



Signpost Eight

Spot It, You Got It

Any emotional, spiritual and physical tool can be helpful, but if not used appropriately, can also be hurtful. "Spot It, You Got It" is not a broad sweep in all situations. Keep it close, try it out and use it if and when you feel led.

I originally heard this from Pat and later in the rooms of A.A. When Pat first shared it with me, I scrunched up my face and laughed, "That makes absolutely no sense."

If you resist this one, I get it.

I integrate "Spot It, You Got It" into my daily life and use it as a tool for continual awakening. The more repetitions I have with strengthening this muscle, the stronger it becomes.

This muscle is called awareness.

***"Everything that irritates us about others can lead us to
an understanding of ourselves."***

~ Carl Jung

This "irritation to understanding" (or "spot it, you got it") that Carl Jung speaks of came to me in three ways:

The Judge

The Mirror

Christ

The Judge

When I have a strong reaction of any kind to a person, place or thing, something is coming up for me to heal and learn. It is a choice. I can go outward and distract myself by focusing on the person's issues, or I can choose to go inward, stay open, get curious and see what is coming up in me that wants to be released.

What does this mean?

If I see something or someone and have a judgment, I can focus on what I am judging and repeat and strengthen judgment in my spirit. OR I can create space and ask the question, "What in me is getting hooked by this external thing?" I don't even need an answer to the question, but by just asking the question, space is created. Space allows me to breathe and bring awareness to what is playing out in front of me rather than reacting and judging. When I react and judge, not only am I missing an opportunity for healing, but I'm repeating reactions of judgment and criticism, which then strengthens the muscles of reaction, criticizing and judging.

Pat taught me that when my reaction to something isn't in alignment with what is actually playing out, that is a clue. The reaction to the thing is in me, not in them. The stronger and more out of proportion the reaction is to what is going on, the deeper the wound is in me.

If someone angers me, irritates me or hurts me, of course I am to feel that and communicate that in a healthy, clear and direct way, whenever possible.

However, when I keep playing it out over and over in my mind and don't question my thoughts or go to the source, maybe it is there to help me recognize that something in me wants to be released.

An old pattern of mine was to keep traveling down the road of why I was offended and hurt. My mind would come up with all the reasons why I was right and the other person was wrong. I would keep this destructive conversation looping over and over in my mind as it became longer and more repetitive.

The visual for me is: I am barefoot on a hot, dusty, country dirt road. A kind soul pulls up in a truck, traveling in the opposite direction, and asks me if I want a ride. I climb up in the truck and choose to head in a different direction.

This is a process of learning to trust myself. To allow whatever is coming up when I spot something in another person, but to then go inside of me and do the necessary questioning and healing work.

“The primary addiction for all humans is addiction to our own way of thinking.”

~ Richard Rohr

This spiritual principle has been profound in my journey. It has shifted my focus from what I perceive others to be doing to me to looking at what in me is getting triggered by what is happening outside of me.

I have to remind myself to keep this signpost offering helpful, not hurtful.

A side note ... please hear me, I didn't start here. I started by doing work in therapy to heal some trauma that was lodged in my being. Some things that others had done to me when I was innocent and didn't have a say in the matter. And some of the trauma I had inflicted on myself.

I had done most of the abuse and abandonment to myself. I don't think I could have understood the difference between surrender, forgiveness and setting healthy boundaries versus being codependent and blaming myself for other people's unhealed stuff playing out. This is a continual process of waking up and letting go.

I can learn this discipline of going within and responding to a call for healing, or I can focus on what is playing out externally and judge, criticize and react.

“Spot It, You Got It” is not to hurt ourselves by blaming ourselves for other people's behavior. That is codependency. This is just a tool. I always have to be mindful of how I go to the extremes. This journey is not the extremes of black and white but it is in the middle, what recovery taught me, it is the grey path. This may not be where your mind goes ... just honor you.

The Mirror

I heard a story told by Alan Cohen in his book, *A Course in Miracles Made Easy* that explains this completely:

“When I lived in an organic farming community, one morning I sat on the porch of the bunkhouse, watching members walk across a grassy area to the dining hall. Beside the path, Pete the duck sat and quacked at people as they walked by.

A professional singer was the first to pass by Pete that morning. Upon hearing Pete she stopped and told him, “How nice of you to sing me a morning song.”

The next woman along the path was rather overweight. When she heard Pete quack in her direction, she scolded him, “You’re always quacking for more food, Pete. It’s time you stuck to your diet!”

The final person to pass was a very intellectual architect. Hearing Pete’s voice he retorted, “Questions, Pete – always questions! How about some answers for a change!”

Hmm ...

Each person saw Pete through the lens of his or her self-perception. They projected their worldview onto the duck and attributed their beliefs about themselves to him. It was their own selves they were talking to. We are all speaking only to ourselves.

The mirror reflects everything going on inside of us, which also means when we are kind, loving, helpful, generous, and anything else going on deep down inside of us, this is what we will experience going on outside of us.

I have even learned to use “Spot It, You Got It” in another way as well.

When I am needing help, guidance or wisdom, I know that if I am calling out to this very thing, the quickest way to have it revealed to me is by getting busy sharing the very thing I am in need of the most.

If I need support, I remember to look for ways to support others.

If I need help, I look for ways to be generous to others.

If I am lonely, I look for ways to share connection and kindness to others.

The energy behind all of this is quite different now from when I started. I don’t keep score anymore. I don’t give with an agenda to get. I focus on the offering, not on what I can receive. It becomes an opportunity to bring an energy of giving, not receiving.

And every single time when my heart is open with an intention of “what can I give?”, what I receive is not even close to what I thought I needed. It is different and abundant in a way I didn’t even know to ask.

It isn't what I say I want to see “out there,” but what I actually believe on the inside. So if I want to spot or see that God, Life, The Universe are good and kind and helpful and loving, then I have to be willing to connect with all those things on the inside first. Then what I connect with on the inside is the lens through what I see in life. Spot it (see it), you got it (It is inside of you). So what is inside is what you will see; **love or fear**.

Mirroring is a tool that I have heard many spiritual teachers talk about. Another impactful explanation was by Richard Rohr. He says there is healthy mirroring and unhealthy mirroring.

“Mirroring is an important aspect of knowing that you are a beloved child of God. It creates a template of being seen and known for who you are and of being loved. If you experience a healthy mirror, someone who reflects your loveliness, you can better internalize your belovedness and become a mirror to the universe.”

~Father Richard Rohr

My interpretation of Rohr’s explanation is that healthy mirroring is a deep knowing in your soul (not in your mind) of just how loved you truly are and then reflecting that out into the world. I heard Rohr say something like *--it isn’t talking about Jesus, but being the love of Jesus* -- the two are very different. Many, many spiritual teachers for thousands of years have said similar things. I want to be a mirror in this world for love, less talking and more mirroring.

We are windows to God’s love ... windows and mirrors ... it is all about seeing.

When we are not healthy mirroring, it can be dangerous. We tend to mirror ourselves onto God. If we are judgmental, critical and angry, we believe that God is judgmental, critical and angry. We will then believe that He sees us in this same way.

“All holiness is mirrored holiness.”

~ Father Richard Rohr

Christ

“Spot It, You Got It” sounded like Scripture to me.

“Don’t pick on people, jump on their failures and criticize their faults— unless, of course, you want the same treatment. That critical spirit has a way of boomeranging.” ~ Matthew 7:5 *The Message*

“The boomerang” or what I call signpost three: My thoughts create my reality. What I focus on expands. What I put out into the world in my words, thoughts, feelings and deeds, comes back to me, tenfold.

And another offering this tool keeps giving ...

What am I seeing, noticing and hearing? What is getting my attention?

These external pulls are calling me to pay attention and allow space for something waking up on the inside.

Spot it – See it

You got it – Something is waking up on the inside

What do I do with this? The mind goes into action. But if I can drop a little bit deeper into my heart, pause and allow for some stillness, something deep inside is slowly, gently, waking up to take me in a direction that I am being pulled to go.

Spot it, You Got It can sometimes be a calling to take us in a direction of where we are to go next with our creating, expressing and sharing ... to bring love, healing and action to places that need our help.

Life keeps revealing to me that when I see something, and then feel a deep pull in my heart, I am being called to people, places and things that need whatever gifts I have AND whatever lessons I am still learning.

Another layer of Spot It, You Got It. See, get still, follow the pull of my heart.

Share, give, act.

Bring love and healing.

And then the craziest thing ... I receive so much love and healing in this process.

Spot It ... You Got It!

The Practice, Sewing It to Your Heart

As I shared in Signpost Four, “conscious contact” in the recovery movement is allowing God to speak to you directly. I am sharing some tools with you to encourage you to go to God and listen with your heart, not just your mind, and ask what God is speaking directly to you. This is an offering. What you choose to sew to your heart or throw away is between you and God.

Do you believe that what you react to in others, you strengthen in yourself? If so, do you have some consistent reactions?

Can you resonate with the story of Pete the duck? Do you believe that the lens through which we view life is a mirror of how we see ourselves? Journal about your understanding of this concept.

Father Richard Rohr says, “Mirroring is an important aspect of knowing that you are a beloved child of God. It creates a template of being seen and known for who you are and of being loved.” Who in your childhood was a healthy mirror for you, and how do you believe it affects you today?

Can you compassionately bring awareness to interactions that consistently keep showing up in your life? What are they revealing to you about yourself?

Can you see that these interactions are coming to you as a gift for you to release some conditioned responses for you to experience more peace in your life?