



## What to know about the W.A.I.T. Technique

Most of the time we are trying to 'make things happen.' In fact there's a large part of the New Age and Human Potential movement that advocates for that point of view.

It does however; fly in the face of the way nature shows us. And it's in Ecclesiastes 3:1 that the message of W.A.I.T is most easily referenced:

- 1 To *everything there is* a season, and a time to every purpose under the heaven:
- 2 a time to be born, and a time to die; a time to plant, and a time to pluck up *that which is* planted;
- 3 a time to kill, and a time to heal; a time to break down, and a time to build up;
- 4 a time to weep, and a time to laugh; a time to mourn, and a time to dance;
- 5 a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;
- 6 a time to get, and a time to lose; a time to keep, and a time to cast away;
- 7 a time to rend, and a time to sew; a time to keep silence, and a time to speak;
- 8 a time to love, and a time to hate; a time of war, and a time of peace

In modern times, we've gone to great lengths to prove to ourselves that we can bypass the natural order of things. Even without being religious about it, there is a recognition of truth in the verse. Plants ripen when it's time to ripen, babies are born, people die, and quite a lot of it that is not of our timing. We don't control when or even if it's going to rain, and certainly major weather disasters happen not in our timing.

It's only the need to feel like we control things, that we have power, which compels us to attempt to force things against their own natural timing. Here's a thought experiment. Try to force yourself to be actually chronologically older than you are. Good luck with that.

So the WAIT technique is founded in some very universal tenets. The first is that many things happen in their own time even when we want/need otherwise. The second is that when you have absolutely clarity, you act decisively. When you don't, you try to force yourself to be clear, force yourself to act even when other signals are coming that tell you to wait. The third is about what WAIT tells us by being patient enough to allow it to be as it is.



## W.A.I.T. How to do it (Waiting Accesses Intuitive Truth)

Close your eyes, it makes the process much easier. Then take a look at what IS clear for you. If it is clear to move ahead and the nature of the action is obvious then it's time to take that action. Feel into whether or not you're forcing. (BIG HINT here, if you're repeatedly struggling then it's probably time to WAIT)

We've all had the experience of trying to solve a problem, accessing our creativity or something else, and then just dropping it for the time being and focusing elsewhere. And then, in the middle of the night, the next day or evening, the solution appears and we feel a big "DUH!" of how obvious it is and ask ourselves, "Why didn't we see it before?" Well, it could be that it wasn't time to see it before, otherwise, one might say, you would have.

Now here's something else about WAIT. WAIT doesn't mean "do nothing."... It means Wait on that issue, challenge or action for right now and seek to discover what's calling your attention to act on. Many times our impatience about something happening "right now" has us override what we really need to be addressing but is calling us in a much quieter voice.

This is similar to having several children and one is screaming for your attention because they're in a needy moment and yet the quieter child has a far more important need but is simply quieter about it. You can't hear that need if you are constantly and only paying attention to the noisy one.

So when you feel like you're struggling with something, take a few moments to sit in silence (perhaps even the GAP experience) and see what really needs your attention. In most cases, your intuition will come through loud and clear. And when it does, that's what to act on.

Imagine the moments where you're convincing yourself you need to get a project done and yet everything inside you is saying "you need to take a break." Have you noticed that sometimes things seem to show up to compel you to take that break and interrupt your mind's schedule and plan about what's supposed to happen and when? That's what I'm talking about. WAIT lets you quiet the mind long enough to hear what you need to hear and then act on that.

