



CLARITY

*Step Ten:
Take the Next Step and
Stay in the Flow*



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“The key to realizing a dream is to focus not on success but significance - and then even the small steps and little victories along your path will take on greater meaning.”

-Oprah Winfrey

Step 10: Take the Next Step and Stay in the Flow

I think the problem with "finding your calling" and the reason it often feels so elusive is that we attach so much gravitas to the idea. Do you know what I mean?

We're not finding our calling. We're finding our *Calling* with a capital C.

And often what we want is this big bolt of lightning in the sky that proclaims a huge idea. But truthfully that idea is so big that we often shy away from it because getting from idea to reality is such a huge leap.

Or we come up with so many ideas and can't figure out how to choose one, so we linger in this idea limbo that feels like hell.

Or maybe we just feel like we don't have a calling and have kind of given up on that idea.

Don't.

You do have a calling. But discovering it isn't about seeing the huge vision and trying to wrangle it into existence.

It's about taking the next step. Which is often not what you think it is.

More often than not, the next step is less about action and more about emotion.

It might be to learn to do nothing and feel like you're enough.

It might be to try and fail at something you've always wanted to do so that you can cross it off your list and refocus.

It might be to have more compassion for yourself.

Finding your calling can feel intimidating but it's really just about taking the next step which will lead you to the next step which will lead you to the next step.

When you are connecting with your spirit guides or even connecting in with your own intuition, you might often feel frustrated because the answers coming to you are slow and indirect. Instead of telling you exactly what to do next, your spirit guide might come to you in meditation and tell you that before you can even take a next step, you have to practice being still.

And so you might have to slow down and take some quiet time every day (which the forty day information detox would help with!). The key is to keep taking these steps, even when they feel meandering and you get impatient.

Take uninspired action every day.

I have days, sometimes even weeks, where I am completely inspired.

As a writer, I'll find myself stopping throughout the day to scribble down the words that are coming to me.

It's energizing. I am in love with writing because it comes so naturally and I barely have to do any work. It is like the work is done *to* me instead of *by* me.

And then I have days, weeks, months even where I feel utterly uninspired.

Nothing comes naturally.

Nothing comes easily.

I hate writing. It's something that I do begrudgingly, torturously, much like waking up early to exercise when all I want is stay in bed.

When those days, weeks, months come, I have to remind myself that the inspired writing only happens *because I keep writing when I'm uninspired*.

The Magic only comes because I get out of bed and do the work when I don't want to.

So when you are guided towards something, take action every single day, even when you do not feel inspired or called to it.

There is a [children's book](#) based on a Native American legend in which a boy sees a vision that his destiny is to paint for his people and to eventually paint a vivid sunset. He paints every day even when he wants to go out and ride horses with the other boys. He paints sunsets every sundown even though the colors never seem right. And then one day he is visited by his guide and told that because he was faithful to his destiny and painted every day, he will now be given what he needs. He looks around him and there are paint brushes everywhere filled with the bright colors he needs to finally paint the brilliant sunset. In the morning, those paint brushes have turned into wildflowers dotting the hillside of his village.

Because he took action every day - even when the inspiration was not there - he was finally able to create what he desired.

Trust

I have a short invocation I say before meditating and/or writing. It's nothing special. I simply tell my spirit guides: *I'm open to any messages you might have.*

That's it.

Sometimes words start to flow almost immediately, and I grab my smart phone and type them out.

Sometimes nothing happens.

Sometimes I sit in meditation and feel frustrated because my mind keeps wandering off on tangents and nothing particularly helpful or enlightening happens.

In those moments, I remind myself to trust.

Trust that my daily meditation practice is helping me, even when I don't feel it.

Trust that something will come of writing every day, even on days when all that comes is a sludge of crappy words.

Trust that progress comes in waves that you can't necessarily see on a daily basis. But that daily practice is still necessary for those waves to crash over you.

Trust.

Sometimes you just have to trust.

Right place. Right message. Right time.

When you are being called to do something, it is often because you are in the right place at the right time to get your message across. I sometimes think about J.K. Rowling and her crazy Harry Potter success. Now don't kill me here, but I remember reading Harry Potter when the books came out and thinking, "Yeah they're good. But I've read better books. Why are these ones such a wild success?" The answer is because she was in the right

place at the right time with the right story. A generation of children grew up with her stories and will use them as inspiration in their adulthood. There was something in those stories that needed to be told. If she had written them ten or twenty years earlier, who knows what would have happened? Would they have been a wild success or just another kids' series?

So if you are hearing the call to do something, do it now. In five days or five months or five years, it might not be the right time anymore.

You never know what will happen.

In 2012, I started a new blog when I became a hypnotherapist. It was very small. I think something like less than 50 people a week read it and most of them had followed me from my gluten free blog, which I had started in 2009.

When I first began blogging in 2009, I was still a weight loss consultant. In addition to my gluten free recipes, I also wrote the occasional post about how to lose weight. This was what I knew then and I was good at it.

But by 2013, I had done a full 180. I no longer believed in the weight loss industry. I had seen the negative effects of chronic dieting on my own body, and I no longer wanted to support that. However, my hypnotherapy practice had nothing to do with the body positivity movement and there was no

reason for me to write about that on my new blog. In fact I had no interest in writing about it. I had moved on.

But apparently I had been picked as someone who could get a message across.

I began to hear words to a blog post very randomly. This wasn't out of the ordinary for me. That's how I do most of my writing. Basically I do something else and the words suddenly pop into my head so I rush to write them down.

But these words I didn't rush to write down. I heard them over and over. I thought, maybe I should write this down, but I didn't. This happened for months.

Then one night, the words started coming to me again. It was a Friday night at about 10pm. It was my bedtime. But for some reason, this time I stopped and decided to just write what I was thinking.

What came out was an [apology to all of my weight loss clients](#) for being a part of the diet industry. When I was done, I was a little bit nervous about what I had written. But I decided to post it, and assumed I would get the same type of traffic I normally did (i.e. only a small handful of people would actually read it).

Well, a small handful of people did read it. And then they shared it. And their friends shared it. And by the next night, over 70,000 people had come to my website to read this post. Soon it was shared by Huffington Post and I even ended up in the British tabloid, The Daily Mail (with a photo they grabbed off my personal Facebook page with my baby niece's face blurred out!).

As a business owner, I wasn't prepared for this at all. I didn't have any slick freebie to offer people to get them to join my mailing list. My website was super DIY. Out of the over 100,000 people who read my article on my site, I think only about 300 of them joined my mailing list....mainly because at that time I didn't really understand how running an online business worked.

But maybe that was part of the reason I was chosen. I didn't have an ulterior motive for writing that post. When the Dr. Oz show called, I was kind of excited but mostly freaked out (I didn't end up going on the show). When Huffington Post wanted to interview me live, I said no, and I said no to a number of other smaller interview requests as well.

Why? I felt like I had said everything I was supposed to. I truly didn't feel like those words had come from me. They felt - and this was perhaps the first time I had truly had this feeling - like they had come from outside of me, like they were a message that needed to be delivered and for some reason I was the person chosen to deliver them.

Did that blog post change my life? In small ways yes. In big ways, no. But honestly I never felt like it had a whole lot to do with me. I felt like I had been a vessel, simply a medium through which a message needed to come through, the same way an artist might be a vessel for their work.

However, I got hundreds of e-mails from women thanking me for saying something they needed to hear. And I got one very special e-mail from a woman who told me she was planning on killing herself when she found my blog post and that it made her change her mind.

I have always believed that when something goes viral, there is a reason for it. We won't always know the reason, but it's there. Maybe for me the reason for that letter was so that one woman would read it and decide not to commit suicide. Maybe some of the other women who read it - I hope - went on to raise their own daughters differently, outside of the diet culture, outside of the body shame that they had been raised with.

Sometimes we never know what the effects of our efforts will be. When we follow our calling, we have to let go of the desire for a certain result and simply let the work speak for itself. We have to let the work be our endgame and let everything else go.

Stay in the flow.

Have you ever sat and watched the ripples on a pond or a lake? There is a gentle and inexorable flow. The water simply flows without effort. When you are following your calling, you will find yourself in this flow.

If the work you are doing feels like swimming upstream, it may not mean it's not your calling. But it might mean something needs to shift before you can find the ease.

You may need to go back to chapter one and revisit acceptance or do another information detox.

You may need to explore whether your ego is getting in the way and pushing you in a direction that isn't actually right for your calling.

It might be that you're using the wrong Ideal Working Style and you need to shift HOW you're doing something, not WHAT you're doing.

Your Practice: Final Journaling Exercise

If you are working towards your calling but feel like nothing is working, take some time to get grounded. This might mean taking a walk, doing yoga, painting, meditating, dancing...whatever it is that brings you back to your center. Then answer the following questions in your journal:

🌸 Where am I making things more complicated than they need to be?

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🌸 What does my heart want?

🌸 Is there something my intuition keeps telling me that I'm ignoring?

🌸 Am I using my Ideal Working Style in my work? If not, why not?

🌸 What would it look like if I took the easiest route forward?

Help! I still don't know what my calling is!

There is no guarantee that when you get to the end of this course, you'll know exactly what your calling is. Most of the steps need to be worked through over and over throughout your lifetime. Also, your calling can and likely will change over time.

But...

If you are here and feel like you still don't know what direction to go in, try connecting in with your highest self and your spirit guides through [hypnotherapy](#) or guided meditation.

Your Practice: Guided Meditation for Figuring Out the Next Step

Listen to the guided meditation that goes along with this workbook:

Discover Your Next Step.

As I noted earlier, the next step is often not what we expect it will be. The key is staying committed and doing the work even when you're not feeling inspired.

Final Thoughts on Finding Your Calling

Your calling can shift with history.

You might be one of those people who has always known what they were supposed to do. Maybe you've been happily working in your chosen career field for years. Or maybe you were on a path to do one thing and felt sure it was what you were meant to do.

(It probably was.)

But your calling can shift radically and suddenly. When there are shifts in our collective experience - which often happens when political changes affect a large group of people - it can mean big changes for us as well. You might suddenly feel torn between what you were happily working towards and what you now feel called to do.

You might have to make big changes in your life to accommodate these world changes. You might have to let go of something that means a lot to you or that you've worked hard for.

When history shifts, you might need to shift with it.

Of Fame and Fortune:

When we think of someone having a calling, we think of great historical figures like Abraham Lincoln, Martin Luther King Jr., or Mother Theresa.

And you might indeed have a huge calling, something that will affect history. But people are answering the call everyday and they don't all become rich or famous for it.

Your calling might be to raise your child. After all, every great historical figure also had parents.

Your calling might be to write a book that only two people will ever read. But maybe those two people were the exact people who needed to read your book. Maybe your book will change those two lives for the better.

Your calling might be to create art that inspires other people.

Your calling might be to take care of someone who needs kindness in his last days on this earth.

We have very little control over what our calling is. It comes from outside of us. What we have control over is whether we become the most deeply authentic version of ourselves and whether we answer the call.

You don't have to be anything other than who you are.

Your guides chose you for a reason. And that reason was not the person you present to the public. That reason was not the version of you that puts on a mask and hides their true self. Your guides know who you are deep down. They know all your struggles. They know your fears and worries. They chose you for exactly who you are. So let go of the feeling that you have to be anyone other than who you are to be worthy of your calling.

You can't fail.

When a spirit guide chooses you for a task - be that to raise a child, write a book, create a work of art, or something else - you are being chosen because you are the right person at the right time for that task.

Think about it. You have certain gifts. These are things that you do so well you don't even realize they're special. You likely think everyone can do these things as easily as you do.

You have certain life experiences that no one else has. Nobody else has gone through exactly what you have, and nobody else has the exact same outlook on life that you do.

You have learned things that are - again - unique to you. All the classes you've taken, all the failures you've struggled through, and all of the books you've read are a part of you.

When you take your education (and not just your school education but your life education), your experiences, and your innate gifts, you will realize that you are uniquely poised to take on the challenge your guide is asking of you.

If you move forward and do what you are being called to do, you truly can't fail. Your guide chose you for a reason. Sometimes you might think you have failed, but more often than not, you did exactly what your guide needed you to do. Sometimes what looks like failure to you is actually exactly what was needed at that time.

So if you're letting the fear of failure or of doing it wrong stop you, just remember, you can't fail as long as you act.