



## THE COMPASS WITHIN

### Module 4 Reflection Sheet 1

#### ***Beginning questions for inner inquiry***

(As needed/appropriate. These are meant as suggestions and starting points.)

*What is important to know/realize about what has happened?*

(Look at the areas of your life where flow is not happening.) *Is there something I need to change?*

*What are the stumbling blocks in my life?*

*What would freedom look like?*

*Is there something I must put into place to support a new alignment?*

*Am I focused on what I need to do?*

*What do I need in this new time? Is there something new to be put into place?*

*What do I need to shift in order to reconnect with the flow?*

*Have I overridden an awareness I had? What do I need to do now?*

## READING: What do you do with your expectations when the world stops feeling familiar?

*What's happening with me? Why can't I focus? How come I don't seem to be able to get it together?*

Ever ask yourself these kinds of questions?



### **The Structure of Expectations**

Each morning you wake up with expectations that the basic structure of your life will be the same as it was yesterday. Within that structure will be all sorts of variations requiring a greater or lesser degree of flexibility to respond effectively. You take a few deep breaths, adjust your thinking, or alter your usual response---all in service to flow with what comes your way.

*But what if...?*

What happens when the magnitude of change leaves you staring at yourself in the mirror, wondering who you are and what comes next? The precipitating event may be expected (marriage, birth of a child, changing careers, retirement) or one that comes out of the blue (the passing away of someone close,

discovering you have an illness, losing your job).

*Realize that you will not be able to simply continue on as you did.*

The impact to your energetic, emotional and physical systems is more profound than you are aware. The emptiness of the void, the space that opens up when change is happening, will be startling. Don't rush to fill it with activity or next steps. Understanding will come later. Change brings about a shift in consciousness that has to be integrated before the manifestations can be seen.

*You cannot push yourself into alignment.*

Alignment has to unfold. Think of the changes as a series of energetic vibrations. These energetic vibrations are the vehicle for making changes from the cellular level outward. If you resist them, you will feel the emotional side of upheaval—confused, uncertain and upset.

Instead, keep your attention on what you are receiving. Once this energy is integrated you will find a new reference point within yourself.

### **Listen to what you need**

When change is this powerful it is vital to pay close attention to what your body needs. You may need more sleep, time to stretch or to take walks. Most of all, you need to be quiet and allow your body to catch up with all the change. Your patterns and thoughts will be tempted to fill the vacant space. You will look for what is wrong so you can understand and take control. Set judgment aside. Don't seek to control life or figure out what to do. You need time to align with the changes, probably more than you would consider necessary. Being gentle and loving with yourself is essential.

Pay attention to your changes, everything from how you feel to the way you approach life situations. You may find yourself prioritizing differently, making unusual choices about what is important. Your self-definition and your approach to life is changing.

You cannot approach life from what *was*; you can only explore how it *can be now*.

Every change requires letting go of expectations of how your life would unfold. Every change will bring something new. Discover yourself and this new world. This is where you find your potential.

*Will you allow yourself to receive what is possible?*