



The Compass Within

MODULE 2 Reading Handout: *Navigation - Using Your Inner Compass*

READING: Use your inner compass to know you are moving in the right direction.

So much in your life is in motion.

Yes, there are moments in life where change is thrust upon you, pushing and stretching you beyond your known world.

Maybe you've decided to make a change because you want something different. You're uncomfortable with the status quo. When you change course, what do you use as a guidance system? How do you make course corrections? Are you so afraid of making mistakes that you get immobilized, fearful of where to place your feet? Do you make random changes because you only know that you want something different?

Do you know how to work with the opportunities inherent within any change?



You have a system for orienting through life. It lives within you, ready to show you the way forward. This inner source is revealed to you first through your body awareness.

As you develop sensitivity to the language of the body, you begin to trust what it brings to light. You notice which thoughts or actions cause your body to tighten and where you feel at ease. With that awareness, you can begin to ask the questions to help interpret and refine the input from your body, determining the appropriate direction and timing of your steps.

There is a feeling that fills the body when you arrive at the truth of a particular moment in time. It's as if the pieces of the puzzle fall into place with a sweet inner sigh of knowing. As you become familiar with this feeling, you can seek it out as your touchstone for moving through life.

When you experience life change it is often accompanied by a feeling of emptiness. The change may be in our outer circumstances, like a physical move or the end of a relationship. Or it may be something different in your interior landscape that you haven't even identified as change.

Your tendency can be to fill the space with concern, fear or confusion. You may feel uncomfortable in your own skin. Understand: it's because you are in new territory that, of course, feels unfamiliar.

What do you do with this feeling of emptiness? Don't rush to attach meaning to it with an explanation for what you are experiencing. That may make you feel temporarily more comfortable, but this kind of comfort won't allow you to grow.

What if you surrendered to this open, unfamiliar place without creating parameters?

Here is why. *There is necessary space between ending and beginning.* As something completes in life, there is a void, a creative pause, before something new begins. In this void are all the possibilities of the next moment in time.

The need to define what you are feeling can close the door to the birth of something brand new. If you give yourself the space to simply *be* in the void, without control or expectation, *you will emerge.*

Keep returning to the breath and it will carry you through the void, allowing whatever is to begin.

READING: Building your inner awareness

In our day to day life we often become inured to what we see around us and to the experience we have of life. Our interactions with others take on a habitual tone: post/riposte; how are you? /I'm fine; how are you; I love you/I love you, too.

We walk down the path we take every day and see the same things. Unless something is fresh and new, it becomes invisible. We walk around it never even noticing what is right in front of us. We react to a situation the way we did the last time we were in something similar.

A first step in going beyond your patterns is to actively become aware of your surroundings. Look around you. Activate your peripheral vision. On your morning walk look for three things you've never seen before. Notice details. In your interactions with others, look for an aspect of them that had escaped your attention. Is there a quality you have never seen?

Looking inward in your quiet meditation time, ask your inner self to reveal something new to you. Then allow it to come. It may be something that appears as

simple as a feeling of spaciousness within you or as dramatic as a new insight into a problematic situation.

Your perception of your life creates what you experience. Make space to welcome something unfamiliar or unaccustomed. That allows you to have a fresh experience. What are the possibilities?

Take time to do this each day in different situations. At the end of the week, take some time to review. How have you changed? What do you notice?