



## What to Do When Your Path Has Shifted: How to Practically Navigate Your Soul Success Map

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### **Part 2: Make Peace with Where You Are - Releasing Resistance**

Tools: Making Peace Process, Releasing Cords, Bless and Release Mantra, Power of Choice Training

Let's make Peace with where you are....

1. Drop into your heart and welcome in whatever or whoever you are resisting.
2. Take responsibility for creating this situation.
3. Invite it into your heart and breath until you feel neutral about it.
4. Ask for an Inspired Action.

Make a list of everything you are resisting around this shift in your path and do the 'Making Peace Process' for each thing.

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