

SOUNDBYTES FOR YOUR SPIRIT

This is an invitation to reflect...

You've just followed your gut. You took a leap. You said yes. When you said yes, everything opened up in your body and in your mind, the future suddenly looked and felt brighter, your present moment was given more meaning, your past finally makes sense because it all brought you to THIS moment, the moment you said YES.

And then suddenly, from your mind, waves of uncertainty begin to roll in. You start feeling sensations like constriction in your chest, a lump in your throat, pangs of unease in your gut. Your mind starts repeating spiky little mantras like 'I don't know.' And 'It's not the right time.' And 'I'm not ready yet.' And in your listening to that voice, you make a huge mistake, because you mistake THAT voice for your intuition.

It is not.

Fear is a knee jerk reaction to expansion. It is PART OF THE PROCESS. There is no way, no how, no why around it. At the end of the day, if you want to grow and evolve and shine and unravel, YOU will be the one you meet on judgement day. You and your racing heart, clammy hands, scurrying mind.

Those waves? They'll keep rolling in. Get used to them. Make space for them. Understand that they are only trying to keep you washed up on the shore, where it is safe. Your fear is not inherently out to make your life difficult, it just doesn't want you die out there where all the risk is.

But do not mistake them for the voice of your soul.

Your intuition is the part of you that said YES to begin with.

The part of you that felt lit up, that signaled YES with those goosebumps that tingled along your spine, and that tiny gasp that found its way into your breath for a moment. The part of you that recognised this vision as your own.

Albert Einstein also had these words to say, once:

A ship is always safe at shore
But that is not what it's built for.

So here is something to meditate on: where are you keeping yourself small by convincing yourself that the inner voice you're listening to is your intuition, rather than fear?

Your YES is trying to reach you. Open yourself in trust to receiving it fully and stepping towards it. Like all courageous acts, you need take only one step at a time.

tara

THAT OLD KNEE JERK REACTION