



HOW TO KNOW WHAT TO DO

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In this complicated, surprising moment in the evolution of the human/divine species, you may find so many sources for guidance and expansion that you could find yourself overwhelmed and not knowing who to listen to. . .

There are lots of teachers, schools, and healers that will gladly share their opinion as to how you should spend your sacred time, energy and money.

How do you know what to do?

Many teachers and guides have real, useful things to share with those who are called to learn from them.

You could meditate, buy crystals, do vibrational healing to balance your chakras, go on a shamanic journey, get therapy, call on the angels and ascended masters, or do any of a number of other things.

- **How do you know which to choose, if any?**
- **For that matter, how do you know how to make any choices in your life, professionally, socially, physically, or spiritually?**
- **How do you know which will be most fun, most expressive of your real Self, and also serve the Highest Good?**

You can ask your friends, or family members what to choose.

You can take the recommendation of someone you never met before. You can go to a church or mosque, or you can go to the Yellow Pages.



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Or you can ask the expert: your **Sacred Self, who knows better than anyone else.**

"At the heart of each of us, whatever our imperfections, there exists a silent pulse of perfect rhythm, a complex of wave forms and resonances, which is absolutely individual and unique, and yet which connects us to everything in the universe."

George Leonard

If we let it, our Sacred Self is what runs us, wisely telling us what to do, what not to do, and when to rest.

Not our personalities, our brains, our wounded "inner kids", or our best friends, but our own Sacred Self.

I use the term Sacred Self because it is a religiously-neutral description of what some traditions call the Soul or High Self. We each have a compass to give us direction, in the largest and smallest moments of our lives. We all have the power to determine our own destinies in conjunction with the Sacred.

"The Sacred Self Living philosophy is that you are a spark of creation equal to and as precious as any other. Your life, your time, and your money is sacred, since it is all a manifestation of your energy."

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Why Don't You Already Know More About Your Sacred Self?

Certain forces and influences have tried to get between you and your Sacred Self. Some organized religions have claimed that we can't have our own access to the Divine; that we must follow their priests or gurus and give them our time and money in order to get Divine guidance or comfort.

Many of our families have brought us up in the belief that "you must go outside yourself for wisdom" because they have been taught that way.

Political systems, too, can limit our awareness of our own inner authority in order to retain power over us. Education is often based on a very narrow view of the human, and leaves out a lot, especially the sacred dimensions. Distractions and escapes abound, too, in modern life.

Electronic addictions to computers, TV's, and other devices can seem to run our lives.

Anything can become compulsive: work, socializing, repetitive mental cycles, worry, relationships, gambling, food, substances, and even addictions to escapist spiritualities are common.

What does our Sacred Self have to say and give to us?

- Purpose
- Direction
- Comfort
- Joy
- Confidence
- Insight
- Courage
- Passion



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When we ask and listen, our ancient **Sacred Selves** tell us the answer to humankind's oldest questions:

What are we doing here?

What is our Sacred Purpose?

When you follow the spiritual blueprint designed by your unique Sacred Self, you are more focused, more relaxed, more deeply fulfilled, and often you have more joy.

So How Do You Connect More Deeply to Your Sacred Self?

You already know how. There are a million ways, and you have stumbled upon some of them already in your life.

When did you feel clear, in touch, real, and physically at ease? Whenever that was, you were in direct contact with your Sacred Self. You may ask, what's the formula for connecting to your Sacred Self?

The kicker, of course, is that there is no formula. Like all important efforts in life, it's up to you to do the experimentation, draw and trust your own conclusions, and act on them, in a committed passionate way, over time.

Try any method that draws you. If sitting in meditation appeals to you, try that.



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If an intention support group appeals to you, experiment with that. Do what seems most intriguing and fun. Try saying affirmations, running the marathon, or sound healing.

Don't worry if the ways you connect with Sacred Self change over time. That's normal, and the **only rules here are:**

1 - Keep At It

2 - Do What Works Now

And at times we absolutely need to surround ourselves with more people who are committed to following their Sacred guidance. Among the services offered by Sacred Self Living are Tribes of good people who support themselves and each other on their unique paths.

What If I Can't Take the Time to Connect with Sacred Self?

As a Sacred Self Living coach, I would ask the question, "Why aren't you making the time?"

We all have the same amount of time. When a thing is very important to us, we do make the time for it. (Remember a time you were infatuated with a new person or job?)

As a coach, I challenge people to see what they are putting in front of the things they say they want to do. And change it!



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“My Life Is Too Small For Me!”

Do you want more for your life, something fuller somehow?

“Sacred Life Coaching supports you to:

1 - clarify your Sacred Life Purpose

2 - take focused, consistent action to manifest it, and

3 - deepen your ongoing contact with your Sacred Self.”

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What's Your Most Exciting, Steady Relationship?

It is the relationship with **YOU**.

With your beautiful, playful, curious, free, passionate, alive, powerful, wise, fun, emotional, silly, deep Sacred Self!

Learning to discern how to use your energy, time, and money is a big part of Sacred Self Living. If you are truly a spark of the Source or Creative Potential, it is up to you, in consultation with your Sacred Self, to decide what to do when, day by day.

Otherwise, you're flying blind to someone else's idea of how to live. Our Sacred Selves hold all possibilities within them.



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“They” know more about us, our passions, purposes, and lessons than all the people and institutions outside of us put together.

Your Sacred Self will lead you to more peaceful, fun, juicy, loving, challenging, and profound life experiences than you can imagine with your human ego!

And, when we do follow our Sacred Purpose, we connect more deeply and pleasurable with other people, animals, plants and all beings that are doing the same.

Much more of the time, we’ll be fulfilled and a real part of it all, open to the curious workings of this quirky Life School we’re in.

I believe this is how we were always meant to be.

Come back. Remember. Reconnect with your Sacred Self.

And, if you don’t feel called to these particular ideas and energies, go find what **REALLY** delights you, and do that!

Ask your questions clearly, and listen to your Sacred Self. I wish you truth, joy, love, passion, power, and peace on your journey.



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*Always feel free to contact
me or schedule a free
Pathfinder session [here](#).*



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