

embracing our **GLITCHES**
SELF AWARENESS SERIES





The fundamental patterns in nature are neither intrinsically *good* nor *bad*—but they may show up in either enabling or disabling ways.

A glitch is one of these patterns currently showing up in an unhelpful way. But when we shun the glitch and try to distance ourselves from it, we shun the potentially enabling expression of the underlying pattern.

Often the glitches that cause the most chaos *outside of us* stem from well-formed patterns *inside of us*. And these well-formed patterns have great potential to become our most spectacular gifts.

So, it's essential to step *toward* our glitches—not *away*. To understand their nature. To embrace them. And, eventually, unleash their potential to become a shining star in the unfolding story of our life.

examples of **GLITCHES**

JUDGING—having strong opinions about how people *should be* or how they *should act*.

LUNGING—being paralyzed about the "next move" and then suddenly taking a risky, wild leap.

GAMBLING—frequently taking risk with things that have a low probability of success.

PERFECTING—never feeling satisfied with the way a *thing is* and then feeling compelled to do *just one more* thing to make it better.

REDUCING—taking the air out of another person's idea by insisting on knowing whether it's practical.

DEVIL'S ADVOCATING—generating oppositional energies by asking unnecessary questions or challenging others at non-ideal times.

DIGGING IN—resisting things that work in your favor simply because someone is pushing.

RETREATING—withdrawing and isolating when you are overwhelmed or offended.

HIGH HORISING—being sure your values are better than another person's values.

MANEUVERING—politicking or pulling strings to get your way.

BLACK AND WHITING—overconfidently sorting into piles of *yes* and *no*.

RELATIVIZING—resisting other people's insistence on absolute truth.

description of the **GLITCH**

Procrastinating—waiting until the last minute to begin even the most important things. Struggling to incrementally invest over time. Letting pressure build until I am forced to act. Suddenly diving so deeply into something that I lose a sense of everything else around me that also matters.

fundamental nature of the **GLITCH**

Sensing windows of opportunity and concentrating energies—aligning with the pulse of creation.

enabling expression of the **GLITCH**

Being able to spontaneously manifest things beyond the reach of most people—and doing it with lightning speed. But recognizing when just getting it done now makes space in the future for even more potent spontaneous manifestation.

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