

# Where Am I GOING?

**Moving Through The  
4 Stages Of Transition**



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*Pathway of Your Soul*



# Moving Through the 4 Stages of Transition

*“By allowing something to die when it is time to die, we create the conditions under which new life can emerge.” - Parker Palmer*

A transition is any experience where we are being asked to let go of something in order to allow something new to enter. Whether that choice was made for us, or we made it for ourselves, transitions can often leave us feeling scared, confused, and worried about what to do next.

We scramble to find the answer, fix the problem, or change the situation as fast as we can. This only prolongs the process and the pain. We must learn to honor the transition. It came for a reason, and it is here to move us to our next phase of being- which *always* brings us more love, more joy, and more fulfillment than we previously had.

When we are in a transition phase in our life, there are things we can do to help us move gracefully through it in order to support ourselves and the process. Understanding the four stages of transition can be a reassurance for many of us. It gives us some ground to stand on and a helpful direction in which to head.

Let this information comfort you and understand that you **are** heading somewhere meaningful, that there **is** a purpose behind the transition, and that it's okay to let go and **trust**. You will make it through to the other side stronger, more confident and with greater trust in yourself and in your connection to the Universe. You will experience, first hand, the love and support your Creator has for you.

Honor the process. Allow your soul to move at whatever pace it needs to in order feel the greatest amount of relief and peace. You *are* taken care of and this transition is a necessary part in bringing more love and goodness into your life.

## STAGE 1

Stage 1 represents the initial awareness. Sometimes this is a growing awareness within us that something is not working, the relationship, the job, the lifestyle we've been living. Sometimes it comes from outside of ourselves, our spouse leaves, we're fired, or we're just diagnosed with an unexpected illness.

Either way, the first stage represents a stage of real discomfort, so much so that we may want to turn to food, alcohol, or some other distraction or numbing device to get out of the pain. We may feel frightened, confused, angry, and as if life is spinning out of control.

At this time, it's best *NOT* to act. I remember when I had quit my job, left my husband, and moved over the course of one weekend. At first it was liberating, but then the reality hit me and I stood in the middle of the living room crying, "Oh my god! What have I done?" Fortunately, rather than act, I made a phone call to a friend who was able to calm me down and remind me, "Just for today, I have everything I need," and stay there. This is not running away, denying, or being irresponsible. It's honoring the initial stage of letting go.

### STAGE 1

During this painful and frightening time, it's best to stay with comfortable routines. Stick with structures that focus on nurturing, self-care. These structures keep us grounded and reduce stress while areas of our life swirl around us. For me, those structures were the gym, grocery stores, and 12 step groups. Some items on your list might be reading inspirational books or going to places you find inspiration (a church or support group), taking hikes, soaking in hot baths, listening to great music, talking with friends or family, yoga, or writing in a gratitude journal. What keeps you grounded and connects you to your heart?

## **STAGE 2**

Stage 2 emerges with an inner need to withdraw from the world. It feels like an insistent longing to become quiet. Initially, it may be a way of protecting ourselves from the pain and uncertainty we're feeling, but it's also a cocooning time where we begin to question where we were and what we *really* want to have in our lives - be it more love, connection, time, creativity, light, nature, movement, nature, etc.

Our minds have been cracked open and we begin to break out of our old patterns. We look at what we no longer want. We begin exploring ourselves for what matters. This is a time of introspection and reevaluation. We can let our loved ones know we are going through some inner changes and won't be as available during this time.

It may involve dreaming, looking through magazines and seeing what catches your eye and heart, noticing what pulls you in your day. You may feel curious, spiritual, detached, emotional, or contemplative.

I remember spending hours reading, staring out windows, listening to birds, meditating, wandering in stores, and journaling. It's ALL part of the process. Honor this very sacred time between you and your soul. You are actively waiting. This is a time of healing, deep processing, and surrender. Your vibrations are rising to another level of expansion.

### **Stage 2**

Stage 2 is about reviewing. It's a time we feel like withdrawing from the world into ourselves and notice what we really want for our lives. It's a sacred time between you and your soul. Some activities to support this are journaling, reading spiritual books, spending time in nature, telling loved ones and friends you won't be as available during this time, smelling flowers, stretching, meditating, staring out windows, making wholesome meals in quiet, cutting out pictures from magazines of things that attract you and creating a vision board of them.

## **STAGE 3**

Stage 3 represents an exciting time. You have started to connect with your Spirit and let it lead the way. You feel curious and full of possibility. You may not know exactly what you want, but you're willing to find out. This is a time of experimenting. It's a time of trying out different avenues that capture your interest and deciding, "me" or "not me."

I tried out many spiritual workshops, took salsa lessons, pottery, writing classes, and went to places in the city I'd never been to. My mantra was, "Why not?"

Stage 3 brings with it new energy and hope. You feel ready to go out into the world and explore! You feel more relaxed with not knowing, and excited about what's to come.

You and your Spirit begin to play!

### **Stage 3**

Stage 3 is an exciting time of exploration. It's a time of hope and possibility. During this stage, rather than going in, we are ready to go out! We may not know what exactly we want, but we're ready to try different things and see if they are "a fit".

Some helpful items on your list may be taking art classes, taking a workshop, going dancing, traveling to new stores or towns, joining new meet up groups, or trying out a gym or yoga class.

At this time, it's not important to do anything well, you are just trying out the buffet and seeing what tastes good!

## **Stage 4**

Stage 4 is a time of celebration. You have a clear vision of where you'd like to go.

*Note- you don't and most likely will not know how to make it happen!*

You feel energized and committed. Parts of us still may be fearful because we are leaving behind the familiar, but we are willing to move *with* fear, not *because* of fear.

Stage 4 represents a time of feeling mentally and physically unstoppable because you know anything is possible! When you experience this stage, allow yourself to be in the flow of the moment. Let your plans unfold without force. *The Divine Spirit is living a purpose through you, as you!*

At this stage, pay attention, go with what resonates, and trust the end is assured!

## **Stage 4**

Stage 4 is a time of celebration. You have come through this transition, and like a butterfly, you are ready to take off! This stage is marked by renewed energy, commitment, and optimism. You know the direction you want to go in, even if you don't know the how!

(which you don't need to know☺)

In this stage it is good to just pay attention to what catches your attention and seems to move you toward your desires. Pray, meditate, notice when your ears perk up hearing certain information, and gather information. This is a good time to create a vision statement for the life you wish to create. Be open and willing to let your plans unfold without force. Do what feels good and alive!

Transitions can last from a few weeks to a few months. My transition of leaving my marriage, my job, and moving lasted a year, but many amazing things happened that year I would call miraculous. Things led me on the path to where I am today.

Trust Divine Timing, and ***trust that if a desire was placed in your heart, it was meant for you.*** There is a Life Force that wants to experience all the joy, wonder, and abundance of this world through you. Your job is only to trust, listen, and follow.

**Feeling Overwhelmed? Uncertain? Confused?  
Understand what you are going through and where you are headed.  
Discover what your soul wants you to know.**

### *Psychic Soul Reading*

Tap into the realm of psychic intuition with personalized and insightful readings to guide you through life's challenges and opportunities. Get direct guidance from the Guides and your Soul Team.

### *Psychic Soul Reading with Spiritual Coaching*

A Psychic Soul Reading with Spiritual Coaching provides the clear guidance from your Soul along with an in-depth dialogue to help you process what you receive and share more of your personal journey. A Psychic Soul Reading and Spiritual Coaching offers inspiration, healing, and practical exercises intended to start the transformation of the soul by providing the spiritual wisdom and tools someone will require on their path toward a brighter, freer future.

### *Akashic Record Reading*

Access your personal Soul blueprint in the Akashic Records and learn the deeper meaning and Soul's intention behind any situation or relationship in this lifetime or past lives. Allow your Soul's original plan to guide you forward on your path. Channeled guidance is received directly from your Soul's blueprint known as the Akashic Record.

(Please note, I am not a medical intuitive. Any medical issues should be taken to an intuitive or professional in that field.)

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