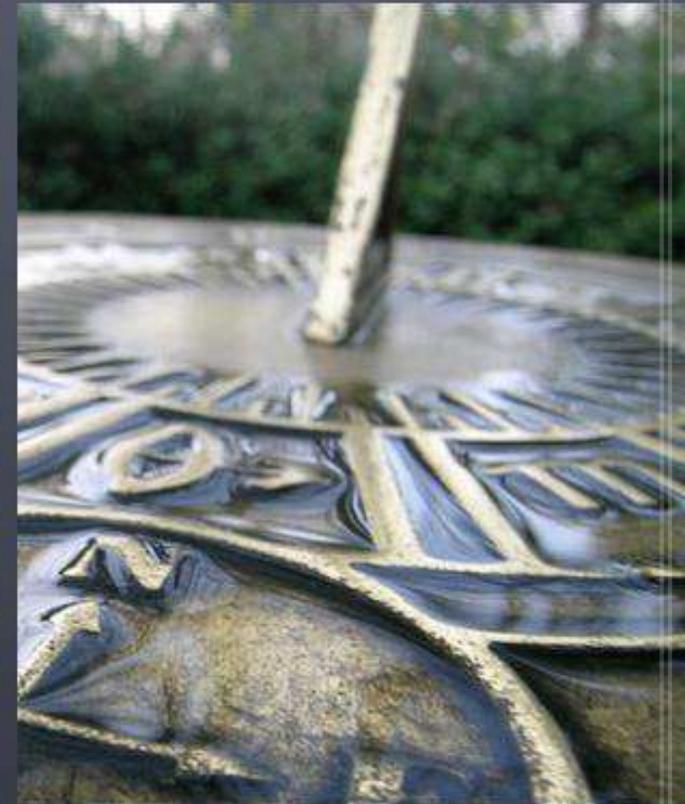


# Changing Directions

Find peace being right where you're supposed to be



Lorraine Watson

*Follow Your Light*

# Where to begin

In being here now, you've likely been wrestling with a critical decision –

***continue on*** as you have *or* ***change directions***.

For as much as you logically understand something new can never come out of staying the same, stretched across two worlds is never easy.

The familiarity of the old is anchoring, yet restraining. The prospects of the new are exciting, yet full of risk.

Both pulls mixed together leaves a feeling of restless muddiness. Straddling the known and unknown can only last for so long.

In being here now, you've essentially decided on a direction head –

***changing forward***.

Where or how to begin though, still remains up in the air. The inner call is strong, but not all is clear enough to move forward.

Ultimately, **where to begin is always with being you.**

While true, I also understand how nebulous that may sound.

Let's take a look at four questions you've likely been asking that once answered can provide a place to start.

*The clarity you seek begins where you are confused and unclear.*

# Am I crazy?

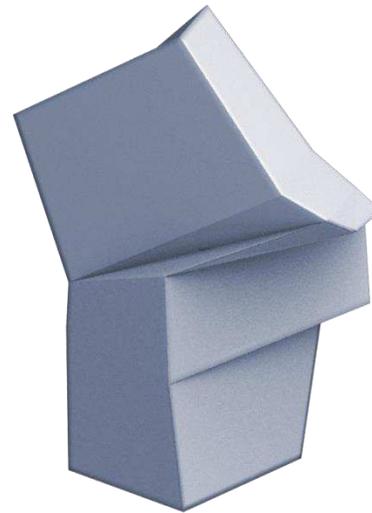
Crazy for wanting to change and knowing you're meant for something more –

***no.***

Many around you, however, will question what could you possibly be thinking. After all, who in their right mind would give up what they think looks like a pretty good life and risk the unknown.

But others know. They've traveled this road before and understand where you are. They know **there's something just beyond imagination waiting for you.**

You. are. not. crazy.



Imagine one morning finding a 'road closed' sign blocking your normal route to work. Frustration and confusion would be perfectly normal trying to

figure out a new path on the fly, especially without a map or GPS.

Your knowing there's something more is similar to encountering that 'road closed' sign.

Changing directions needs more of your energy, attention and awareness to figure out where to go. Backtracking, wrong turns and side trips are fully expected.

Take heart. All the craziness, confusion and doubt can be seen as signs you're on the right track and you're well on the way to finding a new route back to you.

*You know too much to return to who you were.*

# Will I ever find 'it'?

The short and sweet answer is –

*yes, when you're ready to let go of what 'it' might be or how 'it' must look.*

Expectations are terribly effective at blocking out what else is appearing.

Neat and tidy packages don't always drop in your lap.

Messages and signs begin to appear in the periphery when you scan around or take a step or two back to see the bigger picture.

Aha! moments come here and light bulb moments ignite there. Patterns begin to

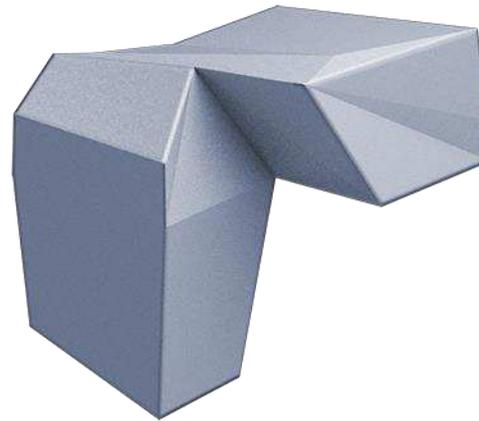
emerge. Pieces dropped in years apart can fall into place suddenly in a whole new unexpected way.

**Paying attention is more important than making things happen.**

Don't be discouraged by the back-and-forth nature of the journey. As soon as you feel like you're making headway, you're just as likely to feel three steps behind where you started.

But you're not.

**Change happens more as a spiral than a straight line.** When the same issues appear again, you get to see where you've changed and how you see things differently than you did before.



*What you do not grasp is easier to let go of, to let slip through your fingers.*

# When will I figure 'it' out?

The brutally honest answer is –

***when you do.***

That's about last thing you likely want to hear right now, but it's the truth.

Discovering 'it' can't be scheduled to appear a month from next Tuesday or be done and complete at the end of a seven week course.

Focusing on *when* you'll know acts as form of self-sabotage.

You're subconsciously saying there's a whole, complete, final 'it' to get, and until you do you have nothing.

Figuring 'it' out happens when you're ready.

The other honest answer to this question is –

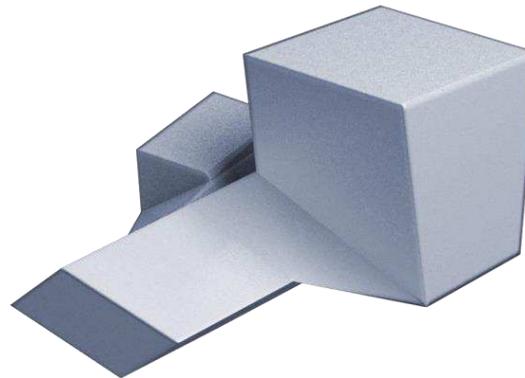
***you're always figuring 'it' out.***

As you grow and change, 'it' expands right along with you.

Ease up. See yourself on a journey mapping new territory, not searching for an unknown single, specific end.

You know more than you believe you do.

**Look at *what* you know instead of *when*.**



*When you are ready you will see. You are ready now if you want to be.*

# How will I find 'it'?

The best, and fastest, way to find your 'it' is –

***begin with being.***

Relax. In no way does this mean you'll find yourself sitting on the couch.

What it does mean, however, is **being aware of who you are being** as you go about your day.

Imagine yourself as curious, observing, reflective, allowing, flexible, grateful, compassionate, understanding and open.

Then imagine being frustrated, desperate, controlling and fearful.

**You can look at where you are and where you're going through either set of eyes.**

The latter narrows your view and contributes to going in circles. The former expands your view helping to see the bigger picture, listen and make connections previously unseen.

Once that begins to happen you can start to see the deeper patterns of who you are always being in everything you do.

Essentially you **become your own compass** guiding yourself on what to do.

Instead of focusing on *how* you'll find 'it', **look to who you are being to see 'it'**.



*Open yourself to seeing rather than seeking.*

# Falling into place

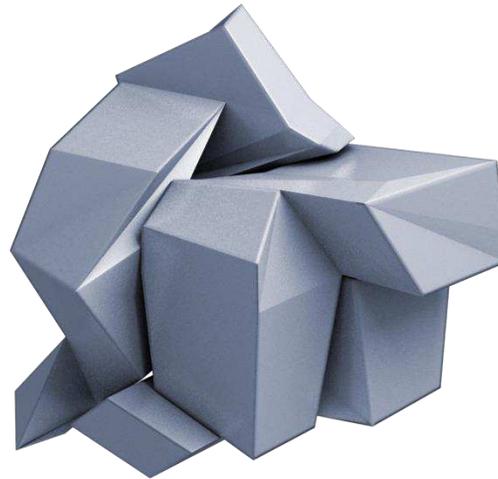
Life doesn't always follow the best laid plans.

Opportunities appear before you think you're ready or stay out of sight far too long after you believe that you are.

Life is bumpy and odd-shaped.

Often what you know doesn't seem to fit together. The pieces aren't smooth, flat or line up in straight rows.

Leaning in and pushing hard worked well to get you where you are. But you can't do that anymore. The more you push, the more you're pushed back.



Shift who you are being to create space for things to fall into place.

Easing up to be the curious observing explorer will help get you going again. See with fresh eyes.

**The pieces are a perfect fit for you, even the missing ones.**

They're designed to connect at different points, and be added at different times, to form new dimensions with each turn.

You don't need everything to be in place or to know the end before you begin. What you have now in is the perfect place to start. **Begin with being more you.**

*You are exactly where you need to be for where you desire to go.*

# What next?

Excited to keep exploring?

A great next step would be this four part series taking a different look at what growing older could mean, dealing with change and offering tools to use along the way:

**Emerging From The Downhill Slide**

**14 Signs You're In A Growth Spurt**

**4 Keys To Unlocking Change**

**Listening Is A Process**

These two videos tips may prove useful on the path of changing directions too:

**Finding Clarity With No End In Sight**

**Is Backwards The New Forwards?**

From there you may want to:

- **Leave your name** to stay connected through email
- **Get hold of me directly** with your most pressing question
- Try the “Piece by Piece” exercise on the next page. Send it to me.
- Forward this along to anyone else who is changing directions. They're likely asking these questions too.

I know you're in the midst of an exciting time. You're not crazy for wanting something more and making a difference. You've heard Life calling for a reason – your time is now and

***You. Are. Ready.***

*You wouldn't be here if you hadn't heard your call.*

# Exercise: Piece by Piece

Let's take a closer look at what you know about 'it'. Take a few moments to jot down the pieces you know so far, even if you start with "nothing" in the middle. Words, doodles, song lyrics – whatever comes to you. There are no lines on purpose. Trust everything will be put down in the perfect place. ***Don't think and don't try to make sense of anything.*** The intent is to get things moving and outside of you.

# A bit about Lorraine

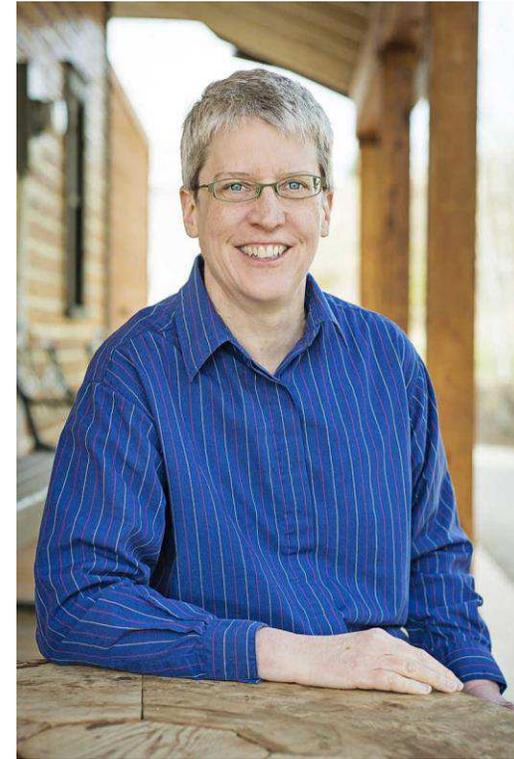
Blessed by cats, potatoes and clouds, I am a “left-brained creative big picture idea” type.

Combining my intuitive abilities with curiosity and logic, we work together to re-ignite what Lights you up inside, find the clarity of who you really are and have the courage to bring your true self to Life.

My weekly *Letters From Home* are closer looks into everyday situations for discovering your True Who. There’s more to the world than first meets the eye. Don’t miss out on **your own copy** to help with your own journey.

*Lorraine will help you to change the way you are looking at your situation / dilemma, or life in general. She’ll lead you to the answers by uncovering what you already know (but maybe are pushing away, for various reasons). Most of all, she’ll help you to think BIG, and to dream BIG.*

*Sandra Vandenhoff*



Lorraine Watson

*Follow Your Light*  
bring your true self back to life