

# TREE OF PAST LIFE



Welcome to Autumn

So, who are you?

Have you given yourself both the time and the pleasure of sitting down and working through this question.

Your answers do not have to be huge, grand or all singing and dancing

Just honest, that's all



*Where does your path lead you?*

## THE CHANGING OF THE SEASONS

Here we are already into the later months of our year. How quickly the months have passed us by, how quickly the leaves once again fall gracefully back down to the ground.

Sometimes it's good to look at the trees, and think how our lives feel so similar. Sometimes you need to re-establish your balance, your roots, your branches. Perhaps you've just gone through a traumatic situation, or you're feeling a little lost and don't know where your life is headed.

Life can throw up so many branches, some that we never expected, so it stands to reason there will be times we need to adjust our journey.

What are the things that stand between you and complete happiness? Do you actually know?

What may make you happiest, and how would you recognize this? Have you reached a stage when life over brims with life?

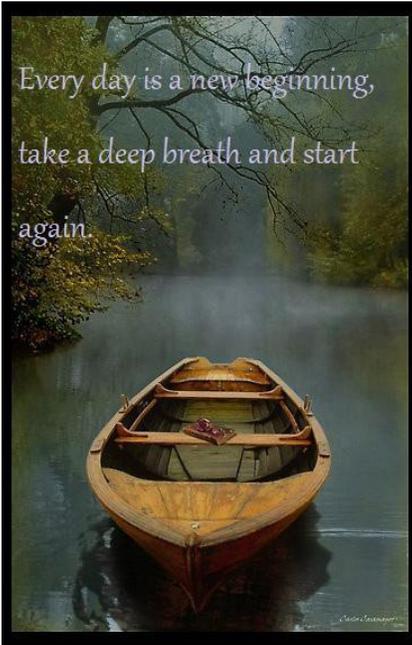
So many questions in life and sometimes it is good just to take a few minutes over a cuppa and clarify what you already know is fact. Separate it from the fiction so to speak.

Here are a few simple questions as examples to ask yourself, see where your answers lead you, what comes into your thoughts

### Start with

If you lost everything tomorrow, whose arms would you run into to make everything ok, secure and welcoming?

Does this person know how much they mean to you? When was the last time you told them?



- If you could send a message to the entire world, what would you say in 30 seconds?
- If you received enough money to never need to work again, what would you spend your time doing?
- If today was the last day of your life, what would you want to do?
- What would you change about your life if you knew you would never die?
- If your entire life was a movie, what title would best fit?
- How would you describe yourself in 5 words?
- What are the chances you've passed up on that you regret?
- How do you apply the learning from this regret to your actions today?
- What would you do differently if you knew that no one was judging you?
- If you could watch everything that happened in your life until now, would you enjoy it?

You see sometimes in life we have to just stop, put the brake on, live in the moment and let our answers be true, honest and full of our integrity. Have a go at answering them, you may surprise yourself just what thoughts they inspire within you.

We at times get so caught up with our busy hectic lives that we pay little or no attention to what is the reality within us. Sometimes our answers when written are very different to the ones whirling around in our minds constantly and with no particular place to go. They begin to make sense and have substance.

Enjoy the time you take, you own it



---

*The only real voyage of discovery consists not in seeking new landscapes, but in having new eyes*

---

Have an amazing month from Sally [www.treeofpastlife.co.uk](http://www.treeofpastlife.co.uk)



Treeofpastlife.co.uk - Author of "One For The Ladies" [click here](#)

Appointments in Clifton Bristol and Weston-super-Mare.

Weekly drop in sessions in Clifton Bristol

