



Begin Again
Resiliency Journal No. 3

Etak Compass
 Our longings and discontents are inner guidance.

P R O C E S S

Navigating to True North

We navigate with both landmarks and cardinal directions of the heart to true North.

How much of each begins the process of finding a right fit for me, now: at this point in my life and time. It is a place found between comfort and risk; the old and the new and the parts of us we know and, maybe, parts of us, we don't. This process is about seeing the inner maps we have and following Higher guidance of the Heart, of Love or of Spirit. This process will be choosing a couple of things and thinking about the contrast:

- *One comfortable choice*
- *One similar choice but outside our comfort zone*

NOTE: There examples are on the webpage...

First:

Set aside 30 minutes tomorrow or in the next few days to do something you know is yours to do... make it very comforting and comfortable, which is good. Life does not necessarily have to be so stressful. We can choose to take a pause ...and Wait Here. What we do, is less important here, than how we do it. In this small comfort, find your center. What supports and honors you?





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Second:

Select a second related activity or thing or something that you are not as familiar with...that feels a bit more outside your comfort zone and do.

In this too, look for your center. What is yours to do and what is not?

What did you notice, learn and discover about navigating these two?





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1. What is your experience with your True North? What guides you in your heart of hearts? What is yours to do? What keeps you on course when things change? Is it felt in your mind... or your body?

15 horizontal light blue lines for writing.





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2. How does knowing your True North support you during challenging times?

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3. When Gertrude Stein said, “Let me listen to me, and not to them.” What do you think she was getting at? How are you putting your needs, and your desires aside for those who you are caring? How might you soften, to find a better balance?

Multiple horizontal light blue bars for writing.





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4. What longings and discontents have you been trying to ignore? What wisdom are they whispering to you? How are you being asked to shift?

15 horizontal light blue bars for writing.





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5. *What sustaining practices center you, even as life's currents pull at you? Begin a list of re-balancing practices and as something occurs to you during this eight gift process, write it down. It is important to remember these. They are sustaining.*

15 horizontal light blue bars for writing.

