

You Don't Have to Know Everything **August 17, 2104**

How did we learn not to trust ourselves? How did we learn not to trust life?

What happens to some of us in childhood or our culture that makes us second guess every decision or, worse, be so paralyzed by indecision that we can't move forward?

When did it become so horrible to make a mistake?

Perhaps this goes beyond simple insecurity or fear of failure. Maybe it's a deeper misapprehension of life. Somewhere along the line, many of us have forgotten that sometimes *time just has to pass*. Sometimes we just have to wait and see what happens.

As a working psychic, most of my clients come with questions like:

- What's going to happen if I separate from my spouse?
- If I postpone going back to school, will it be too late?
- Is she the one? What if I marry her and someone else comes along who I love more?

My clients are actually all asking for the same thing. They want reassurance that they'll be making the right decision when faced with a choice.

I have one client who calls me before every date with a new man to ask, "Is he the one?" and then again after every date to ask what he thinks about her. Marla can't just let the date unfold to decide for herself. She has lost the ability to read her own barometer. In this arena she's completely out of touch with her own feelings. Marla's afraid to invest even one minute in a relationship that isn't going to turn into marriage. Another client of mine actually left me an emergency voicemail on a late Saturday evening. She called to ask what shoes she ought to wear to a party!

Why is it so important to know how absolutely everything is going to turn out, before even beginning? What's happened to our sense of adventure?

We haven't lost control once something is set in motion. After all, if I set myself on a course that becomes increasingly clear was a mistake, I still have the power to set another course at any time along the way. Making mistakes, if we're self-aware and have a healthy self-regard, can be the fastest, most efficient way to achievement or learning.

What feels better? Getting something right the first time, or flubbing it, digging deep, fixing it, and then getting it right? *Those* make the best stories.

Now, I have made some colossal mistakes. I got married, for one. I knew it wasn't going to work out while we were still dating. But somewhere inside I thought, if I don't get married now maybe I never will. It went downhill the minute I changed my name. He's a good man, we stayed friends. But that was a *huge* mistake. Costly, emotionally exhausting, and truly disruptive to my life and my family.

I've made some really stupid financial decisions in my past, too, which took me years to correct.

These errors haven't made me bitter or cynical, quite the opposite. The mistakes were -- or rather, the process of correcting them was -- extremely empowering. I know more about managing money now than I ever thought I would. And it is so satisfying to me to live debt free. To take the time to save for something, and then pay for it all at once. I need a new roof; I needed one last year so I started saving for it not knowing really how much it would cost. I've gotten a few estimates this week and I have a couple thousand dollars left over. That feels like getting paid \$2000 to buy a roof! I know more about emotional integrity in relationships than I ever had the courage to exercise. I won't make a commitment again if I know I can't keep it.

Another thing my clients want to know is *when*. They want to see results. They want to know *when* they'll get a new job, or *when* the next love will come in. I had one client for whom I predicted a new job about six months after our reading. This was a couple of years ago. I predicted she would find a job in June. She called me on June 30th to tell me I was wrong, she hadn't found a job. Something made me ask, "Did you look for one?" And she said, "No. You told me I would get one, be patient, and I've been waiting, but no one has offered me a job."

When, when, when? The answer always is, when the time is right.

Today I challenge you to set something in motion. Go ahead and make that decision you've been putting off. See what happens.

What's the worst possible outcome? You lose some money? So what, you make it back. You end a friendship? So what, if it turns out after a couple of months without it that it was a mistake, ask for forgiveness. See if you can rebuild. That will teach you more than the over-analysis of it ever would have.

There's nothing wrong with not knowing how something will turn out for the rest of your life. Things we might consider devastating now may in the fullness of time turn out to be the best thing that could have happened.

My divorce -- though the anticipation of it was for me tragic, shameful, a badge of failure -- sent me off on all of the dreams I never thought I'd be able to pursue. I traveled the world. I climbed famous mountains, got my pilot's license, started my own business, bought my own house. I never would have done those things if I had stayed married.

There are both ancient and new age documents that counsel patience or define time as a tool for learning. According to *A Course in Miracles*, true patience means waiting without any anxiety whatsoever. But true patience also isn't inaction, or helplessness, nor is it an absence of complaint or anger. God "guarantees that only joy can be the final outcome found for everything," even if the outcome we're expecting is different from the one we eventually get.

Buddhists teach us that the way to peace is non-attachment to an outcome. Actually, they strive for non-desire, which is the beginning of non-attachment. Can you imagine going on a first date without any attachment to the outcome? Knowing that in *time*, God will deliver you joy? Wouldn't you have a great date, relaxed, enjoying the present moment and truly being yourself?

Imagine you've done all the analysis possible for a major decision. Let's say you're considering going back to school. You know you have or can get the money, you know your social life will be curtailed for the near future and that you'll be working very hard -- and *still* not knowing if it's the right decision for the rest of your entire life? What a great way to take life day by day, and focus on the tasks at hand.

That happened to me about twenty years ago. I'd reached about as far as I could in my career as a graphic designer, so I decided to get myself an MBA. I applied, took the GRE tests, got the referrals and was accepted to a wonderful program in NYC. I knew money wouldn't be easy to come by for this program but I proceeded anyway. Then, just as I was registering (and paying) for my first classes, I came across a brochure with a weekend course in hypnosis. I knew, right then, that I belonged in that weekend class and not in graduate school for business. Even though I'd spent money and time to get into the graduate program, I was confident enough to cut my losses, recognize that I would be happier on a different track, and extract myself from the trajectory I'd only recently set myself on. You should have heard the outcry from friends and family! Giving up a business degree from a prestigious college for *hypnosis!*? Yet, it was the best decision I ever made.

In the Bible we read, from Ecclesiastes 3:1-8 (you all know this one): "For everything there is a season, and a time for every matter under heaven."

It's a lot to ask, I know. So try it with a small choice for practice, and work your way up to the more major decisions. Let your gut instinct or your spirit guide you. The spirit people have said over and over that so much of what we anguish about makes little difference in our spirit.

They frequently use the story of St. Christopher to illustrate this. If you don't know, St. Christopher, he was a man traveling through the Judean wilderness when he came across a child sitting by the banks of a river. The child asked to be carried across, so Christopher put the boy on his shoulders and began to ford the river. As he did, the child grew heavier and heavier until Christopher, staggering mightily, made it to the opposite side. When he put the boy down, the child revealed himself to be the Christ child and informed Christopher that he'd been carrying the sins of the world.

The spirit people like to bring up this story to remind us that we don't need to carry "sin," otherwise packaged as guilt, remorse, regret, grudges, unforgiveness, shame, and hate. We don't need to carry fear, worry, anxiety, or helplessness. Even if you're not a Christian who was taught to believe that Jesus carried all of that for you so you don't have to, the spirit people say exactly the same thing, and they are distinctly non-denominational. We don't take it into Heaven, so why carry it around on earth!

So put down those negative judgements if you can. It doesn't ultimately matter. It's more important to remember that everything is going to be okay. I know that sounds trite, but God promises that to us, and the spirit people assure us that it's true. Relax a little.

We can't take ourselves too seriously. There's nothing we can't change along the way. There's no issue we can't look at differently or choose to perceive more positively. That's our free will. That is the only thing we truly have under our control, the only outcome we can truly design.

The power of freedom and joy is in your hands right now. God gave you this power, those who have lived and passed into the spirit world reassure us it's true. God just didn't give it to psychics or analysts or anyone else who can predict the future. He gave it to all of us.

Don't rob yourself of the joy that God promises you. Sometimes we just have to let time pass to see it.

Amen.