



Soft & True

WORKBOOK 9: THE RECYCLING

RECEIVING AUDIT

POST IT

LETTER TO SELF

CELEBRATION

ATTENTION AUDIT



THE RECYCLING

MODULE 9



**We are cyclical beings, living
spirolic lives.**

Spring turns into summer turns
into fall turns into winter turns
into spring turns into summer...

Women cycle with the moon.
Men with the Sun.

We revisit our depths and
wounds and reemerge time and
time again, visible and with our
gifts.

There's a time for everything.

This week, you're invited to
review and integrate... and to
own the processes of
becoming more and more Soft
& True. .

What have you learned?
received? What have you not
yet mastered? What remains
unclear? What do I need to
remind myself later?

RECEIVING AUDIT

MODULE 9: THE RECYCLING

In the spiral of this 9 weeks, we're slightly beyond the harvesting stage, stepping into the accounting stage.

This week, take stock.

What have you received? What has shifted and changed? Organize that knowledge so you can store it safe within yourself.

What to do:

If you did this last week, review it and add to it. If you didn't:

- (1) Get a journal (or document) out and brainstorm every single little thing that you've noticed changed as the result of your work in this program (and beyond it).
- (2) Let it sit.
- (3) Come back to it later and add to it.

These can be insights, energetic shifts, internal changes or external ones, relational changes, physical things you've manifested, etc. etc.



EXAMPLES:

Watching your partner be more relaxed
around you

Thinking about food 50% less

Seeing your children in a new light

Finding yourself giggling more

Resisting housework less

Changing the story about your work

POST IT

MODULE 9: THE RECYCLING

Now that you've done your receiving audit, you can start seeing the major patterns.

You've done a lot.
You've tried a lot of (new?)
practices. You've thought a lot.
You've become aware of a lot.
You've moved through a lot of
resistance.

...and chances are there are a few that made a MAJOR difference.

Dig deep - what was it that made the biggest impact? What do you need to remind yourself daily?

What to do

Look at your receiving audit list and discern the patterns - own what were the active ingredients?

Summarize your top 1 to 3 and write them on post its. Put those post its where you'll see them daily.



LETTER TO SELF

MODULE 9: THE RECYCLING

"Winter is coming". And it's simply one of our seasons ;). Winter is a season where we rest, recharge, replenish, go inward. It's truly a wonderful time, but also a time where it's easier to go to "sleep" spiritually speaking.

This isn't a problem and happens to all of us from time to time. Spring always comes after.

That said, it's really loving to anticipate this next time and to write yourself some loving words - for when you forget, you get lost, you pick up your old habits again.

What to do

Imagine yourself in your more "forgetful" times. Bring up love for her in your heart. Write her a love letter, gently reminding her of the things that are soft & true.

Send that letter to me at inge@ingebroer.com if you want me to program it to send back to you at a date of your choice.



CELEBRATION

MODULE 9: THE RECYCLING

You've done so much, learned so much, expanded so much.

This week,

intentionally
celebrate
that.

What to do:

Do something for yourself that underlines your successes of the last weeks.

Get others involved or do it solo.
Spend money or don't.
Involve food or don't.

IT doesn't matter. What matters is the intention to say:

"I'm doing something nice for myself to underline everything that I have to celebrate"



ATTENTION AUDIT

MODULE 9: THE RECYCLING

... we end like we started.

What holds your attention now?
What is the map of your terrain?

It still holds true: That which is
here in front of you in your life is
the raw material that will turn
into the magic of your dreams.

So begin again:

Map it out. Track the illusions.
Eliminate what is not in
alignment with your values.

Review the Terrain

Track The Value

Decide & Raise Your Standards

Engage

Soften

Continue

Engage

Soften

Continue

Unfurl

Receive

Begin Again



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AND NOW, BEGIN AGAIN.

INGE BROER