

**Letting Go - Listening to Messages from the Universe**  
**by Kathie Brodie**  
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The Universe is sending messages and how well we listen matters. That sometimes depends on who is in control. When we insist on being in control we don't always hear what Universe is saying to us. So Universe, or Spirit, or however you want to label a higher power, will send gentle nudges. When the nudges are ignored, they become stronger hits. When the hits are ignored, they become socks, which become blows, and so on. Escalation. Sometimes the messages are clear, other times you have to figure it out using metaphors. In December Kathy Baxter had a major health issue. She tried to control the situation and eventually she ended up in the hospital with emergency surgery. What's the message there? You aren't in control. My message was different. It was more physical than metaphorical. (I think Universe knows I don't "get it" so I need a clear demonstration.) I had water damage in the house. Once I could step back and realized it was again about control, I let go, stopped trying to control. What do I need to do? Clear out "stuff", lighten up. So this water incident literally washed out the old. Be done with the old energy and be ready for the new energy.

A colleague just told me about a Tarot reading she had received the night before. It was a long reading finishing with a three card Past/Present/Future spread. The past and present cards made all kinds of sense to her. When the future card was turned over, it was blank. No image at all. So how is that for a message that she just has to let go of control and trust in the majestically unfolding Universe? . The energy is changing, as many of us realize. How we embrace that change is the key to an easy transition. It happens in different ways for different people, but it is happening.

If you start paying attention to synchronicity, or your gut feelings or intuition, you will begin to see that messages come in all forms. When you let go of control it is so much easier to notice the messages. I'm not talking about letting go of control by abdicating responsibility. There is still a place for mindful action. Shirking your responsibility isn't a healthy balance of control. Points off for that attitude!

If you don't think there is synchronicity going on, keep an empty book and start filling it up with examples. These are just little things, like getting a sudden "hit" to take my vitamins one morning while on vacation. I had to go into my bedroom to get my vitamins and there on the bed was my cell phone, which I needed that particular day. Universe was guiding, giving me nudges, showing me that I could let go of control and simply trust. Yes, perhaps I would have remembered to check for my cell phone before I left, but by having the universe whisper in my ear to take my vitamins I was led to a place where my cell phone was in plain sight, so taking the vitamins was just a little segue to my cell phone. That seems trivial, yes, but after I thanked Universe I thought about it and realized I could have ignored the whisper to take my vitamins. After all, I hadn't taken

them for a week by then. But by paying attention I came upon my cell phone, which made my vacation much more enjoyable that day. If I were in my usual busy-ness mode, busy controlling my day, I wouldn't have heard the nudge from Spirit, I wouldn't have trusted my intuition.

Lots of people are having experiences that, in the big scheme of things, are very similar. The shift is happening. The energy is changing. Relationships, business associates, careers, marriages, goals, attitudes are all changing. Aren't you curious about what is happening? Aren't you excited about where it is all leading us? What a ride! Is it easy to let go of control? Absolutely not. Is it essential that we learn to go with the flow? Probably not. We can fight it, but...for what? We are being set up to be a part of the big plan, whatever that is, and I, for one, am finally ready to let go of control and just hang on for the ride. And coming from a former Type A business person, that is saying something!

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