible or to wake up into the unknown.

Our stories have a Divine greater purpose. They are a real and necessary part of our personal evolutions. Until we understand the importance of our stories, we will stay trapped in the vicious cycle of trying to fix parts of ourselves that are not broken. Hidden inside our personal dramas is important information that holds the key to fulfilling our unique contributions to the world. Our stories contain the exact ingredients we need to become the people we long to be. Inside each of our stories is a Divine recipe for a most extraordinary life.

These exercises will guide you to see that “your personal story” does not begin to define who you really are. It is a small part that keeps you trapped in repetitive patterns and limits the amount of love, inner peace, and success you can receive. For you to see your whole self and to view your true magnificence, you must step outside of your story. In order to live outside your stories, we must heal the wounds and make peace with our past. We must uncover the pain and embrace the flaws and inadequacies that come with our humanity. Until we come to terms with who we are and why we are here, and understand what life is teaching us, we will remain trapped inside the smallness of our own personal dramas.

In order to transcend your story, you must be willing to experience the daily struggle of your personal existence. For only when you can be with your life exactly as it is, you have the choice to change its direction. To live a life outside your story, you will first learn to clearly define all the ways you keep yourself separate and encapsulated in your story. You will learn all of the ways you see to fill up your identity, so you won't have to feel the deep void, the emptiness, that lies beneath your wanting.

The Paradigm Coaching process will show you how to use your story, to get value from all your traumas and shortcomings, to gain wisdom from your wounds. It will give you the process by which to extract the Divine secrets hidden in the shadow of your story. It will lead you back home - where deep within you know you belong. Stepping outside your story, you will discover that the “you” you have always desired to be does not live inside your story. Once outside, you will see that the life of your dreams, and the fulfillment of your deepest desires, are waiting for you.

Healing Action Steps

1. Choose a time when you can be alone and a place where you are comfortable. For a few moments, close your eyes and breathe deeply a few times and you go deeper within yourself. Allow your awareness to move to and rest in the area of your heart. Feel yourself connecting with your inner being - the part of you that has been with you every moment of your life.
2. Imagine you are watching a movie of your life. Allow yourself to remember your loves, losses, disappointments, challenges and achievements. Trust that whatever is coming to your mind is perfect. Write your story as you consider that each of these experiences, and every one of your life's events, has unfolded in harmony with a Divine plan. Open to the possibility that every person, event, and incident has been drawn into your life in order to awaken you to your own inner wisdom.
3. Each exercise of this process will include a contemplation. Take your time to reflect deeply on the words in each step's contemplation.

Contemplation

"My life has a Divine plan."