

A New Way To Experience Life - Radical Wholeness, A Ten-Week Online Journey

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When you replace
"why is this happening to
me" with "what is this
trying to teach me?",
everything shifts.



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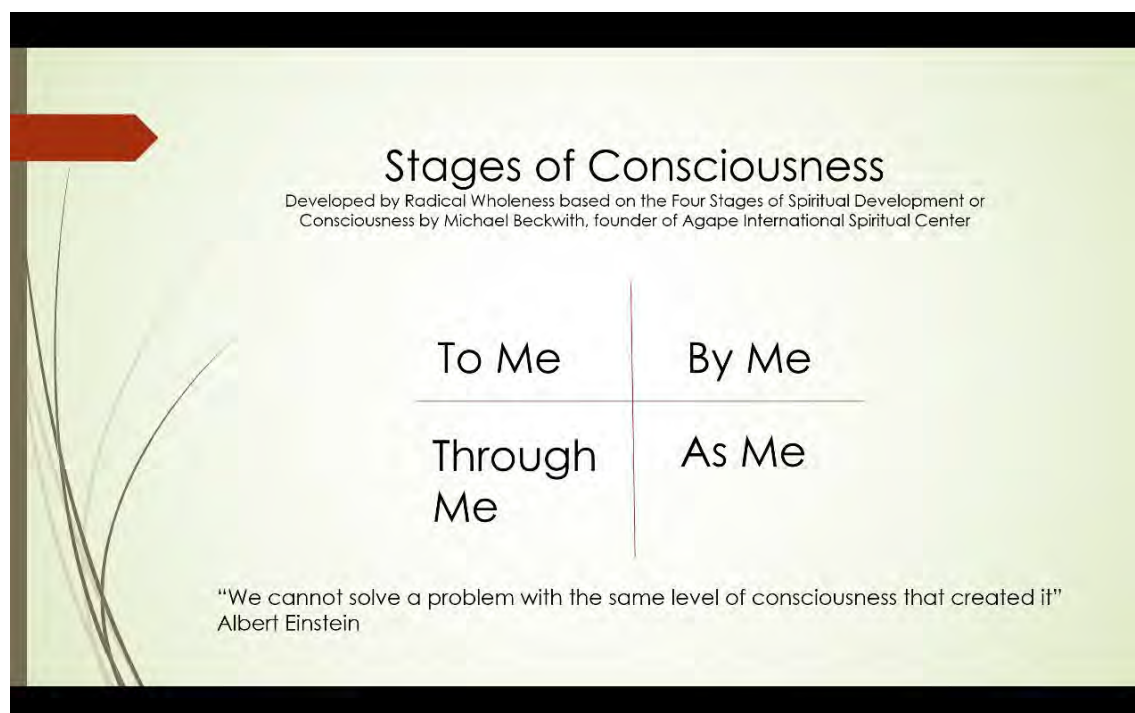
A New Way To Experience Life

When was the last time that you said to yourself, "Why is this happening to ME?" It could have been when your spouse forgot to pick-up the items need for dinner. Maybe it was when your young child spilled their drink for the third time that day or drew on the wall with a permanent marker AGAIN. Or you got into the car to go to an important appointment, and you realize your teenager or young adult had returned the family car on empty once again.

Several months ago, I had such a moment at the gym. After swimming and sitting in the hot tub, I took off my swimsuit before taking a shower and hung it on a hook so that it wouldn't drip everywhere. Coming out of the shower, I found my swimsuit sitting on top of the trash can! Someone had decided that they needed all four of the hooks in the shower area and had moved my swimsuit out of their way. I have to say that I overreacted, saw myself as a victim of this "horrible" injustice and said some less than kind words to the woman who had done this.

Fortunately for me, I had just finished participating in a program, **Radical Wholeness**, which helped me reflect on and get some perspective on my response. I gained many things from this ten-week online course. But one of the presentations that struck me the most was "The Four Levels or Stages of Consciousness."

Based on concepts by Michael Beckwith, Spiritual Director of Agape International Spiritual Center, the founders of WholeHearted—Heather Thalheimer, David Young and Sarah Oben—incorporated "Levels of Consciousness" into their program **Radical Wholeness**. I have summarized my understanding of these four stages below. The key is to begin with **awareness** of where I am in a particular area of my life, to accept and love myself at the place I am at, and to allow acceptance, love, and patience to guide me in making progress.



To Me: At this stage, we experience life as happening to us. We may feel like a victim, things are other people's fault. We blame others or ourselves but feel that we are powerless to change what is happening. To shift to the next stage--By Me--we must let go of blaming others and seek to take ownership of the situation.

By Me: This is a building stage. We can learn new skills and see results from our efforts. We look at a situation and ask ourselves, "How can I change this?" We begin to realize that I have something to do with the problem, so I have the power to solve it. Problems can now be seen as opportunities. It can be challenging work, but we can be successful. We may not experience great happiness or peacefulness at this stage. To move to the Through Me stage, we must let go of control and surrender and recognize that we need others as well as God/Higher Power.

Through Me: This stage is one of recognizing that there is something greater than myself that wants to flow through me. Surrendering to needing others, needing God helps us to relax and open to possibilities and our own creativity. We can become co-creators in our life. A sense of trust and connectedness occurs. To move to the next level, we need humility to experience being connected to all of life.

As Me: This level is experiencing that we are at once a unique individual and at the same time, part of a greater whole. Through this awareness, we experience fusion between the individual and the whole--we cannot ignore the wellbeing of another because we are one.

It is important to understand that growth through these stages is not linear, moving from one to the next sequentially. Instead, we move in and out of the various levels. In different areas of our lives, we could experience two or more of these stages in the same day.

If this article piques your interest, I invite you to check out **Radical Wholeness, a ten-week online Journey**. I have included some information about the course. Registration for the Fall program is **now open** at beingwholehearted.com. The group meets Wednesdays, September 7 – November 16, 8-10 pm EST.

Through Radical Wholeness You Will:

- Discover a new way to love yourself.
- Experience wholeness through becoming aware of the ways you have separated from yourself, others, and your environment.
- Gain learnable, usable, and sustainable practices to experience a new and more satisfying way of living.
- Meet other people who want to be part of a heart-centered community.

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tinyurl.com/7-Gifts-to-Give-Your-Child

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/ Find out more about Safe Conversations www.coachmyrna.org/safe-conversations.html.

