



## **A LEAF IN THE STREAM OF CREATION**

### *A New Leaf; A New Chapter*

*By Patricia Morton*

**I'm sitting on a crowded train on my way to London; uncertain of what I'm going to write.** This is a reflection of how my last month has been experienced; not knowing, going with the flow and not 'pushing' to make anything happen. I found myself finishing many projects started over the years and came back more deeply to the study of astrology and numerology, both of which have been of interest since childhood and are absolutely mesmerising and fascinating to me. Another big circle; ending up back where I began, having taken risks and learned.

Serendipity occurs from time to time, and those moments are joyfully welcomed. A challenging conversation happened which I recognised was like so many from the past that would send me 'out of control'. In that moment I notice how my heart starts to thump and am conscious of another part telling me to breathe deeply. Accusations, which my people pleasing self says 'yes; it's true, it's my fault'. Another part gives me an intuitive piece of knowledge, one that is not fully clear, a knowing inside; 'no, just concentrate on deep breathing'. My heart rate returns to normal and I am more centred; now I am having a difficult conversation and am coming from a place of power instead of feeling bullied or victimised.

What exactly is the point of this story? My recognising in that single moment I made a different and better choice than my 'normal'. Coming from a place of power means I'm being myself, and that's okay. Others expectations are really only their perspective. The choices I make from moment to moment either come from power or fear. Fear of failure; fear of success; fear of the future, the past and so on. Life has been and will be a series of opportunities for growth and healing. Looking at my own astrology and numerology I recognise what those blueprints are telling me. Nothing is definite. It's up to me to take action, take a risk, ignite the possibilities and fully embrace what comes; if I sit at home waiting for a miracle I could be waiting a long time! Thinking about my own power I believe that it is something I'm growing into as I recognise those experiences as the learning opportunities of my life. Understanding myself, I know that as a child I would have been unable to handle that power; it has had to grow over the years, step by step.

My life circles teach me so much when I have the courage to step out and become aware of myself. My 'unfinished' projects reflect the unfinished work of my life - mirrors. Expanding my comfort zone means that at some point I have gone into those dark places within myself and resolved conflict and turmoil; all requiring action on my part. My blueprint for life is me; I am the author - I'm creating my best life! Abundance, health and prosperity to you.

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*Patricia Morton*  
*Counsellor • Therapist • Catalyst • Writer*

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