

CROSSROADS: REFLECTIONS

PART VI



Worksheet 15

Life often brings us to crossroads—moments when we stand between two paths and must choose which way to go. These choices may involve work, relationships, health, values, or spiritual direction. At such times we may feel uncertain or even afraid. Yet every crossroads holds a hidden promise: it invites us to reflect on what matters most and to choose the path that aligns not with who we've been but with who we are striving to become. The reflections that follow are meant to help you approach the decisions you face with greater awareness and confidence • Before you begin, take time to center yourself. You might use the Introspection Gateway to reach a state of inner stillness, focusing your mind at the spiritual eye, the doorway of intuition. From that inner stillness, proceed with the exercises, trusting that the right step will reveal itself in its own time.



What major decisions am I facing?

Take a moment to describe the significant choices before you. These might relate to work, relationships, health, lifestyle, location, creative pursuits—or to other areas of life that feel poised for change. Consider which of them feels most significant or most time-sensitive at this stage of your life.



What possible options are available to me?

List specific choices for each of the crossroads. Writing them down will help you look more carefully at the various possibilities.



What are the risks and rewards of each option?

Each option carries its own advantages and disadvantages. Visualize yourself following each one. What might you gain or lose? Be realistic about the potential drawbacks yet open to the growth each path might offer. Which risks are worth taking?



In each situation, which choice offers the best opportunity for my inner development?

Reflect on which option feels most aligned with your inner values and with the direction you hope your life will take—not merely what seems practical, but what resonates most deeply with your soul.



What guidance, intuition, or insights might I gain from my spiritual practices?

Have you received any signs or inner guidance about your next step? What direction does your heart perceive as right at each of your crossroads?



Who can advise me in making these decisions?

Sometimes we need an impartial perspective to help us see our situation more clearly. Are there trusted friends, mentors, or spiritual guides who could offer perspective or wise counsel? Such guidance may help you discern which choices are most in harmony with your life's dharma.
