

Decision Dilemma

I was just offered a lucrative job that requires I relocate. It would set me up for a comfortable future. But recently I met someone who could be the long-term relationship I've been looking so long for. It is too new to ask her to move with me. She's not interested in a long-distance relationship. It feels crazy to not take the job, but I'm afraid to miss out on love. I need to decide, and I am so anxious I can't think. Any ideas?



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Big decisions call for slowing down, quieting the outer noise and going within. When the head and heart battle for the inner microphone, your physical body is the most trustworthy access to inner knowing. Connect your body to wise Mother Earth and put your back against a tree. Breathe. Ask to be freed, just temporarily, from your need to find the right answer.

As you continue to breathe deeply, imagine yourself living in the outcome of each decision. Drift into the future of accepting the new job — moving, the work, the paychecks. What emotions and physical feelings come up? How are your shoulders? Is your stomach tight or relaxed? No judgment. Just notice, then let go. Next, imagine turning down the job, staying where you are and pursuing the relationship. Now how does your body feel?

Finally, set all of it down and courageously ask your highest self what you most value. Are you willing to trust that this infinitely creative and wise universe already knows the best path for you and is supporting it? Any combination of possibilities exists because life and love are not black and white.

Regarding the romance, have you shared your inner dilemma openly with this new woman in your life? It sounds like time to risk being vulnerable. Give her space to do the same. A relationship without clear, honest and respectful communication is not one you want. So, take that leap of faith and be totally open.

If a long-term, fulfilling relationship is something you both want to pursue, get creative. What I know is that as you do these things, you will *know*. Trust life. Trust yourself. All is well. ✨