

Circle of Change The Game

Things change and change again. Life as we know it is an illusion. We fail, we climb, we fail. We climb higher. Don't fall off. Hang on.

Circle of Change The Game of Life Before and With the Joy of Life How to Heal Anything

In the middle of a blank piece of paper draw a circle with about a three inch circumference. At the 12 o'clock position write – Start/Finish "Good Stuff". At the two o'clock position write – Into the first stretch. At the four o'clock position write – Circling towards the middle. At the eight o'clock position write – I think I'm over the halfway point. And at the ten o'clock position write – Coming around the mountain, can I see home?

Follow the below formula to know how and where you are now and how your progress is unfolding. Begin at the point where you feel you should be. If you start at the wrong point, you will be shown quickly and you will be able to move.

The Game

The Healing Game goes around in a circle. At each point you reach, you will notice either one, or a combination of:

How you will feel.

What you should do.

What you are not going to like.

Starting Point

Just want it, think it or state it, "I want to be healed." See, that was hard – but not so hard. Whatever fits your lifestyle is the way that this phase should be understood.

"I want to be who I truly am."

"I want to be whole."

"I want to succeed without really trying."

"Hmm, hmm, hmm," but mean it.

NOTHING WILL BE TAKEN AWAY THAT IS NECESSARY FOR YOUR TRUE HAPPINESS.

Into the First Stretch

The Universe at play – or – outer factors at play "I'm afraid." The voice of the Universe: "I hear you."

What you will be feeling and doing:

Giving up things you didn't think you could give up.

Being left out of sync and/or knowledge.
You may become upset over various uncontrollable situations.
But, understand that the die is cast.
“I am moving forward.”

Circling Towards the Middle

“I’m getting bored.”
“I’m getting sick.”
“I’m seeing things more clearly.”
“I don’t like it.”
“I like it.”
“I feel better deep inside, somehow.”
“I’m still afraid...maybe...yes...uh...no...well, maybe.”

I Think I’m Over the Halfway Point

At this juncture, you may be sent back for more learning. Hold on. Hang in there. You are over the halfway point. It is a trick of illusion.
“I feel like I’m at the beginning.”
“When will this end?”

Coming Around the Mountain, Can I See Home?

“I’ve given it all up.”
“I feel some hope.”
“Things are coming back in strange, noticeable, positive ways.”
“I’m losing my fear.”
“I feel stronger in my soul – deep down from somewhere inside myself.”

The Finish

“If I need to learn, I will, but at the same time I am going forward.”
“I am discovering, I am creating, and I am feeling.”
“This is a world of teaching and a world of opportunity to reach and succeed far beyond where I have been.”

- from A Gift of Healing In a Handbook by Penney Leyshon & Kathleen Spellman