



**Constraint** – to minimize, to let go, in preparation for change and/or personal transformation!

**Your next step:**

Gracefully demonstrate 'Sacred Selfishness' with total respect for your personal boundaries. Knowing when to say "Yes, please" and "No, thank you". And above all else not allowing harm; not to your self or others.

Now is the Right Time to withdraw your enthusiasm and/or encouragement that has been adding to a situation and/or association. This is not about making something wrong or bad ... it is just no longer requiring your attention. What Area of Life have you been focusing on? It is time to withdraw your focus from this aspect and focus on something else of a higher importance to you now.

It is about switching your focus, not about withdrawing your love and/or respect for someone or something.

What is calling for your attention now?

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