

Phase 3 :The Bud

INNER LIGHT BLOOMING

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Welcome my sacred travelers and visionary gardeners :)
WE HAVE MADE TO TO Phase 3

How is the journey treating you so far ?

Journal and write about your process. Don't over think it, just free write and let the words roll out. At the end..look at it all and how much you have accomplished. Feel the new energy around you. And realize that YOU DID this. YOU made it happen YOU allowed this amazing and awesome energy to flow to you and through you.

SMILE here. Hand on your heart smile :) Do you feel that sense of accomplishment ? inner potential ? gratitude ? Self worth ?

Deep breath. Release.

At this point you have designed your seed and cleared space... and built momentum and energy toward your new way of being... your new story, your new life and lifestyle *Doesn't that feel magical or at least awesome!*

This is the time we take a moment to REALLY APPRECIATE and feel gratitude. After the seed has been placed in fertile soil... we give the seed simple things...

Water
Love
Light (sun)
Attention

When we are putting our energy, focus and love on creating a new thing, sometimes we need to trust and let it "do its thing" after we have given it everything it needs.

That phase is when we need to let trust, faith, patience, and gratitude step in and do the work. I want you to continue implementing and PRACTICING your new habits, thoughts, and asking the GUIDING and EMPOWERING questions.

And it's time to acknowledge the BUDDING process of your seed. Where you see and notice the small or large changes in your life as a result of this course and the practices offered within.

This is where you start to write down new sensations, thoughts, feelings, impulses, things you see that you didn't use to. What does your life feel like now from when you started ?

The observation of progress is the stage of the BUD. Where you see “okay, yes, so this is working! More please” and that bud brings you a sense of excitement. And sometimes this is when people slow down but let us not slow down now! This is when we see our COMMITMENT SHINE THROUGH and keep up the efforts and the attention to continue the seeds growth.

Take a minimum of five minutes every day to reflect and write down your new DISCOVERIES and FINDINGS with the new lens you’ve created out of new practices and habits.

TIP: Think of this like little pieces of treasure on the Journey of life, and you are writing in your travel log.

This is when we TRUST in the work we are doing and who WE ARE. This is a moment of encouraging the shift and the change and the growth and feeding that aspect as much as possible. ESPECIALLY when you DO see the changes.

So in this “Phase” Of the course it’s imperative to keep the momentum going :) And also PRACTICE an abundance of gratitude :) Take a look around and within at what you have already changed. Even if there are minor shifts they are still shifts!!! Everything starts somewhere. And what might seem like a minor change and shift now can turn into a HUGE habit or practice that you end up mastering, and then using that to inspire, empower and uplift those around you.

These are your buds that are sprouting because of your efforts! One of the ways I keep the momentum for the new positive changes in my life I make a list of what I am grateful for, either a mental list or legitimately writing out a list down. Maybe after I wake up, drink some water and meditate I will make this list. **Gratitude for all i’m seeing, doing, thinking , feeling and accomplishing!** I tend to get really touchy feely when I think about the gifts I have been given.

Visualize a bud of a flower or plant. It’s this beautiful space in between full bloom and the day it was conceived. There is a lot of energy and “tension” building in a tiny tiny space...the energy continues to build and build and builds until it BREAKS FREE and opens into its full expression and show its beautiful self to the SUN and everyone who wants to admire its existence :)It’s like pregnancy! The baby comes when it’s ready- the butterfly will fly when it’s ready- the baby bird soars when it’s ready, the tree reaches its height when it’s ready... and the BEAUTIFUL message that I believe nature has about this process of BLOOMING and EXPRESSING is... it doesn’t force it’s process... much like water doesn’t have to ask which direction to flow... We need to do the same for ourselves. We are constantly growing and evolving...we are all here with our own unique gift and energy and offering... I created this course to guide you to step WHOLE HEARTEDLY into LIFE into YOURSELF into what you CREATE. To show where your inner guidance system is so you can guide yourself in this life. To show you the potential you were born with... to explain that there is so much magic to life and yourself and to show you its okay to EMBRACE it fully.

Worksheet for The BUD

FACT: You get to choose who you are and who you become. Tell me. TELL YOURSELF. WHAT MAKES YOU FEEL ALIVE ?! What makes you feel joyous when you do it ? fulfilled ? excited ? open and colorful ? What kind of impact do you want to have in the world ? This is not the time to hold yourself back or limit yourself from possibilities. This is the time to tap into that source energy. To FEED the aligned thoughts, feed your light, feed your gifts and let the light express itself through you. We are all conduits and pathways and portals for love and light to shine through and communicate through. I promise you when you start showing up SHINING FULL BLAST the world around you literally changes, how people react and look... how you see and experience things. It all shifts :) This is the time to believe in MAGIC and believe in miracles because my love... WE ARE MAGIC WE ARE MIRACLES :) and don't we owe it to ourselves and the world to express that ? to embrace that ? to BE that ?

Common non truths created by cultural and social programming and conditioning:
I am not good enough, I don't matter I don't have anything to offer, I am just a person, I can't make any change. The list goes on and on and on.

The first step for creating a new world in believing in one. Then matching your thoughts feeling and actions to the vision of the world you desire Attune your energy and frequency to that energy...

1. What makes you feel ALIVE ?
2. What makes you awesomely unique ? make a list of your unique qualities that you absolutely love about yourself.
3. How do you bring value and energy to your life and the life of others around you ?
4. What inspires you ? music, books, people, etc
5. what NOURISHES you ?
6. What changes do you notice that you are excited about ? and Excited to grow ?
7. What are you grateful for in this moment ?

The reason this is part of our worksheet is because when I am creating something and it is in the gestation phase it is important for me to to nourish myself with things that build the fire and keep it burning. Mind. Body. Spirit