



Choosing WISEly

Indecision. Uncertainty. Conflict. Hesitation. Vacillation. Lack of clarity. Confusion. Fear of missing out. Fear of choosing wrong. Fear of rejection. Fear of making a mistake. Paradox of choice. Paralysis.

Any of these sound familiar or ring true to you?

The shadows from our past, the echoes from the voices of others and of society...often muffling that inner, intuitive voice speaking the wisdom of our heart and soul. Years of conditioning and messages and experiences have drowned this intuitive "I" out, making it a distant whisper at times. This can happen for the most mundane of choices, like trying to decide what to grab from the grocery store when walking through the aisles (or whether to skip the baked goods section!). It can also happen when making major life decisions, like getting married, accepting a job, applying for college, or moving to a foreign country. How do we know and trust that we are making the BEST and RIGHT decision for our soul, not for our ego?

I've made countless choices in my life in which I was wrestling with my demons, my shadows, my conditioning, my fears, my experiences, my traumas, and my self-doubt and I let one or more of them win the battle over my intuitive, knowing self. We're human. It happens. It's totally normal. As one of my favorite (not-so-politically-correct, but rather crass and direct) psychologists, Albert Ellis, said at a professional conference in front of THOUSANDS of doctors: "Just because you effed up, doesn't mean you **are** an eff up." The key is becoming **aware**, identifying that it's happening, when it's happening, and owning up to where it's coming from. Then, you can make a different choice by becoming WISE in your decision-making process. Choosing W-I-S-E-ly: It's four steps and can make a world of difference when you start to incorporate it into your daily life choices.

1. **W**ash away that which does not serve your growth and well-being. In a given situation, whenever possible, ask yourself if choosing to do X thing will help you to grow...or be good for your physical body, emotional body, spiritual self, relationships, or some other aspect of your life that is of value to you. Maybe even rate it on a scale of 1–10. If it falls below a 7 when you check in with yourself, asking if it will bring you joy, purpose, health, or growth, say NO if you can.
2. **I**ntuition: Listen to yours!! You are the only one who is truly able to get you where you want to go. You have the answers inside. No one can tell you how to live your life unless you LET them. It



comes down to you. Make choices that serve you. TRUST YOURSELF. Do not externalize your power to anyone other than you. At all times, your gut tells you this feels good, not good, right, not right. With our projections, autopilot, fears, walls, self-doubts, and judgments, we choose not to listen to our intuition. One of the best ways to tap into this is to tune into your physical body and go inward. I do this by closing my eyes, taking a couple deep, cleansing breaths, and doing a body scan or short meditation. Specifically, what I often do is silently ask myself four soul questions (I learned this technique from Deepak Chopra and an incredible life coach and mentor, Micole Noble): Who am I? What do I want? What is my purpose? What am I grateful for? Then, take another few deep breaths, in and out, letting your chest rise and fall, and just notice whatever comes up. Often, great insight will come from this simple practice.

3. **S**urrender. Rather than try to fight your own thoughts, emotions, or argue/feel the need to prove and justify and explain yourself to others, surrender. This doesn't mean to give up your power in a dangerous or unsafe situation; what I mean here is to surrender to an experience or emotion rather than trying to fight against, prevent, or control it. Or in the case of interactions with others, to avoid reacting. Let it all go. Just allow whatever arises to be. Jon Kabat-Zinn said, "You can't stop the waves, but you can learn to surf."
4. **E**xcite. As you expand and become more intuitive, more conscious, more aware, more **awake**, revisit things that used to inspire you and feed your soul. Find new things that excite you as well—who is the new you at a new vibration? You may have different preferences or interests. They may surprise you. Try things out! Be open. What do you like to eat, what music moves you, what movies you like to watch? It is finally time to ask yourself, truly ask yourself, without the judgments or past shadows or echoes interfering: Who am I, why am I here, what do I want, and what is really going to fuel me every day?

Tap into your intuitive self and start making conscious, wise choices. Wise up, friends! XO