

H.O.P.E.

Helping Other People Exhale

SN-L Consulting

Helping Individuals and Organizations
Reach Their Potential



Sondra Nettles-Lechebo, MS, CEAP

585-421-0788

sondra@snlconsulting.net

www.snlconsulting.net

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H.O.P.E. Winter Newsletter

Compliments of SN-L Consulting

The H.O.P.E. Quarterly Newsletter: The Newsletter features matters of the heart topics. Your suggestions for topics to feature are welcomed.

Sondra-ism: *What I Need To Know, Devine Intelligence Will Reveal To Me.*

Feature Topic: Be OK Not Knowing: There will be some things that happen in life that we will not be able to understand or explain. *Be OK not knowing.* If we need to know, *Divine Intelligence will reveal the knowing to us.* Knowing does not change an outcome that's meant to be part of the content and feelings of our life journey. If you find yourself spending a lot of time and energy pondering a situation over and over again, in your mind, and the knowing does not come-**s-t-o-p**. It becomes unproductive when the thought of needing to know becomes physically, mentally, emotionally and spiritually draining. Give yourself permission not to know. Surrender to not knowing. Fully accept not knowing. *Yield to, rather than oppose, the flow of life and internal struggling will cease.* The way our life has unfolded is exactly as it suppose to be, simply, because that's the way it is. Why create suffering for yourself and others by having *internal conflict* over *external* situations that you have no control over? Accept the things you can't change and change the things you can. There is a noble purpose to be found in every situation, especially the difficult ones.

Spending Time with Jesus Circle: If you would like to know more about the 'Circle' e-mail: sandra@snlconsulting.net or call 585-421-0788.

Next Newsletter: May 2015

In the meantime, keep on exhaling!