

LIFE COACHES : FROM THE INSIDE OUT

By Rev. Diadra Price

We have probably all had the experience of a gifted coach in our lives, and for most of us we revere them with admiration, gratitude, and deep respect. I remember having extreme difficulty in school with learning French, and if it had not been for Ms. Mitchell and her infinite patience with me (three years), I would have never made it to Paris.

Then there was this thing called “golf.” Well, even though I never broke a score of 100, I came close after being coached. You can only imagine how high it was before the coaching. Today, golfing is not my talent or even my pleasure, but I am so grateful for the coaching. I have a precious and beloved friend who is a math coach to high school students. Talk about admiration! I prenam myself before her in pure “awe” as I watch her transform the lives of kids—some of whom have gone on to become athlete stars, earn scholarships to colleges, and totally reconstruct their self esteem. Oh my what a gift her coaching is to young-life.

At one point, when my life began to shift toward a passion for spiritual understanding, self realization, and awareness of oneness, my life coaches took on new forms of expression and appearances. I’ll never forget walking on the beach after a huge storm at sea. The sand was literally covered in scallop shells and other various treasures that had washed upon the shore. I had one of those mystical experiences of pure bliss for almost two hours as I marveled and filled my sun bonnet with the shells. I still have them by the way. Memory of that experience has become a coach for me, teaching me that being in, and deeply appreciating the beauty of nature can reactive that state. Beauty brings up a sense of “Awe” ...and awe always throws me into bliss.

Now, as my passion grows more deeply within the realization of Oneness, I realize that Life has been coaching me from myriad perspectives to find the see-shells that were deeply imbedded in the floor of the ocean of my consciousness. I have come to realize that often it takes a mighty storm to get these treasures to surface. Storms of life are coaches too.

For just a moment I want you to entertain the idea that perhaps the very Essence of you is a Life Coach, and that this Life Coach has been, not only with you, but IS you forever!

Follow this dialogue of reasoning with me: At the center of each of us there is “something” that rises from the very core of Life, prompting a yearning for the fulfillment of our heart desires and the revelation of purpose. From whence does this “something” arise? Answer: from the very Source of Life itself! And in the Absolute, we are not separate from that Source, and thus, not separate from the fulfillment of our heart desires and revelation of purpose. Therefore, desire, fulfillment of desire, and passion for purpose are all YOU as LIFE coaching you toward revelation and manifestation of whatever you desire. Life is coaching you in the direction of ACCEPTANCE of who and what you already are?

Not only is Life coaching you in this direction, but all the great sages, saints, teachers and spiritual leaders that have served as life coaches, point us in the direction of accepting our own divinity and our oneness with all that is. My question to you today is, “Can you accept the ultimate truth that all that you are is God, and that your soul purpose and mission in life is to express this fully? I hear you echo, “I want to, and I keep trying, but no matter what I do, I still feel separate.” That’s because there is nothing you can “do” to bridge a gap that doesn’t exist. You are not separate from the Divine. God is all there is, and you are now and forever an expression of That! The very life that you are is coaching you to accept what and who you truly are already. You may not be all that God is, but all that you are is God! If you truly grasp that statement, it will change your life completely.

The present offers each of us windows of opportunity that have never been available to us in the past. Life in all of its expressions now coaches us and impulses us to choose beyond the so called “known.” Life from within impulses us to choose the unknown, to step out beyond faith into an abyss of the Oneness within the Divine. This territory of consciousness has never been experienced before as a collective, and can only become the choice of the collective through individuated revelation and choice. It requires choosing acceptance of the Divine as Self. This is the field of Oneness from and to which we are all guided and instructed. From here, all desire rises from the heart as an impulse from the Divine. From here the fulfillment of all desire is revealed as Oneness.

For the last several months, my own inner Life Coach continuously whispers, “Keep on going where you are being taken.” Life within and without now coaches each of us in this direction. We are being taken effortlessly into the realization of Oneness, and effortlessly into the fulfillment of our desires. Effortlessness is a coach, Beloved. There is really nothing left for us to do other than accept. Our motivation is now rising from the “being taken.” The concept of “being taken” is a coach. Let us rest in this “taken-ness.” Let us relax and become the observer. Let us say, “yes” to desires and their fulfillment. Let us be realized as Life’s Coach, and one with all Life. Herein we are set free in the Divinity of One as All there is—God! Desires are effortlessly fulfilled. Mission and purpose are effortlessly revealed. Life, Beloved, is coaching us from every expression of itself. And we are THAT!

TaTa!