

How to Face the “Unknown”



Here are three helpful touchstones when facing the unknown:

Stay in the present moment: Your mind may torture you about choices you made in the past. The present moment can heal the past. Your mind may fly into agitations about the future. This present moment creates your future. Focus on this moment only. You are safe right now.

Do something you love: Write a song, work in the garden, or talk to a good friend. You activate different brain chemistry when having fun or expressing creativity. A loving and inspired mind bubbles with new perspectives and possibilities.

Strengthen your connection to the Divine: You are not alone on this journey. Remember a time when you felt loved, safe, or at peace in any way. That loving force that surrounded you then surrounds you now. Step up your commitment to meditate,

pray, walk in nature, visit a spiritual mentor, or anything that feeds your experience of connection and guidance.

Finally, know that when you feel insecure and inadequate, all is well. You're right on track. Transformation defies your imagination. A mother doesn't have to understand or even trust the birth process to give birth. Your next expression wants to be born. Great and mighty forces marshal their strength around you. It's your time. You're one of the brave encountering the new frontier. Change may wear a wolf suit. Still, don't be fooled. It's wild, abundant magic knocking on your door.

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