

The Descent - Shedding the Shoulds

The Descent is perfect for winter.

It's a time to slow down, way down, and listen to the quiet and subtle voices inside. It's a time to look beneath the surface, to dive deep and see what's left after the harvest. It's also a time to DO less, to rest more and to allow yourself to surrender to the current of nature.

My big question for you this month is this:

*What can you **NOT** do?*

So often, it's easy to say yes to a million things - because it seems like a good idea, or you want to be helpful and please people, or you've always said yes to it and just keep doing so. What if, instead of just saying yes, you take a step back to see what you actually want.

One way to practice this not doing is to look at the shoulds in your life.

The practice this month is about bringing awareness to these shoulds and taking the time to make a conscious choice about whether or not it's something you actually want to do.

In the second transmission on Soul Forging, Jumana says "find where you do have a choice". So, let's do that. Find where you have a choice within the shoulds, and shed what doesn't serve you.

PRACTICE:

Slow down and start to notice when you feel that you “should” do something.

Notice when you think to yourself “I should do this or that”.

Pay attention when someone tells you you should do something.

Allow yourself to become aware of when should shows it face to you.

When you catch a should showing up, ask yourself these questions:

* **Underneath the should, what do I actually want?**

* **Would this really serve me?**

* **Do I have the energy for it?**

Allow yourself to receive the true answer, and just feel it.

Then, make a decision as to whether or not you will do the thing that feels like a should. See what things you can let go of, and practice NOT doing.

Allow yourself to rest in the quiet of this season, of this energy of descent. There is gold and treasure here, if you can slow down enough to find it.

There's a saying that I really love:

"Just because you can, doesn't mean you should".

Take this to heart, and tend your precious energy like it matters. Because it does.