

A Shift in Our Lives

from *All Paths Lead to Now* by Joel DiGirolamo

ISBN 0-9770884-7-2

As we progress along our path of growth, there will come a time when a shift happens. This is a shift in our energy, from pushing toward a solution or desired goal, to openness, acceptance and learning lessons each day of our lives.

When you make the shift to feeling surrounded with joy and love, away from pain and suffering you will know that you have entered the mainstream.

There is a model I like to use to illustrate this shift. As shown below, we can think of our focus as either inward or outward. Neither focus is good or bad. What is important, though, is ensuring our experiences from each focal point are positive, rather than negative.

Positive Experience	Meditation Bliss	Live in the present moment, Meditate on each moment
Negative Experience	Stuck Depression Fear	Victim Trauma
	Inward Focus	Outward Focus

We can be focused inward and stuck on a problem, running it constantly through our mind. When we are able to make the shift we can replace that “stuckness” with a blissful state. Similarly, when we are focusing outwardly we may feel like we are a victim or may be dealing with some trauma. We will know that we have made the shift we need to when we can be more present in each moment.