

The 58-18 Channel

Self Reflection Prompts and/or Conversation Starters

The Whole Channel

You have consistent access to the energy that helps identify what is no longer serving the collective.

- What is your relationship to perfectionism (both in yourself and the world)? How can you balance the drive to improve and find a better way without getting wrapped up in *everything* that needs to be fixed?
- Are you a harsh self-critic? Is this something you recognize in your life? What can you do to remind yourself that your ability to see what needs to be improved upon is not something that is meant to be applied to yourself?

Gate 58

You have a deep drive for and love of life itself, always searching for something that can make life even sweeter.

- Bring awareness towards the drive to improve and to help; do you turn it inward? How might you guide this energy outward instead? How might you pour your zest and vitality into the world?
- Do you fixate on improving yourself? How can you release this pressure? What permissions or projects would support you? (Like exercise, art practices or anything that gives you something to pour into and perfect.)

Gate 18

The energy of this gate brings you awareness towards what is or isn't working, and the intuitive awareness to know what improvements need to be made.

- Do you recognize when you've turned this critical energy on yourself? How can you fill your life with projects that ensure this energy is focused externally?
- Do you consider yourself judgemental? Do you feel that others receive that energy from you? How can you remind yourself that honoring life and helping life express itself in absolute perfection is such a gift when in service to others? Can you honor this beautiful gift of service you hold *and* the reality that perfection is not always possible?