

Five Keys to
*Find Clarity, Ease
and Joy
in Uncertain Times*

Nicola Walker

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The challenge and the invitation in life is to discover who you really are and to show up in the full awesomeness of your true self, rather than your small self. A recession, a pandemic, your work, relationship or health on the line, are all times when you face uncertainty more than usual. Uncertainty feeds into fears. Your invitation is to open your heart and connect with your innate powers of intuition, purpose and love.

Key #1: Commit to what you really want

Your experience in life is the result of our expectations and the seeds we have sown with our thoughts. Allow yourself to have what you really want.

Listen deep within your heart:

What do you want to create when it comes to the fulfillment of your gifts?

What feels so important and meaningful to you, that you absolutely must do it in your lifetime?

Don't let what you think is, or isn't possible, dictate your actions. Honor your truth and follow that. By all means, keep the day job or extra income streams if you need them, but keep moving towards what lights you up with passion and purpose.

Everything is subject to change. Remember too that what you really want can shift with time. You might be doing what you love, yet there is an aspect of it that you are dissatisfied with, or are not aligned with. Catch the changes within yourself that affect your sense of wellbeing and fulfillment, otherwise you'll end up stagnating as you face stress and frustration with diminished results.

Committing to what you want means to check in with yourself to see what still feels good, and what does not feel like the right choice after all.



Key #2: Begin your day by grounding and opening your heart

It is really helpful to get into an optimal, aligned state at the start of the day. You want to get grounded and centered in your heart. Grounding stabilizes your energy and sharpens your mental faculties. Centering yourself in your heart, rather than being overly caught up in your head, helps you to calmly respond to life with love and wisdom.

Here is a meditation that you can do each day. You'll notice how grounding and opening your heart in meditation has a calming effect in your life.



Grounding and Heart Opening Meditation

Sit somewhere quiet and comfortable and close your eyes. Take several deep breaths from your belly.

A simple way to get grounded is to feel your feet on the ground and imagine a hollow column as wide as your pelvis, coming down from the base of your spine, down deep into the earth. You can imagine roots coming out from the bottom of the column and attaching themselves to rocks in the earth.

As you breathe, you may start to notice energy coming up into your body from your connection with the earth. This is a good sign that you are nicely grounded.

Become aware of the space all around you. Continue to breathe, allowing your energy to expand and your mind to grow quiet.

Now, turn your attention to your heart. Put your hand on your heart's energy center (heart chakra), which is slightly above your physical heart, in the center of your chest. Think of something you feel grateful for. Feel the gratitude in your heart. Imagine the gratitude turning to light, filling your heart with light and the space all around you with light.

You can also listen to the meditation track, Centering (6 mins) that gently guides you into a calm and balanced state of being.

Key #3: Face your fears

It's important to catch fear the moment it slips in and clouds your mind. When your mind and body are in fear mode, you lose touch with who you really are, entering instead into a false perception of what is real with a limited sense of possibility.

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Your first step is to catch when you have moved into fear. It helps to recognize that all emotions basically boil down to one of two — fear and love. So if you are feeling tense or contracted, rather than open and expansive, examine your thoughts.

Ask yourself, “What am I thinking?” and feel into your thoughts. Notice the story that you are telling yourself.

Fears are often based on a false premise. Once you have identified the thought or belief, ask yourself, “Is this really true?”

You will receive a whisper of a “no” or a “yes” in your heart.

If you get a “no” indicating that it is not true, listen to your heart for a new positive and supportive thought that feels good.

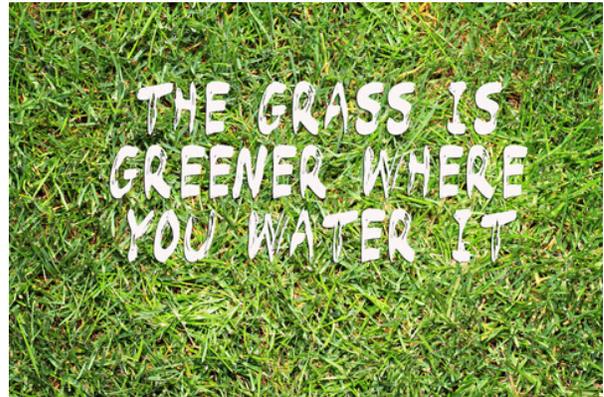
If you get a “yes,” inquire into the tension with some different questions. You can often really shift an energetic or emotional state with clarity and understanding. You will also know if you need to do some healing, or whatever other action is called for.

Key #4: Choose ease and practice self care

Ease may sound like a long shot. After all, life is hard and a business or creative endeavor is a lot of work. Self care takes time and often you're juggling a lot and don't have the luxury of extra time.

Remember how our thoughts and beliefs create our experience. The only thing stopping you from creating ease and joy, along with fulfillment of your gifts, is you.

We actually do have a choice in how we show up and how we want to experience our day.



What's more, a commitment to ease and self care is like creative fertilizer. By choosing ease and self care, you can think more clearly and trust your intuition, often achieving your goals in less time than it would take if you were tense and pushing yourself.

By choosing ease and practicing self care, you can much better handle potentially stressful situations and uncertain times, as well as loss and unexpected changes.

Here is something simple you can do for ease and self care. As in Key #3, catch when you start to become tense or contracted. Then, give yourself a break to let yourself unwind.

For example, take a short rest. Lie down on the bed or sofa. If you are somewhere where you can't lie down, sit in a comfortable chair, tune out the rest of the world and give yourself some quiet time. Within a few minutes, you'll notice that suddenly your body is breathing more fully — a key sign to look out for, as the freedom of your breathing patterns are your body's way of communicating valuable intuitive information with you. You'll notice that you are feeling more relaxed and more open than before.

Or, if you prefer to be active, go for a short appreciation walk in your neighborhood.

As you walk, you will start to naturally breathe more fully. As you walk, find something that gives you pleasure to look at, such as a tree, flowers or a view. Stop and gaze at the beauty, appreciating all the intricate details. Appreciation drops you firmly into your heart and the fullness of the present moment.

Key #5: Awaken your joy

Joy lives inside us all. Think of a baby's eyes as it gurgles with joy and laughter. Unfortunately, many people lose a connection with their joy as a result of trauma, harsh conditioning or deep grief. Sometimes healing is needed before you can feel the freedom and openness for joy to bubble up again.

Joy is a high vibrational state of total presence. You are immersed in the moment, enjoying life for what it is, without needing anything to be different. Being in a state of joy is infectious and magnetic. Joy isn't a constant state, any more than any other emotion, yet it is possible to enter a state of joy more frequently than you might realize.

Many people think that they need certain ideal outer circumstances to feel joy, such as being in love, getting an exciting, new client, winning the jackpot or a dream job. You could easily feel joy in such a situation, but the joy I'm talking about is a deep, expansive joy and sense of freedom, which fills you when you are very present and in deep appreciation over something simple.

Immerse yourself in simple pleasures such as being alive, a blue sky, biting into a fresh, sweet strawberry, a breeze blowing across your face, or a sunset. Know what you love and enjoy it often. Your joy is your pilot light. If it goes out, life is harder and the world becomes a duller place.

Joy is infectious. When you feel joyful, your heart is so open, that your joy spills over, lighting up the lives of those you come into contact with through your words, your smile and your actions.

As you awaken your joy and keep your joy alive, the more you magnetize good things to you. It just happens. There is something about raising your vibration and being in appreciation with your mind free and open, that aligns with unlimited possibilities, synchronicity and flow.

This is why finding clarity, ease and joy at any time, especially during the challenge of uncertain times, is a wonderful approach to living a passionate, purposeful life.



Your Next Step

Let's go deeper to find out whether we are a match for you and your situation. I invite you to sign up for a **free one hour Flourish and Thrive consultation** (over Zoom, Skype or phone).

You will get:

- **Renewed focus on your dreams, goals and yearnings**
- **Insight into your challenges with flourishing and thriving with your gifts**
- **Clarity on the right next step for you**

To sign up, send an email to Nicola@nicolawalkercoaching.com with your name, best email, cell number with country or time zone. Please write **free consultation** in the subject line.

About Nicola



Nicola Walker, inner freedom coach and hypnotherapist with over 20 years' experience, helps women who want a purposeful, passionate life to navigate the mess (the mind and their life's circumstances, including what's happening in the world) so they can flourish and thrive! Nicola is the author of the forthcoming book, *Joy in the Middle of the Mess: An Evolutionary Adventure of Self Discovery in the Quest for Success*. Her message is, "Don't settle for living as your small self. Choose to live your true self!"

Testimonial

"Nicola has challenged me to go beyond what I felt was possible in my life. I am now becoming the person I've always wanted to be." —Caitlin S, Sonoma, CA