

Welcome to Module 6
THE CONTINUING



Recap

There's been an awakening:

New way of working,
New way of seeing,
New possibilities opening up.

Recap

Possibilities have opened up.
You've taken some lovely (scary) action.
Maybe you're continuing on your flows,
maybe you've stalled somewhere...

BUT

Recap

Have you integrated all of it?
Built true understanding?
Not FULLY yet.

And that's NORMAL

This Week

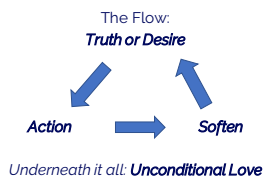
That's why this week is all about

THE CONTINUING +

DEEPENING into a fundamental truth:

You always get to keep your own love

The Continuing of...



The Continuing of Truth – Action – Soften

Find the Truth:

Identifying which shadow archetype is at play, RAIN, WOOP, Value evaluation, Journaling "The Truth is...." (There are endless ways).

Good hint: If you're feeling crappy, there's still an illusion lurking OR you're procrastinating an action

The Continuing of Truth – Action – Soften

Act on the Truth:

Any action in front of you based on or related to the Truth (baby step)

Q: What's related?

A: There is a whole world of energetically related things that does take some learning to develop (Chakra Journey and Energy Healing Toolkit are great options) BUT your higher mind knows.

The Continuing of Truth – Action – Soften

Q: What's related?

Examples:

Truth = In a restaurant, this meal doesn't meet my standards.

Action = Ask the waiter to make adjustments.

Soften = Remind yourself your money is good money, you're helping the restaurant do better, nurture the part of you who's feeling like a b*tch

The Continuing of Truth – Action – Soften

Q: What's related?

Examples:

Truth = I want to travel 3 months/year

Action = Call your friend who does that / Google destinations / Review your business structure or contract / Get into the travel feeling by taking weekends away / ...

Soften = Allow this to take the time it takes, softening your gaze on the outcome, while consistently taking intuitively led action.

The Continuing of Truth – Action – Soften

Q: What's related?

Where this gets complicated: It's easy to do and see for ONE goal/new truth at a time, but what happens when we do 5 or 6 at a time?

- + better relationships
- + better career
- + better money management
- + better food
- + + + + ...

The Continuing of Truth – Action – Soften

If your mind is not used to thinking this way, this can get *overwhelming* (even when it IS used to thinking this way).

Pick ONE, but also KNOW AND TRUST this:

The Continuing of Truth - Action - Soften

(1) The more you practice acting on the Truth even if it's scary and even if it's in only one area of your life, you are building the infrastructure of living on the Truth.

(2) The more you build your TRUST muscle with acting on higher truth and higher worthiness.

(3) Energy is energy is energy. You live more soft & true in one area, you live more soft & true.

What to do

(1)Continue ENGAGING with your value based creation

(2)Increase your willingness to become UNCONDITIONALLY soft & true and UNCONDITIONAL with yourself.

What to do

In the end, this program is not about tools or results (although, as you've seen tools are certainly learned and results happen!)

This is about YOU.

You are the source of it ALL.

Let's talk about all or nothing thinking & perfectionism

When we learn something new, it's kind of easy to go ALL IN, get early results and feel elated and delighted.

Then, we hit a small snag in the road and for the first time, we don't feel interested in seeing how it's an illusion playing out. (The sneaky saboteur comes out)

Then the snag gets bigger and bigger and feels insurmountable. (the saboteur has recruited the victim)

Suddenly, you're doing nothing again (perhaps believing you're not worth it, the prostitute and child also have shown up to the party)

Let's talk about all or nothing thinking & perfectionism

Potential "Small Snags" :

- ❖ Your intuition tells you to do something you don't want to do OR you don't see the point of right now (i.e. paper work, call a friend, ...)
- ❖ You get overwhelmed by moving all your values forward at once (if you want to have a chance in SEEING how it all works, focus on one thing at a time or even more basic: focus on finding the truth again and again and again forgetting completely about the outcome),
- ❖ You see some results of your work and then attach your worth to those results. Then you lose the focus of act on TRUTH and try to replicate your results.

Let's talk about all or nothing thinking & perfectionism

Antidotes:

- ❖ Do the thing. Even if it makes no sense.
- ❖ Choose ONE thing to use as your portal for truth, while knowing firmly in yourself that the POINT is that you're becoming more true. The more soft & true you become, the more your life reflects that and feels good, but it's NOT about the results. It's about you.
- ❖ Use your portal while remembering what actually matters: You being true.

Let's talk about all or nothing thinking & perfectionism

Antidotes:

❖ **Build Self-Trust** (living without knowing all the details).
Here are some affirmations:

- ❖ **Lover:** "My self-expression is infinitely valuable to me", "Security comes from me"
- ❖ **Sovereign:** "It's not about my way or your way, it's about THE way", "My well-being comes from me"
- ❖ **Warrior:** "This is what I stand for", "I can do hard things", "I'm expanding my capacity".
- ❖ **Magician:** "This happens now", "I don't have to see how it will all work out", "I know what I know"

The Continuing of Truth – Action – Soften

Soften:

If difficulty shows up, that's okay, it's an opportunity to nurture yourself, to straighten out the wobble, to anchor yourself in the new truth.

All wounds have tremendous gifts ☺

The Continuing of Truth – Action – Soften Adding a Basenote

NO MATTER WHAT:

At the heart of all of this, is YOU.

Let this be the true work this week. Continue engaging with your projects, but retrain your sight on **Becoming UNCONDITIONAL with yourself.**

Your work this week

- 1) CONTINUE ENGAGING
- 2) BECOME UNCONDITIONAL WITH YOURSELF



Your work this week

- 1) Continue engaging with your creations.
- 2) Build your own understanding of everything so far. How does it work? What tools really help?
- 3) Set the tone for the day by implementing a morning ritual that reminds you of your intention to be unconditional & true.
- 4) Build some personal affirmations that keep you on track
- 5) Unconditional meditation