

Get Lost to Find Your True Self

Dear Stef,

When everything falls apart (i.e., loss of health, loss of job, medical debt, no home, limited income and no partner), where does a person even begin to pick up the pieces? — Eden K.

Dearest Eden,

We humans strive to construct lives that will protect us from what you are experiencing: loss, lack and loneliness. But, as you can well attest, security in this form is an illusion. My own experience and years of supporting clients has revealed that every disaster creates an opening, and every breakdown precedes a breakthrough.

Eckhart Tolle says, "Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at the moment."

OK, I sense you may want to kick my (or Tolle's) shin right now. But, I believe that Life — God — loves and is for us, no matter how painful our experience. A friend of mine recently said, "We will sacrifice our fulfillment for comfort. But God will sacrifice our comfort for our fulfillment!"

What if all the falling away created necessary space for your greatest authentic life to evolve? Will you explore that possibility?

"Not until we are lost do we begin to find ourselves," writes Henry David Thoreau.

You asked how to begin picking up the pieces. I say you should let the old pieces lie there! Choose entirely new perceptions from which to rebuild your life. As a place to begin, look for anything to feel grateful for. I know, I know ... but just go with me here. Amplify what good you can recognize with ritual. Light a candle each morning and say aloud what you appreciate. Ask for more like that and blow out the candle.

Newness finds its roots in the here and now. Honor and accept where you are as best you can, rather than bemoaning what is. Grab hold of the edge of the opening your old life fell through, take a deep breath and widen it! Dive into the faith built only in the true unknown. There, you will find the life that has been waiting for you! ☘



STEF SWINK, RScP, has been a sought-after practitioner and licensed Heal Your Life® teacher for 17 years. Early on, she was the personal assistant to author Louise Hay, responding to thousands of "Dear Louise" letters and now has a thriving coaching practice in Evergreen, Colorado. Visit her online at StefSwink.com.