



CAYMAN BLOSSOM

Acknowledging The Call

Once you are aware, you are open to change.

The idea is already in your head and body.

Everything is getting ready to move.

This is your wake up call, you can answer it or you can snooze it and go back to sleep.

And yes, more questions will come up, it's part of the process.

The call is asking you to sit still, to stay exactly where you are and try to work through whatever it is you are feeling or discovering.

And yes, you can also run away.

You can engage in behaviors that will push away from this moment.

You can shut down your prefrontal (alcohol, drugs, etc.), or you can choose to change something that does not need change (another job, house, or situationship).

Have courage.

Be still.

Quiet yourself inside and out.

Keep doing what you are doing.

Stay where you are.

Create some time for silence and solitude.

Don't lie to yourself.

Something wonderful is about to happen.

You will start to identify that inner discomfort and root it out.

This is also a moment that a lot of people start thinking about the outcome, instead of enjoying the process.

Have one goal, and yes, just bare with it.

The outcome of this whole process is for you to be yourself, and the process is the quest for creating inner peace by being faithful to who you truly are.