

## Episode #11 Pivot Point Story: Sally De Beche

Sally's pivot was 13 years in the making. She did not know the reading of one book was the catalyst of her finding her way to a new life and many pivots within pivots., pivots that required careful listening to the deep inner voice



### Top Tips

### Simple steps to action

Go with the Flow (not flippantly) really listen to the deep intelligence of your heart and soul  
Follow the signs...

- Whatever happens REMEMBER that you will be ok and able to traverse and adapt wherever necessary. Trust this.
- Let go. Go!

Take the Risk and Embrace the change

- It is more painful to emulate a tightly closed bud than to open your petals one at a time and easefully challenge and dissipate your fears by being open and living mindfully.
- PS If I stayed in my room and waited for my soul mate to arrive...it wasn't going to happen...he wasn't the pizza delivery guy...where I needed to be wasn't where I had been before.
- Explore and discover the new.

Be like a Sunflower keep turning to the light (seek the source of that which enables your soul to thrive).

- Be thankful show and share gratitude...make this the first thing that you do each day..It will bring in the light and clear your way forward with so many unexpected positive collaborations.
- Be kind.

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