

P-Q-R-S-T



Those of us who are on the path of self growth find in our lives times that require a process of Perseverance, Query, Removal, Shifting, and Transforming. We have learned that generating forward movement is the way to build the energy necessary to create accomplishments. At times though, there are blockages (self-doubt, insincerity, vulnerability,

etc.) within this forward movement and we are caught in a pattern of holding still. You find yourself asking, "Should I stay put or should I seek an alternative?" We run a debate inside our thoughts, all the while standing behind our podium, moving neither left nor right, frontwards nor back. Suffering from analysis paralysis, we stagnate.

These are the times to summon up our ability to persevere and keep moving. This is an easy, that's the reason why perseverance is ultimately necessary to get us to move! We haven't answered our question yet but we can't allow the fear of what to do imprison us either. So we have to decide to make a choice. Maybe we need a period of self-love and nurturing before we start up again; maybe we need to continue in the same direction we were going keeping up our previous rate of speed or slowing down a bit or maybe we have to pick up and leave. Maybe we decide to place this dilemma on the shelf-not buried under papers or hidden behind a row of books, but out front where it can wave at us and remind us that there is still work to do.

Whether we choose to move along with it, around it or shelve it there is the eventual necessary step of questioning that needs to be addressed. What is at the heart of the matter? What are the true causative factors? What action do I need to take to continue on in my life? Phrasing the questions is important and varies according to the circumstances at hand. One thing is sure, once we phrase the question(s) there is another important question sitting right next to it. Is this the actual question needed to be asked or is this a smokescreen question hiding what boils down to an inner fear? These are the layers of questioning necessary to expose the source of our original

inertia. Once the true original question has been asked and the answer found we have moved a weight that has been dragging us down; holding us in place.

Once we are breathing easier there is more work to be done. We may have identified the culprit but we still have to remove *it* or remove *ourselves* out of the situation. If we don't physically remove ourselves nor do the inner work to remove the blocks and fears within it will be akin to returning the heart of the problem to the shelf. Whether we want to look at it or not it is always going to be there. When other things rearrange and move around in our lives it will reappear!

Along with this removal work a shift in attitudes and perspectives are needed. We can no longer keep doing things the same way we have done in the past. Sometimes the shift comes naturally but many times we must maintain awareness and make a concerted effort to self-correct our approaches, attitudes, and behaviors in order to maintain the change we desire within ourselves. If we don't shift the dilemma has a way of reappearing (albeit disguised).

Transforming into a new version of ourselves is no small accomplishment! No matter how large or small, an achievement should be honored and celebrated! Don't miss the opportunity to do so. We may have a long way yet to go, but we have also come a long way.

With Gratitude,

Kai