



Candace Pedicord, MS, coaches from the heart. As an interfaith minister, hypnotherapist and trauma therapist, her blending of spirituality, psychology and energy work creates a safe and vibrant space to heal lifelong issues of loss, neglect and abandonment. She is a Master Grief Coach and past life regressionist and enjoys using elements of EFT, EMDR and visualization in her work.

The Beautiful Gift of the Unknown

By Candace Pedicord, MS

"The space between no longer and not yet is what defines the pivot period of our lives. This is the time when we have nothing left to hold onto but also nowhere clearly to land. This is when most people revert to their oldest and most familiar coping mechanisms, confusing what's known for what's right. If we find the courage to hold our hearts open throughout this process, what we find is that we create an opportunity for miracles to find us, to take root in us, to change us through and through. If we find the resilience to make peace with the unknown, to not require every answer to keep moving forward, to believe that everything will work out one way or another—we begin to live more completely in the moment, releasing the illusions that have been clouding us all along."
- "Pivot", Jenny Blake

Welcome to 2024! A year filled with beautiful opportunities invites us to move from an automated life into a conscious one, using the paths of uncertainty, change and transitions. In the space between what we have known and that which is yet to be illuminated, miracles abound. Miracles of inner peace, abundance and synchronicity.

Let's take a look at where we are and ways to navigate through what promises to be a year of challenges and potential.

We have, for some years now, witnessed and experienced a world that is

radically different from the one we thought we knew. Natural disasters, a pandemic, wars and economic uncertainties are part of our new reality. This is a year of social unrest, with elections and governmental landscapes shifting across the globe..

As we struggle to speak our truths in a world that encourages conformity and obedience, there are also significant personal transitions taking place. Some reflect a deep calling to create our lives differently. Others have been created through unanticipated events such as a health diagnosis, natural disaster or relationship trauma.

In all cases, the world we knew and could navigate no longer provides the sense of security and safety that we once relied upon. We've already left the dock without knowing what shore will be our refuge.

Oh, and just for fun, let's also throw into the mix a year of cosmic influences like increased and powerful solar flares with a total solar eclipse in early April. Whether we know it or not, these do contribute to and have an impact on our nervous systems.

As a baseline of understanding how to move forward, remember that we are a combination of automated and conscious living. A blend of relying on the predictable while embracing the unknown.

The automated life does its best to create predictable

events and milestones. It is largely successful with maintaining equilibrium as long as the unanticipated keeps its distance. But even the automated life will run out of steam at some point. Comfortable does not promote the unfolding of potential. We all carry an evolutionary impulse towards growth, so we become restless, knowing there is more.

The conscious life embraces change as a way of growth. Adversity holds a promise of deeper personal acknowledgment and greater capacity to create with joy and purpose. The unanticipated is met with a commitment to learn from the experience, knowing that it holds the potential of launching us into a future of enhanced personal connection and peace.

So the transitional space, that in which the past is no longer viable and the future is yet unknown, is the beautiful and troublesome space of *choosing how to be, rather than what to do.*

Here are some things to consider in embracing change and transition:

Accept and embrace the unknown as if you had deliberately invited it. Standing in the energy of deliberate creation and choice will significantly dissolve any overwhelming anxiety or fear about what lies ahead.

Remember you are energy, fully connected to the planet and humanity. Your perceptions of change will create a vibration in your nervous system. Breathe, meditate, take time to be, not do. Exercise, eat well, sleep, connect with a support system.

Be patient. Transitions mean you will leave things (habits, relationships, beliefs) behind. Be wise and discerning about how you leave them. There is no need to rush, to impulsively leap into a new future. Give yourself time to adapt and reset.

Be curious about what you are feeling. Explore any underlying beliefs

and emotions that arise. Confusion and doubt are part of a transition. Do not try to escape or condemn them. You are a work in progress, learning to accept and embrace yourself above all.

Meditate. When you take the time to connect with yourself, instead of hooking into outside influence, you feel at ease, confident, and assured. Meditation helps to create a resilient, loving and cherished connection with you.

Welcome support. In transition, it is helpful to have assistance and guidance in letting go and embracing new ways of thinking and being. Choose wisely, inviting those who are familiar with conscious living to have your back.

Who we are in the presence of uncertainty and the unknown creates the defining moments in the arc of our precious lives. Life is moving us toward harmony and an open heart. Let that truth be the foundation that supports you through all of 2024 and beyond!

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"Life does not happen to us, it happens for and through us. Transforming the energies of fear and loss into compassion and forgiveness is not only recommended, it is essential. The world needs beautiful, loving and strong women...now."