



If It's Not a Really Big YES... Then It's a NO.

Discover where you may be stalled and losing energy by being in the "grey zone" to avoid saying Yes or No.

When do you say YES?

When you do say NO?

Where are you when you are in between?

My motto: If it is not a really big YES then it's a NO. That doesn't mean that NO is the end of the line, finito, all done bye-bye now.

NO Has every right to step up and become a really big YES, if that is its true calling. You see, if it is not a really big YES and you're not dealing the NO card... where are you? Limbo land. Now, I am not a black and white kind of gal at all! There are many shades of grey in my world, but those pesky non - YES's that you're not slapping a NO sticker on are gobbling up your energy like nobody's business... seriously. It all boils down to telling yourself the Truth.

My Vedic Astrology mentor Dennis Flaherty says, "Good decisions are not made, they are arrived at."

How do you know when it is a really big YES?

- ❖ It feels right in your bones and in your gut.
- ❖ Future possibilities effortlessly unfurl.
- ❖ There is no more second-guessing. Doubt evaporates.
- ❖ NO has left the part and is nowhere in sight.
- ❖ You light up like sunshine!
- ❖ YES chooses you.

When you commit to YES:

- ❖ There is a glorious movement.
- ❖ There is a visceral feeling of going with the flow.
- ❖ All forces seem to gather under your wings and you begin to fly!
- ❖ The ball rolls downhill instead of you pushing it uphill.
- ❖ Your heart strings are in tune and playing a new song.

When you don't know if it is a YES or a NO?

- ❖ Confusion prevails while you vacillate and feel unsure.
- ❖ You seek for an answer outside yourself.
- ❖ You are should-ing all over yourself.
- ❖ How has captured your attention.
- ❖ Frustration enters the party.
- ❖ Stuck-ness prevails.

What happens when you say NO?

- ❖ Freedom. You can be present with what is.
- ❖ By closing the NO door you are available for another door to open.
- ❖ Stuck-ness disappears - deeper breaths!
- ❖ Essentially you've said YES to what you really desire.

A while back I was working with a group of people on a common mission that I believed in. So much about my involvement was really great, but as time went on, there was something that just did not feel right. For a while, I could not quite put my finger on it. Then I realized I was no longer in the really big YES zone... I had entered limbo land. Frustration was the undercurrent of my experience. I didn't feel like I had the time or energy for some of my own projects that were calling me, and I felt stuck. So me, myself and I had a little sit down and fessed up the honest - to - God TRUTH. Continuing to participate was not even in the neighborhood of a really big YES anymore. It was. It was time to say NO.

Oh my, what transpired was wild.

The NO door shut and so many really big YES doors flung open! I met some resistance when I shared my NO, but because I was speaking my truth and not making anyone else wrong, the resistance dissolved and shifted into completion. Deep breaths were breathing me in again.

By saying NO when it is not a really big YES, you are back in the river of flow. That seemingly same choice may even come floating by... looking all shiny, brand new and wearing a really big YES t-shirt that is just your size.

The key ingredient: mix in your decision cocktail... Is Trust. Trust in YOU! Trust lives inside, not outside of you. You have to dive inside to hold hands with Trust and develop a deep intimacy with its strength and power.

Recommendations: Frequent visits to your center of wisdom... your heart.

By dropping your brilliant mind down into your ever so wise heart and trusting in what answers you access there. That is where the answers from your soul often come through. It takes Trust to move on to what feels right and true for YOU.

What comes up for you, in reading this? Be sure to share your insights and stories with the group. We are all in this together and your process may be very useful to someone else.

