

The Crossroads Exercise

– Making a Powerful Decision in Alignment with Your Soul’s Purpose –

Close your eyes and see yourself standing at a crossroads with two paths ahead of you, one to the left and one to the right.

Decide which path means which choice, and then begin to walk the first path – for 1, 2, 3 months.

Right around then we enter the unknown.

You keep walking. You walk this path, this choice for 6, 9 and then for 12 months.

At this point, connect with your physical body, your energy, and ask yourself “How alive do I feel? How open, expansive or contractive do I feel?”

Just notice.

Then bring yourself back to the crossroads and walk the other path in the same way.

At 12 months, stop walking and ask yourself How alive do I feel? How open, expansive or contractive do I feel having taken this path compared to the first choice?”

Usually, the answer is very clear. If not, walk the paths for a longer period of time.