

Your Life Is a Story

To change your life, create and live a NEW STORY



by Kay Dayss – *I don't live in Sydney, but Sydney is a chapter in my story.*

Tell me your story. Everyone has a story. In fact, everything in the Universe has a story, every tree, every bird, every stone, every leaf. The sun has a story. The moon has a story. The earth has a story. And YOU have a story. Story is the template for your life just as our culture's story, along with how much we believe in and defend that story, is the template for our culture. Story is the foundation for everything. If you change one little aspect of a story, you change the whole thing. Such is the power of story. This is great news because it means that as you create and live a new story, you create and live a new life. And it all happens in an instant. Changing your life is indeed possible if you are willing to create and live a new story.

"If you got story, heart

Speak yourself.

Stand for it."

-Bill Nietjie, Australian Aborigine Elder in Story About Feeling

The Story of a Culture

In some ancient indigenous cultures, when a person did something harmful to another person, the tribe didn't punish the wrongdoer at all. The tribe knew that the wrongdoer had forgotten who he was, a magnificent facet of the creator. So instead of engaging in fault, blame, and punishment stories, they would put the wrongdoer in the center of the community surrounded by all their fellow community members. Then one by one, the members of the community shared with the wrongdoer all about how special the wrongdoer was as a person, why he or she was a valued member of the community, and how much they loved the wrongdoer. The point was to help the wrongdoer remember who he or she was. This was a great healing time for both the wrongdoer and the person wronged. It worked because it was part of the community's story and therefore part of each community member's story. These communities decided to live a love story instead of a crime, blame, and punishment story.

We screw up because we forget how magnificent we really are, or perhaps we never even knew it at all. We live small lives because we've written small limited stories for our lives. We've forgotten who we are! We need to have a GREAT AWAKENING to our magnificence, our ONEness. We need to have a GREAT REMEMBERING. This can only happen in community. We need to gather together and help each other awaken, help each other remember who we really are.

The old (current) story of our culture is a good example of a story that limits us. We need stories that expand us and empower us. We need a new story for each of us and for our culture. That, to me, is what the "Great Turning" is all about; humanity is moving from an old story (the current money-based dominator exchange model) that is taking us down the road to extinction to a new story based on love, cooperation, community, and a gifting economy model. The following two quotations speak to this.

"Art and story are the essence of all living form. Everything is storied, from the unfolding tale of the DNA molecules to the precession of the equinoxes. Story contains the potencies through which space time materializes in the creative act." –Jean Houston

"You never change things by fighting the existing reality. To change something build a new model that makes the existing model obsolete." –Bucky Fuller

You are the author of the story of your life, your model. You are in control of your story no matter what events occur around you. Your story is about how you dealt with and mastered the challenges thrown your way. Changing your life is easier to do if you engage your creativity and think of your life as a story. What kind of story are you living? Is it a love story? Is it a power story? Is it the story that you want?

Moving to a New Story

The process of moving into a new story for your life involves three steps. First, diagram your current story; it sets the starting point. Then use techniques to discover what you truly want underneath all the surface thoughts of fame or fortune. Lastly, create and diagram your new story.

Once you complete these steps, let go and leave the "how" part to the Universe. The Universe will create the path of least resistance to your new story. The Universe sets up opportunities and synchronicities and "chance" meetings that you can use to bring your new story into being. Everything will appear to flow magically, but it isn't magic. It is the way of the Universe.

"In order to create a culture of peace, a culture that reflects our reverence for life, we need stories and symbols that heal and guide. It's hard, in a society bent on profit, to remember what life is really for. Harder still to connect with one another when most things serve to keep separate. But stories help. Pictures help. And every contact with a lover of life brings us one step closer to loving our own." –Jan Phillips

Diagram Your Current Life to See Your Current Story

To write down your current story, sit down with a fresh pad of sketch paper. To engage both sides of your brain, use bubble diagrams to mark the major milestones of your life, and then create more bubbles off of those bubbles to fill in the details. Instead of writing it all out, use keywords that remind you of parts in your life that were memorable or significant, These are the parts of your life that you are still living today and that you can use to fully diagram your current story. Collect pictures from your life that mean the most to you to punctuate your story.

Find Out What You Want

We all know what we don't want, but when you're writing a story, you need to know what you do want. In a regular story, you don't want to know about what didn't happen to the characters. You want to know what happened and how the characters dealt with it all. So the first step in writing a new story for your life is to discover what it is that you want.

Finding out what you want is the key. Shamanic journeys, dreams, and partnered dyads can help you discover what you want. Then you can weave those results into your new story.

Diagram Your New Story

Now you're ready to write your new story fully loaded with the power and motivation of your physical body, your emotions, your intellect, and your spirit.

Universe Will Find the Path of Least Resistance

Now the Universe takes over and finds the path of least resistance. You need only look for the signs and listen with all 50+ of your senses to the cues the Universe will send you in synchronicities, whisperings, and signs that you meet every day in every moment.

Write, Dance, Sing, and Perform Your New Story

To keep focus on the new story, as Gandhi said, "We must be the change we want to see." Once you know your new story, you know what signs to look for during your day. You can create power songs, paintings, dances, performances, collages, and other art to support you and to help you keep your focus on your new story even as your dying old story grabs at you screaming for attention. Letting go of your old story can be hard, but many things can help you with that process.

"And the trouble is, if you don't risk anything, you risk even more." –Erica Jong

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." –Mark Twain

"Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing." –Helen Keller

A world of mystery and adventure opens up to you when leave your old story behind and open to your new story. You become ONE with your life.

To Change Your Life, Change Your Story

Tell me your NEW STORY and how it is manifesting in your life. ■

Kay Dayss (kay@dayss.com or 360-543-5628) facilitates transformative classes. If you want a new story for your life, join Kay Oct 28-Nov 2 for "Experiencing Mystery" at Peaceful Mountain Retreat Center near Maple Falls, WA. (See www.dayss.com/flyer.pdf for the details.)