

*ENDINGS*

When there is change of any kind we will enter, often cluelessly, into an accompanying emotional process. Whether it lasts a day, a month, or years, the ending of one thing—a job or relationship or life stage or health—represents a big loss relating to identity, security and intended prospects for the future. It's time to make peace.

The work of this painful phase is to grieve deeply, to name the endings & all the losses, whether they were by choice, or were visited upon you. Say goodbye.

Welcome the emotions of loss. Anger, shock, sadness, second guessing self, are normal & essential. Honor your process.

*LIMBO*

When systems and routines break down, it gets messy. It is not clear what to do next, even with changes that are desired. Those who pride themselves on their efficiency can be the most distressed with unexplained feelings of depletion and uncertainty. The most common mistake is to *RUSH* to create the next thing, and to put pressure on yourself to feel *GREAT!*

The work of this tough phase is to be patient. Clean the house, clean up the relationships, review your life to date. Rest. Make sense of what has happened and notice the clues for what wants to happen. Slow down, take time, nurture yourself. Be aware what's calling to you, without pressure. Putter and play with ideas.

*NEW BEGINNINGS*

New beginnings tend to come as whispers, providing you have done the work of cleaning out the old. Nature does abhor a vacuum.

When energy rises and your heart begins to sing again, and your enthusiasm is palpable, it's a signal that a fresh start is on the horizon. And, it can't be rushed.

The work of this time is discerning what seems right to you among the many possibilities. What matches your needs, desires, values & temperament for this next period of your life? What will be your next role or contribution?

Where are YOU on this map?

