

## Yes or No?



We are in the midst of a great shift of energy. It brings upheaval and chaos which are often met with fear. Certainly, there have been great times of change throughout our history. I do not seek to compare. This is now. The chaos is real. The insecurity feels real.

On this intense tilt-a-whirl of life, many seek “yes or no” answers — a form of prediction. People want a sense of safety, comfort and a clear path. I now receive

more of these kinds of calls than ever in my long career. I cannot give you instant gratification by taking away your own knowing. It is against the Laws of the Universe.

What I can offer you something greater, more powerful and more long lasting than a prediction.

A prediction is the outcome into which you have invested the most energy, both consciously and with your greater consciousness. It helps to remember that we are always working on or considering *at least* five possibilities or outcomes for each question we ask ourselves and Spirit. Of course, I can see where your energy is going, both in your heart and your mind. So, when you call upon me, your heart and mind are in conflict. The mind wants a practical and safe outcome, and the heart wants the outcome that will bring you the greatest long-term joy and peace.

Which brings us immediately to the solution for your quandary...

### ***Listen to your heart.***

When you listen to your heart, you are also listening to Spirit or God or your name for the greater consciousness. Your higher self and the Universe collaborate for your highest and best, now, always and forever. Your heart knows your path and what will serve you best.

Sometimes it takes a lot, and I mean *a lot* of quiet to hear what is for your highest and best. Often, you will not initially like the answer. Know that when you trust, good things will come.

And yes, often it is very beneficial to have someone help you clear the collection of debris in your energy system so that you can receive your answers. That debris can be old wounds, parental or societal programming, fear, or voices wanting you to stay the same.

Know that I love our brains. They are wonderful computers and need to be clear to put our choices into action. So, they sometimes need help as well. The healing for both Spirit and mind can be your own meditation and personal work, a therapist, an intuitive, a minister or a friend will be able to hold energy for your highest and best in love and only love. Please make sure that the person with whom you seek counsel is clean and clear, meaning they don't have a personal agenda or counsel you from their own fears and limitations.

***You know what you seek.***

We all seek love in many forms; comfort, certainty, safety, to feel successful in our whole lives, as well as to be seen, and all forms of love. We have full and complete recognition and love with Spirit. But we want to experience all forms of love fully in the physical, and therefore we seek answers. What is the driving force behind your questions? What is the need for which you want a salve?

***In your heart of hearts, you know your truth.***

Please stop saying you don't know. That shuts down your knowing. Choose phrases like you're waiting for clarity, or you know the answer will come. Your truth is always with you. Your journey is to hear your truth and act upon it.

***There are no wrong choices.***

Every choice you make, you learn from. There is a quote I love that explains this, "All paths lead to enlightenment, some are just longer than others." If you choose something that doesn't work out, you will learn from it and make a choice more aligned with your heart the next time. When you choose something that works, your answer is that you have learned and are applying the lesson. Those are great moments. Synchronicity is a celebration of lessons learned, integrated and applied.

And where does intuition fit into this? Intuition is the word for being in alignment with Spirit or the Universe and *listening to and with your heart*. We hear the answers in our heads, but they come through the heart. When the head and the heart are aligned, we can experience certainty and peace with our answers. Then we have the energy, often called excitement or drive, to manifest from a true place of knowing. This kind of certainty is so much greater than trust.

It is interesting that it can be so simple as choosing what to buy at the grocery or as critical as what investment to make or even when to make a phone call. We make thousands of choices a day. When we're in alignment, we feel the magic. It is that feeling of elation and peace together, commonly known as happy. Magic is always there. Sometimes it is just quieter.

Answers come in many ways, and it is important to recognize them. We may be shown or told. They may come from a conversation or something we read. That's part of the adventure. At the same time, we can have expectations that limit or block us from

recognizing the answer. Spirit has a sense of humor, and they never give up on us. They will keep bringing the answer until we get it or change our course.

Many years ago, I had asked for an answer to an important question. I wasn't hearing a thing, and I was getting frustrated because the time for making that decision was running out. As I walked through my living room in the middle of the day, I got an urge to turn on the TV. *I Love Lucy* was on. That isn't my kind of humor, so I was confused, but I sat down and watched. Within seconds, one of the characters said something that gave me the answer I needed. I turned off the TV, laughed out loud and thanked the Universe. *I Love Lucy* is the last place I thought I would find the answer to a Spiritual question. It was obvious that I hadn't been getting it, so they resorted to the most absurd message system so I would pay attention.

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The bottom line in this time of uncertainty is that the most secure place to be is with your heart and therefore your connection to Spirit. Here's is a reminder of the steps on that path:

1. *Love yourself enough to clear the things that are blocking your connection to your wisdom and the wisdom of the Universe.*
2. *Ask the question and hold it in your heart, cleanly and simply.*
3. *Quiet yourself so you can feel your connection with source.*
4. *Know that the answer will come. (Note: When you feel the fear or anxiety creeping in, breathe in love and give the chaos to Spirit.)*
5. *Recognize the answer when it comes.*
6. *Be in gratitude.*
7. *Take action with joy.*

When we take action on the answer within our hearts, we are in alignment with what is best for our highest and best in love and only love.

Here's to the journey of enlightenment!