

SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



Inner Change
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

12. WHAT IS MINE TO DO?

As we gain practice in envisioning the highest and best of who we are, as we transition our attention from releasing our past mistakes to embracing what's right about the present moment, we inevitably begin to ask how the highest and best that we are can express itself now. This brings us to a question: What is mine to do?

We need to pay attention to how we phrase this question. Many times in my life I have asked and heard others ask *What should I do?* It's not the same question. *Should* implies a contradiction, an obligation. We tell ourselves that we want to do one thing but believe we "should" do something else, for we are being compelled by an expectation, either within or outside of ourselves, to behave in a particular way. This perspective relies on the outer; it does not invite us to draw from our innate wisdom, which always knows the best course of action.

The better question—What is mine to do?—immediately turns our attention to our wisdom center. This question *by its very phrasing* invites us to begin with inner connection. What's interesting to me is that very often when I ask this question, the answer that stirs within me has nothing whatsoever—initially—to do with outer action. I often receive nudges to walk my labyrinth, sit, look at the pond, be still.

In the 21st century fast paced—yea, hectic—lives many of us lead, the mere thought of pausing for a moment seems counter-intuitive. Consider this scenario: you're at a meeting at work, and the boss asks a question. What happens? People begin to out with an answer, jockeying for position with the biggest, wildest idea. Sound familiar? To many people, this is an everyday occurrence. Now picture this: when the boss asks a question, people simply sit with it for 10 seconds ... 30 seconds ... a minute even. A whole minute—can you imagine?—before beginning to speak!

That, friends, is a profound question: *Can you imagine it?* Can you see yourself tuning in to your innate wisdom as a *first* resort when it's time to answer life's questions, no matter how small or insignificant they may seem. If you can see yourself doing so, you will. As within, so without. Similarly, if we ask the question *What is mine to do?* from that centered place within us, any outer action will be revealed. In so doing, we will be sure that our outer action is grounded in the truth of our being. We will step forward on solid inner ground, no matter the outer terrain.

Writing this very article was an experience of this lesson for me. I knew the deadline was approaching, and with my business and personal traveling in the last several weeks, I had put the article on the back burner. This week—by necessity—it came to the forefront. What did I do? Rather than scramble for ideas or relying on my decades of training and experience in writing, I asked the question *What is mine to write?* As I asked the question I felt my labyrinth calling me, so I went outside. I paused before entering to ask the question, then I began walking. Rather than focusing on the question, which I was totally confident Spirit would answer in due time, I focused on the labyrinth itself. I watched my feet as they stepped one in front of the other. I tidied the path. I sat in the middle. Having done my inner work—connected with myself in a way that is meaningful for me—I simply allowed the ideas for this article to surface. And so it is!

So, too, can this process be for you. Ask the question, allow the answer, and let yourself live your truth!

Peace, Love, Joy,

Diana

