

The 48-16 Channel

Self Reflection Prompts and/or Conversation Starters

The Whole Channel

You have consistent access to use your wealth and variety of skills to find potential solutions, and refine and improve processes.

- What do you need so that you can invest in and practice what you preach? Do you have space for your creative process in your life? If not, how can you create that space and let yourself tap into your unique form of expression?
- What practices feel supportive of your mastery? How can you allow yourself to look for improvements, but not internalize or stay stuck in feeling inadequate?

Gate 48

The energy of this gate holds a deep, intuitive awareness of what is possible.

- How do you deal with feelings of inadequacy? Or the fear of being inadequate? How can you remind yourself that your wisdom comes out in particularly beautiful and impactful ways when others ask for it first? How can you stay strong and befriend the fear of inadequacy while you wait?
- Do you have people around you who remind you of your powerful wisdom? How can you offer that to yourself if you don't?

Gate 16

You are enthusiastically committed to the potential vitality of life and allow that to live through you by adopting and practicing the skills you need to do so.

- How can you better let your Strategy and Authority guide you towards the opportunities to engage your skills, and give yourself all the time, space, and grace you need to master them? Can you trust that true mastery takes time, and you'll have the skills you need, when you need them?
- How can you honor your enthusiasm for the possibilities, theories, and art of life so that this remains a primary motivating force for engaging your skills? What does deepening your skill set look like? Can you let your Strategy and Authority support you in determining which skills to focus on and master?