



Now, another piece that I want to bring awareness to, and this is a **really significant piece**, and it's **very humbling** to do this work. But trust me when I tell you **there's gold on the other side of this rainbow**.

When we start to recognize within ourselves all the ways that we've created our life experience and **take full responsibility** for everything in our lives, the world around us will **transform and change**. We actually **clear it out of our field**. Once it's cleared out of our field, we no longer magnetize it in. We don't have to live through it any longer.

So number two is recognizing the way our life has been mirroring back to us. That is **another significant way to become aware**.



It takes **great courage and bravery** to do this inner work. I have been working with a client of mine who is very dear to my heart and who is a **magnificent soul, powerful beyond your wildest imagination**. And he is at the brink of cracking into the great abyss, and he feels very suicidal.

Yet this person is an extreme athlete and can really do any type of extreme sport you can ever imagine, and that's a piece of cake for him. But this **internal work** is so difficult.

So I just want to **celebrate every one of us for showing up here**, for being courageous enough to really have this conversation and to take it to the next step on our own **healing**.

Because I can shine a light and I can have this conversation with you, but if you don't do the work, if you don't look within, if you can't **get humbled enough to ask the bigger questions**, to **take action to really transform your life**, nothing will change. And your life will continue to be what it is.



If you feel **so joyful** in the life experience that you're living, then I always say don't make any changes. But if you really are called to live **a joyful life**, you know it's there. You know it's there.

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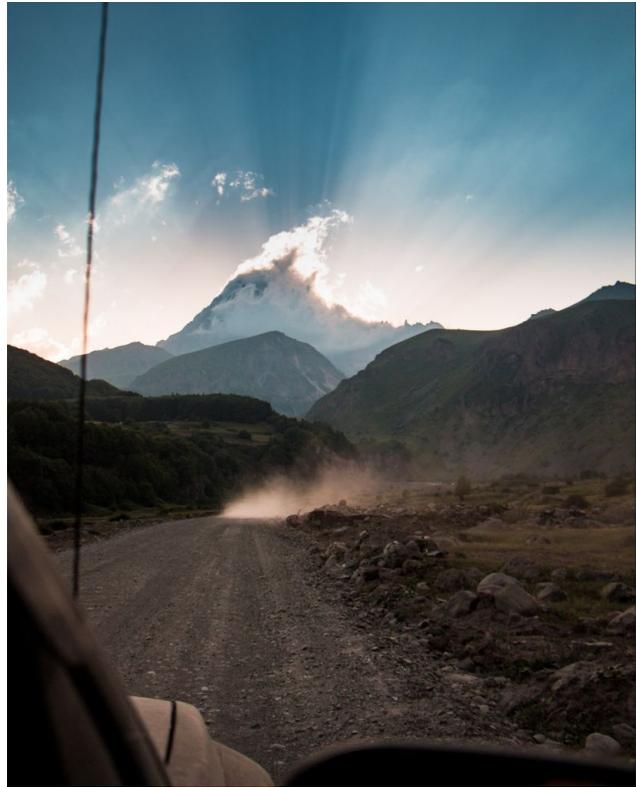
We set this life up this way so **our outer life will mirror back to us everything it is that's going on with us internally.**

How does that show up? Let's dive into that for a moment. Let's do a little exercise here. I want all of you to **think of a situation in your life** where there's resistance—whether it be in a romantic relationship, a business experience, a financial experience, or in your health.

And however it's showing up in one of those four quadrants—personal relationships, romantic, business, health, finances, **pay attention to how you feel** when that situation presents itself.

What is **the feeling of that experience**? Do you feel angry? Frustrated? Victimized? Are you powerless? Do you feel undeserving, unworthy, not enough?

What is the feeling that the experience is bringing to you? This is **our map**. This is the GPS out.





This is how we **navigate the territory**. I want you to feel into it and we're going to kind of break it apart a little bit.

So first I want you to **bring in awareness** around a situation that's up for you. What is the **core feeling**? Is it fear? Is it sadness? What is the feeling?

Now amp it up a little bit, and I promise I won't leave you here for long, but feel into it. **Feel into the emotion of what that experience is bringing**. If it's sadness, I want you to feel the sadness, really amp up the story of it.

We set this life up this way so our outer life will mirror back to us everything it is that's going on with us internally.

And now this is what I want you to do. I want you to **take the story out of it** and just feel the emotion. Where in your body are you feeling this emotion?

I usually feel it in my solar plexus, which is **my power center** and it's just above the belly button below the rib cage. I also can feel the constriction take place within my throat. Sometimes both when it's really significant for me. Both of these centers for me will be **ignited**.



So where are you feeling it in your body? And now what I want you to do is just close your eyes and **breathe into the emotion**. Let go of the story completely. Just feel it as energy in your body. **That's all this is, is energy**.

This is where energy has gotten stuck within your body, within your cellular structure. And just breathe into it. **Just feel the energy** start to **create some space in it**. Bring some space into it



and watch as it disintegrates, breaks apart, transforms, releases from you.

## **Beautiful.**

Now we should be feeling a little bit more neutral on the subject. I want you to look at that experience, that emotion, that sadness, whatever it was that presented for you. And ask yourself, where did this feeling first originate for me in my life? And **allow your soul to guide you.**

To **live a radically authentic life**, we have to **let go of the mask**, the false persona, which means we have to get in touch with the emotion that has created the persona to begin with.

Before my son was born, I had built Fort Knox around **my heart**. I operated from a place of emotional unavailability. I couldn't understand why I continued to magnetize to me relationships that left me feeling powerless because that was the root of my programming—it was feeling powerless.

When we ascend into the fullness of who we are, we'll go through many awakenings that expand us in our consciousness in a different way.

Because as a little girl, I was very powerless in my life. So I brought in experiences that **magnified** my feeling powerless through relationships that were abusive based on my own self being emotionally unavailable and shut down. Until I was able to take down the walls, which I used to call boundaries.

I remember I came from a family structure where there was no such thing as boundaries. So when I started to really build some significant boundaries for myself, of course, the pendulum tends to swing in the opposite direction, and I built up boundaries that really became barricades.



They were more about keeping people out instead of **keeping me safe**. And that became its own **journey** and chapter within **my life of healing**.

How do we **take down the barricades around our hearts?**

Because in order to tap into **the fullness of who we are and live a radically authentic life**, we have to get into **our hearts**.

And if we're operating from a place of protection, safety, not enough, lack, limitation, I guarantee you, we have boundaries that are keeping situations and people and experiences out, which are now barricades, instead of setting up **healthy boundaries for ourselves**, where we are able to **be flexible** and there's no charge around it.



So, in order to get to our intuition, in order to be able to see ourselves so clearly, we have to **remove the barricade**. We have to remove the piece that is preventing us from **reaching the truth of who we are**. We have to remove the false mask and the persona.