

# LIFE

Usually comes to you in the form of messages. What you do with these messages is important.



Do you Hear | Get | Heed

## MESSAGE

The message may be to grow, change, adapt, tell the truth, get a clue or to head in a new direction

**SYMPTOMS:**  
Learning Curve,  
Confusion, Doubt

**REQUIRED:**  
Strength, Assistance,  
Guidance, Love

**SYMPTOMS:**  
Ease, Effortlessness,  
Balance, Pleasure, Joy

**REQUIRED:**  
Trust, Reserve, Space,  
Faith, Willingness,  
Flexibility

If you do not heed the message, you are now given a

## LESSON

You probably won't like the lesson, but it will increase your awareness. Oh Joy.

**SYMPTOMS:**  
Frustration, Upset,  
Adrenaline,

**REQUIRED:**  
Advice, Direction,  
Structure, Enough  
Pain

If you hear and respond to the message you are offered, you will enjoy:

## SUCCESS

You're successful when opportunities come to you, rather than you creating or chasing opportunities.

If you did not learn the lesson (even if you thought you did) you are given a

## PROBLEM

This is not life. Better to truly learn the lesson. Even better, get the first message. Otherwise you become a master problem-solver, which is **the booby prize of life.**

THE PROCESS OF  
LEARNING LIFE'S LESSONS

# Sherry Lowry