



Hello, everyone. This is Lisa Wilson with the Aspen Center for Empowerment and Healing. **Thank you so much** for being here today.

In today's video, I'm going to dive into discovering and aligning with your **true passion**—the **thing that sparks your heart**.

This video series is about the 7 stages that I went through to **clear and heal** myself from toxic relationships and to fully step into my **self-empowerment** and create the **most incredible, magical life**.

Every single day is just **unbelievable** for me. My intention is to bring these tools that I used and create them in a simple format for you to really dive into and understand. Using these tools, you can **live the life you were born to live**.

It's not about how long it takes to get through each stage. The **journey** is so important and necessary, and **divine timing** is always working on your behalf. Each stage has **so many gifts** to offer.

Each of the **7 stages** has its own timeline. It's not like, "Okay, I'm going to have this experience, and then it's going to be over." Each stage could last anywhere from an hour, **a moment with a spiritual awakening**, to a year or more.

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No matter how long it takes, **get comfortable** within each phase. The next stage will naturally present itself on this journey.

So the first stage is **awareness**. The second stage is **forgiveness**. The third stage is **learning to be alone**. The fourth stage is **connecting to your divine self or the divine**. And the fifth stage, this stage that I'm now

Healing Toxic Relationships - What Makes You Happy? Discover & Align With Your True Passion Part 1

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going to dive into, is **discovering that spark within you**—of the life you were born to live.

So if you haven't watched my previous videos, I definitely suggest you go back and watch them, as each stage really does **support** the next.

Let's dive in. What does it mean to **discover the spark within us** and really **align with the truth of who we are**?

When we were born, we have this **free expression**. We show up in the world with these **beautiful gifts**, and not everybody has the same gifts and talents. We all have many different ways that we **express** ourselves in the world—what we like and what we don't like.



However, because of the conditioning and belief systems of our family, peers, and society, we start to lose the **true essence** of what that means over time. We start to lose sight of what that **spark** is or what our **gifts** are.

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There is this **mindset** where your children would take over the family business. Well, why? To carry out your **legacy**? Except, if it's not their legacy, why would you want them to do that?



We have a mindset about this, a line of thinking like, “Oh well, it's going to provide for them and their family, and I created this for **survival, safety, and security.**”



That doesn't mean that the family business was actually built on the **truth** of who that person was at the time either. So we're now just **awakening to the fullness of who we are**, where every one of us is going to an **ascension**, and we're becoming awakened. Part of that awakening is really remembering the truth of who we are.

In a lot of the work I do with my one-on-one clients, we spend time diving into the **childhood experience** of what they loved to do when they were children. Because there are **hidden gifts** there. Children are so aware, so pure, and so smart, and they remember everything. They know. **They're so clear and so beautiful.**

So when I ask a 30-year-old or a 40-year-old person to tell me about what they loved to do as a child—boy, they go right there. **They remember like it was yesterday.** Because it was **that spark within themselves.**

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I'll share a personal story. When I was 9, there was a **little girl** whom I went to camp with who fell off her horse. Her name is Rebecca, I remember.



I sat there all night talking to Rebecca about **getting back on her horse**. She didn't get back on her horse. She was afraid, and it was scary. And I knew, I just knew at the age of 9, what she needed. **This has been my soul work my whole life**. And I'm so **grateful** to have recognized that.

But what was so interesting was I've spent a lifetime learning through my own **life experiences**. It's one of the ways that I **chose**, in this lifetime, to really **learn and teach**—from that place of experience.

I don't believe that there's any subject you could study or that you could go to any school out there to teach you what I've **learned** through life experience. (That's a whole other story. We won't go down that path just yet.)

So I spent all night talking to Rebecca, saying, “**You really need to get back on the horse because if you don't, you never will.**”

And I knew that if she didn't get back on that horse, there was going to be a **significant situation** that will take place for her emotionally, like a schism, that creates a separation.



And I woke up that morning, and there was just a **feeling** that came over me when we were at camp. I just knew I was going to fall off my horse that day. I just knew it.

Sure enough, when I got to the stables, my horse that I **loved and rode** every day that summer was not available for me that day. They put me on this huge horse. He was so big, my legs barely wrapped around him.



Rebecca was up in the stands watching me, and I started to canter around the ring. And sure enough, just like in slow motion, I slid right out of his saddle. I mean he didn't buck me—he was such a **gentle soul**—but he was so big I couldn't hold on. I couldn't grip him, and I just slid right off of him and went straight into the mud, face first. I had mud embedded in me.

We know who we are when we were little.

And it hurt. He was tall. It hurt. **I got up**, and I looked at the stands. There she was looking at me. My horse came back around, and I didn't want to get back on that horse. **I completely understood** where Rebecca was, but at the same time, I knew I had to get back on the horse.

I share that story because **we know who we are when we were little**. This was the nature of me at 9 years old. Even then, **I just remember being that person** to my friends and the people who were around me.