



GET CLARITY AND DIRECTION - MOVE ON WITH EASE

* **Make time for your Self** Stop the busyness that enables you to deny the current situation and stops you from attending to the matters of the heart. Daily allow yourself a time for solitude and stillness.

* **Acknowledge the feelings you have are real and telling you something** See feelings such as dis-ease, emptiness, anxiety, confusion, loss, relief - as sacred gifts that need to be held, opened and explored. Ask yourself 'if this gift could talk what would it be telling me?'

* **Commit to living a life where you are true to your Self** Caring for your soul will allow you to move to that place of integrity where life begins to flow and there is joy and ease. Identify your values – what your heart desires, what really runs you. Let your values govern your decisions.

* **Maintain a belief system that supports you today** Recognise that your belief system has great power, it travels deep in your veins and colours your thoughts. Make sure that it allows you to shine from within, to be the wondrous person that you are. Ask yourself 'How long have I had this belief, does it need updated?'

* **Let go of those masks** Masks give you a false identity and assist you in jumping from one illusion to another. You may have worn some since your youth. List those masks and commit to letting them go. Should they resist removal commit to seeking professional assistance.

* **Be patient, wait for your Spring, timing is important** – the butterfly forced out of the cocoon prematurely never flies. Accept that the present situation is perfect and that you are being given exactly what you need to ensure that the sun shines on you and you are able to dance with even more lightness through the next part of your journey. Ask yourself 'How is today perfect?'

* **Be prepared to ask for assistance** Have the courage to admit that you are still without clarity and direction and not yet able to move on with ease. Get objective unconditional support and someone to talk to. A certified life coach will provide this.