



Paradigm Transformation

By Amy Hale

Journal Exercise Three: Why We Hold On To Our Stories

We fear change. Change is stressful even if we interpret the change as good. We also mistake familiarity for safety. Our old self-sabotaging ways will often rear up when we begin to shift and make changes. That familiarity becomes habitual and it makes it harder to switch to new, better thoughts and behavior. The illusionary comfort that we perceive in our old ways keeps us in our stories.

Most of us have spent a lifetime resisting our stories. We do this by saying, “well, everyone has bad stuff that has happened in their past,” or we try to forget the emotional pain of the past and even resist writing our stories for this process. If we look at the pain or discomfort our past conjures up, we first tend to think about pushing it aside, denying it, or telling us it is in the past. Most of us are reluctant to take one more really good look at our experiences and how they color our current perspectives.

Just like our bodies metabolize food, our unconscious and our cells metabolize our emotions. If we refuse to look at the past, our unconscious thoughts stay stuck, our cells continue to harbor past feelings and resentments, and we continue the route of self-sabotage or feeling empty or a number of unwanted toxic emotions. By not inviting the emotions in, ignoring them, pushing them away, they turn toxic - in our minds and our bodies.

Maybe you have heard or read the saying “*what you resist persists.*” Resistance locks us inside of our emotional pain. It traps us into a reality in which we are trying to shed. So, if you choose to resist anything - if you hate it, judge it, dislike it - you have guaranteed that the issue will persist. Resistance to going beyond and moving through our stories and issues is the cause of our repetitive thoughts and behaviors.

Our resistance is triggered whenever we make ourselves, others, or the world wrong. We tell ourselves that “it shouldn’t be like this.” We then spend our energy trying to change or ignore

our present reality. How many hours have you spent trying to change something about yourself - whether it's fear, being overweight, worrying too much about events in our lives and others', or even attempted aesthetic improvements to your face, hair or body to raise self-esteem? Everyone does it.

If you have ever been playing with a cat and the cat becomes aggressively playful, you may have experienced a finger clamp from the jaws of the cat. If you pull - or resist - the cat grips harder. However, if you let go of your resistance, the cat will let go. *In order to transcend our suffering, we must go against our instinct to hold on and instead surrender to letting go.* Our past will grip us if we are resentful, angry, sad, fearful, or refuse to accept anything that has happened to us. Surrendering to what is requires us to accept whatever life presents us and give up the conclusions and expectations we have made from our dramas.

The only way to be free from our dramas is to admit we have them, own them, and make the decision to use them to gain wisdom and love ourselves (instead of beating ourselves up). We will then be able to use them the way they were designed to be used.

One thing that you need to recognize now is that you must go inside of yourself to and own this process of metabolizing your toxic emotions in order to find relief from them. No one is coming to save you. You must do this yourself. You can stop looking for the next diet gadget, or the next quick fix to whatever problem you are experiencing. You have the choice to continue to suffer, continue to work hard and try to ignore your story or you can dust yourself off and face the fact that no one is coming to save you.

Unknowingly, most of us are waiting for someone to rescue us. To give us the magic that will take "it" all away. If we are brave enough to give up the hope that someone is coming, we will move forward and begin taking responsibility for our lives, thoughts and beliefs - and our happiness.

What methods and approaches have you used to try to fix yourself and your dramas? Some people use medications, surgeries, eating, smoking, and going to psychics.

We know that we can return to wholeness. That part of us that feels empty, fearful, not good enough or upset can be relieved of the toxic emotional buildup. It's natural for us to try to fix something that doesn't work. If we cannot fix it, then we try to get rid of it.

If we did not have our stories, we would not find out who we are at the deepest level. If we choose to stay in our stories, we will miss the greatest opportunity of knowing our unique contribution to life. What we think we will receive by fixing our stories pales in comparison to what we will win when we step outside of our stories and into the fullness of who we really are.

Healing Steps

1. Free write your response to the following questions in your journal:

Who would I be without my story?

What am I afraid I will lose if I give up my story?

2. Make a list of all the things you have done in an attempt to “fix” or get rid of your story.
3. Make a list of all the ways resistance shows up in your life. What behaviors, emotions, and beliefs do you hold that prevent you from accepting what is?
4. Make a list of all the ways you use hope to avoid dealing with reality. If there was no hope for a miracle happening, what changes would you make in your life today?

Contemplation

“It’s safe for me to let go of my story.”