

Episode 0012

Divine Discontent

Show Transcript



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Presented by Dr. Gala Gorman
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00:04

Dr. Gala Gorman: Rather we want to be open to the possibilities that might present themselves so that we can filter through opportunities.

00:19

Announcer: You've tuned to Awareness Addicts with Dr. Gala Gorman. Here, you'll find Sage Advice for taking inspired action. Awareness is the key. With this key, it's easier to navigate in the human world with all of its detours. It requires that we get to know ourselves intimately. If you choose to join us, this just might make you an Awareness Addict ... alive, alert, awake and aware of life's possibilities.

00:48

Dr. Gala Gorman: This is Episode 12. In the last episode, I probed. I asked a question that is often perplexing: Are you content with your life just the way it is? If you're anything like me, there's always room for improvement. There are new places to explore and experiences to be had. Still, I feel some shame for failing to offer enough appreciation for what I have. This is a trap constructed by humans for humans. Let's see it for what it is. I'm Dr. Gala Gorman and this is the Awareness Addicts show.

01:27

It helps to know we're not alone. Everyone has experienced their version of the "dark night." As Awareness Addicts, we can draw strength and learn from the stories of others that have lived through similar situations. This story demonstrates how things do work out.

This particular article that I'm sharing with you today is talking about Hoda, who is on the Today show with Kathie Lee Gifford. She talks about overcoming breast cancer. She was recently in the news, sharing that she and her boyfriend have adopted a baby named Haley Joy. She says, "I sort of think that the cancer made my life snap into focus. I'm an

optimist, so I think everything can be worked out and fixed," she shared. "But from having cancer, I learned that even if you're even an optimist, sometimes you just have to face the facts that certain things are broken. I think it taught me that. Optimism works in 90 percent of my life, but there is a window where you have to accept that certain things are not fixable. And, no matter how hard you try and want it to work, sometimes you just have to cut your losses."

Hoda shared in this article that the medication that she took for the cancer ... she knew the side-effect of that medication was that she would not be able to get pregnant. That was a tradeoff that she had to make and a really tough decision. Ultimately, now she is in her early 50s and has just adopted a child. It says that the happy couple obviously has found their footing because Hoda revealed she adopted Haley Joy. "She brings us joy," Hoda cooed. "She's got a beautiful way about her."

One of the things that I talk about is this concept that everything happens for a reason and it's always working out for us. What Hoda shared is how challenging it can feel in the moment, during a period of time when we are just feeling bombarded with an incredibly challenging situation. Hoda expressed in this article that she can see in hindsight that there are definitely benefits that came out of her going through this experience. But, that doesn't lessen the challenge that she experienced and the byproduct that she could not have a child of her own. And that, finally in her early 50s, she came to the decision that she was going to adopt a child.

It's just a great reminder for us that we all deal with our own versions of incredible life challenges. We can cling to phrases that can help us work our way through it. One of those is, "This too shall pass" because it does pass. But, whatever may be happening or has happened in your life, just know that there is good that can come out of it and is coming out of it. It's just up to us to be open to see it.

05:28

Let's take a moment to develop awareness. This is something you can practice anywhere ... anytime. Begin by noticing where your breath is landing in your body? Are you feeling your breath in your chest? Is it expanding your rib cage? Or, even your belly?

Just become aware of your breathing.

Now, we're going to breathe intentionally. We'll start by breathing deeply into our belly. Breathe deeply ... expanding your belly. Notice how it feels for your belly to expand. Then, pull your abdomen in so that all of the stale air gets pushed out on the exhale.

Let's do that again. Breathe in deeply ... all the way into your belly. Expand your belly. And again, breathe out and flatten your tummy. Squeeze all that air out.

Next, we'll move the breath up to our rib cage. Intentionally expand your ribcage with the breath. It may feel like your ribs are stretching out on both sides ... or you may feel it expanding your back. Just notice how that feels. You're stretching your lungs to the side and creating flexibility in your ribs. Take another breath into your ribcage.

Now, let's go back to how you were probably breathing when we started this practice. Breathe into your upper chest. You can feel your breastbone raise and lower with the breath. Notice how it feels to take a shallow breath now that we have expanded the breath into our belly and rib cage.

We have sent a clear message to our brain and nervous system that we can take control. Let's use this feeling of empowerment to practice Aware Appreciation.

What is ONE BIG THING that you appreciate right now? And, keep this in mind as you notice more things to appreciate as you move through your day.

07:45 Are you content with your life just the way it is? If your response is, “Sure, but there’s always room for improvement,” you’re human. Rather than buying into the concept of contentment, we’re going to consider an alternate viewpoint. What if contentment is the trap? Freedom lies in our discontent ... or what I like to refer to as Divine Discontent.

08:10 What does it mean to be content? The definition of contentment is the state of being happy and satisfied. Discontent would then be unhappy and unsatisfied. It’s not really black and white though, as we know. We never are really content or completely discontent. Certainly, we can be content in some areas and discontent in other areas simultaneously. In essence, we are holding contentment and discontent at the same time.

What does it mean to be divinely discontent? The way I use this term “divine discontent” is to mean that I’m aware of the good in my life and I’m wanting more.

09:15 Even in the areas that I might be content, there’s always more ... an expansion to the experience. Certainly, in the areas that I’m discontent, I want to turn that from discontent to contentment. But, the trap is to accept that if I’m more or less content, that’s as good as it is going to get. I’m not going to buy that. My life is constantly improving and expanding. That’s the way life should be. Life should be an adventure. We should be constantly looking for our next opportunity and the next way to grow, learn, and expand.

10:05 How do we embrace this concept of divine discontent? And, not be snared in the trap of accepting that this is as good as it’s going to get? The first thing I’m going to suggest is that you practice Aware Appreciation. That should come as no surprise to you because I encourage you regularly to practice Aware Appreciation. What practicing Aware Appreciation will do for you is help you to see the good

that's already happening in your life. And, as you acknowledge that, you will also see where that good can expand.

We are also going to accept that along with divine discontent is a companion of divine timing. Even when we are feeling somewhat discontented with an experience and know that there is something that is missing, it may not be time for that new experience to present itself. Maybe we don't quite have space in our life for this new experience. We are going to talk more about that in the next episode.

11:42 Just accepting that we can have a somewhat agitated feeling that we are not quite content ... that there is something missing ... without saying "I've got to solve this right now ... today." Rather, we want to be open to the possibilities that may present themselves so that we can filter through opportunities.

12:16 One of the ways that we start to be open to those potential experiences is to allow ourselves to dream of what we might be, do, or have if we knew we couldn't fail. I've shared this concept with you before on a previous episode. As you start exploring this concept that you could do, have, or be anything, you'll find that you'll recall dreams that you may even have had from your childhood. What did you dream of being when you were just a little one? A lot of times, those dreams were powerful because we don't have the same filters that we do as an adult. There was real life in those dreams. They bubbled out of our inherent abilities and natural talents. There could be something there for you to go back and add some fuel to ... to see if there is still life there.

12:41 What's your takeaway for today? One little "aha" and your time will be well spent.

Developing awareness is the key to accessing divinity. Divine discontent isn't just avoiding what we don't want to deal with. It's a deep KNOWING that "This is what needs to be addressed and dealt with now." This could require a few hours or months doing something that might not seem rational. It might also require wholesale life changes. Not something you'd want to be initiating from your "human" self.

Just keep in mind that we need this divine intervention and this outside influence. Our human self and the filters that are inherent in that are not going to serve us too well when we are trying to access divinity.

14:43

Question:

I was told my job position was eliminated. Then someone from the night shift was given a permanent position on the same shift I was terminated from. I was asked to work as a substitute at night since they're now short-handed. I was not happy. I know you say that everything is working out but I'm not seeing the good in this experience. What can I learn from this?

15:06

Dr. Gala Gorman: First, thanks for submitting your question. When life isn't unfolding the way we have consciously intended, there are several possible explanations. First, things ARE unfolding in the only way GUS (God's Universal Spirit, Source, the Universe) can get us there with all of our human resistance. Second, we are offering conflicting desires and our experiences are helping us sort out what we REALLY want. Third, we are not alive, alert, awake and aware to hear divine directions for our life and sabotage our progress with our human interpretation filter. There are other explanations but they're really just versions of these three.

So, my first question would be, "Have you been complaining about this job? Are you sending a message that you would like to find a more satisfying one?" This is the type of

probing you'll need to do to learn from this experience. Get quiet with your journal and start the dialog. Let me know what you discover!

16:29

Announcer: Are you ready to create an attitude adjustment? Practicing Aware Appreciation will make a positive difference. You can access the Aware Appreciation Worksheet by visiting AwarenessAddicts.com/AA. In just a few minutes a day, you'll stop negativity in its tracks ... and gain some insight and awareness in the process.

Your feedback makes a difference. What part of this episode helped you the most? Join the Awareness Addicts Facebook group and share your thoughts. Make sure you leave a review wherever you've accessed the show. And, if you know others who could use some divine inspiration, share with them! Remember, all the links and resources are available at AwarenessAddicts.com/Episodes. Don't waste another moment feeling confused and stuck. As an Awareness Addict, you're alive, alert, awake and aware of life's possibilities.

17:25

Dr. Gala Gorman: If you feel like you're getting a clear message that it's time to make a change, you may be feeling some fear. One of the big reasons we resist change is fear of the unknown. By proactively cutting ties to something we've been attached to, we are creating space for something new to come in. This is sometimes referred to as a vacuum that the universe is on a mission to fill for you. In the next episode, we're going to meet the fear head on and explore what it means to create a vacuum in our lives. You don't want to miss it.

18:02

Announcer: This was Awareness Addicts with Dr. Gala Gorman. For more information and to find any resources mentioned in

this episode, visit AwarenessAddicts.com/Episodes. Thank you for tuning in.

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