

FINDING PEACE WITHIN

THE
INNER COMPASS

UNIT 7:
THE POWER OF OUR CHOICES



BY SKYE MCKENZIE

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THE POWER OF OUR CHOICES

We change our lives by the choices we make. If we don't like what is happening in our lives right now, we have the power to change things.

As discussed in the unit on Identity, we are living in a time in history where, if we don't like what we do, we can make a decision to change it. If we don't like our place of work, or even our career, we can change it. If we don't like where we are living, we have the ability to find another house or apartment in either the same city or a different one. We can make choices about what we want to eat, where we want to go on holiday and who we want to spend our time with. And if we don't like the results of our choices, we have the ability to make a different choice, until we do find the place we like, the job we love and the people we get on well with.

We change our lives by the choices we make. Either we actively make choices to change, or we subconsciously make the choice to stay where we are. Either way, the choice is ours. We are 100% responsible for our lives and we cannot blame anyone for where we are at, at any time. We may not have been responsible for everything that has

happened to us in our past, but we are responsible for our current situations and our future plans. If we don't like what is happening in our lives right now, we have the power to change our lives, through our choices.

That all sounds so simple doesn't it. And in truth... it is simple. But it is not always easy. Although we have the ability to make choices, and therefore changes in our lives, making those choices is not always easy. Sometimes it is because we have too many options and we don't know which one to choose, and other times it is because we cannot see a way out of our circumstances and there is no direct choice in sight. In either situation, we can become confused and stuck. When we don't know which choice to make, we very often land up making none, staying in our negative circumstances, allowing ourselves to feel sad and depressed. And the longer we stay there, the more sad and depressed we become and the stronger the belief that we will never get out of

those difficult situations. In times like these, it may be necessary to make one small decision at a time. Take one small, achievable action step at a time. To climb Mt Everest a person must take one step at a time, one day at a time, until they have reached the top. That is how we move out of our negative circumstances and into a new and exciting future. One small step at a time. One choice at a time. One action at a time, no matter how small or seemingly insignificant that action might be.

Those actions might be to read an inspirational book that will encourage you to do something different, become someone different, go somewhere different, or even just to think differently about your life. Perhaps a good choice in a time of indecision is to take a short vacation – a geographical change often results in a mental shift and gives a person the ability to see things more clearly and to think differently. It may be a choice simply to have a coffee with a close friend and talk about your options. Or open up the newspaper or an employment website and send out your CV in application to various job advertisements. Whatever your decision, it is important that you start the process of change by taking one small action step each day.

Avoidance will not fix our problems. We must face all that is going on and take responsibility for our own actions and our own choices. This is the one thing we always have... the power to make choices. And if that choice turns out not to be the best one for us, there is no point beating ourselves up and blaming ourselves for a wrong choice, we have the power to make a different choice and if need be, another one... and another one, until we are in the place we want to be. There is no sin in realising a choice we once made may not have been the best one for us and we don't need to keep punishing ourselves by living in circumstances that are not right for us because of a choice we made in the past.

On any given day we have many different choices to make. Some are seemingly insignificant like what to wear, what to eat, what to do on a weekend, etc. And then there are much bigger choices like where to live, what work to do, who to marry, what friendships we want in our lives and how to make changes in those areas if we are not happy with them. For some, making those choices are easy, for others, it is a painstaking process that drains us of our energy. And even once we have made them we ask ourselves over and over again whether we have made the right choice and we live with a string of "what ifs". What if I had made a different choice? What if I had done that or gone there instead? This leads to a life of misery and a lack of peace and contentment.

This course, *The Inner Compass*, is all about helping you to find that place of peace, your true north. It is about helping you to find that place of inner peace where you are not thrown about by the waves and the wind and the storms of life. It's about helping you to make the choices that are right for you. We start along the path of making good choices by seeking the kingdom within, by seeking the peace that is within us and asking Divine Intelligence to guide us. And then, once we have made a decision, trusting in it and accepting it as ours fully believing that we have made the right choice but staying open for any guidance that would move us in a different direction in the future.

For many, this is a new way of living. It was for me and I have been attending churches since I was 7 years old. Not in any of them was I taught how to find peace and serenity for my life. So I set out to forge a new path in my journey called life. A path of peace. And I discovered that to live a life of peace and joy and happiness we must go within and make the choices that are right for us. We must say yes to us! When we say yes to ourselves and make choices that are in tune with our true selves,

everyone around us benefits. When we are living according to our “true north” we find peace and joy and happiness, and that effects those around us. This is the wonderful transformative power of our choices. When we begin to think about the possibility of something new, something different ... we can create it. First we make the choice, and then we take one small action step at a time along the path towards achieving that vision, that goal or ideal.

CHOICES: FREE WILL OR PAST PROGRAMMING?

Many of us know and accept the idea that we have all been given “free will” and as we grow up, it is up to us to decide whether we are going to be “good” or “bad”. Not long ago I was given a wonderful book by author Shad Helmstetter who shares some profound wisdom on the idea of free will. He talks about the possibility that many of our choices are made subconsciously due to our past programming; the idea that our current choices are made based on our past conditioning... the environment we grew up in, the words spoken over our lives by our parents, teachers, siblings etc. They all influence our choices.

According to Helmstetter, we can lose “free will” by our past programming and, as adults, continually make decisions and choices that are not right for us. This is often known as self-sabotaging. We can even get to the place of knowing what is right for us but not being able to make those right decisions.

“Why do we argue when we shouldn’t, show up late for work morning after morning, eat or drink too much, smoke, fail to exercise, drive too fast, put things off when we know they have to be done, spend too much, marry the wrong mate, knowingly hurt someone else when we could avoid it, or put up with a bad job instead of making a change? If we have free will, why aren’t we using it? After years of pondering

this important question ... the answer finally became unquestionably clear to me: The free will we are given is stopped by the programs we receive.” (Shad Helmstetter)

Of course, I don’t believe in making excuses for our choices and our current behaviours; I believe we all need to take 100% responsibility for our own lives and the choices we make. However, for people who were brought up in an environment where they were programmed to believe they were no good (or at the very least, not good enough), not intelligent (or even stupid), or many other limiting beliefs that were programmed into them as a child, the process of changing those beliefs before getting to “zero” in order to start making healthy, positive choices is a difficult one. At best it can take years, and for some they struggle all their lives.

We all know that we were given free will from our creator at birth. Most of us have learned right from wrong... so what stops us from exercising this free will? It is our past programming (and current harmful self-talk as a result of this past programming) that overrides our freedom of choice. As I mentioned earlier, this is not an excuse for bad behaviour but it may be the reason. We all have a responsibility to identify this reason and choose to make the changes that are necessary in order to live the best lives possible.

For many years I let the old mental programs of self-doubt and lack of confidence in my ability stop me from exercising my free will and making positive choices to advance my career and have healthy relationships. I always worked hard to find myself on the edge of something great... and then it didn’t materialise. Many times it was me who made the choice to let it go. I was not confident enough to “take it” when it arrived even though I had worked hard to achieve that very thing. I was not confident enough to meet the kind of men I knew were good for me so I settled for those who

were not. My poor self-identity dictated my choices and actions. It was the inaccurate, harmful pictures of myself as incapable and unattractive that ensured I did not live up to the potential that my free will afforded me.

This is why it is so important to firstly understand our identity and our sense of self-worth as we learned about in Units 2 and 3. We must know who we are and to whom we belong. We must recognize the negative things that were spoken over us as children and rewrite our inner scripts! It's time to change our past programming and allow the free will we have been given take effect in our lives. It's time for us to start making the choices that we know are good for us.

How do we do this? How do we over-ride the past programming? By actively stepping out and making new, good, healthy, positive choices for our lives today. One choice at a time, one step at a time. It is our current choices that will change our past programming. Our choices to change the way we think, to change the way we speak about ourselves and others, to change the way we do things

and to change how we think about what we are capable and worthy of. It is the choices we make today that will over-ride the negative programs of the past. We owe it to ourselves to make these new choices, to make these changes! Because we have been created as unique, wonderful, inspirational, powerful human beings. And the world needs us to be our unique selves in the place where we are!

For many years I hid within my own skin not wanting to be seen or heard. Now I have realised that it is time to stop hiding. It's time to stop making excuses and blaming others for my life and take responsibility for the choices I made in the past... and begin to make new, good, healthy choices for my life. It's time to find my light and let it shine, so that others around me can find their way as they go through times of change and transition. It's time to start making the right choices, right now.

We change our lives by the choices we make... what choices can you make today that will create a future for you that is totally unlike your past? Now is the time to take action. Now is the time for change!

Exercise: The Power of Your Choices.

Can you identify the programmes that have been preventing you from making positive choices in life?

Can you remember times you worked so hard for something to happen; a business venture or a relationship you wanted... and when it finally arrived, it seemed to crumble underneath you? Can you identify any belief patterns you might have had in relation to those situations?

What choices did you make in the past that placed you in your current circumstances?

What choice can you make now to get out of any negative circumstance you might find yourself in?

What action steps can you take around that choice? It may be small, it may be huge... have the courage to take the steps you know/believe you should take.

Journal Ideas:

Write down the action steps you are going to take over the next few days, weeks, months or even years if need be in order to move yourself out of any negative circumstances you are currently in.

Present that list to Divine Intelligence and allow him to lead you along the path to fulfilling those steps.

Listen to the affirmation (MP3) on the Power of our Choices. Listen to it as often as you can and repeat the phrases aloud if possible. Our words have transformative power. As you speak these words, things will begin to change for you and you will begin to move forward along your path towards freedom.

Congratulations!

You have completed all 7 units of The Inner Compass programme!

I hope you have realised some powerful truths that have moved you along in your journey towards finding peace, happiness, fulfilment or success and achievement - whatever it is that you were looking for in your life to cause you to become unstuck and be the amazing, incredible person you were created to be.

Feel free to share this course with others you know who may be struggling. I have discovered in my life that often the most wonderful thing I could do is give something away. You can give away this information by sharing the link to the website with family members and friends.

Thank you for coming on this amazing journey with me. It takes courage to look at ourselves and take the steps to change. In fact, not many are able to do this, so congratulate yourself for completing 7 units and do something special for yourself today. You deserve it.

I wish you all the desires of your heart for your future. If you would like to write and share some of the things that impacted you whilst doing this course, please do so by sending an email to:

Skye@rechartyourcourse.com

Take care,

Skye



Skye@rechartyourcourse.com

The Inner Compass

There are 7 units in The Inner Compass Programme. All of them are free for you to download immediately. There is also a video with each unit, that will help you gain clarity and understanding of the principles taught, as well as a short meditation that you can listen to as often as you desire.

Unit 1: Finding Peace Within

Many of us have spent years searching for peace. I travelled the world trying to find a "place" where I would feel good about myself, comfortable with myself. The search for peace stops when we realise we have been looking in all the wrong places... and go within.

Unit 2: Self-Worth

A strong sense of self-worth is crucial to our well-being. When we base our self-worth on what others think of us or how others view us, we become addicted to pleasing them. Find freedom to become yourself... the real, authentic person you were created to be.

Unit 3: Identity

When we discover our true north, our true identity, we find peace and tranquillity no matter what our circumstances. Discover your unique identity and be free to live it!

Unit 4: Understanding Triggers

What are triggers, how do they affect our lives and how can we overcome them? Be free from the emotions of the past... forever!

Unit 5: Thoughts Create Habits.

Our thoughts are like seeds and every thought-seed we plant in our minds grows to form habits which produce the circumstances in our lives. If we want to change our circumstances, we must start by changing what we think about!

Unit 6: The Power of Our Words

If we knew the power of our words, we would never speak another negative word again. Identify your negative self-talk and discover how to change it!

Unit 7: We Change Our Lives Through Our Choices

Do we really have the ability to make our own choices or is our past programming dictating to us how we live our lives? This revelation will change your life!

This course was written by Skye McKenzie and it is available for you to download for FREE!

www.rechartyourcourse.com