

Waking Up - Spiritual

Your belonging and worthiness are complete and inherent; Your essence cannot be improved nor decreased in value; Your true essence is infinite, divine & whole; Learn to connect with the infinite resource that is within and outside of you through presence not through your mind. Learn how to revitalize your spirit, soul and energetic system instead of focusing on problems. Recognizing that you are an integral part of the whole, the One, will assist you in shifting from feeling at the effect of life to feeling safe, enlivened and creative.

Showing Up - Masterful Creativity

Bringing your gifts to full bare and using your true voice; no longer shrinking, being small, keeping silent or blowing up into grandiosity. Expressing your essence instead of getting caught in the problem-solving eddy: creating instead of fixing; authentic engagement instead of worry or grandiosity. Expressing your essence boldly and joyously instead of anxiously analyzing, fixing, competing or producing.

YOUR WHOLENESS CORE-SELF

engages all aspects of your life from a sense of the paradoxical: knowing you are whole and perfect and at the same time need work and conscious attending.

Cleaning Up - Psychological

Honoring your true spirit you also acknowledge you're human with layers of conditioning and unconsciousness. This requires doing shadow work, addressing polarities instead of hiding, complaining, blaming & projecting. Authentic power through Presence not reactivity. Avoidance, grandiosity and lack of awareness are all forms of reactivity and will keep you stuck in suffering and causing others suffering.

Growing Up - Accountability

Evolving through all of your relationships. This includes relationships with all Beings, all life forms and all aspects of your life. Recognizing from which parts are you relating to your experience: protector (defensive/aggressive), exile (wounded child) or Core- Self (wholeness)? Owning 100% accountability for all of your experiences without shame; receiving all experiences as growth opportunities. Shifting from blaming and complaining to taking responsibility and requesting.