

The Ask Twice card

Your mind answers first. *Your body answers true.*

1 Ground

Stand. Let your feet take your weight. Wiggle your toes. Feel where the weight actually is. There is nothing to perform.

2 Breathe through your feet

Breathe as though your feet were a pair of lungs. On the exhale, send the breath through the soles and down. On the inhale, draw it back up.

3 Ask a real question

Not a question with the answer already hidden inside it. A question that leaves room.

What am I not allowing myself to know? What happens in me when I imagine saying yes? When I imagine saying no?

4 Let the mind answer

It will, first. That answer is not a lie. The mind is giving the best account available to it.

5 Ask again. Do not answer.

Keep the question moving. Do not define what appears. Let the body move.

6 Name it

Use the mind again, now in service of what the body has shown you. Name what you noticed as precisely as you can.

7 Take it into your life

The decision. The conversation. The relationship. The room.

There are two answers. They are both yours.

The second answer is not the final answer. It is the answer you have been leaving out.