



CLARITY

Step Six:
Work on Your Blocks

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“Each of us has a unique part to play in the healing of the world.”

— Marianne Williamson

Step 6: Work on Your Blocks

So you’ve been listening to your guides, in whatever form they have come to you. You feel like you know what you’re being called to do or at least have a sense of which direction to move in.

But now? Fear sets in.

Fear of failure. Fear of success. Fear that you aren’t good enough or strong enough or something enough for this task.

This fear can stall you, get you off track, or just derail you completely.

Your blocks - like your sabotages - will come whooshing up to overwhelm you, much like a crashing wave.

This is a perfect opportunity to start knocking those blocks out of the way.

I don’t believe you are ever going to be perfect, like a blank slate that your calling can write itself upon. Releasing blocks, like practicing compassion, is something you will have to do for the rest of your life.

As soon as you release one block, another one will pop up.

But know that your guides often choose you precisely *because* of your blocks. It is in working through your own issues that you find ways to help others.

For example, I fell in love with hypnotherapy because it helped me to release some of my own issues. I then took what I learned and now use it to work with others.

The way to work through your blocks will be different for everyone. Often the first steps in this book - practicing acceptance and taking an information detox - will automatically release some blocks and reveal others. Your intuition and your guides can help you as you move forward.

Your Practice: Create a List to Work Through

Sit down and journal about everything that you feel is blocking you from moving forward in your life right now. These could be big things like chronic health issues or financial problems. They could be things that feel small or silly like not knowing what to cook for dinner each night or not liking your clothes. Don't judge what you're writing down. Just write down anything that you feel keeps you stuck, confused, or overwhelmed rather than in a state of flow.

After you've done some journaling, create a list of all the things that came up for you. A few of the things that were on my most recent list were: social anxiety, parenting stress, relationship stress, not having a menu plan, finances, and addictive smart phone use.

Now, order your list from easiest to most difficult to deal with.

If there's something that keeps getting in your way but that you feel like you could work through easily if you just gave it a little time and focus, that goes first. An example might be cleaning off your desk.

The things that are hardest and that you really don't know what to do about or have been struggling with forever go last on your list.

Finally, next to each item on your list, jot down some ideas about what or who could help you with those blocks. You might write down the name of a book you want to read, a therapist or practitioner you think could help you, a friend who could support you, or some actions you want to take. For example if social anxiety were the last item on your list, you might jot down the phone number for a local therapist, the names of some self-help books on social anxiety, or something you would like to do but social anxiety stops you from taking action upon. You don't have to do any of these things. Just jot ideas down.

Your next step is to go to your first item on the list - the easiest - and start working on that. Don't worry about everything else on the list. Just focus on working through that first block so that you can move on.

You will often find that as you work through one issue, you end up making strides in the other issues on your list because what you do in one area of your life will overflow into other spaces in your life.