

Flying Without A Net

4 Ways to Thrive in the Energy of a Major Life Cycle

We all are in the midst of an unprecedented major life cycle. Robust and tumultuous energy is upon us. It's not just in our politics. Our politics reflect the consciousness driving outcomes in our country and around world. Beyond politics, with rare exception we are all facing major life choices and change. In this energy people are urgently facing major life questions. Should we become parents? Is it time to get married? Is it time to divorce? Others are seriously considering whether to move out of their homes of double decades residency. Some are in the midst of making major career shifts. ***These energetic changes are forcing self-awareness and alliance with core values.***

These moments of life changing considerations are dominating our thoughts. Although tumultuous, these moments are ripe for rebirth. There is an urgency and an authenticity to our soul-searching. It is connected and potent. This energy can best be described as once in a lifetime or certainly once in a generation. If we use this energy to catapult ourselves into a fuller version of the life we envision we will emerge from this cycle with wisdom and joy.

What follows are four ways to thrive in this energy, and to reach the other side victorious.

1. Find your Courage

We never know how courageous we are until we reach for courage. That is how we become brave by turning in the direction of courage. We become “on purpose”

receivers of abundant energy in the moment. We expand our view, our reach and our requirement for something more real and true.

This is a time to go beyond the comfort zone on purpose. Push the envelope. Risk. If you want change in your life don't wait for someone to bring it to you. Rather initiate it yourself. Trust that life will organize benevolently around the courageous vision you hold. ***You are not wrong if you are feeling a sense of urgency to shift. It is your inner call to action.***

Remember just as an athlete takes on an injury as they compete, you may take one on as well. Be willing to do battle on behalf of yourself. Sometimes this is required in advocacy against outside forces that would hold you back and deny abundance in your life. Align with courage. This is your surest defense against whatever arises in route to your new destination.

2. Do Something Different

If you have been considering a job change, relocation, ending or getting into a new relationship, this is the time to think carefully and then choose. Don't wait. What you choose or don't choose during this period of time will be with you for the remainder of your life, or the generation, whichever comes first. In these times, there are not multiple choices, just two. ***Yes or no. Stay or go. Begin or end. Trust or Fear.***

3. Understand the Value of Discomfort

Whenever we make a big decision it is human nature to immediately second guess the decision. Fear arises. However, we must learn to tolerate some measure of discomfort/fear if we are to become greater than what we are. Discomfort is part of expansion. It's a signal you are doing something different. If you want a new result in your life you have to do something different. You may not know all the steps when you begin. You have to locate the steps one by one.

When you stay in right relationship to the truth you always find your way and land on your feet. Recognize that discomfort is not a signal to stop or turn around. It is a signal that progress is underway.

4. Embrace the Unknown

Most people would rather live with the pain of the uncomfortable known than the fear that comes with an unknown quantity. With the energy that is upon us "flying without a net" is the way to the other side of this potent cycle. ***Embrace this cycle with optimism and readiness to receive.*** If you choose to stand still in this energy you will not preserve the status quo. Rather the status quo will leave you empty handed or stagnant.

Move into the unknown with love, courage and determination. In that new energy is created, new outcomes are created, and we will progress ourselves individually and as a culture.

Today and in the months that follow breathe, smile and embody the phrase "***flying without a net.***" This is where your freedom lives. It is also where your abundance grows mostly readily.

Remember, you were born for this. You were born with dignity, purpose, power and intention. Your time is now.

Known as the *Common Sense Psychic*, Phyllis King has worked with tens of thousands of people in 25 countries. She is known for her practical and down to earth approach. She has been featured on, ABC, CBS and NBC TV, radio programs across the country, and has been published in over 80 print and online publications. She has four books, including *Bouncing Back*, *Thriving in Changing Times*, with Dr. Wayne Dyer. Her latest book *The Energy of Abundance* is available in bookstores now. Phyllis holds a B.A. in Sociology.
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