

Tool #2: Let the Universe Do the Heavy Lifting. Think of a situation that you want to be different or a result that you are really trying to make happen, but it's not yet working out the way you'd like, even though you have done everything you can and know to do.

When you have given it your 110% the next thing to do is to turn it over to the Universe-God-Higher Intelligence (whatever your preference). This is NOT giving up. This is CHOOSING to TRUST that the right outcome at the right time for the highest good of all will prevail. Your energy of TRUST will allow the solution.

When we are trying to force a particular outcome or solution it is because we don't TRUST that the right and best solution will happen for us. Our energy is desperate and forceful. This causes us to be locked into a stalemate because our lives here on earth are governed by Universal Law. And by Universal Law - for every action there is an equal and opposite reaction – so WHAT we push against MUST push back. We become engaged in an unconscious stalemate by our own expectations.

We end up CREATING struggle and INTERFERING with the very guidance, insights, support, answers and solutions we have asked for.

Choosing to TRUST is SURRENDERING this RESISTANCE - surrendering your attachment to the outcome and TRUSTING that there is a lot more at play (right timing, other people's lives, the Grand Scheme) that you do not control and is better left to the Higher Powers that know the BIG PICTURE. Whew! Doesn't it feel better to know you don't have to do it all alone?!

What is the situation that you want to be different or a result that you are really trying to make happen?

What part of this or all of this are you WILLING to SURRENDER?

Write your sincere DECLARATION to the Universe and yourself here:
