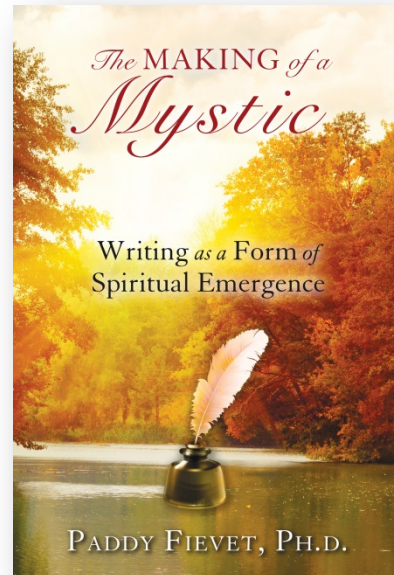


## ARTICLE

# What Is Your Sacred Story?

By Paddy Fievet, Ph.D.  
(800 words)



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*“What is the bear’s story?”* the kindergarten teacher asked the five-year-olds gathered around her. She held up a teddy bear with bright eyes and brown fur; rather ordinary looking, he was dear to her pupils. She asked, *“Where does the bear live? What does he like to do? What is important to him?”*

One by one, eager voices named the bear, gave him a history, and projected their own likes and dislikes onto him, imaginatively creating a personality and an imposed life for their very special stuffed bear.

Just like these children, our first stories were bedtime tales of heroes and fluffy animals, in books illustrated in cheery primary colors. As adults, we tell ourselves stories to define who we think we are, who we think we should be, and to conform to society’s expectations. We may be aware of these self-imposed stories or they may be hidden in the dark corners of our psyches. They can be partially true or they can be masks – wordy tales we cling to for dear life – and at best only futile attempts to make us feel whole. And yet, the most important story is often the one first forgotten – your unique Sacred Story.

Your Sacred Story is not who you think you were, it’s not who you think you need to be, and it’s not who you think you will be. Instead, it is your inner being, your authentic self, and the absolute presence that lies at the core of your life. Your Sacred Story is your complete essence, what you were born with before the world of experiences caused you to forget, and what you take with you when your earthly journey ends. Your story is with you right now, probably buried beneath some untruths that you have assumed are fact.

Your Sacred Story is a love story, not the love you may have in a relationship, rather, the Divine Love that created you. This is the love that truly motivates you from the soul level, from the core of your spirit. This Divine Love is your connection to the infinity of the stars

and to humanity and is literally your authentic life. *What in your life is keeping you from feeling this Divine Love as part of your being?*

Have life experiences told you a false story about who you are, or what capabilities you have, or even something about your self-worth? Are you buying into a negative self-image related to tragedy? Has forgiveness for others or for yourself played a part in your healing?

Misfortune happens to all of us, and it may leave you in emotional tangles. Nevertheless, there is a real you beyond this chaos, the you that was born and was there when the tragedy happened, and the you that you are now. Think of the lotus. For a long time it sends a shoot up through the muddy waters, then finally reaches the beautiful, life-giving light where it blooms true to its life's purpose. *Are you blooming, or are you still in the watery muck of false assumptions about yourself?*

You won't understand your life as a Sacred Story until you stop judging yourself. Everyone makes mistakes, and eventually, everyone learns from them; some learn quickly, while others take a lifetime. When you believe that your life is a Sacred Story, you find that even imperfection can be bathed in Divine Perfection. Wisdom comes from looking back at your mistakes without a verdict of right or wrong, and looking at the events of your life with a spiritual perspective rather than with judgment. Ask yourself, *"What did I learn from this experience? Can I access the part of me that is the compassionate witness to this experience?"*

To realize the innate love of your Sacred Story, you must open wide the door of awareness with the strength of your intent and all the energy you can muster; then, answers will flood into your life. The greater your awareness, the more in tune you will be with the innate Divine Love that is your birthright.

Whatever you think you are, whatever you have done, and whatever you endeavor to create of yourself, your story is still sacred. When you realize the sanctity of all of your experiences and feel a loving Higher Power, you will finally realize that the wholeness you seek has been with you the entire time. When you discover that the Divine Love within is actually the love you have always sought outside of yourself, you will have awakened to your Sacred Story.

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