



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

I am **so excited** to be diving into yet another conversation and topic that is **so deep and dear to my heart and soul**. It was part of the **breakthrough** that I went through when I fully stepped into my full self, **the truth of who I am, my full empowerment**.

That doesn't mean that **life** is easy and breezy now. That I don't get riddled and challenged and have to call myself out on stuff, and that it's **easy to navigate** when I do. It's always going to be a **journey**.

But I always say it starts with awareness. **We can't change anything that we're not aware of**. So first, let's dive into what that really means. And how do we get **clearer**? How do we become **aware**?

Well, **your life** will always mirror back to you your **belief system**.

I just recorded a video that you'll see coming up. It's called "Understanding Victim Mindset."

That's a **choice**. We are conditioned into this drama triangle. When we are living the **role** of either the victim, the persecutor, or the rescuer, we're always going to be in a state of drama and trauma. **Life** is always going to feel difficult and challenging. It's just **part of the journey** of that whole belief system and mindset.





So, I definitely suggest watching that video, but let's dive into really **understanding** what it means to **live the fullness of who you are**.

I think the thing I want to say is **keep it simple, keep it simple, keep it simple**. And sometimes this is **so simplistic** that your representative, your ego mind that's what I call "the representative," will want to kick it out. Like, "Oh, that's not going to work." It will negotiate it.

So sometimes when **it's really simple**, we have to complicate the daylights out of stuff, especially if we're conditioned to **live** in a drama experience of our life.

First, I want to say that everything in your life is there to **serve your highest and best good**. When you could come from that **understanding** and **fully integrate** that at the cellular level, you're already there, you're already living it. Because at that point, you start asking **bigger questions**.

I always say it starts with awareness. We can't change anything that we're not aware of.

You ask, "If **everything is here to serve me** and I'm experiencing something in my life right now that is unwanted, **how is it serving me?**"

See where **the bigger question** really presented itself. "How is this serving **my highest and best good?** What is it that I'm **receiving** out of this?"

The ego wants to tell us that if we have all these external things in our life, if we have the **great relationship**, the **wonderful house**, or the **financial abundance**, that everything is going to be okay. Yet the reality is it's not. That's not what brings us **peace and joy and fulfillment** inside.

First, we want to be able to **see it clearly**. Then we want to get very clear on what is my "yes"—what's **up spiral?** And what's "no"—what's **down spiral?** What does up spiral and down spiral mean?



Up spiral is if it feels good. If it's right for you, it's **a fit for you**, and it's got your name on it, then it's up spiral.

If it feels bad and it's challenging you in a way that is bringing you to a place where you're second-guessing **your self-worth and your value**, it's addressing you in a deeper way, that is in the negative downward spiral. I mean, we're going to get challenged and have to go into deeper states of **understanding and awareness** of our own shadow work. That's not going to feel good.

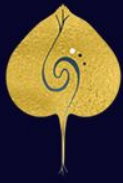


But when you're feeling shamed by another or judged by another, that doesn't feel good. Do we immediately walk away from it? Well, **it just depends.**

If it's in the up spiral—it started in the **up spiral** or else, we wouldn't be in the relationship or the experience in the first place. And it's turned, and now it's kind of presenting itself where you're starting to feel judged by another, then it's time to **ask some deeper questions.**

So I always say, if it's the first time, shame on you. If it's the second time, shame on me. I don't know if that really applies here, but I'm going to **dive in there.**

So you want to address it from **that perspective.** I'm feeling you have to **communicate your needs.** If it's in a **relationship** with another or an experience that involves other people, you want to say to them, "This is how I'm feeling."



You want to **express yourself**, and then you want to just see what they do with it at that point.

If the behavior changes, then you could **go to the next level**. If it goes to the next level, guess where it ends up? Up spiral, and then you **move forward**.

Everything in your life is there to serve your highest and best good. When you can fully integrate that at the cellular level, you're already there. You start asking bigger questions.

But if it doesn't go to the next level, that's where the "first time, shame on you" type of thing shows up, because how many times are you going to give somebody **the opportunity to dial it in**? Well, that's up to you.

If it starts to go in a downward spiral where you're feeling not good about it, and you're actually censoring yourself, and you're not able to **truly be the truth of who you are**, you want to take a **deeper look** at that. Because then, that goes into down spiral.

When you get **really clear** on your up spiral and down spiral, and you don't run away from situations that are actually going to **grow you** into having a **deeper level of intimacy** with another, you got to **dive in and have the conversation**. You just don't walk away.

When you've established a **relationship**, you want to see where it goes. But then you get to experience, how is the behavior showing up? I always say **words are easy to say, but actions say everything**.

So if somebody **matches** you and meets you there after you've expressed your needs, then it's up spiral and it has continued to be a "yes." I want you to be **so clear on your up spiral and down spiral in your own life**.



When it comes to relationships, it gets a little complicated because our own shadow is going to present through **the experience of our relationships** in another. And it will continue to challenge you to **look within**.

What part of you is **creating** this? What part of you needs to **look at it differently**? Or what part of you is activating a wound within your own self?

That's where your **inner core work** comes in. You dive into just seeing yourself a little clearer and **taking responsibility** for how you're **showing up in the relationship**.

But if it's something that you're saying **“yes”** to because you have an overactive people pleaser situation going on. You're saying, “Yeah, I remember finding myself saying ‘yes’ to dinner parties and going out to dinner with people I didn't really want to **spend time** with because I didn't want to hurt somebody's **feelings**.” It's people pleasing.

That's where we get really messed up, and that's where **life** gets complicated—when we're saying “yes,” when it's a “no.”

So **if it's up spiral, it feels good**. Say yes. If it's down spiral, it's a “no.” It doesn't feel good.





When there are deep relationships involved, you want to take a deeper look and go into the core of having a **deeper conversation** to really grow the relationship. Can this **relationship** that was once up spiral come back to **up spiral**? If so, what needs to happen to bring it there?

And if it continues to go in a downward spiral, then it's time to really have a **deeper conversation** with yourself. Are you willing to sacrifice your own **self-worth** for the relationship? That's kind of how we **navigate life**.

I'll continue to bring **more awareness and clarity** around what it means to be living in an up spiral and down spiral reality.

If it's up spiral, it feels good. Say yes. If it's down spiral, it's a "no." It doesn't feel good.

We'll **keep it simple**. If it's a "hell yes," it's **up spiral**. If it's a "hell no," it's down spiral. If it's somewhere in the middle, we got to do a **little work** when it comes to our relationships. We want to look at our own core wound first because it will show up through our **relationships with others**.

You've got to **take responsibility for who you are** first and foremost and how you show up in your relationships. Nobody can do that for you.

In the up spiral, if you want to have **deeper intimate relationships** and that's part of your **soul's journey**, and you're calling that to you, then I highly suggest you **look within your own shadow self**, recognizing where your core wounds are being presented through another, and then having a deeper conversation.

Ask questions. "Did I hear you clearly? Are we speaking the same language? If not, how can we **get clear together**? And are we willing to **do that journey together**?"



Because **it's a journey that both people have to partake in**. It's not one sided.



Thank you so much for being here. Please **like, share, and subscribe** to my videos if they resonate with you. It's part of the way these little computer bots get my work out into the world.

Together, we can **wake up** and come into deeper states of **love and intimacy**, building core relationships with amazing people, really **shifting our life in a positive way**, and powering up. **We power up**—up spiral.

Go to my website for more information. It's aspencenterforempowerment.com. I have **wonderful content** and a **great free gift** that is available to really assist you on this **journey of fully stepping into the truth of who you are**.

Thank you so much for being here. **I look forward to more**. Bye for now.