



Linda Varos
Psychic-Medium & Your Rainbow Guide

Bringing in the Light

FOUR WAYS TO HELP YOU MOVE THROUGH AND BEYOND
A DARK NIGHT OF THE SOUL

So you've found yourself in a drama, a passion play, a pit of fear, the rising up of some awful situation you must deal with alone or in a group. How and why is this happening? How will you possibly figure this out? How can you hang-on as it seems to beat you down to your core, or suck the life out of your every day?

Maybe you are having a 'Dark Night of The Soul'. Maybe you are in it at some level or all the way in.

It doesn't matter the depth because it will feel like more than you can bear at every level. I think that's pretty much the simple criteria.

HERE ARE SOME TOOLS TO HELP YOU
GET THE SITUATION MOVING TOWARD INNER PEACE

#1. STOP LOOKING FOR AN ANSWER TO THE WHY

We've all done it. We obsess over, if only I could understand WHY THEY did this or WHY THEY behave this way, or WHY something, then I can let go and move forward.

Nope. I'm here to tell you that it isn't going to happen. Well 99% of the time it isn't going to happen. (That's pretty much a statistic I've come to understand with the help of my guides and angels.)

What happens is.. the situation cannot be resolved within you because you hold that criteria as the barrier to resolution. So it never gets cleared and you stay in your own loop of exhaustion. Wouldn't it be nice if we got that answer? I don't know. It seems the Universe is saying we need to work our own way out of things, by trusting, by handing over, by accepting that we may never know so we are willing to move ahead on our own. In other words we are willing to 'let go' of that when we are ready to grow up, either emotionally or spiritually, maybe both.

Try this exercise:

Sit down with a pen and paper and ask yourself out loud;

What if I will never know the explanation or there is no logical reason for; (insert your anguish here)?

Write down what you hear immediately;

If money, support, health, family, location, addiction, were no obstacle -

What 3 options could I take to move me away from this?

1. _____

2. _____

3. _____

Choose the one answer the resonates with you. Verbally set the intention for that to happen and do a creative visualization of it being completed and smiling happily that things are resolved as you wish. Do this every day for two weeks, without fail. See what shows up for you and notice how things may shift. - *write the outcomes in a notebook or journal. It will continue to empower you in moments of weakness.*

#2. BE STRONG ENOUGH TO SIT QUIETLY AND ASK, “What is the lesson in this for me?”

When things go wrong our focus is always on 'the other'. The other person or group is usually the catalyst in our mind. We tend to forget to look at what role we are playing, how the situation may be serving us (yes, that too), and what is the higher purpose of the whole thing.

In every situation we are always both the teacher and the student. No matter how it was triggered there is a lesson for all involved. An opportunity for moving ahead on our spiritual journey path is tucked within that situation.

IF you are able to step back a moment and ask that important question, you will get a reply.

IF you are then able to respond to that answer with action, you will move the situation away from it's intensity and often to a much quicker resolution that seems better than you expected. Trust me on this one. I've never seen it fail.

Sit and ask, What is the lesson in this for me?

(If you hear yourself thinking of answers step away and come back to this another time). The answer will pop-in suddenly and it may shock you. But go with it.

1. _____

Next question to ask is, Then what do I need to do to resolve it?

2. _____

Allow this question to open a 2 or 3 way communication with the Divine Stream, your guides, and angels. They usually jump in immediately. You have no time to think about it. If nothing comes or you hear yourself figuring it out you may be in your own way. Stop and come back to it another time. But don't forget. This is key to bringing the whole mess you are dealing with to peaceful closure.

#3. CONSIDER YOUR MISSION IN LIFE.

Don't know your mission? Your dreams of who and what you wish to be or do are a clue to your mission.

Ask - How does my resolving this situation help me achieve my dreams/mission in life?

1. _____

Again, this should pop right into your head. Don't fight the answer. Let go of control.
Do you really want to know or not?

#4 INVITE NATURE TO BE YOUR PARTNER

Spend time in nature. Go and do it without listening to a radio or your cellphone. Instead ramp up your hearing. Listen to the sounds of nature. As you do, feel your energy expand outward to nature so that you connect.

Find an area that calls to you and go to it. Ask permission to communicate. You will 'feel a yes or a no'. If it's a Yes, talk with the area, tree or water there. Tell it your problem. Ask it for a solution.

See what shows up. Don't try to figure it out but be observant.
Do this frequently and develop a new relationship with nature. You will be profoundly changed.

I call nature the Divine Connector. We depend on each other. Nature has an intelligence that is different than ours but is compatible. It will communicate when you connect. When answers appear it will surprise you, but soon you will know this is where you can go for additional support, and you will go home feeling restored.

Try this three times in one week and journal your experiences.

Keep it up. If you are successful with the connection you will have found a lifelong friend.

Would you benefit from more guidance to resolutions and discover your inner rainbow?

Work with me. I've can guide you on this path of beauty.

Blessings For Your Journey,

linda