

Patterns and Potential

The Power of Yin February 18, 2009

“What is the story I am telling myself?”

- What messages am I reinforcing?
- What new neural pathways am I nurturing?
- How am I evoking my own inner wisdom?

Our conversation took a deep dive this evening as we explored the stories we tell ourselves, and how those stories create our reality. Whether those stories are self-limiting or self-empowering, they influence our expectations, what we see and how we act. Susan I. shared her new Business License with us. She had an idea, and a belief that she could manifest it, and now is in the product development phase of Global Confluence, a secure internet platform that will allow members of groups to communicate with one another.

On the other hand, we explored those experiences where our confidence dips, where our stories constrain us and we think “we can’t.” One interesting realization was that we often lose confidence when we don’t have a logical explanation or reason for a belief or perspective we hold. This is one place where we swing from acting from our own center, to allowing some one or some circumstance to determine our reality. We lose our power, doubt our skills and question our interpretation of what is happening.

In these situations we forget that we are valuable because we are, not because of what we do, not because of the knowledge or competencies we have. We fall into what seems to be a default mode in our culture, defining ourselves and attributing our worth to what we do or what we have. We get caught in valuing “doing” over “being.”

This led to recognizing the power of patterns. It became clear that the reason the “stories we tell ourselves” are so powerful, is that they reinforce patterns - of thinking and acting. These patterns, in turn, are powerful, partly because they are subtle. It became abundantly clear that every time we tell ourselves, “I can’t . . .” “I have to . . .” or “That’s just they way I am . . .” we are giving up our personal power, limiting ourselves, and cutting ourselves off from new information or insight. We are literally shutting the door of our own potential to grow and change.

We talked about Robert Fritz’ work (*The Path of Least Resistance*, and *The Path of Least Resistance for Managers*.) Fritz, who has worked with literally tens of thousands of people to develop their creative capacities, has concluded that

most people hold one of two beliefs that limit our ability to create what we want. We believe we are powerless, or we believe we are unworthy. The strategy he teaches for dealing with these underlying assumptions is that we make a commitment to the truth. This means, in his perspective, that we:

- adopt a relentless willingness to root out the ways we limit or deceive ourselves from seeing what is (I have to, I can't, That's just the way I am)
- continually challenge our theories of why things are the way they are (I'm too busy, don't have the necessary skills, don't have the resources . . .)
- continually broaden our awareness (hearing one another's stories is one way of realizing that there ARE other ways of interpreting, thinking, acting)
- continually deepen our understanding of the structures of underlying current events. (honest appraisal of how my behavior may have contributed to creating what I do not want)

As we explored how we can recognize patterns, and change those that are limiting us, how we can shift the stories we are telling ourselves in ways that open us to our potential ~ a number of strategies emerged:

The least complex, and potentially most powerful - ***slow down and breathe***. While multi-tasking seems the modus operandi of our current culture, it fosters a fragmented, reactive way of being. Stillness seems necessary for us to move beyond the chatter of the monkey mind and access our intuition, our deep wisdom, to know our own truth.

Examine our need for safety or security. If we need to feel safe before we can reach out, or before we can be creative, can we find that sense of safety within ourselves? Depending on external sources for safety keeps the power outside of ourselves.

Noticing our "theories" of why things are the way they are and letting that be a prompt for ***recognizing patterns***. Being willing to "unbundle" those patterns and to allow our conscious, deliberate, empowered self to examine and choose what serves our higher self.

This seemed to be a good question to prompt our awareness between now and our March gathering:

What are patterns that I can identify in my life?

- ***Are they opening me to my potential?***
- ***Are there more empowering patterns I can develop?***
- ***What am I not seeing?***
- ***What am I not paying attention to?***

Our next gathering will on Wednesday, March 18, 2009