



If you've ever felt you were **struggling with something**, you probably tried to bulldoze your way through and attempted to do it alone. What do I mean? You were forcing an issue that was more than likely self-serving. And you weren't asking for help. I invite you to consider collaborating not so much with people but with something else. I'm referring to tapping into a larger body of wisdom that gets you out of your head, takes you through the heart and into a realm beyond anything you have the ability to imagine on your own. I'm inviting you to **connect with the wisdom** of Spirit, Source, God, whatever you believe in that is larger and wiser than you. **Go beyond the limit of your imagination by asking questions and listening differently.**

One way to step into the concept of something more expansive is **meditation**. In case that term sent up a red flag, meditation can be any single-minded activity. Feel free to sit cross-legged, in a quiet room burning incense but don't get trapped in the notion that's the only way to slow your mind down. Washing dishes, painting a house, waxing a car, or gardening can all be forms of escapism.

Whether you are religious, spiritual or believe in your ability to manifest something, I invite you to view your engagement as a **collaboration with a higher power**. Consider conflict resolution beyond the level of praying when life gets dicey. Adopting the belief in something larger, perhaps a collective consciousness will not only bring you a sense of peace when you feel alone but also provides **a source of inspiration**.

The next time you feel like you're flying solo and need some help, start small by changing your environment. Go outside, get a plant, or rearrange a room. Find inspiration in **something you previously overlooked**.

Although I collaborate with people, I'm more regularly **work in concert with the Divine**. It would be far too egotistical to think I come up with all my ideas alone. How do you think genius comes to a person? I feel the ease in which anyone can grasp a concept, run with it and become wildly successful is not sheer tenacity. Perseverance helps but it doesn't begin there. It starts with **a gift from above** intended to fulfill a particular purpose unique to an individual.

You must do your part of assimilating and refining what comes to you; *THEY* will not do the work for you. If you've wrapped your head around this concept, here's another to try on for size: **Sacred Reciprocity**.



For every request you make from the Divine, you may not get the answer or solution you expected. The key is to receive what comes to you and go with it graciously. The more you adopt this practice, the more will come your way; this is sacred reciprocity. Ask, receive, run and repeat. The more you **trust a solution will come**, the more likely you are to be open to an out of the box idea. The more playful you get with the suggestions offered, the stronger your creativity becomes.

The next time you're faced with a challenge, how can you move out of your head, go through the heart and into the realm beyond your imagination? **Ask, receive, run and repeat.** I dare you.

Don't forget to catch us on FB Live every Wednesday night at 6:30 pm EST on our business page, **Healing Through Your Story**, for lively discussion expanding on this topic. There is also a great gift complimenting every episode to help you incorporate the content into your every day.