



## Episode #15 Pivot Point Story: Deborah Eastlick

Deborah found the flow of personal wisdom, going full circle to the space within by stopping and being still enough to listen for the whispers from her soul. Today her passion is as a sower of wisdom seeds. Her pivot was ignited by her retirement and from pondering while the ponderosa pines spoke gently to the wind. She discovered she connected and awakened her soul's truth..

### Top Tips

### Simple steps to action

**Listen** deeply to your **heart**.

- Sit quietly, breathe in and out of your heart, and ask a question about whatever is top of mind right now. Try not to 'think'.
- **Allow** the answer to bubble up into your awareness. It may come later so don't fret if you don't 'get anything' right away.

Be as **you** are. (anything less is unworthy of YOU)

- When making a choice, look at each of your options and notice which ones make your heart contract, and which cause your heart to expand.
- Only **expansive choices** come from your deep wisdom.

Occasionally take a walk along your **wild** edge.

- 'Wild edges' are places of intense discomfort and intense possibility ~ way outside our comfort zones.
- When feeling that you are at your wild edge, breathe and attune to how you're feeling.
- If you **stay with it**, the fear dissipates, and the possibility presents itself..

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