



TIME MACHINE WALK GUIDE

BIG DECISIONS MADE EASIER

Not all decisions are created equal. When the stakes are high, the consequences irreversible, or other people are impacted in a significant way, this introduces fear and anxiety, which functions like static or white noise to drowned out the clear voice of guidance.

If it's a big decision and it's a one-way trip or it has a significant impact on other people, then consider these three practices:

1. Separate **DESIRE** from **DECISION**

A desire is not the same thing as a decision. Your **desire** to go in a direction is simply a *feeling*. Whereas your **decision** is an *action*.

When you separate these and put space between them it provides wisdom. It lets you explore without consequences.

To do this well, you must **remove all judgement** from your desire (no matter what the desire is). Just allow it to be. Feel it, explore it, dream about it. Let it ruminate in your being.

2. Take a **TIME MACHINE WALK**

Once you have clearly separated desire and decision, use this practice to explore the desire. It makes use of a very powerful source of wisdom and intelligence—your body and intuition. But it may feel odd.

Here are the steps involved:

- 1) **Choose a "Present" location:** This is a physical practice where you will need some space to move around. Whenever possible I highly encourage you do this in nature somewhere. But it works just fine in a house. You will find a spot in the house that represents the "present" for

you. This is the place you will stand to start. And you will come back to it again.

- 2) **Select an option:** To keep it simple, start with only two options, two possible futures you could choose from that you will “walk” into. Get one of the options clearly in your awareness. For example, it could be a choice to end a relationship, terminate an employee, or leave your current job. In each case you always have two choices. So pick one to start (i.e. to stay in the current job).
- 3) **Walk into the “Future”:** Imagine you have chosen this path, close your eyes and think about who is with you, what the experience is like, what it feels like in your body. After a moment of letting it sink in open your eyes and physically walk into that future.

Literally walk in any direction for any number of steps that *feels* like that decision. You may turn to your left and walk to the corner of a room, or towards a tree, or into a closet. It doesn’t matter, you are using your intuition to guide you. Just find and occupy a location that feels right.

- 4) **Notice what you experience:** When you have arrived in that future, look around and notice what you see, pay attention to what you experience: Ask yourself, what do I see in my surroundings? What do I appreciate, what don’t I like about this location? What can I see? What can’t I see?
- 5) **Write down your learnings:** Keep a journal and make a note of your findings in this process
- 6) **Return to your “Present” location:** Now go back and stand in your original location you selected as the “present” moment.
- 7) **Repeat Steps 1 - 5 with the other option:** Select the other option (i.e. if you chose to stay in your job in the first option. This time select the future where you leave your job). And follow the same process. Only this time you will need to walk into a totally different location.

This process requires a heavy reliance on intuition, a friend or a guide can be most helpful to mirror back what they observed or saw you go through. The

point here isn't necessarily to give you a clear yes or no, but rather to give you access to information about the decision that cannot come through logic, reasoning, or dialogue.

This taps into your intuitive physical wisdom. I have done this personally a number of times. I have also led others through it. Each time, there has been an important discovery or confirmation that opened the way for clear next steps.

3. Initiate a LANDING SEQUENCE

Once you feel you have an initial direction to go, consider creating what I call a "landing sequence" to help you execute the decision. This is about how you act on the desire.

You can get a plane on the ground one of two ways—crash it or land it. The first one is a lot faster, but permeant and costly. The second one takes longer, but you can always reverse course or take off again.

For big decisions consider creating a landing sequence. This allows you to plan your approach, adjust as you go, and gives you options to abort if needed.

This involves creating smaller steps toward your desired future. These steps should be:

- 1) Reversible or adjustable to minimize consequences
- 2) Experimental to provide feedback for course correction

These steps allow for conscious thought, which can help you avoid years of frustration, pain, or confusion. For some people, pressing pause comes naturally; for others this may feel glacial. But the dividends are worth it.

4. Activate Your COURAGE

Some people will prefer to delay decisions for as long as possible, hemming and hawing waiting for more data and information. But in reality, they have done all they can do. Now the only thing required is to act.

If you find yourself having difficulty deciding, even when you're clear which way to go, the most important ingredient needed is courage.

In the client center, I have provided a 5 minute audio download that guides you through a process called "Connecting Courage" designed to help you activate that in you to help you move forward.