



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Uncertainty Opens the Heart Anew

By Creative Katrina

In uncertainty we can find clear guidance and inner strength by tapping into our heart.

It may sound cliché, but it doesn't make it any less true. In uncertainty we are uncomfortable, ungrounded and a bit scared. Solutions may not be readily available to take the sting out of a sudden change or help settle our soul.

This point is where many people stop. Wallow. Tell everyone who will listen why the situation is unfair and unjust. And in many ways it might be, but there is only one way to shift it. We must use our skills, faith and the guidance of our heart to offer clarity and coax out creative magic.

I recently faced a situation of uncertainty with my podcast, Flirting With Enlightenment. I had co-created the show with a partner and our diverse skills enabled us to play to our strengths. While the arrangement worked for a year or so, I found out rather suddenly that his future coaching plans included a shift in brand direction that was no longer in alignment with the podcast.

While my initial reaction was frustration and anger mixed with a little sadness, I also discovered something very important. The podcast was meaningful enough to me to continue it solo and find a way to make it work. Yes, I was scared about whether I could do it alone and if it would be a success. I was also concerned about the cost of outsourcing or taking on learning audio editing myself.

But then I sat with that uncertainty, thinking about what I could do, and my heart started to remind of what was possible. I was already doing the bulk of the work with creating topic ideas, social media promotion and writing accompanying blog content, but now I could gear topics more to my passions. I could research the cost of audio editing or find someone to teach me the ropes to do the editing myself. My heart also reminded me of the reason I wanted to do the show in the first place - to help others connect with their inner wisdom. Now I needed to step up and do the same, trusting my heart would guide me to the next choice point as needed.

While I continue to work out the audio editing details, I've been doing solo shows for a few months and it's really fun! I've made adjustments to the episode length and frequency, and continue to check in with my heart, taking it step by step. At times, I reminisce about the comfort and ease of having a partner. Then I remember how grateful I am to have more creative options, and how a little push of uncertainty gave me a chance to see a whole new future for the show and myself.

In challenging times we are always called to dig deeper and explore farther into our heart space. How can you see a challenge as a way to open your heart anew?

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My unique support services help clients heal creative blocks, create deep personal clarity, and build confidence in self-expression. I offer creativity and writing coaching, content consulting, intuitive guidance sessions and classes.

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*The attraction of **our** Light connected with the essence of **your** Light! And so it is ...*