

Welcome to Module 5

THE ENGAGING



Recap

Wind in your hair.

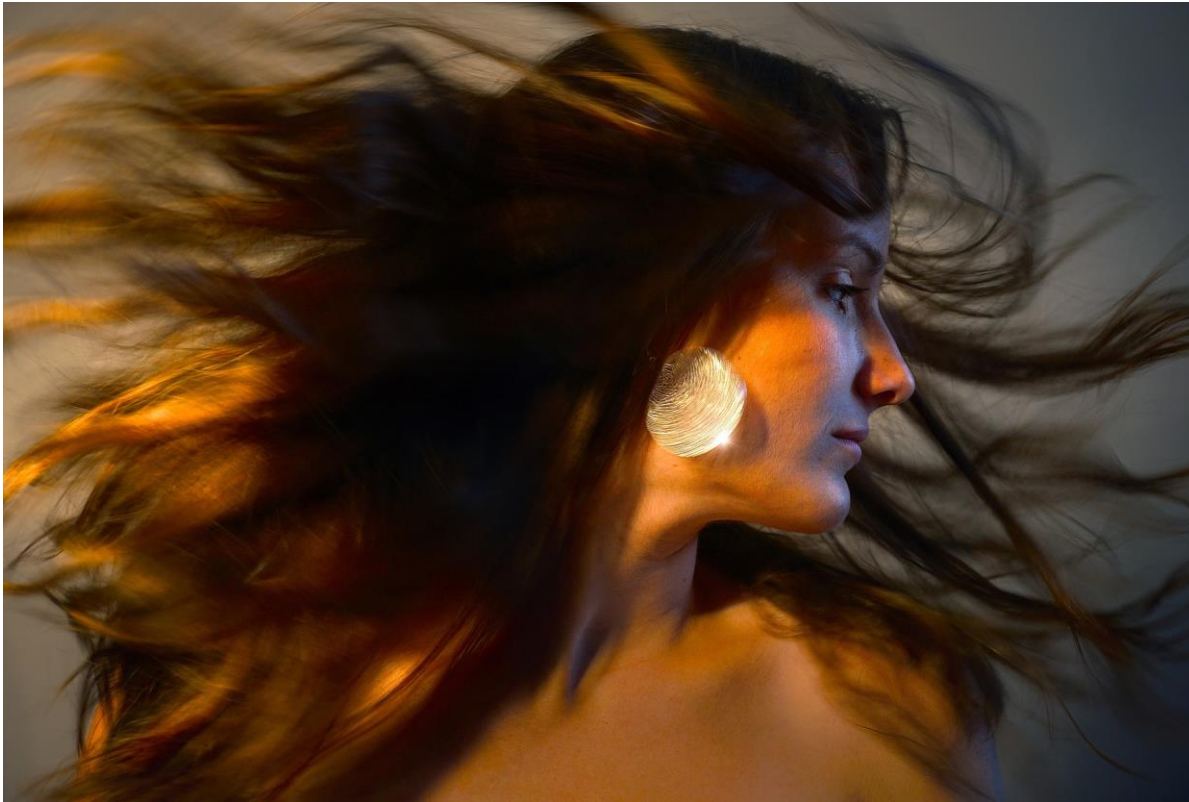
Senses alive to the world around you. The world you created.

Holding a precise balance between past pain & future possibility.

...

It's time.

This week



It's time to launch,
engage & take action.

One intuitive step at a
time.

This week

1. The Flow: Truth – Action – Soften
2. The What: Turning Possibility into Actuality
3. The How: Baby Steps & Intuition
4. Extra Resource Building
(e.g. Spirit Guides!)

1. The Flow: Truth - Action - Soften

A. Tell the new, actual, real truth

(go from prostitute -> lover, child -> sovereign, victim -> warrior, saboteur -> magician)

B. Take an action based on the new truth

(this will require vulnerability and courage)

C. Nurture and soften as you get settle into the new reality.

(using the resources you built)

D. Rinse, Lather, Repeat.

1. The Flow:

1a. Tell the new, actual, real truth (archetypes)

The prostitute

- Bargaining
- Compromising expression
- Sells soul values for tribal sense of security



The lover

- Worth isn't a question
- Values what she values and that's all there is to it
- True self-expression is everything

1. The Flow:

1a. Tell the new, actual, real truth (archetypes)

The child

- Dreamy
- Not responsible for own well-being
- Depends on someone else



The sovereign

- Responsible for their dreams
- Makes decrees, decisions
- "This is who I am"
- Your life is your empire
- Co-creating and taking full responsibility

1. The Flow:

1a. Tell the new, actual, real truth (archetypes)

The victim



- "This has power over me, it bullies me, I'm powerless"
- "I can't get help"
- "I have to do it alone and I'm not strong enough"
- NOT soft
- Bullying and rigid

The warrior

- Master of space (aka boundaries, systems)
- Creates environments for things to flourish in
- Activates help

1. The Flow:

1a. Tell the new, actual, real truth (archetypes)

The saboteur

- analysis/paralysis
- Wants to stretch out time
- King of procrastination
- "I'm not ready", "not yet"



The magician

- Master of time
- Knows exactly what to say and when
- Intuition

(Shows up when we're
CLOSE)

1. The Flow: Truth - Action - Soften

B. Take an action based on the new truth

- ❖ This will require vulnerability, faith and courage, but the payoff is huge.
- ❖ Alchemy happens best through ACTION. (there's actual transformation)
- ❖ You're showing your brain: "we did the thing and we are still alive and it's forced to update the map".
- ❖ The mistake most people make is to wait to be *comfortable* before doing the scary thing.

1. The Flow: Truth - Action - Soften

C. Nurture and soften as you get settle into the new reality.

- ❖ Taking the action based on the truth can be exhilarating/frightening/terrifying and lead to fallout.
- ❖ ... BUT... because it was based on the truth, you've just undone illusion that it was costing you precious energy to maintain.
- ❖ In this step, you use your toolkit to handle the fallout. This might mean returning to telling yourself the truth, nurturing yourself, meditating, etc.

1. The Flow: Truth - Action - Soften

C. Nurture and soften as you get settle into the new reality.

- ❖ Remember: The wobble is normal, stress is normal.
- ❖ After the action and the alchemy, you've liberated new energy and that energy now gets to "move in" to your new energetic home. Make room.

1. The Flow: Truth – Action – Soften

D. Rinse – Lather – Repeat

- ❖ Same for Micro + Macro
- ❖ In week 5, you're ready for the macro.
- ❖ 1 macro is lots of micros
 - ❖ Making a career move is a culmination of 1 000 uncomfortable conversations with yourself, 1 000 uncomfortable testing the waters for the new moves, etc.
 - ❖ Reconnecting with your partner is undoing a 1000 walls you put up, some simply by admitting things to yourself, some by putting meaningful boundaries in place, some by softening up enough to be completely truthful with your partner.

1. *The Flow:*
Truth - Action - Soften

You got this.



2. Turning Possibility into Actuality

- ❖ As you dove deep into your healing work and the gathering of resources, new possibilities emerged.
- ❖ With the flow of truth, action, soften, we're turning them into actuality.
- ❖ Slowly, bit by bit, you're creating a whole new world.
- ❖ ... and maybe you've started to see that...



2. *Turning Possibility into Actuality*

"Everything is possible"

Reflection Questions:

What seems more possible now than ever before?

What is the BIG dream you want more than anything?

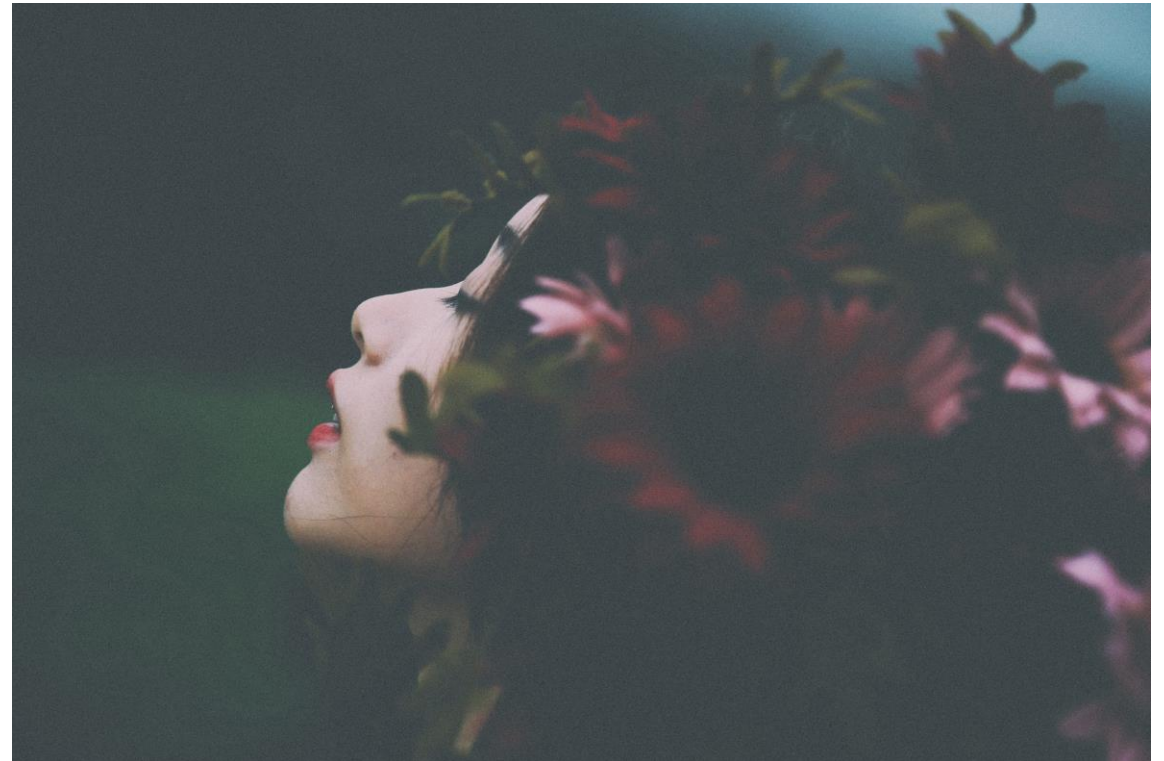
Are you ready to engage & take responsibility for that specific dream?

3. *The HCW:* *Big Dreams, Baby Steps & Intuition*

A. Big Dreams Get You Interested in Moving

B. Baby Steps Get You Moving Without Resistance

C. Intuition Helps You Move Directly & Precisely



3. The HOW: Big Dreams, Baby Steps & Intuition

A. Big Dreams Get You
Interested in Moving

B. Baby Steps Get You
Moving Without Resistance

C. Intuition Helps You
Get Their Directly & Precisely

Let's illustrate with an example:

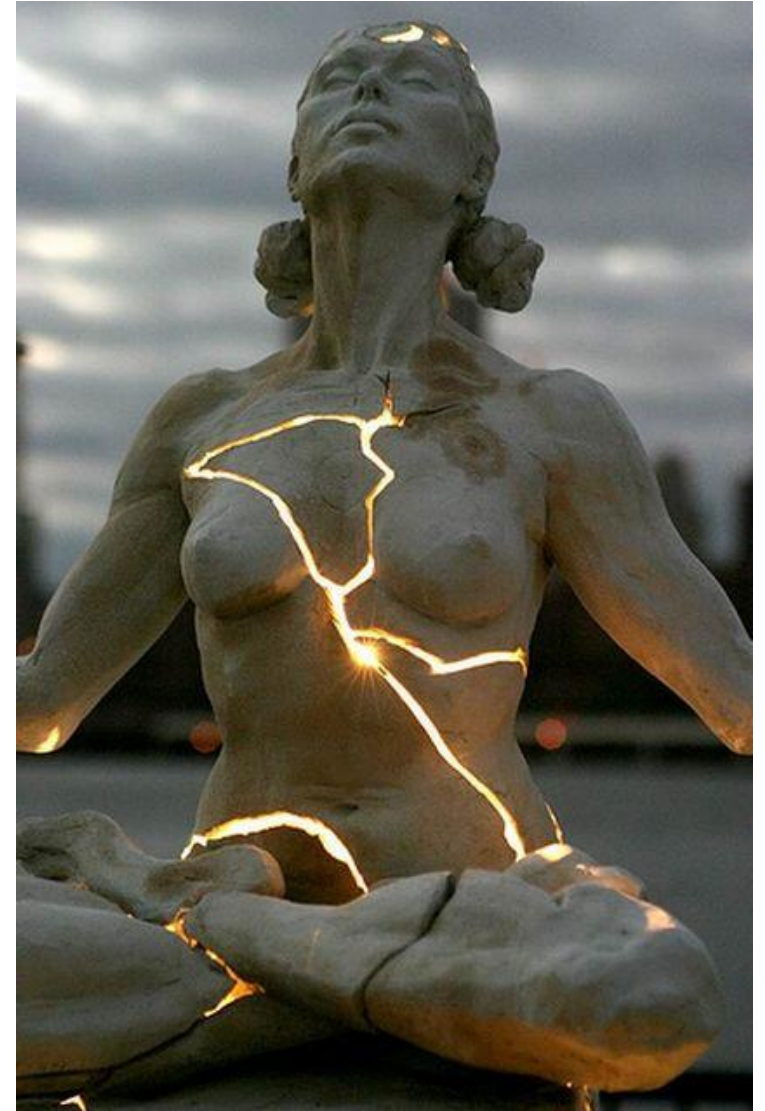
You have a weird, inexplicable desire for standing on stage and making major light bulbs go off in people's heads & new possibilities stream through their bodies

3. *The HCW:* *Big Dreams, Baby Steps & Intuition*

A. Big Dreams Get You Interested in Moving

The juicier & more thrilling the dream, the more:

- (1) You get excited and ready to go
 - Gas pedal
- (2) Your blocks to the dream show up
 - Breaks



3. *The HOW:* *Big Dreams, Baby Steps & Intuition*

A. Big Dreams Get You Interested in Moving

Too exciting & too many blocks? We get paralyzed.

We can use the desire, the dream as a sign post, but not attach to any of it. Breaking it down into smaller dreams helps.

Once we have some wiggle room, we can get in "the flow" and get moving on our baby steps.



3. *The HOW:* *Big Dreams, Baby Steps & Intuition*

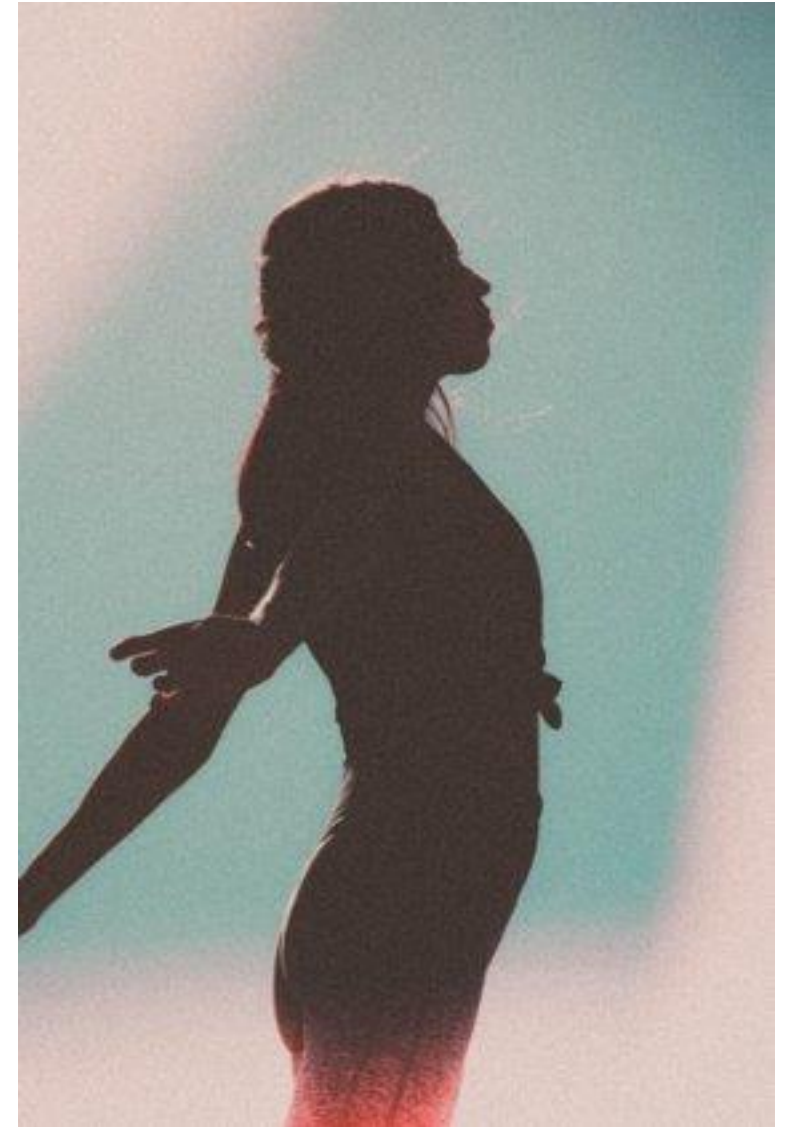
B. Baby Steps Get You Moving Without Resistance

Baby Steps do NOT require you to

- (1) Be someone else
- (2) Be somewhere else than you are.

They are for YOU, as you are NOW, where you are NOW.

Wishing you would get another baby step is what hurts you.



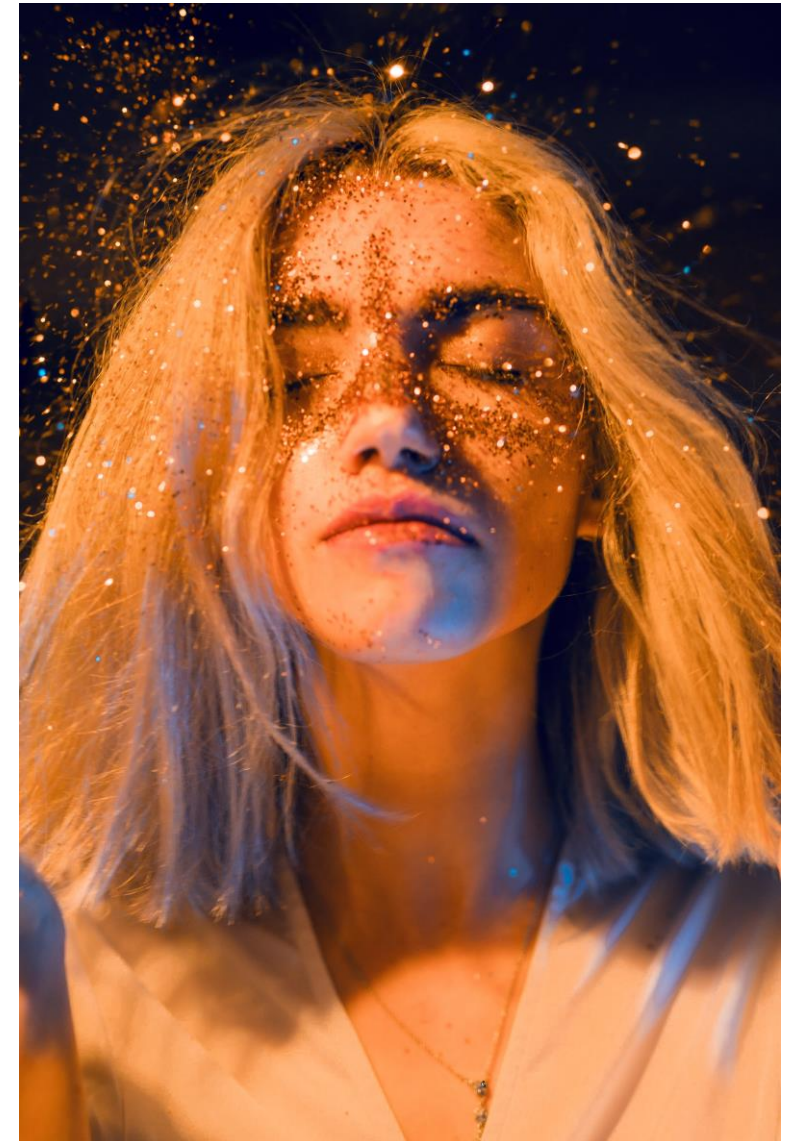
3. *The HCW:* *Big Dreams, Baby Steps & Intuition*

C. Intuition Helps Get You There Directly & Precisely

Your bigger mind knows EXACTLY
what the perfect next baby step is.

It can look ordinary or extraordinary.
Bizarre or obvious.

Don't judge. Just listen.

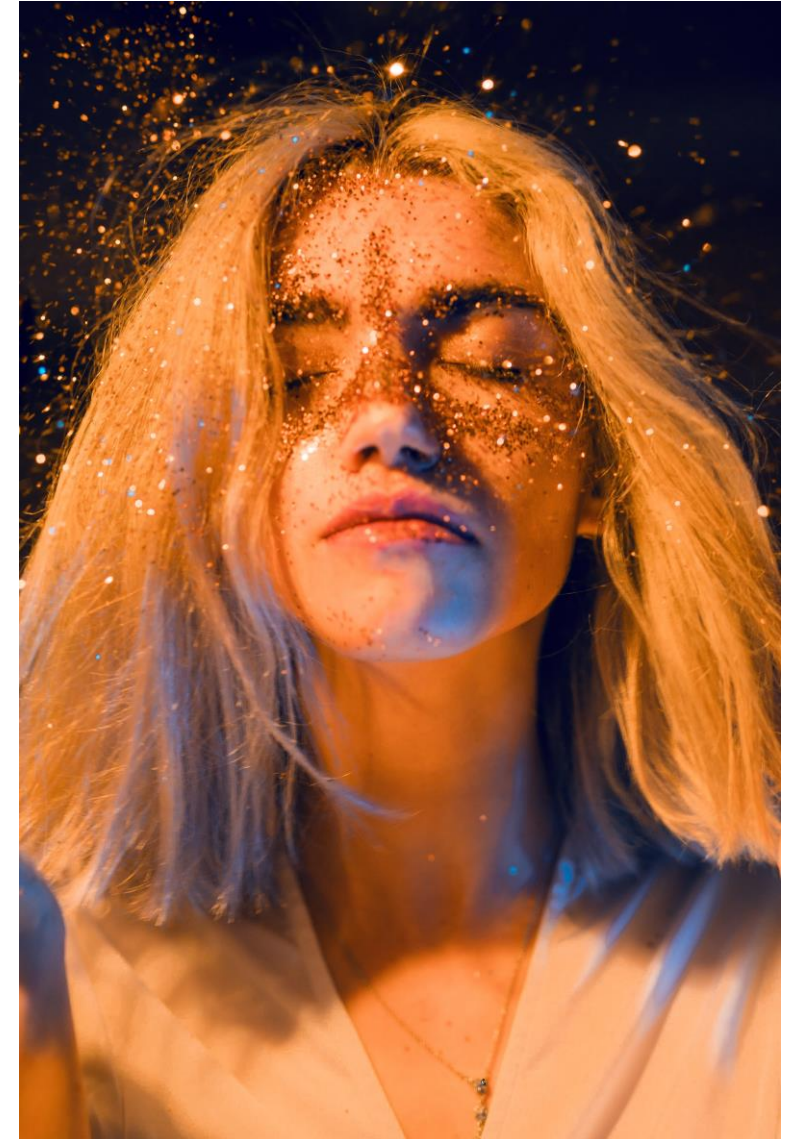


3. *The HCW:* *Big Dreams, Baby Steps & Intuition*

C. Intuition Helps Get You There
Directly & Precisely

It doesn't give you the next piece until
the current piece is accomplished.

IT KNOWS THE BIGGER PICTURE



4. *Extra Resources*

Your bigger mind aka the you who has already accomplished what you're setting out to accomplish. She can coach you, mentor you, advise you.

One.

Step.

At.

A.

Time.

Your Work This Week

1. Identify the new possibilities
2. Commit to playing with making a dream come true
3. Get in touch with your inner intuitive warrior.
4. TAKE THE BABY STEPS AND ENGAGE WITH THE FLOW.