



**Weekly Tip from Dr. Mark**  
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### *Signs and Signals*

I found myself in an ambivalent space this morning while trying to make a decision about whether or not to try a new church here in Santa Fe. There are good reasons to check it out and for the past couple of weeks I've said each Sunday that I would. Still, having made a clear decision yesterday to do it today, this morning I just didn't feel the push to go. As I struggled with making my final decision, I was flipping TV channels and I happened upon a PBS interview with Joseph Dispenza. He was answering questions about his new book, *God on Your Own: Finding A Spiritual Path Outside Religion*. I instantly understood my ambivalence (and I ordered the book!) and my decision was made.



My experience is that when decisions seem hard to reach it is because we have closed ourselves off to the answers. Oftentimes the answer comes in the form of a sign or a signal rather than from unending processing. Most of us aren't trained to trust something so simple.

I invite you to try an experiment this week. Bring the circumstances of an important decision to mind, and ask that a clear answer come to you as you go about your day. Then, begin to notice things around you: written signs along your path (particularly misspelled or incomplete ones!), things in nature, people that come and go throughout the day. Tune into your world like you've never tuned in before. Chances are very good that in some dramatic way your answer will jump out at you with very little thought at all.

Have a great week, and Enjoy the Journey!

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