

PHASE 1:

The Seed

DESIGN | INTENTION | DEEP DIVING

THIS WEEK IS ALL ABOUT CHOICE. FINDING CLARITY AND SETTING AN INTENTION FOR THE REST OF THE COURSE.

"Once you make a decision the universe conspires to make it happen" - Ralph Waldo Emerson

"We are not doers we are deciders. And once we decide, the doing becomes easy" - Ralph Blum

1. WHAT IS IT I TRULY DESIRE , MY HEART AND SPIRIT ?
2. WHO AM I AND WHO DO I WANT TO BE ?
3. WHAT GIFT IS TRYING TO EXPRESS ITSELF THROUGH ME ?
4. HOW DO I WANT TO FEEL AT THE END OF THIS ?
WHAT DOES THAT LOOK LIKE IN MY DAY TO DAY LIFE ?
5. WHAT DO I WANT TO THINK ABOUT ?
6. WHAT AM I EXCITED TO EXPERIENCE, CREATE, OR SHARE ?
7. BY THE END OF THIS COURSE I WOULD LIKE TO HAVE THIS THING ACHIEVED... WHAT AM I TRYING TO ACCOMPLISH ?
 - A. IS IT A PERSONAL GOAL EX: IS THERE A NEW HABIT I AM TRYING TO WELCOME INTO MY LIFE
?IS THERE A SMALL PROJECT I HAVE BEEN TRYING TO ACCOMPLISH BUT KEEP PUTTING OFF
?AM I TRYING TO UNDERSTAND MYSELF MORE CLEARLY..MY POTENTIAL MORE CLEARLY BY THE END OF THIS ?
8. WHAT DOES IT LOOK AND FEEL LIKE TO SHINE FULLY IN MY LIFE ?





Example: In uncovering my potential (because that's the root of this course) I want to be able to feel more joy in my life- want to be able to focus more on creating the things that I desire that will contribute value to people's lives as well as my own...I want to attract new healthy uplifting - inspiring and empowering relationships. I want to practice my strength in healthy and compassionate ways in all areas of my life..personal, professional and social.

This is where we really start to uncover and dig and inquire--- discover what we want from ourselves and from our life. This is in essence a huge component of our "INNER LIGHT"

It's finding and listening to the voice of our inner being-- the part of us always in correspondence with God the Universe etc.

A seed has all the information it needs to grow into its genetic design.... Ex: a Watermelon isn't going to grow into a Pine Tree. Also, a Watermelon seed comes with certain ways to take care of it in order to see it actually FRUIT into its potential...

These questions are helping you design your seed. Design what you want to see BLOOM by the end of ILB. ***You're imbedding it with the information it needs to grow to be its brightest, strongest, most beautiful EXPRESSION.***



Exercises to practice daily for 7 days!

1.SET a Space/ make a space, find a space and FILL it with your magic :)

Isn't there something magical about a beautiful space made by you, just for you ? A space that's clean, beautiful and inspiring ? I for sure think so. And believe me when I say learning how to stay organized and tidy is still a work in progress for me. I definitely notice a difference when I set aside even just 5 MINS to clean my creation space up. I encourage you do that every day.

Whether this is a desk... a nice spot on the floor near the window where the sun shines the most... a spot outside under a tree, near some water by your garden... coffee shop ... wherever you RECEIVE and HEAR the guidance you are receiving from your highest self, your heart, your spirit, your inner being. This space is where you want to take this course.

2. Print off the PDF of questions and WRITE THEM DOWN FOR YOURSELF...

And when you are writing down your responses trust what you write. When I was moving from NM to IN in 2017 I was listening to this book recommended to me by a professor. It was called "Writing Down the Bones" by Natalie Goldberg... I had already spent four years receiving my English degree from DePauw University and this book felt like a beautiful reminder of the essence of why I LOVED writing. And one of the things she said was to write free form, stream of consciousness style.

Our initial thoughts when we put pen to paper are the thoughts most unencumbered by our ego... our overthinking...people pleasing mind. Those thoughts are the most raw and come from a place of pure creation...words sopping with truth and the fresh sparkle we all have when we honor our true self. And I agree completely! The best poetry that I wrote came from that place. While I loved workshops in college for the collaborative feel.... I always kept my original copy because for me that's where the magic was.

Point being: allow yourself the freedom to respond naturally and honestly. It's just you and your higher self/spirit/god...there's nothing to prove...no one to please. I am so totally cheering you on in this process.

The cool thing I realized in this was I gave myself the freedom to be who I wanted to be and who I really am. I found my voice to be sincere, inspiring, and empowering and slightly enchanting. Yours might be different. *Honor it... and honor the discovery.*

3. MEDITATE

Meditation is an absolute must in this course. And once you start practicing meditation, you will understand why so many people find it adds nothing but value to their life. From my own experiences, meditation was the MAIN TOOL that helped me turn a page in my life from a passive addict to ADD medicine, to someone who understood life more, herself more and relied on her own strength and willpower to finish tasks that were in front of her. This practice alone has changed my life in such drastic ways that I could never go back to a life without it. It's my way of clearing space from residual energy from my past and making space for blessings, magic and the newness that presents itself at a moment to moment basis.

This is a space where we can actually RECEIVE and hear the answers to the questions we've been asking our whole life. But We can't hear if we don't listen...

There are so many ways to approach meditation and my history and depth with this practice is enough for a course in and of itself.

So for now I will be giving you a guided meditation but please know and understand that if during these times I set aside for the meditation you feel like approaching it differently.

DO IT. But at least do it. There is visualization meditation, Zen, Tibetan, Love and Kindness, Transcendental... the possibilities are endless.

I designed these meditations as ways to sincerely clear space and make room for what you are trying to create or FEEL. I encourage you to deepen your relationship with the understanding of what meditation really is... and when you do you won't regret it. When I make a course on it I will keep you all in the loop.

Two really powerful books for me in studying meditation are "Zen mind a beginners mind, Shunryu Suzuki" and "The Journey of awakening, Ram Dass".

"Meditation and concentration are the way to a life of serenity" Ram Das

"Meditation is like diving deep in the ocean. To allow you to go to the depths and come back up smoothly your body must acclimate to each stage" Ram Das

"Meditation is a never ending movement... In meditation you are not important, you have no place in it; the beauty if it is not you, but in itself. And to this you can add nothing. Don't look out of the window hoping to catch it unawares, or sit in a darkened room waiting for it, it comes only when you are not there at all, and its bliss has no continuity"

Krishnamurti

The second penguin Krishnamurti reader



3. Meditation continued---

Listen to the guided meditation which is about 5-10 minutes and if your heart wants that space a little more... go there :) This course will be here when you come back...

IF YOU HAVE YOUR OWN MEDITATION PRACTICE USE IT :)

If you are super new to meditation here are techniques I used when I was first taught...

(Thank you Professor Jason Fuller).

Sit tall spine is engaged and straight (maybe put a small blanket under your hips and scootch so your sitting on the edge when your hips are just a pinch higher than knees.

Count your exhales to 10 and start over

If you don't need to count just breath very long and deep and feel what it's like to slow our breath down and actually fill our body with it...empty our body with it...

When you are done meditating, this is when I recommend you answer the questions you have written down from the PDF. Don't try to control the words --- just watch them unravel like watching a butterfly jump from flower to flower undisturbed and focused on what it wants.

TRUST THE PROCESS

Oh... and maybe smile a little :)

4. Daily "dose" of vocal and verbal mindset work! Affirmations:

We have heard about them, we have tried them, sometimes we like them and sometimes we think they lack that potency. I have shared only 2 this round because quality and relevance over quantity. Ya feel ?

Finding a fitting affirmation is like finding the right song! So if you need to switch the words around a little and add your shine to it... DO IT. It's your life. Your system.

In the "Tao of Pooh" by Benjamin Hoff, there's a saying that one man's medicine is another man's poison... so what feels like magic to me might not feel so awesome for you!! So find some words and affirmation that feel like magic for you.

A really good place to start with making your own affirmations is writing down the words that make you feel absolutely inspired and alive and using them frequently...

AFFIRMATION 1: The choices and decisions I make are direct gateways to reaching my truest self.

AFFIRMATION 2: I trust what guidance and information I have coming my way right now.

PRO TIP: when you feel old thoughts or negative self talk slipping in... take a deep breath and RESET use an affirmation instead. Redirect your focus, change the song, change your outfit whatever just put your attention on something more uplifting and closer to that place of alignment we are achieving!

Things that give me a little extra inspiration or boost when I need it (changes from time to time)

- Glass of water with a little lemon
- Orange Juice
- Sunlight
- Happy music (need suggestions just hit me up :)
- Dance
- Writing down what I am grateful for

If you need to honor the feeling and process then do it. But don't let it slow you down or hold you back. Have a conversation with it and move forward. If you need to talk about it, do it, then move forward.

At the end of this Phase, week etc, look back at everything you've written down and have a clear idea of what you seed is... Maybe even imagine holding it or what it looks like! Believe and trust in what you've decided.

