

In The Bowling Alley of Life by Kathie Brodie
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If you feel like things aren't going right, take a look around you. What is the cause of that feeling? Is it a feeling that you can actually identify and label, or just a vague "this doesn't feel good" feeling? Are the physical things around you causing that feeling, like clutter or the wrong color paint, or is it more an internal unease?

The first thing to do is identify whether it is an external feeling or an internal feeling. You can change your external surroundings; move out of the room you are in at the moment, move out of the house you live in, move out of the city you live in, or the state, and on and on. That will certainly change your external surroundings.

If it is an internal feeling, do a little more exploring. What is going on inside that isn't feeling right? Are you growing? Are you recalibrating? Are you cleaning out inside, which usually means you take a step back and take a long, interesting look at what is going on inside, how you are reacting to things, how things are reacting to you. When you take a deep breath and go inside, what do you see? What do you feel? Are you moving forward? Are you feeling in your heart that you are close to making some new agreements with yourself about who you want to be, where you want to be and how you want to get there? If you are, isn't that a good feeling, sort of? If you can say yes that is a good feeling, then you can say that things are going right but just not the way you expected. Let's not do right and wrong, let's just do different; things are turning out differently than you expected. All we are doing here is tweaking the way you look at things.

I have a sign at home that says "When God closes one door he always opens another but it's hell in the hallway." If you feel like you're in the hallway, try looking at the new door that may open. Don't have any expectations of what the doorway should look like, just be open to receive whatever is behind door number 3. It may be something totally unexpected but ultimately it will fit right into your plan. An example of that is the delay at the airport so you missed the meeting but instead you met wonderful people you never would have met otherwise. If you can allow yourself to entertain the idea that everything happens for a reason, it is easier to deal with the unexpected turn of fate. Even though it may be hard to see it at the moment of occurrence, there just may be a gift in that airport delay. Learning how to be flexible is a wonderful thing (and I hope I learn it very soon!).

I have a friend who has this saying on her refrigerator: If you change the way you look at things, the things you look at change. Wasn't it Albert Einstein that said the definition of insanity is doing the same thing over and over and expecting a different result? We, who are going through this current energy shift, are ready for a different result, right? And there are lots of us going through change at the moment. Not a surprise to you, right? People are changing jobs, changing partners, moving to a different city or state, and many can't tell you why other than they just "feel" like they need to do this. But they are willing to Trust, with a capital T, and believe they are ultimately doing the right thing. Moving isn't necessarily a "bad" thing, it is just a "different" thing. And isn't moving

changing your external surroundings? So already you have stopped doing the same thing over and over, you have changed that, and now you have a different result, a different house, a different job, perhaps a different focus. And now that you have established change, can you more fully embrace the idea that change isn't "bad" but only different?

I think the Universe is purposely throwing us an occasional curve ball, which is just a way of keeping us on our toes. Have you ever wondered if Spirit is looking at us and doing things just to watch our reaction? I just had a moment of seeing us as pins at the bowling alley and Universe sending the ball down the alley, just to watch! I bet they think it is pretty fun to see our reaction to that kind of disruption in our lives! Perhaps they are going out of their way just to help us look at things differently.

My sense is that with so much change going on around us, if we can be a little more open, a little more trusting that even if we are in the hallway the other door will open, we will make it through the next several months a little more gracefully. Embracing unpredictability, looking for the wonderful surprise in change, knowing it will be an opportunity in one form or another, is certainly an attitude that I strive to accept. After all, I would so much rather be in the hallway looking for the other door than being the bowling pin watching that ball come at me! Wouldn't you? Ride the wings of change and be ready for a wonderful new you to emerge.

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