I Care Chronicles – What do you want? - November, 2020

*We wish for those who are suffering to be at Peace. We wish for those who are hungry to be filled. We wish for those who are alone to be connected. We wish for you, most of all, to be love!*

You know who you are. You know why you came. You know what will fill you up inside and out. You know you are part of the whole………or do you? Pam has been questioning what fills her up lately. She loves the mountains. She loves her true connection to spirit. She loves all the people she meets or reconnects with who are brought to her for healing. But, she, like many of you, are feeling a pull. She asked us if it was the energy of Winter? For Pam, Winter signals a time of retrospection, going deeper into self, wrapping that internal blanket around herself for peace and comfort and safety. Our answer to her: What do you want? Every time she gave us an answer we kept asking to go deeper….“What do you want ….. truly want?”

It is the time to be clear, have clarity within self. Find out what you want. Not what you “think” you can get, have or will receive, but what you truly want. That requires looking at the whole first. How about a small exercise in discovery?

What are you happy about? Pretend you are your own therapist for a moment. In your mind’s eye, put two chairs across from each other. Place your “*Current Life Self”* in one chair. Place you, *The Therapist”*, in the other. Now, as “*The Therapist* “of “*Current Life Self”* what questions would you ask to find out what “*Current Life Self”* is happy about in his/her life at this very moment? Write your questions down, then find a quiet spot where you will not be interrupted and start the therapy session. Close your eyes as you ask the questions, whatever immediately comes to mind, write it down. Be mindful that stopping to question what is coming up for you may take you out of your internal knowing. If nothing comes, then start asking the questions at the bottom first and move up and so forth. Once you have written all your answers to all your questions, thank your *“Current Life Self”* and then review your answers.

Were you surprised at any of the answers? As you read them, did you have anything pop in your mind? An old experience? A feeling? A thought? Write those down too. You get the idea, right? This internal retrospect will help you connect to any thoughts and feelings that you may have about what you are happy about or grateful for. What it also will accomplish is what else you would like to bring into your current life to be even happier.

Next suggested topics:

What are you unhappy about?

Repeat the above exercise.

What do you want? What do you TRULY want?

Repeat the above exercise.

Please know that you are driving this bus and may change, add or remove any of our “suggested” topics for this internal research. Have some fun with it. Don’t take yourself too seriously. Use the information that you didn’t know or hadn’t seriously considered to bring into your life more of what you desire. Awareness is the first step.

A little hint……….

Pam’s research led her to realize that what she truly wanted was to stay in the flow of her own energy. Trusting in herself that as she flows in her own positive, loving energy she is creating and attracting to her for her highest and best good.

We care!