

Personal Mastery Workbook – Chapter 1

The exercises in this chapter are designed to help you see through the limiting beliefs and constricting ideas about who you are that have been put on you as you've gone through your journey in this lifetime.

Try to answer as honestly as you can – the more you get to know about your identity, the easier it is to reinvent yourself and allow your Authentic Self to emerge through you.

You will probably find that your answers will evolve as you grow into your true Self. So you're welcome to come back later and print this document again and answer the questions with your "new eyes".

Exercise 1: Who Am I?

Note: We're going to come back and look at this later in the course. For now, I just want you to be as curious as possible.

Step 1. Write down the answer(s) you received during the group meditation as they came to you. (Don't edit!!)

Step 2. Answer some questions about the answer(s) from Step 1. (Feel free to add your own questions.)

Does your answer align with your ego-identity? If so, how. If not, how.

How does "who you think you are" stack up to "who you think you should be"?

If you told your spouse/kids/partner/parents/friends who you really think you are, how do you think they would react?

How did your answer(s) to “Who Am I?” make you feel?

Exercise 2: Family System

So much of our identity is formed in / as a reaction to the family environment. We are all imprinted by the unacknowledged shadow energy of our parents. And because most of our parents were not fully adults on a psychological level, they often tried to form us to meet their needs. For some of us this may have been overt:

“Don’t ever move away from home; I would die if you left me!”

For most of us it happened on a largely subconscious level. Remember that children spend the first seven years of life predominantly in the Theta brainwave state, characteristic of deep daydreaming of the border of waking and sleeping. We are being constantly hypnotized up until age 7!

- *Describe your principal role or roles in the family (Scapegoat, Hero, Golden Child, Caretaker, Mediator, etc.).*
- *What were your duties in this role?*
- *What were your parents’ biggest fears?*
- *What were your parents most ashamed of? Describe Mom and Dad separately.*

- *Joseph Campbell says the scales of the dragon we must face on the Hero's Journey are all lettered with either "thou shalt" or "thou shalt not".*
 - *What are the "Thou Shalt's" and "Thou Shalt Not's" of your family system?*

Thou Shalt

Thou Shalt Not

Exercise 3: Teenager

What were you most self-conscious about in middle school / junior high / high school?

1.

2.

3.

Were you teased by other kids? How did this affect you?

How did you compensate for / deal with the shame you felt as a teenager?

Note: The compensation can be “positive” or “negative”.

“Negative” example

I was really ashamed of my acne, so I covered my face with my hand when I talked. I wouldn’t talk to the boy/girl that I liked because I was so afraid s/he would reject me.

“Positive” example

I couldn’t afford the clothes that all the cool kids wore, so I developed my own unique “outsider” style.

How are the personality changes you made in teenage years still embedded into your adult persona? BE HONEST!

Exercise 4: “I am not that”

You can do this in parts, or you can do the whole thing consecutively. The object is to begin to separate from your attachment to your personality/identity and realign yourself with your core essence – the life force.

Step 1: Outer objects

Look around at everything you see and say to yourself, “I am not that (tree). I am not that (book).”

After you’ve named 10 or so things outside of you that you are not, go to:

Step 2: Body

Look at 5-10 different body parts (your hand, your hair, your leg) and say “I am not (my hand). I am not (my face).” You can also use this when you experience negative body sensations throughout the day. “I am not that hunger. I am not that headache.”

Step 3: Emotions

Now look inside yourself and notice the emotions and thoughts you are having / have had during the day. Say “I am not (that anger). I am not (that fear). I am not (that happiness). I am not (that voice that says I messed up).”

Step 4: Self-concept

Now look at some of the ways you define yourself: good mother, hard worker, reliable partner, erratic, depressive, lazy – any self-concept that tends to define you, whether it comes from “you” or from someone else.

Say, “I am not that (good mom). I am not (crazy). I am not that (clumsy communicator).”

Exercise 5: Mirror

Practice standing in front of the mirror for one minute, at least 2 times a day. Look at yourself in the mirror, and ask “Who am I?”

Notice and write down what comes up for you:

- Words/thoughts?
- Pictures/memories?
- Body feelings?

Were the responses to this exercise primarily:

- Pleasant and uplifting?
- Uncomfortable (wanted to get away)?
- Negative?

- Blank?

At the end of the week, has your experience of this exercise evolved? If so, describe:

Exercise 6: Discovering Your Uniqueness

In all of the “discovering your gift/uniqueness” playing, it can help to remember you’re not looking for a sound-byte, pithy catchphrase, elevator speech about what makes you uniquely you. You’re trying to get a feel for it, to see how your unique gift changes the environment when it’s flowing...Let yourself hear the voice of the egoic mind telling you that you have to be certain and just play with this.

You can re-listen to the *Who Am I?* meditation from the Week 1 Call if it helps you get into a relaxed space. Or do something that makes you feel good. Put on some music that you can happily zone out to, go out in the garden and listen to the birds...you want to do this when you can be uninterrupted for at least 20 minutes and get yourself into a nice daydreaming mood.

I’ve included an example after the exercise. Feel free to read it before or after, as you like.

Step 1 – Relax

Step 2 – High points

Allow yourself to tune into a handful of times in your life when you felt great. We’re looking for a specific flavor of feeling great here. This isn’t feeling great because you just fell in love or got drunk or won the lottery.

This is the “feeling great” that comes from doing something that uniquely reflects your spirit. It may well have happened in the context of a relationship, but the great feeling was generated by your attitude, action, emotions or thoughts, not by the other person.

I know this may sound a little vague but I don't want to put too many limits on this, because we're trying to allow your soul and spirit to *reveal* the uniqueness that has always been there inside you, as opposed to using the mind to rationally analyze and define it.

Step 3 – Journal

Write a brief description of each of the high points. Where were you? Who were you with? What were you doing? What felt so great about it?

Step 4 – Tune in

Go back and remember yourself in each of those moments. As you tune in to that previous version of you, what do you notice about yourself?

What giftedness are you bringing to that situation or that moment?

What is uniquely you about the way you are in that moment?

Exercise 6 Example: My first workshop

(Step 2) One of the moments that just jumped into my mind (quite unexpectedly) when I did this exercise was the end of my first big solo workshop in New Orleans. Most of the attendees had left and I was standing in this empty yoga studio with

three of my close friends and supporters in the spiritual movement down in New Orleans.

(Step 3) When I see myself in that movie, I'm glowing. I'm calm, but I'm radiating energy and enthusiasm.

My friends are happy and smiling and looking back I suspect they're happiest because I'm so happy. They know the workshop was a success for me and they are sharing in my success.

What felt so great was that I had to overcome a lot of fear to put myself out there like that. But I did it and I could see people getting the message and opening up to their own souls!

(Step 4)

My three friends who helped me during the workshop know who I am. They know my struggles, my doubts, my insecurities. I feel like the giftedness I am bringing to that moment is: "This is how great it feels when you go for it and actually pull it off!" Some of that Holy Fool archetype I mentioned in the call...

I feel what is unique about me in that moment is that I am really sharing my joy with my three friends. I feel contagious. I'm not all pumped up and WOO-HOO – battering people with my energy. And I'm not being all fake modest and trying to dampen my enthusiasm. My joy feels contagious. More than that, in that moment it feels as if we are four different embodiments of the same energy.

Personal Mastery Workbook – Chapter 2

The Framework

1. Abundance, creativity, freedom, joy = our natural state
2. System is set up to enslave us
 - Gov't – takes half of what we make
 - Religion – teaches us not to trust our own inner guidance
 - Education – teaches us to endure boredom, sit still, not question, be like the others
 - Family – shame, fear, etc.
 - Transpersonal
 - ancestral karma
 - past life wounds
 - collective: racial, gender, tribal/national
 - pre-natal/ birth trauma
 - Mass consciousness – peer pressure, media (5,000 messages/day)
3. We need Will to break free / re-enter natural state of being
4. The Will is disabled by the shaming of our emotions
5. In order to have Will, we must heal the shame of being a Self

Problems with Will

- If we don't truly feel great about being our Self, we can't use the Will correctly
- This can show up as:
 - Lack of will
 - The will wills itself
 - Not hearing or going against intuition/ inner voice
 - Lack of trust – in own direction, in life, in others

Exercise 1: Where the Gift Was Wounded

I've provided an example at the end of the exercise.

Step 1

Get into a (very slightly) relaxed state of mind and allow yourself to recall a time when you were shamed, made fun of, shut down, or humiliated because you were in your gift/uniqueness. (Note: It doesn't matter if you don't feel like you know "for certain" what your uniqueness/gift is – this will help you uncover it.)

Step 2

Either now as you recall that moment or back then – whichever is easier – how does the shaming or shut down feel in your body?

Step 3

What is the belief associated with that moment?

Step 4

How does this belief make you feel? Say the belief out loud and notice what happens:

- in your body
- in your mind (the voice in your head / inner dialog)
- in your imagination (pictures, images, memories that come to mind)

Note: *You may only experience one of the three main modalities. Just go with what you experience.*

Step 5

Formulate a belief that would make you feel better and write it down. How would it feel if this were your new core belief about expressing your uniqueness?

Step 6

(Re-listen to the meditation in class if it helps.) Go back to a different moment when you were wounded in the expression of your uniqueness and:

1. Re-experience and freeze the situation at the moment where you felt the hurt.
2. Step in as your adult self.
3. Move the other person out of the scene or take your past self out of the scene to a safe place.
4. Honor and validate your past self.
5. Tell your past self, "The belief that you internalized from this and all the similar situations is wrong. I believe in you and I want you to feel free to express your uniqueness. This is the new belief I want us to work with. (New belief)"

Example – Exercise 1

Step 1

When I tune in and ask to be shown a time where I was wounded, I see one of my ex partners mimicking me sarcastically as I am talking about something with passion and enthusiasm. “It’s bubbling out of me” are the words that come to mind associated with that moment.

(That moment shows me that part of my gift is enthusiasm. The Holy Fool archetype. Sharing the joy that bubbles up within me.)

Step 2

My stomach tightens up and hurts. I feel a cold tingly feeling run over the top of my head and arms. My shoulders feel tense and tight in the back.

Step 3

The belief associated with that moment is: “It’s not safe to be myself. I should be more serious. People hate it when I’m too happy and they will attack me.”

Step 4

I feel my stomach contract and tighten up. I feel despair and hopelessness.

Step 5

A few things came up here:

- I can be safe in expressing my joy and enthusiasm.
- As long as I am aware that some people may resent me for it, I can show up and protect my inner child / joyful self.
- I don’t need others’ approval to be joyful – but it’s good to be aware of the people who feel threatened by my joy. I probably want to minimize my contact with those people.
- The more I practice allowing myself to be joyful, regardless of others’ responses, the more freedom I experience in my life.

That last one feels really great to me. It feels like a weight just lifted from my chest and shoulders!

Note: There’s an element about being grounded here. When I look back at the wound moment, I was definitely not grounded. I didn’t feel safe in that relationship and my default reaction is to be out of my body when I don’t feel safe around someone. One of the things I learned in this process is that I can feel completely safe being joyful as long as I am fully in my body. Because if someone attacks me when

I'm grounded and centered, I can brush off the attack without taking it into my body/energy system.

Exercise 2: What Would You Do With Your New Belief?

Try out your new belief over the next week(s). Notice when the old belief gets triggered and see what happens if you replace with the new belief. Allow the new belief to evolve, multiply, mutate if it wants to do so.

Journal or Vision

Get into a relaxed state – walking, in the bath, using brainwave entrainment, listening to music, cooking, sitting out in Nature – and allow yourself to daydream about what you could do with your uniqueness if the new belief(s) about yourself that you've elucidated had completely replaced the old limiting beliefs.

Just see where your soul might want to take you!

Exercise 3: Identifying Triggers

Now that you have identified one of the core places where you've been wounded in expressing your unique Self, make a list of the triggers that tend to plunge you into what Dr. Stephen Gilligan calls *trauma trance*.

You can use the list from The Framework (#2 – The System is set up to enslave us) to help you, if needed.

The top triggers that cause me to shut down my uniqueness I've identified so far are:

People

Situations

Needs/Desires

Personal Mastery Workbook – Chapter 3

Owning Your Desires, Part 1

This exercise is designed to get you to acknowledge what you really do want and what you really don't want in your life. You may experience quite a bit of internal judgment at some of your answers. That can be uncomfortable. I want to encourage you to write it down anyway. If you think might want it, but aren't sure, write it down. This is not a final, life-long document. You can always change your mind – and you're probably not growing if at least some of what you want and what you don't want doesn't change over the years!

1. Take a blank piece of paper and make three headings like the ones on the next page.

(You can also print the attached **Desires List** document and make your lists on the printed copy. Or print several so you have the lists ready when you want to update...)

2. Under each column heading, write down what comes to the surface. Ask your heart and your body. If your mind starts going back and forth about something, put it on the list. You can always edit yourself later. Put down as much as feels relevant, big, small, medium, etc. If you want more sex (or less), put it on the list. If you want more apple pie in your life, put that down too. If you want to be the first female U.S. President, put that down.

3. Remember: **Don't reason or compare, just let it flow!** Or, **"go ahead and reason and compare but write it down anyway!"**

Owning Your Desires, Part 2

1. Allow yourself to have what you want.

- Pick one or two things off of your three lists and allow yourself to have what you want.
- If you can just go out and do it or get it without blowing up your life, do it. If not, imagine it, visualize it, feel it having already happened. Practice, practice, practice.

2. Observe the resistance.

- Now watch what happens. Whether you're actually doing it or just 'pretending it', notice any resistance that comes up.

3. Connect that resistance to a past self who was shamed for her authentic needs, desires or self-expression.

4. Externalize the past self and show up for her or him.

- Work with that past self - or other past selves that come up - for the next week using the techniques in the Week 4 recording. Honor, validate, soothe, comfort them; give them what they needed in that past moment but weren't able to receive.

5. Share.

- One of the key reasons we get stuck in childhood shaming of our authentic needs, desires and feelings is because we were not allowed to – or did not feel empowered to – express our feelings to another human being who would validate what we were feeling.
- So acknowledging the resistance that comes up when we try to allow ourselves to live is a very powerful form of catharsis and healing.
- Do some journaling – writing these things down is a way of sharing with yourself.
- Share in the forum what your experiences are!

Important: It is so important to safeguard the well-being of the past selves or “inner children” by only sharing these feelings and experiences with people who are grown up enough to hold space for you and validate you without judging or condemning.

We've created the forum specifically to meet this need. Recovery groups such as AA, NA, or Al-Anon can sometimes serve as another safe place.

This is one of those razor's edge deals: If we don't ever allow ourselves to speak about the way we were shamed, it is unlikely we will ever be able to recover our authentic self-expression. On the other hand, if we try to share with someone who has also been deeply shamed – i.e. almost every single person in our society – and they are not spiritually mature enough to hold space for us, we can find ourselves right back in the shame cycle.

Your intimate relationship may not be the best place to start sharing. Only you can be the judge of this. But we often act out our internal parental dramas in our love relationships, so check in and make sure it is safe for your inner children/past selves before you tell your sweetie.

Personal Mastery Workbook – Chapter 4

Review

1. The soul is here for its own joy. We could create almost anything = we are God.

2. The reason we don't create what we want/need is that we don't take ownership of it.

3. Why don't we take ownership?

Because there is something in our programming that contradicts what we say we want. So we *wish* instead of intending or using the Will. We never fully "order" our dinner.

- ❖ Remember, the subconscious mind creates. The conscious mind analyzes and executes.

So if the belief in the subconscious is:

- I don't deserve it / I'm not good enough
- It's not right / not allowed
- My getting it will hurt or deprive someone else
- I will abuse power
- There's not enough to go around
- The Universe doesn't support me

... then we probably won't get it, no matter how much we consciously affirm it. Or we will get it, but in flawed form. It's difficult to take ownership of something you don't believe you have a right to. Even if you successfully appropriate it, "owning what you are not supposed to own" will create internal stress.

- ❖ Some of the internal 'negative' programming comes from personal experience.
- ❖ Some of it is karmic/family/collective. (Sheldrake – collective energy fields hold us back)
- ❖ Some of it arises because the soul (creative unconscious) doesn't want what the mind (ego) wants.

= we are intending from the False Self (who we think we should be and what we think we should want) rather than from what our soul really wants.

4. How do we take ownership?

1. Set intention. Claim our desires. Take ownership.
2. Embrace the resistance and work with the resistance.
 - All resistance is internal.
 - The resistance shows us where to work to heal the shame that is blocking the authentic Will.
3. Recalibrate and restart.

The God-Concept

One major internal stumbling block for most of us is our concept of God / the Universe. Even if we didn't grow up in a religious household, there is a very powerful core belief in the human psyche that "God" is "out there" – separate from us.

Some religions, such as Buddhism, have evolved a more neutral concept of God than the harsh, punishing God of traditional Christianity. The New Age movement and the more recent growth of "ecstatic Christianity" are attempting to replace this age-old human belief in an all-powerful Overseer who judges and punishes us. But while this belief may in time become the new baseline perception of the Deity, it has not yet replaced or unseated the old belief.

Societal belief level: We are constantly surrounded by the thought-forms of thousands of people who believe – at least subconsciously, and that's where the creative power of the mind resides – that God doesn't want us to have what we want.

Family system belief level: When we are babies and small children, we depend on our parent(s) for life. They are our Gods. Think about it – they literally choose each day whether we live or die.

It's easy to pooh-pooh this as hyperbole, but remember that we are animals and we carry in our DNA the memories of the species. It was not so very long ago in Western society that if you didn't like your child, you could just leave it out in the woods to be eaten by some wild animal – and that was considered acceptable, normal behavior.

To the small child's non-rational mind, a blast of anger, a slap, a dose of shame for just doing what comes naturally: any of these may be perceived as threats to our survival. This is especially true if the parents are shame-based and irresponsible, i.e. they habitually put their own needs above the needs of their children.

What ends up happening as we grow into adulthood is that we subconsciously conflate the concept of God with our preverbal experience of "God the parents".

I'm not claiming this is Universal reality, but I suspect it's quite close to it. You can think of someone like Louis Armstrong who grew up in extreme poverty yet became wealthy and famous and was by all accounts a truly joyful human being (and wrote "What A Wonderful World") and say, well it wasn't true for him.

But Armstrong was also 'adopted' by a Jewish family who gave him responsibility and earning power in their family business – he talks about them repeatedly in his letters as an older man.

I suspect that some children who grow up with negative or less than adequate parenting have in their horoscope or their energetic blueprint an early 'node' that enables them to replace the Parents-as-God projection with a mentor or guardian angel who shows them that life is abundant and they are worthy.

Seeing through the Parental God-Concept can be an amazingly liberating experience. Here are a couple exercises to get you going.

Exercise: Working backwards from limiting beliefs

1. Using your Desires List – or any desire that arises in the moment and then gets shut down by the mind – ask yourself what the core belief is that doesn't allow you to take ownership of that desire.
2. Feel that resistance / limiting belief in your body, listen to the words in your mind, or amplify the picture that shows up in your mind. Get curious about it.
3. Tune into the felt experience of the 'shut-down' or resistance and ask what a parent told you, showed you – or perhaps what you just absorbed from their own beliefs about life – that gave you that belief.
4. Challenge the belief, using this six-step Belief Reframing exercise:
 - What is the belief?
 - How does it make me feel?
 - What would I rather believe?
 - Does that make more sense?
 - How does that feel?
 - Visualize yourself in the near future experiencing a similar situation, but this time being aware of the limiting belief and consciously replacing it with the newer, better belief.

Exercise: Reframing with the Inner Child / Past Self

1. Set your intention to become aware of times when you experience a desire or need and shut it down.
2. Feel the resistance to allowing yourself to have that need or desire in your body (heavy heart, throat gets tight, stomach hurts, etc.). Or listen to the words going through your mind. Or, if you're visual, notice what happens to the picture of you having your desire.
3. Amplify / tune in to the felt experience of the resistance and ask which past self this connects to.
4. Notice the situation your past self is stuck in: What's happening? Who else is there? What is the parental belief or energy the past self has absorbed as fact about what is permissible, "right" or available in life.
5. Step into that situation as your adult self and comfort, validate, and honor your inner child / past self.
6. Tell the past self you understand how they feel but you want them to have a more abundant, joyful belief system. Praise her for how (good, sweet, kind, smart, feisty, brave, etc.) she is. Show the past self how she absorbed this belief from the parent and show her what that belief did for the parent.
 - This may show up as, "Mom's core belief that she was a powerless victim actually enabled her to control everyone in the family with her victimhood."
 - It may show up as, "Mom could have been a really good artist, but her attachment to that negative belief about Life/God/The Universe blocked her from ever developing her gift and living joyfully."
7. Tell the past self you are committed to changing that belief for her and ask what you can do to show her that you mean business.
8. Use your compassion for the past self (and, if applicable, your anger/fierceness that arises in response to her predicament) to motivate yourself to take ownership of your desires, needs and intentions. **Take an action step.**

Chapter 5: Personal Evolution Plan

Instructions

Use the tools we've developed over the first six weeks of class to help you with this project. You may want to go ahead and fill in the schematic first and then go back and review your work in the previous workbook chapters to help you flesh it out.

Here are some guidelines to keep you on track:

- Don't spend too much time on this, unless you are enjoying it. Break it up into chunks if that works for you, or take one hour and bang out a quick draft and then fill in the details/revise later.
- Strive for progress, not perfection. This is a living document that *must* evolve over time (unless you stop growing!). If you wait until you have the perfect wording or know exactly what your unique gift or intention is, you'll never finish this. Recognize procrastination as the self-sabotage that it is.
- Remember the God-Concept lesson. If you were hungry, sitting in a busy restaurant with a waiter standing there ready to take your order, you wouldn't tell him to come back in a week because you hadn't found the perfect meal on the menu or you were afraid you might not describe your order perfectly to him. JUST DO IT!
- You may set as many or as few intentions as you wish. I'm going to encourage you to start with one intention and work with that. You can always come back and fill in other life areas. I suggest you set an intention that feels like a bit of a stretch, but isn't so huge it feels overwhelming. For example, say you really want to be in a relationship with your ideal partner. Rather than committing to manifesting that by the end of the year, scale that down to, "I am now dating someone with integrity, who respects my needs and boundaries, and accepts me for who I am."
- Scale your intention so that you agree to manifest/create/attract it by Dec. 31, 2014.
- See the **Working with Intention** ebook for more detailed instructions on formulating your statements of intention for maximum impact. (Items marked with a * indicate more detailed instructions are available in the ebook.)
- Remember Cayce's Law: In the application, comes the awareness. (Take a step and the next step will be revealed.)

Part 1 – Intention & Ownership

1A. Claiming my uniqueness – Who AM I?

Write 1-4 sentences describing who you believe yourself to be and acknowledging the gift(s) you bring to the world.

1B. What am I going to create, attract, or manifest in your life?

*Formulate a clear and concise intention:

1C. Establish a timeframe and milestones

By when will you have created this in your life?

(This is not to put pressure on the Universe; it is to keep you accountable.)

What are the milestones along the way, if applicable?

Example: Say my intention is that by June 30, 2015 I will have recorded and released an album of original healing songs. My milestones might be:

- Sept. 21, 2014 – Draft versions of 8 original songs completed
- Dec. 31, 2014 – Second draft of 8 songs finished
- Jan. 15, 2014 – Album sent to three colleagues for feedback
- Mar. 31, 2014 – Final version of all songs complete
- April 30, 2014 – Artist secured for album art with price and deadline agreed.
- May 30, 2014 – Album and art submitted for mastering and CD creation.
- June 30, 2014 – Album release party!!

*1C. My milestones are:**1D. What tools do you currently possess that you will use to keep yourself moving towards your intention?*

Here are a few examples to get you started. Feel free to list any and all tools you've developed or learned that can help you overcome resistance and stay on course:

- **Partnering with inner child** – to work through fear/shame associated with claiming what I want
- **Conscious complaining** – to clear resentment against my partner for not supporting me the way I want to be supported
- **Grounding and centering** – do every morning and every time I feel myself spinning out!
- **Walking meditation** – Walk 15-30 minutes a day to get my energy up, release worry thoughts, and open up creative channel
- **Coloring with my inner child** – at least 1x/week for 30 minutes to honor commitment I made to spend time with her doing something creative that she enjoys
- **Working with a coach, healer, or therapist** – meet with life coach 2x/month to keep me on track and work through my fear or self-sabotage issues
- **Meeting with support group** – join writers' group to overcome my fear of criticism and learn how to be supported as an artist

1D. The tools I will use to realize my intention are:

1E. What tools do you not currently possess that you want to develop for this next step of your journey?

Examples:

- Build an altar to do grief work with 7-year-old self who believes she is unworthy of love, will never be supported.
- Take a Dale Carnegie course to overcome shyness and learn communication skills I need in order to succeed in marketing my business.
- Learn *qi gong* in order to clear negative energy and emotions rather than holding them in.

1F. What resources do you have available to help you take action toward your intention now?

Examples:

- Spare room in house – can clean up and turn into office, healing room, writing studio.
- The money I put aside for retirement – can use \$2,000 of that to get certified in the healing modality I want to work in.
- My friend Bill who keeps telling me he will send me clients if I ever launch my business.
- Nancy, the grant-writer, who would research grants for me in exchange for massage / business coaching / a piece of my artwork.

1G. What resources do you need that are currently lacking?

Examples:

- An editor to help me finish my book.
- Part-time income of \$_____ to support me from the time I quit my day job until my new business is sustaining me financially.
- A quiet place to work and 10 hours/week of uninterrupted time to create.
- A reliable car.
- A moving truck and someone to drive it and a safe place to land in Sedona.

1H. Identify and name your support group / your tribe

These are the likeminded people who are going to encourage you and keep you accountable for your dreams. Name the people/groups that are already in your life. If these people are not currently in your life, write a short description.

Examples:

- A fellow entrepreneur with a strong spiritual practice who also wants to break free of the mold, about the same age as me, positive outlook, honest, strong boundaries.
- A mentor who sees my value and sees a younger version of herself in me and wants to share her wisdom and experience.
- Small (5-10 people max) meditation group focused on changing the world by becoming the change we want to see.
- Networking group for spiritual artists.
- Life coach with strong integrity willing to trade services with me.
- A friend who sees the world the same way I do and is secure enough and mature enough to hold space for my evolution.

Part 2 – Resistance Profile

2A-B. Identify obstacles/resistance to manifesting your intention or achieving your goal.

Remember that outer obstacles are often manifestations of inner resistance. This isn't to minimize outer obstacles – you need a certain amount of money to start a business or go back to school. And serious health issues can drain the energy and money you need to pursue your dream.

But think of Steven Hawking (almost entirely paralyzed by ALS), Oprah Winfrey (repeatedly molested by family members, ran away from home at age 14 and gave birth to a child who died), and jazz guitar virtuoso Django Reinhardt (fourth and fifth fingers of his fretting hand paralyzed after being burned in a fire at age 18). Once you take ownership of your dream, the resources you need will be made available to you.

So we work with the resistance on the inner level, because that's where we are empowered to change the world.

Inner obstacles – examples:

- Lack of self-belief
- Low self-esteem
- Self-hatred
- Self-denial
- Don't feel entitled (I shouldn't want what I want)
- Lack the energy I need to keep taking action
- Don't believe I will be supported
- Believe I'm too old, too young, not smart enough, etc.

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Outer obstacles – examples:

- Don't have the money for _____
- My partner doesn't support me in going for my dream
- Unfulfilling job but I need the money
- Children
- Parents
- I don't have a partner
- Poor health

2A. The inner resistance to my intention is:

2B. The outer resistance to my intention is:

2C. Modalities – Develop a profile of the modalities your resistance patterns use.

What modalities does the resistance use?

Describe as much of the pattern as you can. Also note that modalities may be different for different forms of resistance. For example:

- If I'm sabotaging myself by caretaking someone else, I eventually notice that I am filled with resentment (emotional).
- If my boundaries are weak and I'm letting myself being drained by people close to me, I feel exhausted (physical).
- If I'm procrastinating because my false self is demanding that I be perfect before I can take action, I notice the resistance shows up as negative self-talk, an abundance of blaming, shaming thoughts (mental).
- You can break down the modalities into:
 - **Physical** (pain, exhaustion, get sick, etc....)
 - **Emotional** (depression, sadness, apathy, resentment)
 - **Mental** (confusion, fantasy, distraction, dissociation, negative internal dialog)
 - **Spiritual** (lack of faith or belief, lack of purpose or drive)

Example:

<u>Resistance Pattern</u>	<u>Symptoms</u>
Caretaking others instead of focusing on my needs	Physical – fatigue Emotional – resentment, sadness, despair Mental – negative self-talk: “You’ll never have enough energy to realize your dream.”
Procrastination as a cover for false self’s demand that I be perfect	Mental – Negative self-talk: “I shouldn’t even start. I don’t have enough energy. It’ll just be a waste of time.”

2C. Modalities – The modalities my resistance patterns use.

Resistance Pattern

Symptoms

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2D. Which archetypes are associated with the resistance?

What 'people' or characters inside the soul show up when the resistance is active?

Examples:

- Inner child who feels unloved and unworthy
- Family shame pattern – it's my internalized mother and grandmother acting out their beliefs/shame/hurt
- Astrological – that's my Virgo side demanding that I become perfect before I can take action; or my Gemini Moon constantly questioning all of my decisions and paralyzing me
- Projected outward onto other people / God / life = someone or something is blocking me or not supporting me

2E. What are my resistance triggers?

Describe the people, events, or situations that trigger your resistance or self-sabotage patterns.

Examples:

- Every time I talk to my needy friend Cindy, I feel exhausted for the rest of the day
- When my husband has a bad day at work, I drop my dreams and rush to take care of him
- Thinking about paying the bills
- When I don't get enough sleep
- Every time I get to a certain point of progress, I get confused or quit
- When I stop listening to or reading uplifting, positive, motivating material each morning

2F. What needs to be remedied and how will you do it?

Describe the new ownership habits you are going to develop to become the authority of your own life and successfully work with and through the resistance. You can start with one pattern. Once you feel you've made significant progress with that pattern, then you can continue on to the next one.

Example:

- Challenge: I don't work on my dream because I'm always drained b/c I have no boundaries with my spouse and kids
- Root: Inner child was not "seen" as the unique, powerful creator she was but was forced to conform with a parent's belief system
- Remedy: Support inner child in feeling and expressing the rage she felt at not being seen. Redeem the anger stored in the body and channel it into healthy boundaries and motivation