

UNLOCK YOUR INTUITION AND SOAR

Have you ever found yourself sitting at work not remembering the drive there? It is a frightening realization that has happened to me numerous times. Or sometimes I would be driving for fifteen minutes or so only to suddenly realize that the car in front of me was different from the one I had been aware of. How had that happened? I had no recollection of the shift.

I call incidents like these "blurs of time." We get caught up in them because we have been running over in our minds something that has happened or that someone did or said. While these things happen to people in general, women seem to be especially susceptible to them. Why? Because we take on so much responsibility for making things run smoothly—in our families, with our friends, and in our workplaces. What did our husband mean by a certain look or action? Why was our child grumpy and out of sorts this morning? Did our friend slight us deliberately? If so, why? What did our co-worker mean by that comment yesterday?

Behind such concerns lie not only that sense of responsibility but also a feeling of judgment. Women often feel that they are being judged, that somehow they haven't measured up, that it's their fault for not being "perfect." We can let these feelings ruin our day or we can begin to realize that we are not totally responsible for making the world run right. We are often the one who judges us the most unfairly, and we need to stop putting so much pressure on ourselves. How can we do that?

First, we must accept our own imperfectness; all of us are "faulted" in certain ways. And that's all right; who wants to be a Stepford Wife anyway? Then we need to place responsibility where it belongs, and assuredly it does not all belong on our shoulders. We need to sort out the incidents that make up our days and our lives. Some of them we do need to give serious thought to and take care of; but we need to let go of the "small stuff" that doesn't really matter—or shouldn't. We must quit reading into every little incident or comment meaning that isn't really there; or, even if there may be a small slight or a touch of snideness in something that happens or that is said, we need to learn to "let it go" and move on.

How do you want to live your day? It's not up to the world around you; it's up to you. You can let little things fester and rankle, you can deal with them quickly if they need dealing with, you can defuse them with a kind word or action, or you can just let them go and move on. The last three ways of handling things are obviously more positive and more healing than the first one is.

It also helps to become more aware of your surroundings and more appreciative of the little things around you that can enrich your life: the smile of a child, the beauty of back-lighted fall leaves, reflections in a nearby lake, the honking of a flock of geese flying overhead, the welcoming romp from your pet. There is no end to such phenomena.

Most women have an intuitive gut feeling of "connecting." They know at some level what they need to do to bring healing to their lives, but they too often don't listen to what their gut is telling them. Perhaps all they need is a nudge in the right direction.

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