

EMPOWERMENT

WORTHINESS

When we worry or have fear we are *feeding* the worry or fear opposed to what we are really wanting, which allows the thing we *don't* want to grow and strengthen = takes nourishment from our dreams and what we want to call into our life. Embrace the You that You are in this very moment, regardless of past stories or decisions made. One day you will look back at this time in your life right now. We are all worthy of living a happy, healthy and abundant life. There is enough to go around. Our most important job is to fill our own cup, first though. Worthiness is relevant for all areas of our life - goals, work, play, relationships (also with self), routines and rituals etc etc.

SURRENDER

Although it is important to **do** – it is just as important to **be**
Let things happen – tune in to see if you are sabotaging things or opportunities coming your way. Are you afraid of things actually being amazing ?!! Are you afraid of actually finding a loving partner who truly sees you ? Are you afraid of actually being amazingly successful (whatever success means to you)? Are you afraid of actually being happy, peaceful and living in flow without drama or stress ? Welcome and embrace change. Know it is a balance between you, your actions, a greater force and your higher consciousness at work. For positive change and amazing opportunities to come our way we need to sometimes get out of our way and allow them to find us and enter our world.

REAL TALK

When or if we find ourselves holding back from following our dreams or goals because we are worried about what others might think, remember that ultimately others don't care as much about what You are doing or not doing as you may think. Not in a negative sense, but most people are so occupied with their own lives that they are not as deeply concerned about what you're doing as you may sometimes worry about. If they are, they most likely are looking for distractions to not focus on their own world or are inspired and fascinated by you to improve their world. Ofcourse I'm not referring to supportive people in our life here that we may call upon for guidance.

PERSPECTIVE

If you (or a loved one) knew you were critically ill or passing away tomorrow, would that change your perspective of your life AND your obstacles ? Would the obstacles seem silly or more important ? Are you more afraid of failing or more afraid of never giving something a try ?

Questions to consider

What is holding you back from implementing into your life ? (time, money, experience ...)

What is a major obstacle that is preventing you from moving forward ?

Have you experienced this before ? Is this a recurring pattern for you ? If so, can you pinpoint when this first began and the situation around why it began ?

Are you worried what others might think ? Are you worried you might not be able to do it or receive it or ever get it ?

BOUNDARIES

Boundaries !! This is such a big and powerful concept !! Basically boundaries shape how we interact with others and **how we teach others to treat us** which can therefore determine our experiences. Boundaries are the rules and limits we put in place for ourselves within our life relationships (partner, family, friends, colleagues, employers, community, self).

Having healthy boundaries, especially from the start of beginning any form of new relationship (love, friendship, work etc) can help us say 'no' with confidence and humility and encourage us to not become 'people pleasers'. Through openly communicating our values and needs we can hopefully protect ourselves from having them compromised. Setting healthy boundaries helps us to stay balanced mentally and emotionally.

Note, that it can be common for people to be manipulative and intentionally ask you to do things etc in a particular way that may be difficult to say 'No' to. Or you may feel like you are letting someone down if you do not help them when *they* want you to. They may respond negatively which may encourage you to 'just do it' to keep the peace. Be aware that this can be narcissistic or manipulative behaviour which has nothing to do with the strength or lack of strength of your boundaries. If you recognise this type of behaviour it may be useful to seek support from personal or professional people you feel safe with to gain some perspective to help you make healthy decisions and implement healthy boundaries to move forward.

Boundaries are so important for us to know our limits, with ourselves and in our relationships, even with babies, children and our pets! Everyone wants to know HOW they should approach you and treat you - this is where we can clearly see that we really do teach others how we wish to be treated. Boundaries help support us for a harmonious and fulfilled life. They help determine how we interact with our outside world and how we allow our outside world to interact with us. Just as with house or land property boundaries, when *they* are clear, everyone has a much clearer understanding of what is expected and acceptable.

We may feel tough, insensitive or self-centred if we are strict with our boundaries, although they are very important and affect all levels of our health, wellbeing and development. If we have had different boundaries in the past with people, and then wish to change them, some people may be challenged by this, as they remember *you* and *your* boundaries as before, and may not be open to change as much as you are. We can try and voice this to these people and explain that the patterns we had in place were not serving us well and we feel it is important to make some positive changes, for Us. Our journal and 'voice memo' app on our phone are also great tools for moving through this more easily.

Be empowered by You for You. This is extremely liberating and encourages us not to depend so much on others to light Us up.

Remember : **we are the sum of the 5 people we spend the most time with** - naturally who we share time with will influence us in all areas of our life.

Tune in to see if these people are on the same wave / have similar values / inspire you / motivate you / support you / see you / hear you ? Just observe here without involving emotions.

If you are changing or in between 'people' right now utilise others that you may not know in person but resonate with like idols, eckhardt tolle, mooji, ester perrel, tony robbins etc or anyone else you feel inspired by and that seems to 'get you'.

Tune in and notice any patterns of behaviour you can witness :

- Are you a people pleaser ?
- Do you find it difficult to say 'no' to people or a particular someone ?
- Do you make sure others are ok before you check in with yourself ?
- Have you slowed down on your own progress or journey while waiting for others to meet you where you are at ? (family, friends, partner)

EXTRA TOOLS TO SUPPORT YOU

Cord Cutting

If you are feeling a little 'sticky' and feel it is difficult to strengthen your boundaries or interactions with a particular someone there are numerous tools you can consider to help you clear the energy and move on with peace.

- cord cutting : this is the concept that we energetically connect with people in our lives. Sometimes we may be connected when we are ready to move on although still feel connected or stuck, possibly even feel like the other is sucking us dry.

Smudging (clearing)

This is a beautiful ceremonial tradition of clearing our spaces and energetic bodies to lighten any stagnant or negative energy and bring in clear abundant and supportive energy. You can do this when needed or regularly as a ritual. You can use an incense, white sage, palo santo (responsibly sourced) or any other type of burning material. Indigenous people often burn special types of leaves. For details on how to do this please read my blog 'Clearing Spaces' on my website in the Health Hub >> Home Living.

Crystals

I'm sure you already know crystals are beautiful, very powerful creations formed by mama earth. Use these to support you as needed. Tune in to which one/ones you are drawn to opposed to searching for particular stones. Clean and charge them regularly to keep them strong and most beneficial for you. To clean place under running water in the sink, a stream or ocean water. To charge leave in the full moon light, in the sun or under natural running water. Hold them tightly when you work with them and be grateful for their support. You can wear them, place them on your body as you feel called to or have them near you.

STRENGTHS + WEAKNESSES

We all have strengths AND weaknesses which is a beautiful and humbling part of the human experience. A weakness does not need to be viewed negatively, it's more about having an open and honest understanding of yourself and then being able to work *with* yourself.

Take note if a potential weakness has become or is due to your dialogue.

Example : "I've always been bad with numbers / spelling / time management / money."

Often we may be holding back from moving forwards or from a particular dream / vision / goal as we may feel we don't have everything it takes and all the qualities needed to fulfill it. Know that you know more than you think and give yourself credit for, you are extremely capable and you are jam packed with so much wisdom, right now, in this very moment.

- What are some of your strengths ? (recognise at least 3)
- What are some things you feel you could improve on that you may consider a weakness or which may be hindering you in fulfilling something ?

We can work on our weaknesses to grow and become more proficient at them AND we can also utilise others strengths and skills to support us in the areas we most need assistance in. Think about time management too - are you in a stage of life right now where there seems to be many things to juggle ? How can we lighten the load a little ? Can we declutter all the to-do's OR is it best to seek help ?

- think how appliances can help make things easier
- out source tasks (airtasker, fiverr, automated online tools)
- get a cleaner / gardener / pool cleaner
- meal prep (tips on my website under recipes)
- have an organic fruit & veg box delivered
- hire a good accountant and / or bookkeeper / automated accounting program
- hire a virtual assistant
- watch youtube or do online programs
- do a skill swap with friends or other people in your community - what could you offer in exchange for another service / product
- do you find it hard to stay on track ? – be accountable to a friend, trainer / coach

SOME TIME SAVING TIPS : auto type 'text replacement' (on iphone under settings - general - keyboard - text replacement), convert speech into text : dictation, write lists to record and prioritise things (instead of keeping them in your head)

MODULE 9 RECAP

Dharma can be interpreted as many things including - living your truth

*** Ultimately, humbly growing, learning and evolving while being a good, honest and caring human could well be considered the ultimate purpose of the human experience.

Passion can lead to purpose

If you are wanting to dive deeper into finding or refining your purpose you can use the '**Guide Questions**' of this module to help you get curious. **Utilise your journal** for observing your answers or any feelings coming up from the info in this module.

Is your WHY greater than your WORRY ?

If you recognise **self sabotage** in any area of your life, the question is 'Why do I believe I don't deserve this ?' and 'What would be so bad about me actually experiencing / having ?

MODULE 10 RECAP

Life will always present challenges and obstacles. Often it is in these unsteady experiences that we can lose our way. This course is packed with tools to help dust ourselves off and hop back on the wagon if we fall off at any point, to regroup with our

you are worthy

surrender : welcome and embrace change

boundaries : we teach others how we wish to be treated

using your journal write about anything that has come up for you while reading this module

we are the sum of the 5 people we spend the most time with : we can always choose how we spend our 24 hours and therefore how we use our days throughout our life

extra tools to support you : cord cutting, smudging, crystals

In your journal :

note 3 of your strengths, and at least one weakness that may be holding you back right now