

THE KIND AND LOVING THING

When you don't know what to do in a particular situation, or when making a decision then always ask yourself this question:

**WHAT IS THE KIND AND LOVING THING FOR ME TO DO FOR MYSELF,
RIGHT NOW?**

It takes a while to trust the answer you get as sometimes it means to do the right thing for you might mean letting someone down, or you might think your action will be seen as selfish, but in truth if you are to stay true to who you really are and follow your heart in all moments and matters then you must do the kind and loving thing for yourself in each and every moment and in doing this trust that you are serving the higher good.

Think of it like dating on Tinder.

You see a picture on your phone and you immediately get a feeling in your solar plexus (space below your ribs) as to if you are going to swipe left, never connect, or think about the person ever again, completely let them go or swipe right, connect, action and see where it takes you.

That gut feeling is like your course corrector, listen to it and it will keep you on the right path, going in the right direction for you so that you get to live to your highest potential.

Testing for Yes or No answer.

You can also use your body to test what is the correct thing for you to do in any given moment so as to honour yourself and the higher good.

Your question must be a very simple and clear and it must only need a yes or no answer.

If you do not like the answer and you start analysing it then you know your mind is interfering with the answer, trust what your body tells you.

Stand with your legs slightly apart. Unlock your knees and relax your body deeply. You are like a puppet without any strings.

Close your eyes.

Breathe deeply for a few seconds and then let your breathing settle to soft gentle breathing – you should feel very present in your body.

Ask your body what your yes is, ask your body what your no is, ask your body what your maybe is.

Your body will slightly sway in the direction that it will always go when the answer to your question is your yes, your no or your maybe.

Once you know what your body's responses are you can then ask your question.