



Intuitive Reading

1/16/18

By Sarah Asia

Laughinggoddess.com

sarahasia@laughinggoddess.com

Current Situation

Your Guides especially want to remind you that this is all a part of the process, even though things are “rough” right now. There is a quality to that word, rough, that is especially appropriate for you at this time. Can you feel it?

There is a coarseness, maybe a need to smooth some edges?

There is disharmony and chaos. <3

Your Guides want you to know that this, even while some of it looks like the same ole shit you’ve been dealing with, is all part of the shake up and shake down. You are releasing a lot of sludge right now. And it takes time. Happens in layers.

Whether you’re fully aware of it or not, you are continuously peeling back layers, and this is all you need to be doing.

Right now, though, your Guides are calling you to hone in on your internal harmony. This is where your focus needs to be. There are external situations which are both reflecting and distracting you from this focus.

Your task right now is to cultivate harmony within, and it will naturally be reflected in your external experiences.

It is crucial for you to take the time to figure out what this means to you, inner harmony, and how it looks for you.

One practical life area where you can practice applying this Work is in your separation proceedings. First, you must be honest with yourself about what you want. That is integrity, and integrity leads to harmony. Then, you must communicate your desires authentically and compassionately--to both yourself and your husband.

Begin within first, and when you feel ready, move into the task of harmoniously navigating your separation in firm but compassionate terms.

Something to remember

Now is a time for *feeling beyond your conditions*.

This means you are going to choose how you want to feel about your life, yourself, and your conditions, regardless of what they actually are.

This means...if the reality is that you're broke, you need to cultivate a mindset that you are rich. When we look at it like that, it can feel like a long-term task. And it is. But you can begin making huge shifts now simply by calling more attention to and focus on those things which represent, for instance, your abundance in a way that feels genuine to you now.

This is very important. Your response to your current conditions is your Magic and is what's going to determine where you go from here, what you allow to unfold...or not.

It is time now to see every so-called set back as clarity, direction, guidance. These are what help you know what you want and don't want. And in time, you'll want to align this with what you tend and don't tend as much.

This does not mean neglecting your challenges, but it means not over-indulging in them, and not suffering over suffering. Respond and keep it movin'.

This is a lifelong practice, but it starts in small ways.

This practice is what will shift your conditions, and it will come as a result of mental shift within you from a perspective of victimhood to circumstance (however unconscious), to realizing that you can create whatever experience you want. (There is an issue of self-image/self-worth here, but that is not the focus your Guides want for you right now.)

The Medicine

A lot of the medicine has already been addressed here, but your Guides wanted me to pass this along for the Medicine portion of this reading: **YOU ARE BRILLIANT! YOU ARE A CREATRIX! YOU ARE A MAGICAL BEING! YOU ARE BEAUTIFUL! YOU ARE VALUABLE! YOU ARE STARDUST! AND LIKE THE SUN, ALSO STARDUST, YOU CAN GROW, CREATE, SUSTAIN, NOURISH ANYTHING!**

You have everything you need, but you have to Trust yourself. You have to Trust what you know you know and not try to rationalize it or turn it around. A good example of this may be

how you started your conversation with me this morning with, "I don't know if I want to divorce or stay with my husband and I feel guilty for wanting to flirt with other people." But later you realized/revealed that you **know** you don't want to be with him right now, and that you feel like you need to explore yourself on all levels outside of him. You knew this. That flirty part of you did, at least.

This is the Trust to foster right now. This your immediate Work.

Sending Love!



Let me know how this Medicine tastes:

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