



Hello, everyone. This is Lisa Wilson with the **Aspen Center for Empowerment and Healing**. Welcome, welcome, welcome. I'm so happy to be having **conscious conversations** with everyone.

2020 is a powerful year. We are all going through **one significant transformational journey** and the only way you are going to navigate this journey **with ease and grace**. Because when we don't operate from this place, 20/20 vision is really what this year is about. We are **shining a light** on all the ways we show up that might not be congruent or **authentic**.

I'm doing a whole series on **living radically authentic and what that means**.



So, I want everyone to just take a minute. We're going to do just a quick little process to **get grounded**, and I'm going to give you some tools because there are a lot of ways that we could actually **enhance our journey and support the work we're here to do**.

I want to really start to teach everyone to get used to **connecting with the Divine**

within you because it's a **co-creative journey**. This isn't a solo journey. This isn't the separation or the distorted self. This is **the Divine Self**.

So, close your eyes, and cross your legs and your arms. Just take a **nice deep breath in**. Great, and now I want you to visualize just above you a **kite**. And the kite is shaped just like you.



I want you to **grab the tail of the kite** and bring the kite down from the top of your crown. Pull that kite all the way in so that **it fills up all of you**. Bring it all the way down.

Take that tail of the kite, **anchor it into the center of the earth**, and just observe as **that higher aspect of you** anchors down into your physical body. Bring it all the way down, down, down, down. Great.

Now I want you to just **drop down into your heart** whatever way that you can, just **enter into your heart**.

All right, now, **be here with me**. When you're ready, open your eyes.

When we operate in the fullness of who we are, we bring in all those aspects back home to us, so that we can make really beautiful choices and decisions along our path from an expanded point of view.

Everything I've learned about this journey is a **co-creation with the Divine Mind**, your Higher Self, the part of you that knows that is so much more expanded than your small self. It's **the fullness of who you are**.

When we operate in the fullness of who we are, we bring in all those aspects back home to us, so that we can make really **beautiful choices and decisions** along our path from an **expanded point of view**.

What does it mean to **live radically authentic**? And how are we not living radically authentic?

Well, I want you to **check in with yourself and get real humbled**. This isn't a **journey** where you can actually tell a little white lie or fib or something of that nature, and you're going to get away with it. The only person you hurt is you.



It's like when somebody lies, they're not lying to another person. They lie to themselves. They're the ones missing out. They're the ones not being **radically authentic** with themselves. In turn, that costs them. There's a big price that you pay for living from that separated, distorted self. So, **check in with yourself and really get clear.**

Is your life aligned with **the truth of who you are**? Do you wake up in the morning **excited for the next moment**? The day before you? For **what magic might lie ahead**? For just the now moment? For waking up in the now moment?

When the bottom fell out of my world and I went through **a massive transformation**, and I just remember asking for this for such a long time. I kept saying, "Something's got to give. **Something's gotta give.**"

I kept doing all my work and putting it out there and waiting for this change to take place. In the world around me, people were going through **massive shifts and massive changes**. And I'm thinking, "Why is **my life** not changing?" I keep **taking the action steps**, yet nothing is moving.

This was probably a good six years—what felt like **a holding pattern.**

Now, I always share **the story of the bamboo forest**. Because a bamboo forest develops a root system within the earth that is **so solid**, and it takes up to five years for that root system to actually **develop and get grounded**





before the actual forest will **break ground**. When it does break ground, **the entire forest goes up** at one time. But the root system is so solid.

So that five-year stretch, six-year stretch for me, was exactly that. I was **building the foundation** for what was coming. Because **when it did shift**, when the forest was ready to go, everything fell out of my life.

I sold a business. I left **a marriage**. I mean, I wasn't planning on... My business had been up for sale, yet I wasn't expecting it to sell because I was so close to the end of my lease that I had just completely released the idea of it. There were so **many moving parts to this journey**, but the entire bottom fell out.

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Pretty much every person in my life went with it except for literally **three people**. And those three people are still in my life. **I love and adore them**.

And yet, they could only be there so much for me. It was **a very solo journey** for a very long time.

I had to **clear the programs** and **get really radically honest with myself** and why I had created a life that was so incongruent with who I was.

And I remember many, many years ago—probably, I think it was in 2002 that I had a vision download that **I was doing this work here** that I'm doing now. And I had gone through a certification of becoming **an NLP coach**. I saw **this whole platform** before me, but it scared me. I didn't feel like it was something that I could actually **create**.



It was **so big for me** at that point that it was hard to wrap my head around. So I parked it, and I told myself a lot of stories around why I was never going to do that. Like that was just not the **life** for me.



I told myself that I had to have **structure** and a certain way of **showing up in the world**, and there had to be certain things in place. It was this jabber, jabber, jabber, yada, yada, yada. So all of it disappeared.

I went through the next two years releasing, releasing. It was **a process of releasing beliefs and programs** that had been installed within me for my entire life and through my lineage. They had been passed down from generation to generation until I was able to really start to **rebuild and restructure myself**.

And wow, when I tell you who I am today, oh my goodness, and how I'm showing up in my life today, **it's an absolute love affair with myself**. I could **trust** myself.

When I don't follow through with **living radically authentic**, and let's say my persona shows up and I'm sitting there going, "Wow, did I just do that?" I know I could **love that part of myself** and say, "It's okay. That served for that moment. How can we **do it better** next time? Or how can I **own it** and **make it right** at this now moment?"



Because that happens along **the journey** when we're **learning how to show up in the world** in a different way.

We're going to continue to have the behavior, but now we're doing it with awareness. Then we have to love the part of ourselves without shaming and guiltting ourselves for doing it that way and integrate that part.

We're going to continue to have the behavior, but now we're doing it with **awareness**. Then we have to **love the part of ourselves** without shaming and guiltting ourselves for doing it that way and **integrate that part**. And then say, "Okay, how do I **fix** it at this point? What **conversation** needs to happen? Who do I have to talk to? How do I **make it right**? How do I **own it**?"

When you do, **it's amazing the shift that takes place** in your reality and your outer life, as well as within your own **heart**, your **connection to self**, and then the **relationships** that you're establishing and building. You're creating a **foundation of trust and love** that is unshakeable.

So radically authentic—join me on this journey, as we have **deeper conversations** about really **claiming our power**, knowing that we are **the creator of our reality** and when we can live radically authentic, **get really honest with ourselves**, look within the shadow.

I want to leave you all with a **tool** to do that.

Any time something is showing up in my life that's a repeated pattern, I just say, "**Show me clearly** in terminology I can understand where this is coming



Healing Toxic Relationships - Living Radically Authentic Part 3

See more at <http://bit.ly/liverap3>

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from, what **belief** do I have around it. And show me the path to change it.
Handle it, handle it, handle it.”

And you will watch **absolute shift in consciousness** and transformation take place. **Magic happens.**

Thank you so much for being here. For more information, go to my website aspencenterforempowerment.com. I look forward to having **more conversations.**

If this video has helped you in any way, please **like, subscribe, and share it with your friends.** It's the way we come together to really **support one another** on this journey.

Thank you. Bye for now.