

Curiosity Corner

Grow your awareness and open doors to an inspired life!

Contemplation practice.....

Invitation or Imposition

How are you viewing relationships, life events, and challenges?

Time: 10 minutes or more... you choose!

STEP 1

Think of a specific challenge, event or situation in your life. Who or what is involved? Imagine the situation. Bring up the feelings you have about it.

STEP 2

Ask yourself, "*Does the situation feel like an imposition or an invitation?*"

STEP 3

- If it feels like an invitation, celebrate and give thanks!

- If it feels like an imposition, get curious about:
 - What would happen if I viewed it as an invitation instead?
 - What would I do differently?
 - What would change about how I feel?
 - How would the process or outcome change?

 - If you cannot view it as an invitation, get curious about these questions:
 - Can I choose something different instead of this situation, person, or event?
 - What other perspectives might help me move my feelings from imposition to something else?