

Welcome to Module 7
THE UNFURLING



Recap

- Module 1: The Terrain
- Module 2: The Stalking
- Module 3: The Decision
- Module 4: The Gathering
- Module 5: The Engaging
- Module 6: The Continuing

Recap

A momentum has been building, external as well as internal.

On all different planes:

- Physical – Taking concrete action
- Emotional – RAIN & Inner Child Healing & Different Meditations
- Mental – Identifying archetypes, identifying thought patterns that hold you back, ...
- Spiritual – Shifting your sense of WHO YOU ARE, Connecting with inner resources in different ways, ...

This Week

Your job this week is to continue with that momentum, to keep unfolding, but also to open your eyes to what's been happening underneath the surface and

LET yourself unfurl.

This Week

Definition:

To unfurl:

verb. to unroll, unfold, or spread out or be unrolled, unfolded, or spread out from a furled state.

i.e.

Embrace your complexity

Take up space

Spread your wings

Embracing Complexity

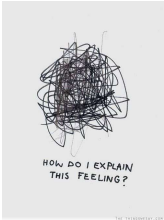
As energetic beings, we live different layers of reality all at once: physical, emotional, mental, archetypal, spiritual



Embracing Complexity

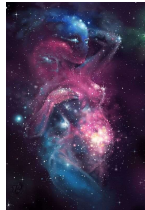
- ❖ Not one layer is inherently more important or valid than another.
 - ❖ We all have different layers we tend to pay greater attention to and that colors our perception of reality.
 - ❖ These layers are organized around two opposing intentions:
 - ❖ (1) Expand • become the most expressed version of itself
 - ❖ (2) Avoid pain
- These are often at odds.

Taking Up Space



This is the work

- Listening →
- Witnessing →
- Healing →



Taking Up Space: Our Impulse for Expansion

This is a soul journey. The soul is here to experience life and itself (and perhaps itself through life).



Taking Up Space: Our Impulse for Expansion

Space to be you
Space for life to exist
Space for others to be themselves



Taking Up Space: Our Avoidance of Pain

The beautiful complexity is also organized around avoiding pain and/or survival.
It's GOOD at this. Our system LEARNS.

Each of us has core wounds, places of pain, places we really avoid feeling around which our system is organized and we create energetic movements of protection around. These are some of the blocks/illusions/knots in our system.

Taking Up Space: Our Avoidance of Pain

Examples of core wounds and how they can fuel the cycle of expansion-wounding-healing-expansion-wounding-healing-expansion-wounding-healing for a lifetime and create a specific kind of movement through life:

- ❖ "Not good enough"
- ❖ "Too sensitive"
- ❖ "Inappropriate"
- ❖ "Near Death"
- ❖ "You're wrong"

Taking Up Space: Our Avoidance of Pain

When we're in pain,
We protect, defend, lash out, stew in our
emotions, feel sorry for ourselves, make up
stories, overthink, numb, ...
(What do you do?)

Pain + Resistance = Suffering

Spread Your Wings

Open
Take up space
Give yourself the space to exist
Let others see you

Spread Your Wings

As you do, you're more vulnerable to your protection
mechanisms being triggered.

Shift the narrative from "I can't expand, it'll hurt" to "I
must expand, it'll hurt and it'll heal"

The requirement? **Taking FULL responsibility for
yourself.**

Spread Your Wings

When we don't take full responsibility for ourselves, we can get into:

- ❖ All the illusion archetypes lightning fast
- ❖ Feeling victimized by our loved ones (Why can't they understand me? Do things for me? Love me the way I want to be loved? ...) and get into "race to victimhood" fights with them
- ❖ Waiting for life to happen
- ❖ Resentment, ...

Spread Your Wings

The truth?
 Everyone has wounding. It's not personal.
 Seeing yourself in that tension between expansion & protection helps not take your own wounding personal.
 You're your own best therapist/friend/lover/listener/...
 Once you understand/love/delight/ yourself, it's easiers for others to do the same.

Your Work this Week

- 1) LOOK UNDER THE SURFACE: WHAT HAS UNFURLED?
- 2) MOVE TOWARDS ACCEPTING YOUR TRIGGERS & WOUNDING



Your Work this Week

- 1) Watch the wounding patterning without taking it personal (in yourself and others)
- 2) Allow yourself to MEET life with your full being, with all your layers.
- 3) KEEP engaging :) (keep pulling yourself out of illusion archetypes, taking actions and softening after you did)