

From FEAR & Failure to FUEL & Feedback

+ Kensho and Satori

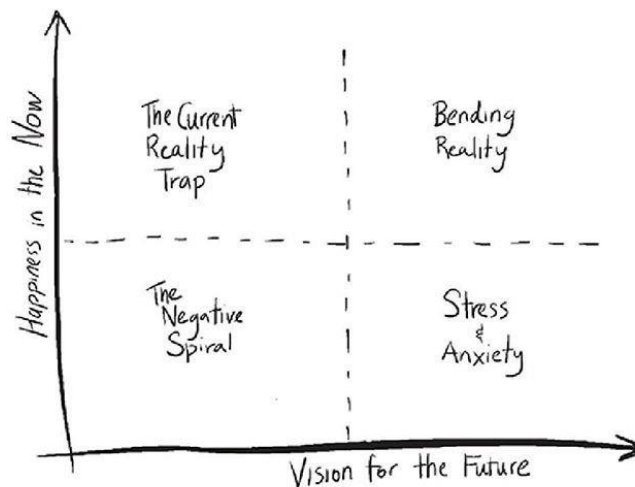
- Sometimes, the universe makes us grow through pain = *Kensho* OR insights = *Satori*
- ***Kensho*** = when we are too stubborn, our soul will “slap us”, often slow, painful growth
- ***Satori*** = unfoldment, growth, insight, breakthrough, revelation, awakening, instant bang
- Every *Kensho* AND *Satori* experience brings along lessons ... learn to see them.

→ What are your biggest *Kensho* experiences??

→ What are your biggest *Satori* experiences??

+ Happiness in the NOW & Vision for the FUTURE – imagine a graph

- Low happiness + low vision = *The Negative Spiral*
- Low happiness + high vision = *Stress and Anxiety*
- High happiness + low vision = *The Current Reality Trap*
- High happiness + high vision = *BLISS*



→ Which state are you currently in?

✚ **Blissipline = discipline of bliss**

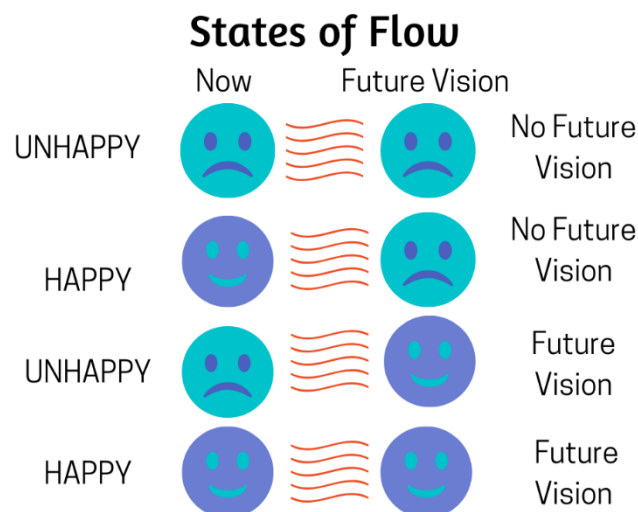
- Bliss = a mental state of mind in which you are pulled forward by big goals, yet happy with where you are now.
- In this state, we can manifest or “bend reality”.
- Levels of blissipline: happiness, being worry-free, having hope for the future, living in awe.
- Techniques to get there: gratitude, forgiveness, journaling, meditation, love.

✚ **Paradox of Intention:** “You must have goals. But your happiness cannot be tied to these goals. You must be happy before you attain them.” ~ Sandra Anne Taylor

✚ **LOVE:** The more you focus on love and fill your life and your everyday with it, the more your fears, worries, regrets, and limiting beliefs will fade away and disappear, and the more your life will unfold with ease and peace. PROVEN 😊

✚ **Also known as “FLOW”**

- A flow state, also known as being in the zone, is the mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.



Dance, Always Dance

... Tango between Inner Game and Outer Game

✚ “When the student is ready, the teacher will appear.” ~ Buddha

→ The “secrets”: Trust, trust, trust. & DO the work ...

= Do the meditations, but not only – do the action steps, make them a habit, let them become your second nature, your new normal.

✚ The best thing you can do to help people who are poor is NOT to be poor yourself.

→ The best you can do to help people in a crisis is not to be in a crisis yourself.

✚ Mental Screen Exercise:

- What is still stopping or slowing you down?

Pick a past experience or situation that did NOT unfold the way you wanted to.

Something that keeps playing in your mind like an unwanted guest ...

- With your eyes closed, imagine a gigantic mental screen about 6ft / 2m in front of you.
- See what you do not want on that mental screen, with all your senses and emotions.
- Next, remove that screen.

You can replace the old mental screen with the new one with a swoosh, you can erase the old one, make it disappear slowly, make it crack, or have it break down on the floor.

- Now create a new mental image of what you DO want on a new screen, again with all your senses and emotions.



Intuitive Decision-Making

1. Which decision are you faced with right now in your life? Write down your options A + B.
2. Stand up in a space where you have about 5 feet (1.5 m) in front of you, both to your left and to your right. Place options A and B in a circle on each tip of your letter “V”.
3. The space where you are currently standing (the bottom of your “V”) is considered as the neutral space.
4. Choose which side will represent which of your decision options, e.g., on the left will be option A and on the right option B (or vice versa).
5. Choose one of the options you want to begin with. Put your attention on the chosen decision; imagine that this decision has been made and you are now living in this option.
6. When you are ready, physically step forward INTO the circle that represents this option and feel what it’s like to have made this decision. Breathe into this reality, *experience* its results. Let your body *see, hear, smell, touch, and feel* any details of this reality. Notice the *sensations* and *emotions* in your body. Notice the *temperature* inside and outside your body and keep breathing deeply.
7. When you’re ready, step back into your neutral space, into the bottom of your “V”.
8. Great, well done! Now shake it out and do a reset with your body. Think of something totally unrelated to your decision - your last or next meal, the weather, the holidays ...
9. When you are ready, do the same for the other option. Put your attention on the chosen decision; imagine that this decision has been made and you are now living in this option.
10. Physically step forward INTO the circle that represents this option and feel what it's like to have made this decision. Breathe into this reality, *experience* its results. Let your body *see, hear, smell, touch, and feel* any details of this reality. Notice the *sensations* and *emotions* in your body. Notice the *temperature* inside and outside your body and keep breathing deeply.
11. When you’re ready, step back into your neutral space, into the bottom of your “V”.
12. Awesome, now shake it out again and do another reset with your body. Just like before, think of something unrelated to your decision.
13. What did you notice about stepping into the decision on your left and on your right?
What was different about the two?
14. Based on what you have learned and experienced, are you ready to make a decision?
15. And what’s one **action step** you can take **in the next 24 hours** to move in this direction?



INTERESTING FACTS:

- It's actually been found that the second brain, the gut, has its own emotive interdependence — that certain fears and intuitions are signals from the intestines and not the mind.
- The gut, or enteric nervous system, as it is called, contains more than 100 billion neurons (those are nervous system cells). That is more than your spinal cord!
- It also contains almost every chemical substance that helps to run and control your brain. This includes neurotransmitters such as serotonin, dopamine, etc.
- In fact, 95% of the serotonin in the body is activated in the gut.

Action Steps:

1. Brainstorm about what your “failures” have taught you and how you have become the person you are today **thanks** to these experiences.
2. Practice the mental screen exercise.
3. Share the intuitive decision-making process with at least 1 person to understand it better and be able to pull it up anytime when needed.

→ What are your main ahas from this month's topic on owning your inner power?

→ Is there anything else you are being called to do to move even further forward?