

The Power to Change Your Life Class #7

Pivoting With Compassion

We have realized that when we focus on what we want to see in our lives, then we attract more of that. Similarly, when we bring our attention to what we do not want in our lives, and dwell there, we get more of what we do not want. When we recognize that we are fixated on what we do not like about something we can use this as an opportunity to identify what we would like instead. We use the recognition of the unwanted to then turn toward what is wanted. This process of turning toward what we desire is called pivoting. It is described in the work of Abraham, channeled through Esther Hicks.

Pivoting is the process that helps you discover what is most important to you... Pivoting is recognizing that when you are feeling negative emotion, that you are, in that moment of feeling bad, attracting that which you consider to be bad, and then making a conscious decision to stop that attraction and begin a positive attraction...Pivoting is the process of changing your thought, word, or action, thus changing your emotional response. Pivoting is the process where you recognize, by the negative emotion that you are feeling, that you are taking the Non-physical Energy of the Universe and directing it toward what you do not want, or toward the lack of what you do want. Pivoting is the process that changes the direction of your creating, or more specifically stated, the direction of your attracting. *A New Beginning II* pp. 84-85.

In this course we have focused on one thing we want to change in our lives. As we focus on this particular area of our life, we sometimes find ourselves feeling negative and discouraged about it. We feel very far from the positive allowing that helps us ride the luxury liner. Yet when we recognize ourselves feeling disheartened or uneasy, we can often stop and identify our negative thinking. We can then begin to think of something more positive related to the situation or we can distract ourselves with something positive but completely unrelated! We then watch our emotional state as it begins to shift into a better feeling place. When we are able to do this, it is very empowering for we recognize that we can choose our thoughts and our feelings. We experience firsthand that we have the power to get back on track and ride the river more effortlessly.

Other times, though, we find ourselves mired in very strong feelings such as fear, insecurity, jealousy, anxiety, worry, grief, abandonment, loneliness, depression, or deep emotional pain. When this happens, it feels like we are caught in the grip of the feeling and no amount of thinking good thoughts seems to free us. We feel frustrated and completely powerless because we are not the same person we were a minute previously. In these instances, the process of pivoting is very difficult to implement. Something within us is ensnared. The harder we struggle to free ourselves, the more trapped we become. Of course, it doesn't help that we are judging ourselves the whole time for being caught in the emotions that feel so bad!

Remember what we learned about subpersonalities the last two classes? When we find ourselves trapped emotionally, we are most likely dealing with a subpersonality that has been brought to the forefront of our personality. Something within the situation has triggered a feeling response that is familiar to this particular subpart. Usually this is because this subpart has unhealed pain

from the past that seems to be like the incident in the present. The unhealed pain and unmet needs from the past get “triggered”. The result is that we become completely identified with that subpart and are unable to step out of it. We don’t realize this, of course, but we are taking on the perspective of that subpart. We are literally seeing and feeling through his or her eyes and this part of us has no better feeling thoughts available to it.

When we find ourselves in this situation, we can simply ask the question, “Who in me is feeling _____”? We can fill in the blank with the emotion that is predominant, the emotion we feel caught in at the time. When we ask that question and allow our imagination to show us a subpart, or perhaps our self at an earlier age, we can then begin to relate to this part of ourselves rather than become completely identified with it.

An example would be Susan who is feeling abandoned by her partner. Her partner happens to be away for the evening and after a few hours Susan is thinking about how she is being left at home again. Susan finds herself embroiled in feelings of abandonment. Even though the feeling seems extreme for the situation, the abandonment, and thoughts of being left are entangling her. When Susan asks herself “Who in me feels abandoned?” she discovers a five- year-old girl who is left alone in her room and who doesn’t know where her parents are. Using her imagination Susan begins to relate to the five-year-old by listening to her feelings and discovering what she really needs. In this situation the little girl is terrified. The child needs to know that she is not alone and that she is wanted. Susan relates to her with compassion and acceptance and assures her that she is no longer alone because she, (Susan) will always be there for her. At this point the emotion shifts, and the terror of abandonment is replaced with a sense of calm. A pivoting has occurred from a place of being trapped in feelings of rejection and neglect to an inner place of knowing that things are okay. It is from this new feeling place that Susan can pivot further to focus on what she wants from the relationship with her partner and what she wants to feel in it.

When we pivot with compassion into the pain, we can free ourselves from getting caught in the uncomfortable feelings. To do this we need to move toward the pain with genuine caring and then, using our imagination, we need to relate to the one who is hurting within us. In this way we disidentify with this part of us and offer what is needed so that this subpart can be in the flow of love and well- being again. As this happens, we are free to choose what we most desire in our life and allow the parts of us that have previously been denied this, the opportunity to join us.