

# SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



*Inner Change*  
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

## 13. WHAT SHALL I HAVE?

A long time ago, I heard the sound-byte *one day at a time*. I have often used that sentiment with various adaptations: one task at a time, one conversation at a time, one situation at a time. Such a phrase helps me stay focused on what is mine to do and the results it will bring. Life provides me opportunities to practice it often.

In fact, I have had several travel-related experiences this very week that have brought my attention to this question and given me an opportunity to be conscious of what I wanted to have. For example, what shall I have when my offering the trash to the flight attendant for collection resulted in her condescension ... righteous indignation because she shouldn't have responded so, or compassion for her and respect for myself? What shall I have when I missed my flight ... self pity for not being able to sleep in my own warm bed, or acceptance so I could make a very long night inwardly and outwardly productive? What shall I have when the car rental company procedures resulted in miscalculation and the incorrect billing and payment of my account ... judgment toward them for not giving attention to details, or centeredness as I envisioned divine outworking of the situation?

Who I am and what I do in each of those circumstances determines what I will have. If I first connect with my inner self—the divine essence of me—I'll respond from a centered place and have peace of mind, loving interactions and joyful awareness of all that is good. If I first connect with any other frame of mind (a life-depleting thought, an old habit, whatever), my behaviors, which stem from that uncentered place, will reap a plethora of inner and outer negativity.

In each moment I get to choose. What I choose determines what I will have.

As truth students in unexpected moments, such as the ones I described above, we sometimes expect ourselves to respond “perfectly”. I didn't. So what happened then? I got to choose what I would have! In each case, as I became aware of my inner reactions in the moment, I got to choose either self-condemnation for not responding in a more holy way, which would exacerbate the situation, or self-forgiveness, which would begin the healing process. Gratefully, in each case, I chose wisely. ☺ And so the cycle goes, as we work our way toward conscious responding in each and every circumstance.

It can become tempting, when observing such scenarios, to ask ourselves “what in my consciousness is drawing these experiences to me?” ... *and expect the answer to be something negative*: we have a shortcoming, we have a character defect, we have an obstacle we need to overcome. I used to think so. Not any more. I now believe that when I see such patterns in my life, it is the Universe telling me that I'm on the brink of something new and wonderful ... and there is something old I need to release to make room to receive the good that's on the way. For myself, in these moments, I find prayer and thanksgiving to be exceedingly beneficial – prayer to discern what is mine to release, and gratitude for the good that is arriving.

So it is that this question—What shall I have?—is a litmus test. For in truth what we desire to have is peace, what we desire to have is love, what we desire to have is joy. So claim them. Claim them for yourself. Claim them as active in your life. Claim them here and now.

Peace, Love, Joy,

*Diana*

