



FINDING MY TRUTH

**A COURSE IN
AWARENESS
AND WELLNESS**

WEEK SIX

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Welcome to Week Six

How did last week go?

*Remember that you are NOT your job;
you are NOT your title;
You are NOT your bank account;
You are NOT your home or your car;
You are NOT your position;
You are NOT your various roles.*

***Your heart, your soul, your spirit
and everything at your core,
is what makes you who you are.***

*“Your **personality** is your **personal reality!**”*

Joe Dispenza

*The essence of this is that you can make your reality
what you want it to be.*



Tool-kit

Today I want to make sure that you have a tool kit that you can head off with and add to from here.

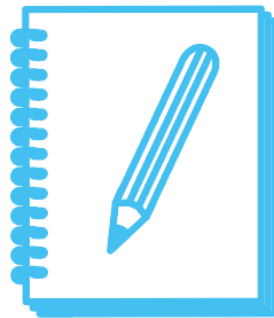
I want to make sure that you know what you will grab when life challenges you and your **'old self'** says:

Do it this way not the new way...

And to have a back up plan for when your time and energy has to be focused on other things.

Question:

How will you make sure that you have enough space for self care?



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Stopping

For many of us **stopping** seems impossible, even when we get sick we feel we must keep going. However we must rest when we are sick. Our bodies can then have the chance to heal. And when we rest, we are more likely to listen to what our bodies need.

So as you march forward on your journey I really encourage you to take time to stop so that you can recharge.

When we do this, we are calmer, we are more proactive and more efficient in all we do. We are happier because we recognise we have choice and we feel empowered because we can choose **Yes** or **No**. And too often we say yes for the wrong reasons.

We must learn to reserve our energy supplies so that when we are doing what we love we can give 100 percent.

*There are no negatives to taking time to stop,
to listen, to observe and really listen to
what is going on around you.*

And when we start to slow down, our mind may start to get louder. It almost panics. We may have seen this in the various exercises we have done over the course of the six weeks. And this is the time to bring in your tools of self-care.

*I really encourage you to give yourself the time to 'be'.
And so when you are 'doing' you are full of vibrant energy.*



A seated or lying down exercise

***Relax into your body.
Ease into the breath.***

*Place the hands on the belly and feel the belly rise as you breathe in
and draw back down as you breathe out.*

*As always, start to deepen your inhale
and lengthen your exhale.*

*On each exhale feel yourself letting go.
Letting go of all worries, all fears, all anxieties...
As you inhale, feel yourself recharging gently.*

*Keep saying in your mind:
“I allow myself this time, to stop,
to rest, to restore.”*



What is my purpose?

I just want to reconnect to this too as it is a great one to tune into when one is feeling a bit lost. You can always guide yourself into a meditation with the following questions:

*What is my heart and soul whispering to me?
What is my purpose?*

Find a way of speaking that resonates with you.

As you practice it, see how many “I’s” you peel away.... And each time you do it you will have less I’s bringing you closer to the wisdom that is you.

Remembering that you are not your thoughts, you are not your mind or your body.

*You are the Awareness of your thoughts, mind and body.
Your body is the vehicle to this awareness.*

Each of us has a deep creativity and wisdom bursting to get out and share with the world. We only have to look at a Cathedral or a Church, a painting, a healing hand, a sculpture, a building, a kind conversation, an idea to support planet earth and see it into action, to recognise that...

the Divine is in every single one of us.

All of these show the essence of who we are. **Creative Intelligence**. However more often than not it requires us to step away from the ‘norm’. To step away from social conditioning and the judgements of others... why... because our ideas make people feel uncomfortable but deep in their hearts it is because they know, that they too have something very beautiful to share.

*SO, when we are ready to step out of our comfort zone
and lead the way,
we must.*

Too often we destroy geniuses by saying they are mad, or by locking them away or demanding they conform to social demands. This is a tragedy.

Amy Winehouse is my example of this. A soul here to share with the world her heart.
And then she was forced to share the same thing over and over and she stagnated.
She needed to share in order to grow and by not sharing she got lost and then left.

*When we share our hearts,
we are sharing for our higher purpose
and the higher purpose of others.*

*We are contributing to the growth
and expansion of consciousness.*



A tapping exercise

Gently start tapping the chest with your finger tips.

*Relax the other hand. This brings our awareness to our hearts
and is calming and helps us relax.*

*Ask yourself quietly, **what is it I am here to share?***

*It may remain quiet.
That is ok.*

***Just meet yourself where you are at.
It is just perfect.
Let everything be as it is.***

*Allow yourself to listen to your heart, to that gut feeling.
Trust that intuitive feeling.*

***Let go of learned ways
(not all but any that are stopping you from growth),
embrace and trust your inner truth.***

*Stop tapping and just sit with this,
hands over the heart.*



More on the Gut

I would like to reiterate the importance of the **GUT** and its connection to the **Brain** and to the **Heart**.

We have three brain centres, as we looked at in **Week Two**, all connected by the **Vagus Nerve**.

The gut has 100million nerve cells lining the gastrointestinal tract. It sends signals to the brain whenever there is an imbalance and the brain responds accordingly telling the body what to do. An imbalance in the gut creates issues on a mental and physical level.

The **vagus nerve** runs from the top of the spinal cord, all the way down to all the major organs of the body. It is the main component of the parasympathetic nervous system.

We need to tone the fibres of the vagus nerve to bring happiness and health to our whole system. We will repeat the exercise we learnt



Tanden Exercise

*Inhale for five
Hold for five
Out of mouth for ten*

These three centres are recognised in many spiritual practices:

Brain - Upper Tanden

the will of our Spirit-Infinite being - Brow chakra

Heart - Middle Tanden

will of our soul - our purpose - Heart chakra

Gut - lower Tanden

desires from conscious mind. Stores our vitality/prana - Solar plexus

(**Tanden** is the energy within - its roots are in Japan.)

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When we are in balance and these three **brains** are happy and nourished we have access to infinite possibilities. How? Because we are connected. We are connected to that void - that emptiness - that **Quantum field** - that consciousness, creative intelligence. Extracted information from Dr. Theresa Bullard.

HOW DO WE GET TO THE VOID?

Being in balance and embracing stillness and silence each and every day. The **void** is the emptiness between the thoughts. That still place we reach when present. The horses are great at teaching us when we have got there. (You can always book in! :)

*“We go from the **big I am** to **I am nothing**
to **I am limitless light**”.*

Dr. Theresa Bullard

Physically we do this by moving from the head, to the heart, to the gut and back to the brow.

When we do this we release ourselves from **ego** and from **attachment** and **self identity** and we embrace pure potentiality.

Yet, this can be tough for a lot of us as we fear stillness. We fear silence. We find boredom in it or frustration or the reality we have a bit of baggage to melt away! But the more we practice stillness, the more we begin to trust its magic, its brilliance. We start to let go of the stimulants and the materials that we have convinced ourselves make us safe. We start to trust the unknown. The unseen. The void is not visual to our everyday self. Yet we can measure it. So it is there. We can feel it. We just need to let go of expectation and of control.

*The best way to do this...
get back to the breath.*

And as we start to let go, we start to rise above the ego rather than denying its existence. And we will make sacrifices but we will learn to feel ok about these as we recognise more and more what we are here to do.

It is when we are in complete alignment that we recognise the **Magician**, that **pure spirit**, that each of us are.

*Each morning,
begin the day in stillness and silence.
Let go of the noise.
Have an awareness of the
stillness between breaths.*



Sitting Exercise

*Hands to the heart and follow the breath.
Be conscious of the noise in the head and
crowd it out with the awareness of the breath.*

Be here, now.

2-5 minutes



Tool Kit – revision - what have we got?

What do you think you will use now and what might you grab in the future or build on and what will you have up your sleeve for the challenging moments?

Ideas...

Vision board

Breath – different techniques

Exercise

Water

Mantras / mudras?

Meditation / movement / yoga...

Fasting

Teas?

Foods?

Wellbeing wheel

Any areas you want to go over?

What do you feel you have learnt about yourself?

You can share or please note down. Or you can do both.

What areas will you work on and grow from?

How do you feel about letting go of expectation and the norm and following your heart and embracing the fluidity of life?



Lets get present

Bringing in anything - a problem, an unanswered question, an area you would like some guidance on... whatever it might be, bring it into the heart space. Hand over heart if this helps you get there.

*Follow the breath.
In through the nose and out through the nose.
Feel your issue/question/thing...*

*Where do you feel it? Mark it out of 10.
Nearer 10 being strong.*

*Keep that feeling there.
Intensify it if you can.
30 seconds*

*Now come back to the breath.
Come back to the stillness, the silence.
30-60 seconds
Now bring it back in and feel it...*

Continue till you get it to 2/3 out of ten.

How was that?



Some quotes to take with you...

Here are some good foundation quotes to build on
and make your own.

*“You are the creator of your life
not the victim of your life.”*

Joe Dispenza

“May I be filled with loving kindness”

“May I be truly happy”

“May I be kind to myself and others”

“May I be peaceful and at ease”

You could start each day with these?

G. Bernstein.

“A rude person is not a happy person”.

G. Bernstein.

Remember if someone is unkind it is their baggage. It is not your responsibility to make them better but you can respond with a smile and from a place of love. Refuse to meet them in their space as it will only breed more dislike. If you keep attracting negative patterns or behaviours. Maybe look at why. Are you putting out that feeling and attracting it back to you? This is very common.

Again the ponies are very good at telling us this... they mirror our emotions, actions and feelings!

“If something doesn't feel right, choose again”.

G. Bernstein.

“A prayer is a medium for miracles.”

G. Bernstein – we always have choice!

I choose love instead of this.
I choose peace instead of this.

If you feel uneasy or upset, remember the inner child is fearful. Go inwards and tell the inner child that it is safe and that you are listening. All our idiosyncrasies come from our inner child. Even when we say 'F. It' it is because the inner child feels unsafe.. so we go into fight or flight mode.



Some notes on awareness

Before we finish I would like to ask what does **awareness** mean to you?

Awareness, for me, is making you aware of a pain and rather than suppressing it, asking it:

Why it is there?

What is the message?

What wants to leave the body?

What does the body need?

It is about being aware of when you need to rest. **It is about** good food. Chewing our food. Tasting our food. **It is about** being aware of what makes us feel good and balanced and what does not. When you need to be a littler kinder, a little less judgemental. **It is about** when to say sorry. **It is about** when to forgive. **It is about** when to let go. **It is about** letting go of 'should' and doing what we love. **It is about** spreading our wings and loving our path, sharing what we have been blessed with with all those we encounter. Rather than hiding behind others, in whatever way that may manifest itself. It is about personal growth, about bettering ourselves so much that every person that we meet leaves feeling happier, calmer and better about themselves. **It is about** recognising our issues and facing them. **It is about** feeling them and releasing them. **It is about** connection, connection to Source/ consciousness/God and connection to all on Mother Earth. **It is about** feeling, knowing and sharing. **It is about** boundaries. Yes, you can come into my space. No you cannot come into my space as you draw too much energy from me.... That kind of thing! **It is about** LIVING IN THIS MOMENT!

Awareness is about 'being' and allowing your magic to unfold and your dreams to manifest into your reality. It is about stepping out of survival mode and into a conscious state where everything we encounter is alive with energy, including ourselves.

We are one.

Living life

*Follow your heart **always**
Listen to your heart **always***

Eat wholesome, nutritious, real foods.
90 percent of the time. Or 80!

Rest. Sleep. Restore.
Drink plenty of water - still!
Exercise daily.

Surround yourself *with people that light you up not bring you down.*
Focus on bettering yourself *not everyone else.*
You will be far more helpful that way.

Follow that gut feeling.
Be aware.
Live with awareness.
And be aware of the awareness that you are. :)
Meditate.

Complete with Yoga/movement session.



The Two Wolves

An old Cherokee chief was teaching his grandson about life.

He said to the boy, ***“A fight is going on inside me. It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self doubt, and the ego”.***

“The other wolf is good”, he said, ***“he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, love, hope, serenity, humility, kindness, benevolence, empath, generosity, truth, compassion and faith. This same fight is going on inside you – and inside every other person too.”***

The grandson thought about it for a minute and then asked his grandfather, ***“which wolf will win?”***

The old chief simply replied, ***“the one you feed.”***



Some more quotations

93 percent stardust

*We have calcium in our bones,
iron in our veins, carbon in our souls,
and nitrogen in our brains.
93 percent stardust, with souls made of flames,
we are all just stars that have people names.*

Nikita Gill

“Underneath the body you can see and touch lies the invisible inner body, the doorway into Being, into life unmanifested. Through the inner body you are inseparably connected to this unmanifested one life- birthless, deathless, eternally present. Through the inner body, you are forever one with God.”

E Tolle

“Religions are signposts that point back to the Source.”

E Tolle

“Forgiveness is to offer no resistance to life - to allow life to live through you. The alternatives are pain and suffering, a greatly restricted flow of life energy and in many cases, physical disease.”

E Tolle

Anything that annoys you is teaching you patience. Anyone who abandons you is teaching you how to stand up on your own two feet. Anything that angers you is teaching you forgiveness and compassion. Anything that has power over you is teaching you how to take your power back. Anything you hate is teaching you unconditional love. Anything you fear is teaching you courage to overcome your fears. Anything you cannot control is teaching you to let go.

Jackson Kiddard.

Seven steps to happiness – unlocking the chakras

Think Less		Feel More
Frown Less		Smile More
Talk Less		Listen More
Judge Less		Accept More
Watch Less		Do More
Complain Less		Appreciate More
Fear Less		Love More

Instagram post

x



Support and follow up

For top ups, remember you can book in and see me anytime.

Please call me on: 07855 256 338

We can create the hour around movement, breath,
discussion or a bit of everything.

Thank you from the bottom of my very big heart for joining me
and for giving me the chance to share with you.

I hope you embrace the beautiful journey ahead.

We will meet in a month to just see how everything is going.

