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THE GROWTH EDIT - ISSUE 9



If you, like so many, struggle to make decisions this is for you.

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**Ask this:**

- What decision are you currently struggling to make?
- Where are you approaching making this decision from - a place of love, or from fear (failing, getting it wrong, being judged etc)?
- If you decided to approach it from a place of love and expansion, how would that change things for you?
- What if you assumed you already knew exactly what to do?
- What decision would you make?

**Suggestion:** *Take some time to journal on these questions*

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**Ponder this:**

In any given moment of the day, you will be presented with choices, decisions to make - from the millions of small ones like what to eat, what to wear, what tasks to do that day; to the bigger more important ones.

Having a choice triggers your belief system, 'What do I believe about myself, and the world, and what choice do I have to make to make sure my belief system stays in place and I don't encounter any 'danger'?'.

This then triggers your thoughts, which then affect how you feel, and you then make a decision based on those feelings. If those feelings are being driven by limiting beliefs, you will then make a limited choice.

Over the long term, this can really pull you off course, and you'll wonder how the heck you got where you are. Plus it is an exhausting process.

***Reflect*** on this and share any insights you have.

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### **Experiment with:**

This week, when you have a decision or choice to make, assume you know exactly what to do.

Start knowing what to do, without having your mind come into the equation, causing confusion, bringing in your beliefs and what it may 'mean' if you make the 'wrong' choice. Just assume you know, and ask "What is true for me right now?" and then act on what comes up in that moment.

When you make a decision on what is true for you in the moment it cannot be a wrong choice. If further down the line you think 'I shouldn't have made that choice' that's ok, it was a learning opportunity and you made the decision that was true for you at the time. So it couldn't possibly have been 'wrong'.

I guarantee you it will free you up for far more exciting things, and will get you where you truly want to be, not somewhere based on your idea of what is expected of you.

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Till next time.

Lots of love,

Rachel

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