

# BREAKING THROUGH

The Conscious Leader's and Entrepreneur's  
Guide to Amplify Intuition, Clarity, Vision,  
Motivation and Productivity

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## WHY DID I WRITE THIS BOOK?

Until ten years ago, if you'd met me, you probably wouldn't have been able to guess what my life has been like. You'd have seen the wardrobe, the mask- the vision that I'd designed for you that morning. You would have been met by the armor that I donned to protect myself.

Then, everything changed.

Through a series of extraordinary events, I learned that it was possible to be fully present and vulnerable without debilitating anxiety, panic and the urge to numb out or flee. I discovered that I could break out of the box I'd become accustomed to.

I learned how to tune in and power up, and to finally be grounded in the core of who I am. As I was able to let go of all the nonsense that no longer served me, I became clearer and my vision of family, career, and life as a whole intensified exponentially.

As my clarity improved and my vision sharpened, I began to feel a renewed motivation - to help others experience what I had by learning to become fully present. My passion fueled my mission and my personal breakthrough became the beginning of a phenomenal transformation.

For more than thirty years, I led a life of service, facilitating wellness, wealth and wisdom one person at a time.

Now, it's time to serve those who can reach the masses. It's time for this mission to become a movement. It's time for leaders to plug in and power up in order to evoke positive change in organizations and in the world.

## WHY SHOULD YOU READ THIS BOOK?

If you are an entrepreneur, a decision-maker, a leader, or an individual whose function and performance impact other lives, then it's time for you to play your edge.

If you have been leading from your education and training- your head, but not your heart- then it's time to discover the true power source that can fuel all that you do.

If you've done well, and known that there was more that you could offer, but just didn't know what or how, it's time to sharpen up your skill set, be courageous, and learn to break out of the box you've been living in.

If you've felt stuck or struggled to move forward with your personal or professional goals, then it's time to move the obstacles out of the way, even if they're just limiting beliefs or unconscious biases that have lurked below the surface.

If you've consistently been a top performer and met your goals and quotas but every step has sapped your energy, then it's time to learn to plug into an alternate power source- one far greater than the one you've been using.

If you have a good life- Hell, a GREAT life- but you are not sucking the marrow out of it, then it's time to lay down your routines and your rules, and learn to play through.

Are you ready to break through?

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## CHAPTER 1: CONNECT

*Spirituality is not a formula; it is not a test. It is a relationship. Spirituality is not about competency; it is about intimacy. Spirituality is not about perfection; it is about connection. The way of the spiritual life begins where we are now in the mess of our lives.*

✎ *Mike Yaconelli, Theologian*

We are not all created equal in the ways in which we embrace spirituality.

For some, spirituality has been developed through religious practice. For others, it has come about through hardship and life experience. For some, belief in spirituality and its benefits doesn't exist.

If you've opened this book, you are a leader, professional or entrepreneur seeking ways to become more effective, efficient and productive, so "Why?" you're likely asking, "are we talking about spirituality?"

Religion, for the most part, need not play a role in your business practices (unless what you do focuses on the management of a religious organization or revolves around your religion in some way).

But, spirituality is a reflection of the way by which we connect to self, to others, and to that which is greater than ourselves.

If you are eager to learn the skills presented in this book, there is no requirement that you have a religious practice, nor even a belief in spirituality. The connection starts with you, and if that's all we've got, then by the time you've finished this book, your connection to yourself, to your mind, to your body, and to your emotions will be finely honed.

For those readers that have begun to explore spirituality or for those who have a deep and engaged spirituality, your results will

extend far beyond the self and those around you into a realm of true power. You will tap into the limitless potential, strength and wisdom available through connection with Source.

For me, there was never any question of spirituality.

I was raised in the High Episcopal faith, which is just to the right of Catholic. I attended a parochial school and was required to go to chapel (and confession) daily. In my younger years, I was fortunate enough to have a visiting Samoan minister in my church. Under his guidance our church was beautiful, musical, and loving. Following his departure, the church returned to a more traditional, God-fearing format, and with that, I was out.

I didn't leave my faith behind when I left St. Mark's- I began a decade's exploration of a myriad of faith systems propelled by a hunger to fit somewhere.

While few knew it, fitting in was a challenge for me. Not only was I an introvert (I learned later how to extrovert for work purposes), but I was different than other children. I came into the world connected to God or Source in an entirely different way than others were. While friends and family struggled to comprehend the Bible and the direction that God had for them, it all seemed relatively simple to me: you just had to listen to what you were told in the Silence.

It took me quite a while to realize that other people didn't have the heightened extrasensory perceptive gifts that I had. I just thought everyone was plugged in in the same way. Over time and through a lot of painful experience, my sensitivities heightened to such a degree that connection and intuition drove my every action.

The few times that I've attempted to set aside that intuition and act independently, I've experienced what I've come to

call “Divine 2 x 4 therapy.” For those of you who aren’t Do-it-yourselfers or who don’t have a Home Depot account, 2 x 4 therapy refers to the act of being figuratively whacked upside the head in order to realize that you weren’t paying attention or that you’d made an error.

Apparently, I am a resistant, slow learner so I’ve had a lot of Divine 2 x 4 therapy.

If you, too, have found yourself in that position, or would like to avoid that experience altogether, it’s time to get down to brass tacks.

## LEARNING TO LISTEN

During the last decade, mindfulness has trended like wildfire. The reason for that is that people are starting to realize the value of connection, and mindfulness is the art of connecting with not only the self, but with everything around you.

If this is your first rodeo with the concept of mindfulness, believe me, it’s not going to hurt and no one will be asking you to drink the KoolAid. If you already practice mindfulness, you’ll be a pro at this next bit.

Think about the last time you were super busy and needed to get some calories on board.

What did you grab?

Where did you get it?

How long did it take to eat?

What do you remember about the process?

For those of you who are new to mindfulness, I can guarantee that you said, at least under your breath, “Process? I ate food

because I was hungry! What are you talking about with this process???"

Before we learn to plug in, we miss a lot of information along the way. When we learn to connect to all the data sources, we gather a lot more material and learn at exponentially higher speeds. And, life is just better.

Take a quick break. Close your eyes and imagine placing in your mouth a bite of your favorite fruit. What do you notice? Allow yourself to imagine chewing the fruit gently. What information comes to you? As you chew sufficiently to swallow, what else are you aware of?

As you open your eyes and return your attention to this material, consider what you learned in the quiet moments with your imagination.

Were you aware of the taste of the fruit?

Could you smell its fragrance?

Did it have a unique texture?

Did the experience generate memory of other pleasurable times when you ate this kind of fruit?

Did emotions come up as a result of this mindfulness practice?

Mindful eating enhances our experience, but also regulates our intake, can promote healthier eating practices, and even aid in weight management. You'd be amazed by how many people consume food that doesn't taste good because it's quick! Once mindful eating is adapted, many people find that they can no longer eat food that doesn't taste good or promote pleasurable experience. Additionally, mindfulness improves our awareness of satiety- we become much more keenly aware of when we are no longer hungry and don't have to continue eating to the point

of fullness, allowing our digestive systems to function more optimally.

But what does mindful eating have to do with your personal and professional motivation and productivity?

Mindful eating is but one example of how learning to listen at a far deeper level can provide you with more data, generate greater pleasure, and facilitate vastly improved clarity.

In the brief mindful eating exercise, you accessed far more information about a single gustatory experience than you would if you tried to remember what you ate for breakfast this morning.

Now consider what else you might learn if you applied that level of connection to the activities in your world of work.

For most leaders and entrepreneurs, the ability to think clearly and act decisively is mandatory.

How often do you find yourself in emotionally-charged situations needing to make time-sensitive decisions, trying to deny mounting overwhelm so that you can maintain the appearance of effective leadership?

How do you steady yourself and sufficiently quiet the noise so that you can achieve enough clarity to not only make good decisions but also enact them?

To lead consciously requires that you relinquish the masks that you've worn and adopt greater authenticity and transparency. When you're stressed, your team can feel it. Instead of trying to compartmentalize or stuff the feelings, it's time to use connection to move through the competing thoughts and emotions so that you can embody empowered leadership.

Take a moment to recall a time when you struggled with a decision due to personal or professional conflict.

Now, take a deep breath, let your eyes close, and imagine that a ray of sunshine warms you from the top of your head, sinks in through your torso then spreads out through your toes. Imagine that as the sun courses through you, it bonds with your physical and emotional tension and as it exits your toes, the stress seeps into the ground. Breathe deeply again and consider the decision you were facing. Is it clearer?

When you connect to Source energy to ground out tension, frustration and anxiety, you no longer have to manage the conflicted decision-making process while simultaneously pretending that you're not about to flip out. You become a human leader who accesses Divine intervention in order to function effectively and compassionately with your team.

## MINDFULNESS PRACTICES

If the notion of connection is beginning to make sense to you and you'd like to explore more ways to practice greater connection to self, others and Source, the following methods are a great place to start!

## MINDFUL EATING

Mindful eating is one of the easiest ways to practice mindfulness because we all have to eat several times per day. Each time you're hungry, choose food that you can enjoy, go to a quiet place to eat (yes, the TV, computer and phone are now off-limits while you're eating), and eat only as fast as you are able to take in data about each bite of food you consume.

Notice how it alters your experience and your choices.

You may become aware of discomfort or even anxiety when you're not plugged in to a screen while you eat. Or, you may find that the foods you've always eaten no longer appeal to you. Or, you may find that you return to work refreshed and invigorated after a brief lunch away from your desk.

If you're really curious about how well it works, take a few minutes to log your thoughts and feelings after each mindful meal. And if you're working on improving your health and wellness, take note of any positive impacts that you experience as a result of your mindful eating practices.

## **MEDITATION**

Often when I use the word meditation with those who are new to spiritual practice, they conjure up images of sitting in lotus position and sounding out an Om.

After decades as an athlete, my knees are shot and I could no sooner sit in lotus position than I could land a spaceship on the moon.

And, while I'm pretty fit, the duration of my Oms needs some real improvement at this point.

So, if we can set aside some of the stereotypes about meditation and consider it from a more practical standpoint, we might just get somewhere.

Meditation all starts with the breath.

Take a quick break. Close your eyes and take a single, slow, deep breath. When you've taken in as much oxygen as you can, let it out, slowly.

Consider the experience. Did it have any positive impact for you?

If you're like most people, you may feel slightly more relaxed, but you're still wondering what all the hubbub is about. You may even be more aware of tension or pain in your body.

Let's try it again, but this time, close your eyes and count to four as you inhale, then count to four as you exhale. Make sure that you breathe all the way into your belly relaxing all those muscles before you exhale.

Was the experience any different for you?

What do you notice in your body?

In your mind?

In your emotional state?

Many people find it difficult to count while they inhale or exhale. In this world of advanced technology not only can you record yourself counting to four (and try counting to eight as well!) so that you can just focus on your breath, but there are scads of incredible apps to help you meditate!

Take a few minutes the next time you're waiting on a friend or colleague and search through the meditation apps. Take a little time to sample them as both the style of meditation and the voices of narrators differ and will impact how much you enjoy the meditation, how successful you are with the practice, and the extent to which you commit to a regular meditative practice!

## **RELAXATION RESPONSE STRATEGIES**

Beyond basic breathwork meditation are practices designed to promote reduced stress, improved health, and enhanced well-being.

*Autogenic training* is a meditative practice that encourages the listener/student to repeat a series of statements while breathing in order to reduce stress and increase relaxation. A statement that encourages physical relaxation might be

My \_\_\_\_\_ (*fill in the body part*) is heavy and warm.

Starting with the muscles at the top of the body, you take a breath and repeat the statement until breath has been delivered to all parts of the body and you have encouraged all muscle groups to relax.

A sample script is available at <https://www.sagewisdominstitute.com/resources-collaboration>

*Passive Progressive Relaxation* is a meditative practice through which you relax each muscle group in the body (starting with the muscles in the head) with each breath. By the time you reach your feet, you will have distributed oxygen to every cell in your body and will feel MUCH more relaxed.

A sample script is available at <https://www.sagewisdominstitute.com/resources-collaboration>

For those who tend to get anxious or irritable when they attempt relaxation exercises, *Progressive Relaxation* practice engages the listener/student to first tense up the muscle group, then relax the muscle group with each breath (moving from head to toe).

A sample script is available at <https://www.sagewisdominstitute.com/resources-collaboration>

## GUIDED MEDITATION

When you have mastered basic relaxation techniques, you may want to use Guided Meditation practice to move beyond connection to your physical body. When journeying beyond the

self, it is easier for most people to find an app, artist or clinician that can guide the experience. Be aware, though, that as you deepen your process, you may venture away from the guidance you are being offered to explore unique information or realms that show up for you.

A sample script for guided meditations is available at <https://www.sagewisdominstitute.com/resources-collaboration>

## SUMMING IT UP

The first step to optimizing your performance is to learn to connect with your physical body. By learning to be more aware of your visceral experience, you will also enhance your ability to listen to your thoughts, feelings and eventually to others around you.

Not only will your enhanced listening skills improve your relationships with self and others, these improved abilities will positively impact morale and the fluidity with which you are able to communicate with family, friends and team members.

As you improve your connection, you will notice the potential for increased intimacy and compassion.

And with these, you are well on your way to developing your spiritual practice.

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## DO IT NOW!

For the next seven days, commit to at least one form of daily mindful practice. Each day, log any thoughts, feelings or impacts that you notice as a result of your practice.

While there are many apps available for these practices, if you would like auditory or written samples, feel free to contact our Institute at [www.SageWisdomInstitute.com](http://www.SageWisdomInstitute.com) and we will

send a few your way! If you'd like to purchase downloadable audibles, several are available at our Foundation site at <http://healingheartcenter.org/shop.asp>

## CHAPTER 2: INSPECT

*Do not dwell in the past, do not dream of the future,  
concentrate the mind on the present moment.*

☞ *Buddha*

In order to get any form of advanced education, you have to embrace long-term gratification. You have to be able to keep your eye on the prize and repeatedly remind yourself of what you are working towards as well as how life will change when you reach your goal.

But, if you don't remain focused on the present and create smaller, short-term goals on the path to the ultimate reward, the journey will be arduous and you'll likely lose your passion along the way, especially if the process is a long one.

The little success experiences that we savor along the way provide us with the necessary motivation to keep striving towards the final goal.

When I was in graduate school, I was working on my comprehensive exams and spent countless hours at the library, often setting aside my basic needs for food, sleep and exercise. My vision was deadset on completing my PhD and launching my career. I rarely thought about the life I was living, and found it distracting to focus on the present.

Given that the Internet didn't exist at the time, I had to repeatedly fill my bag with dozens of books from the stacks and failed to listen to my body as I lifted the sack over and over again. On a fated Sunday in April, I grasped the handle of the bag and hoisted it up to my right shoulder, feeling a sharp twinge in my lower back as I stood up.

Hours later, I knew something was wrong, but adamant that the show must go on, I continued my research. In the morning, my

back ached, waves of nausea wracked me and I noticed that my legs didn't seem to be working all that well. I headed to work at a local high school but after only a few hours, left in search of medical attention.

The physically fit body that I'd gained as an aerobics instructor should have worked in my favor, but in hindsight worked against me. When the doctor asked me if I could touch my toes, I complied and was promptly told that nothing was wrong and that I should take ibuprofen for pain relief. I returned home, tended to a few things, then went to bed in agonizing pain.

I awoke the following morning and braced myself for the pain expected to accompany my departure from the bed. But, as I prepared to roll over to get up, I realized that I could not feel my legs. As panic filled me, my husband called for an ambulance. With a backboard placed beneath me, straps were positioned above and below my belly. And as the first strap was cinched tight, I felt an explosion in my back and lost consciousness.

There are just a few moments that I recall during the first eight hours after my injury- coming to in the ambulance aware of the wail of the sirens, regaining consciousness while in the eerie CT scanner, and finally, waking in my sterile hospital room. With three herniated discs, my spine was fully compromised and at twenty-three years old, I was paralyzed.

Doctors told me that without surgery I would never walk again. Hugely resistant to surgical intervention, I contacted my department chair whose wife was the head of Sports Medicine for Northwestern Med. Hopeful that they could help me avoid surgery, she and her team developed an integrative medical protocol to reduce the inflammation in my back. Weeks and dozens of interventions later, I began to experience sensation in my legs.

When I left the hospital, I was able to stand upright with a walker, but my gait resembled that of a person with severe cerebral palsy. Pain flooded me every step I took and I wondered whether I would ever again enjoy the freedom of movement in my body.

Every day, I was driven to the campus pool where lifeguards would lower me into the water. Unable to kick with my legs, I pulled my way through the water lap after lap, arms aching with the feat. By summer's end, I was swimming two miles per day, logging in significantly more mileage in the pool than out.

In the beginning, as I lay on my hospital bed, my goal was to gain feeling in my legs again.

When I could stand with the walker, my goal was to be able to walk without it.

When they first lowered me into the pool, my goal was not to drown.

When I learned to walk again, my goal was to make it through an aerobics class.

When I was able to return to my normal activities, my goal was to find a way to limit the pain.

There was a fleeting moment in the hospital when I tried to envision how I would possibly move from paralysis to high impact exercise and I completely freaked out. I cried hysterically and could not be consoled. I felt completely isolated.

That's when I remembered that recovery is a process. The healing journey is a series of steps and involves small, attainable goals, whose achievement builds motivation to accomplish the larger goal.

My goal was to run again, but in order to run I would have to learn to walk. In order to walk, I would have to learn to stand. In order to stand, I had to learn to let go of fear and control. In order to learn to let go, I had to inspect all the thoughts that supported fear.

The exploration of one's thoughts, feelings and visceral experience requires painstaking presence- the exact opposite of what we desire when we're in pain. Only through the inspection of my inner world would I learn to let go and accept help.

## STALKING THE MIND

In many of the ancient cultures and in all of the spiritual "mystery schools" students are trained to inspect every thought to determine whether or not it supports ultimate reality or truth. In Toltec tradition, students learn to "stalk the mind," so that limiting thoughts and beliefs can be released and the core can be freed up.

We are not our bodies. We are not our feelings. We are not our minds. We are the consciousness that exists within. As such, anything that blocks the full expression of our consciousness must be inspected and potentially released.

While I was recovering from my back injury, I had a lot of time on my hands. I listened to the thoughts running through my head, sometimes entertained, sometimes frustrated, and sometimes frightened by the pessimistic ruminations.

*Why did this happen to me?*

*I'll never be able to finish graduate school now. I won't be able to have that career I've always dreamed of.*

*I will always have to depend on others.*

*I'll be on my back forever, alone.*

*I am helpless.*

*Eventually, everyone will leave me.*

It doesn't take an advanced degree to see how these fear-based thoughts restricted my progress. Had I not moved beyond these beliefs, I'd still be disabled.

By examining my beliefs not only about my injury and my healing process, but also about myself and my relationship with others, I was able to relinquish my fear of failure, to focus on what I could control, to empower myself with resources and tools, and to accept the full support of my family of choice and Source.

Consider the thoughts, images, feelings, relationships, and circumstances which garner your attention or restrict your efficacy or leadership.

What gets in your way?

Take a short break and close your eyes. Breathe deeply, then recall an experience when you didn't bring your A game.

Were there emotions that stalled you?

Did you have thoughts that constrained your decision-making or the creativity of your solution generation?

Were there people whose personalities or agendas derailed your ability to lead with presence and compassion?

Allow the thoughts, feelings and images to rise to the surface and be available to you. Consider what you're seeing, feeling and sensing. As you recognize these elements, review the impacts that they had on your ability to take action or to lead effectively. Notice what occurred as a result of these thoughts, feelings, images and circumstances.

Is this the way your story ends?

## SUMMING IT UP

When we are in the thick of it, even when we are working fully within our wheelhouses, we can be blindsided by what exists below the surface. Even when things are going well, if we are not fully present in our personal and professional pursuits, we can be derailed in an instant by what lurks outside our conscious minds. Without quiet introspection, we can become paralyzed by thoughts, feelings, memories, relationships and circumstances that have become inappropriately empowered.

It is the inspection of those compartmentalized, discarded or unconscious elements that evokes a clarity that enables us to slide back into the driver's seat and make conscious choices for forward movement.

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## DO IT NOW!

At the end of each of the next five work days, take a few minutes to sit quietly at your desk, in your car, or outside. Take three deep breaths, close your eyes, and imagine watching the documentary of your day. Consider your experiences and note whether you deemed them successes or failures.

Listen to the thoughts and feelings that you have about those events.

As you become aware of your interpretation and assessment of what took place during your day, make a mental note (or a physical one!) of whether the thoughts and feelings from the interior improved or impeded your personal or professional function.

### CHAPTER 3: DISSECT

*We are not a victim of our emotions or thoughts. We can understand our triggers and use them as tools to help us respond more objectively.*

*✎ Elizabeth Thornton, Author*

I am often asked why I became a psychologist.

Each time, I am contemplative, then wistful, sometimes even tearful when I return to my reason why.

Growing up clairvoyant set me apart from others. I knew I was different. I knew that I didn't fit in. That sense of isolation left me exposed to those who saw it as an opportunity to exploit my vulnerability. After being repeatedly violated and abused, I became even more isolated. I felt as if no one could see me, hear me, know my story, and feel my pain.

Initially, I hungered for someone to save me, to draw me back into the world of happy children, connected to friends, family, and resources.

Eventually, I longed to be the person that others could turn to.

I became the go-to that I never had.

Many of us know why we lead. We have a conscious understanding of what has brought us to these roles.

Some of us feel as if we've just fallen into it. We avoid or deny the process that has resulted in the roles we play.

Others of us just feel compelled to do what we do. There are elements below the surface that drive us into the roles we assume.

Take a moment. Breathe deeply. Let your eyes close and as you breathe, feel the connection between your body and the ground

below you. With the next breath, experience the connection between your body and the sky or Heavens above you.

Consider your reason why.

How did you come to the roles you play today personally or professionally?

Now consider the thoughts and feelings that you have about serving in these roles.

Do those thoughts and feelings bolster your sense of empowerment and confidence as a leader or do they undercut your strength and mastery?

When I was eleven, I saw a movie entitled, “A Circle of Children” with Jane Alexander. Jane played a therapist who worked with autistic children, and was deeply devoted in her investigation of the ways to best communicate with these children. Her satisfaction came from a persistent commitment to discovering pathways to quality of life for her child clients. When I watched the therapist teach a little boy to speak and be heard for the first time, I wept. I knew in my heart that this is what I wanted to be when I grew up. I consciously chose to become a psychotherapist so that I could work with autistic children.

Unfortunately for me, I didn’t yet understand that my free will and my desire to choose were not the only elements in play when it came to my professional path.

I didn’t realize that what most moved me in the movie was the depth of the connection between the therapist and the boy. As a result of that devotion, the boy could be seen, heard, and embraced for who he was.

I didn’t yet fully comprehend that what compelled me to do the work of psychotherapist was not only my own need to be seen,

heard, and nurtured, but also came from reasons even further below the surface in my relationship with God.

Eventually, I learned that I was placed in this world to serve and to help others find their Source connection. Fueled by the power of the Divine, these individuals could become empowered leaders and agents of change.

When I saw the movie, I understood this emotionally and viscerally but wouldn't really know what it meant for me or my career for many years to come. I had no idea that my single role as psychotherapist would only meet a fraction of the job I was placed in the world to do. My role as a Global Messenger, the mission from which all my passion stemmed, would not be revealed to me for another two decades.

## TRIGGERS AS TOOLS

As you inspected the thoughts, values, beliefs and circumstances which influence your personal and professional leadership, you came to better understand the impacts that your internal world has on your external function and performance.

Yet, just because you were able to get a glimpse of some of the thoughts and beliefs that give you a leg up as a leader or entrepreneur, or were able to uncover the values or stories that keep you and your dreams small, unless you put that information to use, not much will change.

When I was a girl, the safest position for me to take was to be invisible and silent. If they couldn't see or hear me, I couldn't be hurt. In my professional life, I couldn't accomplish my mission unless I could take the stage and relay my message for the world to hear. Yup- there's a challenge. How could I respond to the fear from the youngest version of myself while accomplishing the mission of the most evolved version of myself... at the same time?!?!?

How is it that we can successfully achieve overt goals that may be paralyzed by covert issues or dynamics?

The answer lies in the development of a transaction between the two sectors. In order to override or sidestep inner landmines, we must first acknowledge not only what they are, but where they've come from. And once we're able to identify those bits, we have to create a bridge from the unconscious and subconscious to the conscious realm.

Our success as leaders relies on being able to convince older, more primitive versions of ourselves that as empowered, evolved adults, we can achieve our goals in ways that we couldn't in the past.

You may have had a pristine childhood, but encountered tough challenges in the first few years of your career. Choices you made at that time may have altered how you approached your team and your goals. Do the choices you made then still serve the work you do now?

In order to embrace my mission and serve effectively as a thought leader, I had to recognize and relinquish my childhood fear of being seen and heard, so that I could lend my voice and passion to my mission and my movement.

When you consider the thoughts, feelings, values, beliefs and circumstances that impact how you function as a leader, what insight is revealed?

Are you aware of stories or ideas that may have been aligned with an earlier ulterior motive but no longer serve a useful purpose?

Have you kept others in your personal or professional life as a result of early commitments but who no longer promote empowerment or effective leadership?

Have you retained thoughts or plans that serve only as distractions or obstacles, rather than as proponents of change or transformation?

If you're ready to learn a new approach, read on.

## SUMMING IT UP

Identifying thoughts, feelings, limiting beliefs and unhealthy circumstances can only take us so far. By gaining insight about why we retain these factors and the impacts we experience as a result, we can consciously choose change and professional efficacy.

As Ghandi said, we can “be the change that [we] wish to see in the world.”

.....

## DO IT NOW!

At the end of each of the next five work days, when you take that few minutes to sit quietly at your desk, in your car, or outside to review the personal documentary of your day, consider some of the reasons why you considered certain experiences as successes or failures.

Where do those thoughts, feelings and beliefs emanate from?

If your leadership is being in any way derailed by the thoughts, feelings, beliefs or circumstances tethered to earlier versions of yourself, how can you negotiate different ways to accomplish your goals?

If an earlier version of you is still climbing into the driver's seat and limiting your ability to lead, what does that version need in order to evolve?

## CHAPTER 4: RESPECT

*By taking the time to stop and appreciate who you are and what you've achieved - and perhaps learned through a few mistakes, stumbles and losses - you actually can enhance everything about you. Self-acknowledgment and appreciation are what give you the insights and awareness to move forward toward higher goals and accomplishments.*

☞ *Jack Canfield, Motivational Speaker*

Like many people, you may have done a stint in therapy, possibly even got dragged into counseling by a spouse or a loved one. You may have wanted to discover what made you tick or why you repeatedly opted to do things that weren't in your best interest. You probably revisited the stories of your childhood, examined the relationships you had with your parents, and even accepted responsibility for your hand in situations that didn't go as well as you'd hoped.

You may have done exercises similar to those outlined in the previous chapters: you may have learned to listen to your thoughts and feelings and gained insight into their origins. You may even have learned how to alter your thoughts so that more rational substitutes improved your experience of life.

If you can relate to this, how did it work?

Did you notice lasting change as a result?

Have you continued to use those strategies to enhance your personal and professional function?

For many, the positive effects of therapy are short-lived, not because psychotherapy isn't an effective intervention (I'm biased, of course), but because one of the most important steps in the healing journey is often overlooked.

By now, you've realized that my life has been pretty "colorful."

I have endured more physical, emotional and sexual trauma than most people, and have risen above and transformed my life, vision and mission as a result.

I've had years of therapy (by that I mean decades), done dozens of retreats, participated in no less than ten different healing modalities and treatment protocols, and embraced my spirituality with depth and breadth.

I am a fully conscious entrepreneur and thought leader.

And, until ten years ago, I was still battling the demons of my past. No matter what I tried, I could not seem to embody my empowered Divine nature. I was still trapped in the fears of my youth.

Despite all of the therapy, I had forgotten the most important part.

I had failed to compassionately embrace the self that had battled for so long, without support or sustenance.

It wasn't as if I didn't remember what I'd been through, or what it had required of me. I just never realized that the reason that I could never really sustain change or passion was because that part of me was still locked in a vault. The energy required to compartmentalize it all depleted me more and more each day, limiting what I could accomplish.

In 2009, after undergoing a hysterectomy and complete abdominal reconstruction as a result of complications sustained during the birth of my twins, I headed to Teotihuacan, Mexico to convalesce. Amongst friends and local healers, I finally turned to the work I had avoided for so many years: I dove deep within to finally come to terms with the horrific ordeals I had endured and the version of myself who had managed it all.

I had had dreams and visions for decades, tiny screenshots of the sea, from a first person perspective, but in a location I didn't remember. It wasn't until I lay on a healing table, in the village whose name translates to "where man becomes God," that I allowed the meditation to deepen sufficiently to return to the version of myself that I'd placed "for safekeeping" at the water's edge, with only beach toys to entertain.

This version was hesitant in the beginning, no doubt resentful at having been set aside for thirty-five years, patiently waiting for reunion. As I approached her in the vision, my arms wide open, I acknowledged the deep sadness in her eyes, the pain sketched into the lines of her young face, the fatigue weighting down her body and the ache in her heart.

When she finally came to me, it felt as if my entire being was obliterated for a moment. The deep embrace of all that I had survived and the compassion for the self that had enabled me to live through it, dropped me to my knees. The sobs emanated from the depth of my soul, until they were replaced with the joy of finally being at one with myself.

When I opened my eyes following the healing meditation, it was as if I was finally really alive for the first time in my adult life. Everything seemed brighter, louder, and more salient. I knew in that instant, that life had irrevocably changed. I was finally whole and complete.

## COMPASSION FOR SELF

I've met many C-suite executives and highly-respected professional men and women whose accomplishments were a mile long. The vast majority wouldn't have been caught dead contemplating their thoughts and feelings, much less digging deep for emotional, psychological and energetic obstacles to success. I don't think any of them ever considered developing a spiritual foundation for vision or mission.

But, the *leaders* that I've met- those whose missions became movements for real change- have *all* embraced a deep connection with something greater than themselves. No matter what you call it- Source, Spirit, God, Universe, or the leader of any religion- the inclusion of this energy at the ground level of every decision and action enables the individual to lead with a power that has no limit.

So, if you've continued to ask yourself why you're reading this book, or how these ideas and exercises will impact your approach to both leadership and your bottom line, the answer is simple.

True power does not belong to the individual.

You are just a conduit: a pipeline for greatness.

If you want to channel and manifest the extraordinary, you must not only acknowledge what's gotten in the way of that, understand why the obstacles have been important for whatever period of time, and with infinite grace, pay respect to the version of you that kept the status quo in place.

Only in your compassion for yourself are you free to access the limitless possibilities available through Divine connection.

When you consider what you've discovered- the thoughts, ideas, circumstances, and relationships that have kept you small or stuck- what versions of yourself do you need to make peace with?

What parts of yourself do you need to not only forgive, but to embrace?

## THE WISDOM OF SELF-LOVE

Take a moment and close your eyes.

Take three slow, deep breaths.

Allow yourself to envision the dynamic, circumstance or relationship that has posed a hurdle to you hitting it out of the park.

In the Silence, greet the version of you that colluded to keep you in that situation or condition.

Observe that self, the one that you placed in the driver's seat, intentionally or unintentionally.

What do you see? What do you hear from that self? What do you know about that time of your life?

When you have taken in all of the information available, take a deep breath and as you exhale, say aloud,

*I love you.*

When you feel a heart connection with that version of yourself, breathe it in deeply and savor it.

When you are ready, breathe deeply and on the exhale, say aloud,

*I'm sorry.*

If you are able to identify to this version of yourself what you are sorry for, your connection will intensify even more.

When you are ready, breathe deeply again and on the exhale, say aloud,

*Please forgive me.*

Allow time for this version of yourself to react or even respond to your apology and request for forgiveness. You may find that

the response evokes strong emotion for you. Be gentle with yourself as you heal these bonds.

When you are ready, take one last deep breath and on the exhale, say aloud,

*Thank you.*

These two words may be sufficient, or you may find that more words flow effortlessly from you. Allow for as much time and space is needed to respect what this version has done for you, even though you may not have understood its importance.

When you feel complete, take a deep breath and let go of anything still holding the obstacle in place and on your next inhale, invite this version of yourself to be reincorporated into all that you have become.

*This exercise is a modified version of the Hawaiian Ho' Opono pono ritual articulated by Dr. Ihaleakala Hew Len and popularized by Dr. Joe Vitale.*

## SUMMING IT UP

Many authors have encouraged their readers to identify and release limiting ideas and beliefs. Unfortunately, few have guided readers to develop respect and compassion for the versions of themselves that maintained these dynamics and circumstances. Only through the acknowledgement of the underlying reasons for those choices and the gratitude and compassion for those efforts can we truly release those hurdles and move forward.

.....

## DO IT NOW!

Few of us just have a single roadblock or challenge to our optimal performance or success. Most of us have evolved

through trial and error, often leaving version after version of ourselves in our wakes.

Take a few minutes and review your experiences.

How many times have you sacrificed a part of yourself in order to make a decision or to take action?

Make a list of those times.

Each day, until you feel complete, repeat the exercise you completed during this chapter. As you connect with each version of yourself, process your thoughts and feelings, and share your Ho' Opono pono.

Embrace *all* that you are. You're going to need every fiber of your core to reach your true potential.

## CHAPTER 5. EJECT

*Letting go helps us to live in a more peaceful state of mind and helps restore our balance. It allows others to be responsible for themselves and for us to take our hands off situations that do not belong to us. This frees us from unnecessary stress.*

☞ *Melody Beattie, Author*

The notion of letting go seems very simple: just open your hands and let go; just open your mind and let go; just open your heart and let go.

Why, then, even when we desperately want to reconnect, does it feel as if we're moving Heaven and Earth to "forgive and forget"?

Why, then, even when we desperately want to move past an experience or a relationship, does it seem nearly impossible to move on?

Why, then, even when we know that our thoughts or beliefs are unhealthy or unreasonable, does it seem as if we are Superglued to them?

The answer is not all that complicated.

Letting go requires that we relinquish what we do know for what we don't yet know.

Consider the last time you opted to make significant changes in your business model or protocol.

As you considered pulling the trigger on those changes, how did you feel?

*Excited?*

*Empowered?*

*Confident?*

*Uneasy?*

*Anxious?*

*Terrified?*

Most of us would admit to feeling a combination of those feelings when considering big change.

Even when products, services or processes don't work well, we know how they work. Change requires effort. Letting go of old ways and ideas in order to accept new ones demands that you commit to breaking ground, that you acclimate to new procedures, and that you potentially fail (a lot) before you can revel in your success.

Now consider something perhaps closer to the bone: the last time you contemplated ending a relationship (especially if it was long-term), how did you feel? Even if things had been highly conflicted or problematic, what was it like for you to walk away?

If you're like most of us, walking away wasn't so easy, and didn't happen overnight.

When we get *just enough* in a relationship, we remain, because we know what we have. Most of us opt to stay in relationship because we know the routine (whether the routine is good, bad or indifferent). It isn't until we are no longer being fed or nurtured in relationship that we consider ending it. When there is no longer any gain, we go. It's not until that tipping point is reached that the notion of expending energy to evaluate and implement something new transforms into action.

Similar concepts apply to our Superglued thoughts, feelings, beliefs and perceptions. We maintain the status quo until doing

so causes us pain and problems. Emotional and physical pain and conflict can be our greatest motivation for change.

## LIMITS TO FINANCIAL FREEDOM

I was raised with a strong Protestant work ethic in a European family that started out with very little and grew a legacy through persistence and concerted effort.

The message that I heard from my family was that in order to make something of my life, I would need to work **hard**.

Thanks to some great genetics and a penchant for academic excellence, I was able to get a scholarship to a private prep school in grade six. While I lived in a middle class neighborhood amongst working families with modest homes, I was quickly introduced to children who lived in mansions with parents who generated wealth that seemed limitless. In my uniform purchased at the used clothing and gear sale, I recognized that this level of affluence and abundance was possible *for other people*.

So, following high school, I attended college and embarked on the development of a reasonable career based on hourly service. I knew that the work would be satisfying and *if I worked hard*, I would eventually have a fairly nice life. I wouldn't be able to afford a big house or a fancy car, but I would have a good life.

So, work hard I did- so hard in fact, that I didn't have much quality of life and I eventually made myself sick as a result of my failure to achieve any work/life balance.

It wasn't until I was lying in a hospital bed that I began to consider what I had done to myself.

I had taken the world on (good job!), but I saw the journey as singularly my own. I failed to see or use my resources, depleting myself further and further with each day.

I watched my friends and colleagues achieve incredible prosperity and abundance, and secretly resented the ease with which they appeared to manifest everything they desired. I saw the process as easy for them and nearly impossible for me. I believed that I was *different* from them.

I unintentionally communicated to the Universe that I couldn't be like them; that I couldn't have what they had achieved.

It wasn't until I lay there, staring at the ceiling, wondering how I had gotten there that it occurred to me that the only difference between me and them, was that they believed that they *could do and be anything*. They believed that everything could be achieved with grace and ease. They believed in the Easy Button.

When I returned home, I made a conscious effort to begin celebrating the successes of my friends and colleagues (sometimes with clenched teeth). I relinquished my beliefs that I had to work *hard*, and instead began focusing on working *smart*. I opened myself to the idea that there were truly no limits to the success I could achieve, the wealth that I could manifest, or the life that I could lead.

It was then that the vision came to me- the images that would fuel the next stage of my personal and professional lives, and that would propel me into a life of freedom and joy.

## THE EXPERIENCE OF LETTING GO

When you think about letting go, what comes up for you?

What memories, ideas, feelings or beliefs do you have about the process of relinquishing or surrendering?

If you've worked hard to get where you've gotten to (and it's pretty likely that you worked your ass off to get where you are), you may be uncomfortable with the idea of letting go... of anything.

Conversely, you may have reached a place in your career where the hard work has paid off and you are now so confident in your skills that you can easily let go of anything that you desire to- whether it's a job, a company, a relationship, or even money that funds someone else's dreams.

No matter what stage of your career you're in, your approach to letting go started somewhere.

What did you learn from your family about letting go?

Many of us raised by Depression era parents were taught not to waste *anything*. Families with several children made use of hand-me-downs to keep clothing costs down, but also because items that could be used again, *should* be used again. Shirts, dresses and jeans once no longer suited for family members became patchwork quilts. Tin foil, following use, was washed, folded and placed back into the drawer. Cloth diapers were washed and reused until babies were potty-trained, then became dust rags and wash towels. Empty wine bottles became candle holders, source for outdoor lighting and the foundation of fence posts. The notion of letting go of something before it was completely used up, did not exist.

Younger entrepreneurs and leaders were raised by parents and communities who embraced the disposable age: trendy clothes replaced hand-me-downs, cloth diapers were replaced by plastic diapers, prepared dinners came in throw-away containers, and plastic bottles flooded the landfills. Computers and telephones came with a three-year life span, and society acclimated to just *letting it all go*.

While we certainly aren't returning to the thrift of the Depression era, we have entered a time and space where young people are again revisiting the idea of extended use. While the concept doesn't yet apply to telephones or computers, attention to the human footprint and its impact on the planet's health have spawned the Green movement. Far more baby bums are sporting cloth diapers, detergents are being produced with Earth-friendly, natural ingredients, plastic bottles are being replaced by glass, and plants and animals are now being used in much more comprehensive ways in order to reduce waste and increase mindful consumption.

So where do you stand on letting go?

What did you learn from your family and community?

What experiences have cemented or altered your feelings about letting go?

## LETTING GO WITH GRACE

As you have gained clarity about the thoughts, feelings, circumstances and relationships that may be clouding your vision, and limiting your motivation, productivity, success and passion, what have you discovered?

What are the obstacles that once served some ulterior motive, but no longer serve you?

What versions of yourself have you allowed to jump into the driver's seat, even when to do so has limited your success personally or professionally?

What did these earlier versions of yourself need in order to finally relinquish the beliefs, dynamics, and habits that have kept you small or stuck?

What is it that needs to be ejected in order for you to evolve?

As those bits and pieces come into clarity, you may find yourself resistant or uncomfortable about the idea of letting go.

That's OK.

You're human.

The notion of letting go with grace and ease (and conscious intention) is probably new for you. The first time a colleague recommended that I capitulate with grace and ease, I laughed openly in her face. It wasn't my finest hour, but I honestly couldn't believe that she expected me to *just let go* with a smile on my face and perfect awareness that it would all work out swimmingly.

To surrender requires a deep trust in the process and in those around you.

Remember the trust fall from leadership training or summer camp? If your experience was anything like mine, there were plenty of people who couldn't even close their eyes much less fall back and trust that others- especially colleagues or peers- were going to catch them.

This is where we're going to tip the thing on its ear again:

*It's not about trusting others to guide your way or catch you so you don't fall.*

It's about connecting so deeply with Source or God that you can allow Divine energy to direct the action.

I'm not suggesting that you drink the KoolAid now. I'm not proposing that if you embrace God that all of your team members are going to become trustworthy, fantastic individuals who will *always* have your back and would *never* let you fall.

I'm telling you that surrender requires your faith in something greater- something that will never leave you, something that will never stop loving you, something that will never let you fall.

You may land on your ass, but it will be with a smile on your face, and an acknowledgement that others in your midst may need to do a bit more work on their own connection to the Divine.

## RELEASE RITUAL

There are probably hundreds- maybe even thousands- of exercises that have been devised for letting go, but because those of us who direct corporate traffic are often in charge of LOTS of details, I love rituals that involve writing stuff down.

Grab a piece of paper and a pen.

When you are ready, close your eyes and breathe deeply, allowing yourself to be fully supported on whatever you are sitting on. Breathe again and let yourself really sink in, knowing that below you, Mother Earth herself is embracing you, leeching from you any toxic thoughts, feelings, or circumstances that may be keeping you stuck, small, or functioning less than optimally.

As you breathe deeply again, imagine a ray of sunshine warming the top of your head then seeping into you, illuminating every cell in your body. With each subsequent breath, feel the embrace of the Divine. Notice the perfect way in which you are lovingly held, eliminating any and all sense of isolation or disconnection.

When you are able to experience this comfort, open your eyes and write down all that you are ready to release. There's no need for grammar or punctuation- just make a list or description of what you no longer need.

When you are finished writing fold the paper loosely- first in half, then in half again. Place the paper in a coffee mug and if it's safe to do so, light it on fire.

As you watch the paper burn, express your gratitude for all the ways that these beliefs, people, habits or circumstances have served you.

## SUMMING IT UP

It's one thing to gain clarity about thoughts, beliefs, feelings, relationships and circumstances that may have hindered your success as a leader or entrepreneur, but it's another thing to let those things go.

By grounding in spiritual foundation, faith can guide this process and enable us to feel fully embraced as we surrender.



## DO IT NOW!

Rarely is it just one thought, feeling, habit, or relationship that we need to release in order to step into most effective leadership. Often, these rituals or exercises need to be repeated several times to better enable us to function as well as we can.

In order to keep it fresh and maybe even fun, try different rituals as you continue to release. In addition to those designed by others, consider developing your own ways of letting go!

## CHAPTER 6: CORRECT

*Inexperienced personal development teachers always tell you to visualize, but often in a tragically limited way. They tell you to visualize nothing but victory. But high-achievers know that it's even more important to visualize themselves at the point where they want to quit, and then see themselves working through the struggle.*

☞ *Brendon Burchard, High Performance Coach*

The process of implementing enduring change, especially when it means letting go of ideas and habits that have been well-practiced for years, requires a multifaceted commitment.

It isn't enough to just learn to listen.

Deepening your connection with the Divine is a great start, but isn't enough in and of itself.

Recognizing the elements which have hindered your success, and even exploring their roots won't enable you to reach your goal.

Expressing your gratitude as you release obstacle after obstacle will enable you to feel clearer and lighter, but isn't the final step in the process.

In order to facilitate change in your personal and professional lives, and to elicit transformation in those around you, you'll also need to correct your vision and mission.

## SYSTEMS THEORY

Despite what some may think, we are all connected.

No highly successful entrepreneur or leader is a singular agent of change. Each of us must develop and embrace a team. For those who develop small start-ups, the team may be comprised of parents, siblings, friends and neighbors. One mamapreneur

recently shared that when she started her business, she developed her team from her Facebook followers!

No matter where the members of your team come from, you will eventually work in concert with others.

In the team, every belief, thought, feeling, and set of circumstances for each member will impact not only others in the team, but will also impact the function of the unit itself.

So, getting clear, getting clean and getting on the same page becomes an imperative.

If there is *anything* that clouds your vision, the performance of your team will reflect your lack of clarity.

If your team members are not working with optimal clarity, their interpretations of your vision and mission will be similarly convoluted.

## **MOVING FROM THE MACRO TO THE MICRO**

Just as a team can be derailed by any member's lack of clarity, so, too, can you at an intrapersonal level.

How you think affects how you feel. How you feel influences your actions. How you act impacts your relationships with others. The function of relationships quickly affects motivation, morale, productivity, and ultimately, the bottom line.

So, as you move through this internal transformation, your success requires that you course-correct each time you shift an element.

For years, I worked as a psychologist, largely as a Network Provider for insurance companies. I spent the first two years of my private practice applying to each of the networks, and soon, I was on more than two dozen panels. With my name listed on

each of the provider panels, I received hundreds of calls per month from prospective clients.

It was like shooting fish in a barrel.

Initially, I couldn't believe how easy it was. I just returned phone calls, clients came in, I billed their insurance and then I waited for the checks to roll in.

In the beginning, I was married and had a nanny to assist with the kids while I was at work so I could treat as many clients as I wanted to. And, while I was able to keep up with a full-time practice, the money flowed. But, after divorcing and having to let go of the nanny, suddenly, my time and functional capacity became limited.

I was exhausted, and couldn't practice enough hours to make it all work financially.

Then, some weird act of God happened.

At the start of the new year, the insurance company through which I earned most of my income sent me checks for payment in full. Instead of the \$50 or \$60 per session they normally reimbursed me, I received checks for \$175 per session.

For the first time in a long time, I exhaled. I felt tremendous relief as the financial burden eased and I could spend more time with my children, no longer worried about the dollars associated with every hour.

After two months, the company caught its error and I returned to living paycheck to paycheck.

I spoke with my colleagues and mentors, and I took the leap of faith to retire from the network panels, realizing just how much money I could make by accepting only cash for the services I

was rendering, I could visualize the simpler, more gratifying life I would soon be leading.

Unfortunately, I failed to visualize the path to that blissful life. It never occurred to me that the insurance clients would disappear, and without building an alternate pipeline, I would experience a burden similar to that of Atlas holding up the world.

It was an expensive education about paying attention to the details of systemic change.

## COURSE CORRECTION

As you gain clarity about the thoughts, beliefs, feelings, relationships, habits and circumstances that have been holding you back or keeping you stuck, what do you recognize about the impact on your personal and professional vision and mission?

If you have recently started your business, and have clearly envisioned how you will reach your target market but haven't quite been able to achieve that goal, can you see how limiting beliefs or low self-confidence have gotten in your way?

If you have been in business for several years and not seen the increase in revenue that you expected, are you now able to identify the impacts of poor personal or work habits on your productivity?

If you're at the corporate helm and are eager to take things to the next level but can't seem to adequately empower your managers to drive business forward, can you recognize how your own approach to relationships may be impeding your progress?

As you gain clarity of *how* your leadership is being affected by the elements that have until now hidden below the surface,

you must correct the vision and mission that were developed on your original foundation. Additionally, any and all steps between those factors and your vision and mission will need to be revised.

One of the highly successful entrepreneurs that I know told me a story about a friend of the family who came to him for help. She'd recently experienced a downturn and desperately needed to increase her income. Earlier in his career, he simply would have given her the money. But, after completing some extensive personal development work in which he course-corrected habits he'd learned from his parents about money, he chose to help her in a different way. He reviewed her expenses, her income, and her goals, then helped her design a business that would enable her to manage her family's needs much more effectively and efficiently.

Instead of giving her the fish, he taught her *how* to fish.

## REVISING YOUR VISION & MISSION

When you began this process, what was your vision of the life that you would lead?

What was the vision you had for your business?

How did you conceptualize your personal mission?

What was the mission you developed for your business?

Now, consider what you have discovered thus far. Are your vision(s) and mission(s) still appropriate and realistic? Are they supported by your discoveries?

If you notice that your vision(s) and mission(s) are in any way off, even by a hair, then it's time to course-correct so that they accurately represent who you are now.

Take a deep breath. Allow yourself to relax in your seat and sink in. As you breathe, envision the sun warming your scalp then feel the relaxing rays ease away any stress or tension you've been feeling.

Invite Source, Spirit, God, the angels or whatever Higher Power fuels you into the space.

Experience the safety of the container.

Now visualize or perceive what your vision and mission were historically, before you began this process.

Recognize the obstacles you have uncovered and be present to what happens as they are removed.

How does the removal of these inhibiting factors alter your vision and mission?

Connected, in tune, and clear, possibly for the first time, what are your vision and mission?

## SUMMING IT UP

Becoming aware of our unhealthy beliefs, habits and dynamics can enable us to alter how we do things, but unless we also correct our vision and mission (and every step along the way), the revisions we make will always fall short of transformation.

In order to invite and manifest enduring change, you'll need to visualize and course-correct all the factors that have shifted as a result of your insights.

.....

## DO IT NOW!

Just as you envisioned your new vision and mission above, provide yourself the opportunity through meditation to

visualize and identify the desired effects of your course-correction.

As the elements are revised, how do things change for you personally and professionally?

## CHAPTER 7. REDIRECT

*Setting goals is the first step in turning the invisible into the visible.*

☞ *Tony Robbins, Motivational Speaker*

If you've made it this far through the book, I commend you.

Not many professionals take the time and energy to really dig deep and examine what keeps them from really knocking it out of the park. If you've done a good job with your business and are pretty pleased with your efforts, but want to reach even greater heights, you're even more of a rock star in my mind.

That being said, this is the phase in transformational work where many fall by the wayside.

I liken this phase of the work to the transition stage of labor.

After her water breaks, a prospective mama is usually excited and a little fearful about the imminent birth of her child.

Similarly, recall how you felt when you first started to recognize the obstacles inhibiting your success- you likely felt a mixture of excitement, relief, and anxiety.

After a prospective mama enters active labor and manages contractions (for what seems like forever), most mamas grow weary, but talk themselves into gearing up for the final stage of labor.

No doubt as you were directed to delve deeper and deeper into the origins of your obstacles, you were both amazed at your discoveries but sapped by the amount of emotional, energetic and spiritual work involved in the process.

After several rounds of pushing, many mamas are so worn out that they simply refuse to engage anymore. They say things

like, “I just can’t do it! Shove it back in- we’ll do this some other time!” and “You do it! I can’t push ONE MORE TIME!”

You may have had very similar thoughts after releasing your attachments to the thoughts, beliefs, feelings, relationships and circumstances which have hindered you, knowing that further work would be required to retool your vision and mission. Emotionally spent, the notion of expending even more energy to implement your new vision and mission may seem daunting.

For successful delivery, it takes reassuring partners, coaches, midwives, doulas and Labor and Delivery staff to provide the emotional support and sustenance to evoke the motivation required for a birthing mama to complete her task.

What do you need at this stage to reach your finish line?

## RESISTANCE

In Transformational workshops like those offered by Tony Robbins, this is the time when fire walking, chanting, cheering and dancing are utilized to help participants move beyond their fear of the unknown so they can recognize how truly infinite their capacity for action really is.

When you’re surrounded by hundreds of other people who are all surrendering their fear and embracing excitement for all that’s unfolding, it’s not that difficult to ride the wave to the finish line.

When your partner, friends and family are cheering you on, the energy required to propel through tough times is that much easier to access.

But if you’re an entrepreneur or leader who is single, has yet to build a team or is even just introverted, this stage of the game may be particularly challenging. Even if you have access

to supporters, you just may not feel comfortable asking for or receiving support from others. In these circumstances, your connection with God, Source or a Higher Power may help you channel the energy required for that last push to breakthrough.

And, after you've meditated and reignited that Divine connection, ask yourself this:

*Why are you resistant to either making your need for support known or accepting it when it's available?*

I grew up in a home where independence and autonomy were highly valued. Paired with numerous experiences through which I learned that others could be dangerous, I learned to do most things on my own.

In graduate school when I became paralyzed, I tried to do it all on my own and failed miserably. I learned to ask for help, but every time I sought the assistance of others, I felt vulnerable and ashamed.

After licensure, I put all of my efforts into developing a private practice so that I could not only have the flexibility to raise a family, but so that I would not have to adhere to constraints placed on me by others nor depend on anyone else.

And, when life really threw me for a loop, it felt as if I had no one to support and uplift me. I hurtled into the abyss, unclear about how I was ever going to right myself or the situation.

Much like the scene in *28 Days* when Sandra Bullock's character is made to wear a sign that says, "Confront me if I don't ask for help," my friends and family nearly had to conduct an intervention to get me to ask for **and accept** help.

I understood clearly why I felt uncomfortable asking others for help, but I didn't have a lot of clarity about why I felt so awful

accepting assistance. As I tuned in and explored my historical trauma even further, I realized even more about myself.

*I wasn't just independent.*

*My discomfort with asking for help wasn't just a reflection of my fear that others would take advantage of or exploit me.*

*Shame associated with needing assistance wasn't the only thing stopping me.*

*At the bottom of that emotional pit, I was terrified of feeling small. A very primitive version of myself associated accepting anything as being helpless.*

*Being helpless at the hands of perpetrators was the fear that had defined me for more than forty years.*

And with that, I scooped up that version of myself and hugged her tight and let her know that children can't do it all for themselves and that finding help from the right folks allows children to develop into fantastic human beings.

After a particularly long crying jag, I breathed deeply and exhaled unlike I had in decades.

I'm not saying that I love accepting help, but I have come to understand that by asking for and accepting help, I am far more capable of achieving the kind of success that others only dream of. With the right kind of support, I know that I can move mountains.

So, what's standing in your way of asking for and accepting help?

## MOVING WITH MOTIVATION

When you are well-supported and can actively use the resources available to you, most things are possible...with a good plan in place.

At this stage of your personal and professional development, you know what your goal is. You've probably even envisioned the actions that you need to take in order to reach that goal.

So, when you know what the steps are that you need to take in order to move your vision and mission ahead, what slows your progress or prevents you from implementing those steps?

What gets in the way of your motivation?

What are the fears and concerns that may inhibit you from moving forward?

For some entrepreneurs, the fear of failure prohibits them from reaching for anything beyond the low-hanging fruit. By keeping goals small and achievable, they experience the benefits of success without triggering the fear of failure. But, the moment that they stretch their wings and even consider aiming higher, fear shuts them down and self-sabotage ensures that they won't ever grow further.

For some leaders, the fear of failure doesn't keep them small. It's the fear of success that limits their efforts.

If you are an entrepreneur or a conscious leader, you are by nature, a person who can move outside of the box. You are a big picture thinker who can also recognize the value of the details. You recognize the impact that you can have not just on friends, family or your team, but on the world. You know that your mission can become a movement if you really commit.

*So, how is it possible that you might have a fear of success?*

For years, I played small, quietly hiding the secrets of my past. I stayed in the conservative corporate box and just did my job.

After a while, it felt like it was killing me.

I felt as if I was just phoning it in. I relied on the education and training I'd received and I used the same therapeutic practices over and over.

*I was nowhere in the mix.*

Years of therapy and some intensive self-discovery later, I realized that my true value to clients was my personal experience. And, in order for my professional style to truly develop and for my interventions to be helpful, I had to be authentic with my clients.

I had to lead with my life.

Sharing my story with clients has enabled a level of trust rarely experienced before. As they view me, warts and all, they discover the safe container for their transformational work.

I spent decades keeping my past a secret, fearing that if others knew what had happened to me, they would judge or shun me. The notion of stepping into the spotlight and sharing that information with the world was terrifying. And, when I took that first step and proved to myself that I wasn't going to die as a result of sharing my story, the world became my oyster.

Uncovering the beliefs, experiences, or circumstances that have inhibited your forward movement is crucial for your access to motivation.

## AVOIDING RELAPSE

When we drive forward with our work without evaluating the issues or circumstances which might limit our motivation

or progress, it can lead to a less than expected return on our investment of time, energy and money.

Not only can the experience be frustrating, but it can eventually result in further decline in motivation and a return to unhealthy or unproductive choices or behavior.

When we take the time to evaluate any and all factors that can inhibit or diminish our success, we uncover solvable problems. Sometimes the solutions are simply shifts in perception. Sometimes solutions involve acknowledging fear and letting it go. Sometimes solutions require reorganization or personnel revisions.

Your motivation and forward movement require only that you identify what is standing in the way and relinquish or resolve the challenge.

One of the mamapreneurs that I know lost her spouse suddenly. Thunderstruck, she used all of her energy to tend to her children and set aside her professional world. When grief began to abate, she contemplated her circumstances: she and her spouse had been a professional power couple, performing well and supported by a great team.

For more than a year she just couldn't seem to move forward in the business. She felt stuck and had no idea how to overcome the inertia. She delved into self-discovery and encountered an element of her grief that she had been unable to confront previously.

That resolved, she turned her sights back to the business. Suddenly, the solutions became clear to her: she needed to incorporate additional team members in order to increase support within her team structure, she needed to reorganize her team for improved function, she needed to mobilize resources from other areas, and she and her team needed to engage in

intensive personal development and transformational work in order to uplift their energy and enhance morale.

Not only did her motivation soar but her productivity and income increased exponentially.

## ENVISIONING TANGIBLE RESULTS

Take a moment to breathe.

As your breath relaxes your mind and body, recognize the factors that have inhibited your maximum growth.

As each element comes to mind, express gratitude for the way it has served you, even if its benefit seems crazy to you.

When you feel as if you have paid your respect to each of the factors that has hindered your motivation and success, watch them shatter (like a mirror) and dissolve.

Breathe deeply and exhale.

Let go of all the stress and tension attached to the obstacles, to their impacts, and to the process.

As you breathe again, envision the journey ahead, **no longer encumbered by the obstacles.**

Be present to your physical state, your feelings, and your thoughts as you consider how the journey to success has been altered.

Take note of the differences in what you see, hear, feel, think, and sense.

Take a final deep breath, and when you are able, jot down what you noticed.

## SUMMING IT UP

Often, when entrepreneurs and leaders delve deep into self-discovery with the hopes of optimizing their performance, they reach a plateau as they near the finish line.

Sometimes the motivational challenge is a fear of failure. Sometimes the inertia is actually a fear of success. Sometimes the reasons for the energetic stall lay far below the surface in personal or professional history or trauma.

In order to invest energy for the fourth quarter rally, it is mandatory to have sufficient support to elicit the motivation necessary to continue to move full-steam ahead.

But, for so many of us, asking for and/or accepting help can be equally, if not more, challenging! Uncovering any and all issues that may impede seeking or receiving assistance is imperative. Without the support of a team (including your spiritual one!), we simply cannot achieve that motivational breakthrough.

Envisioning the changes and the tangible results of shifting gears is what invigorates motivation and launches us into our endgame.

Redirecting our energies away from what has sapped our superpowers and injecting it into optimal performance is how our revised missions become movements.



### **DO IT NOW!**

Now that you have invigorated motivation, sit down and make a list of all your success strategies.

What steps do you need to take to achieve your goals?

What resources do you need to access in order to proceed with your plan?

What kind of support will enable you to enact all that is required to get to the finish line?

## CHAPTER 8. INJECT

*It only takes one person to mobilize a community and inspire change. Even if you don't feel like you have it in you, it's in you. You have to believe in yourself. People will see your vision and passion and follow you.*

☞ *Teyonah Parris, Actress*

The foundational difference between an executive and a leader is that while an executive might look great on paper and be technically proficient, his or her success may never move beyond the business plan.

A leader has the power to inspire. A leader forges ahead, steadfast in the belief that s/he can transform and by so doing, evokes similar beliefs in others. A leader feeds the mission with the energy required to start a movement.

You have done the work.

You know what gets in your way and you have confronted those challenges and disengaged from them.

You've addressed any underlying issues with motivation, and you're fired up and ready to go.

You've penned a plan, the steps to success are clear and you've gathered the resources needed to blow the ceiling off this thing.

But, how are you going to pass along your message to others?

How are you going to evoke energy and excitement in others for all that you want to achieve?

It all starts deep within you.

It starts with getting Zen.

There are still a few readers that I can hear muttering quietly.

*Here we go again. She's going woo woo with this.*

*Tell me again how this is going to help me 10 x my business?*

Here's how it relates to your success as an entrepreneur or leader: your business IS YOU.

If you can play your edge, nothing can inhibit your personal or professional success.

## GETTING ZEN

Most people, especially those who play sports, know what it means to get *in the zone*.

If you're on the golf course and there comes a time when the only thing you can hear or see is a little white ball sailing through the air and landing in a small hole in the ground, you're in the zone. Even if you're playing in a foursome, the other golfers have ceased to exist when you're in the zone.

If you play hockey, and you gain control of the puck, you know you're in the zone when the only thing you can hear is your breath and the sound of your stick smashing the puck into the goal. Teammates and fans simply fade away.

If you surf, there is a moment in time where you become fluid, aqueous- you become the water itself. There is no board. You do not exist separate from the wave. That's when you're in the zone.

Getting Zen is how we get there. It's the visceral, emotional, energetic and spiritual experience of the journey to and through the zone.

Achieving Zen allows you to get to a space where you feel intimately connected to not only the universe, but to the other beings, circumstances and elements around you.

When I hike, I sink my feet into Mother Earth as I walk and I feel this beautiful connection through the ground. When I look to the sky and I connect to what's above me as well, I feel a sense of upliftment. When I experience the connection of above and below, the pathway through my body becomes like an energetic highway. I find myself less distracted, my mind is clearer, I'm more attuned to where my ideas are coming from, and I can be more intentional in all that I think, say or do.

In Buddhist practice one of the primary goals is to be able to let go of all the worldly distractions so that you can hear the quiet space of connection.

Whether you are walking in nature, or sitting in meditation, or even listening to your favorite music, the process of relinquishing all the distractions allows you to gain clarity about your being, purpose and mission.

But, you've already come to that awareness.

So, how does getting Zen take you further?

As you sink into that quiet space of connection with that which is greater than you, you realize that what you desire to achieve is a reflection of all that you are. When you bring that energetic clarity to your work, your ability to connect with others grows exponentially.

When that connection with others is deepened and more authentic, those in your presence will begin to *attune* to you. And as they attune to you, they will sync up or resonate with your energy.

If you lead with clear, focused, relaxed energy, those around you will relax. Through that sustained connection, they experience your commitment to them. As they feel the invigoration and the promise of what's to come, they begin to feel the capacity for even greater growth within themselves.

When you're able to achieve that level of communion with another person, something happens: they leave changed.

Mother Teresa said, "Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile."

As a clinician and coach, it's always my hope that when people leave, they'll leave better.

*But how do you do that?*

*How do you guarantee that?*

*How do you enact that?*

*How do you embody that?*

It starts with getting Zen. It starts with achieving that space for yourself, where you're connected and clear, and that begins to transfer to others around you.

After working with me, clients often call or email me with not-so-surprising feedback: when they leave with that heightened vibration, when they *leave better*, then interact with others, that new resonance transfers to those in their presence and then those folks *leave better*.

When I maintain that Zen throughout my day, I leave better, my clients and team leave better, and as I take it home with me, my family is better.

On a global level, imagine what would happen if for each of us, striving to Zen, striving to play our edge, striving to be able to gift that to each person with whom we engage. Very soon we are uplifting the resonance of our planet. Rather quickly, our missions become movements.

## INJECTING PASSION INTO YOUR MISSION

Passion is not about romance.

Passion need not be loud.

Passion is an expression of intensity that heightens the experience.

When you get Zen, you access a pure energy source far greater than your own. When you get Zen, it's like channeling God through the pipeline of your being.

That's where passion begins.

So, if you're looking to ignite some passion into your mission, it's time you get Zen.

Take a moment to consider how you get clear.

Do you meditate?

Do you make lists?

Do you pray?

How do you offload all the nonsense blocking the neural pathways of your mind to reach clarity?

Most highly successful people have a set of rituals that they practice daily in order to clear the mental and emotional space for the upcoming day. Hal Elrod has rocked the world with his best-selling transformational book, *The Miracle Morning* which encourages readers to create a daily foundation for success through conscious personal development.

For others, the ritual may come at the end of the day so that unencumbered creativity can come through the dreamspace.

It's not about *when* you engage in your daily ritual but *that* you engage in it.

For me, I have found that I am most successful when I am able to wake from solid restorative sleep, enjoy a cup of coffee (not consumed while shuttling children or between phone calls in the car), and sit down for fifteen minutes to consider Oracle cards or a few pages in an inspirational book. I follow that with a few minutes quiet meditation, several minutes of writing, then thirty to sixty minutes of exercise depending on how much time I have.

The clarity of my thoughts, ideas, and connections are only bested by the quality and level of my performance when I choose to maintain the daily ritual.

Why?

It's not about being compulsive. It's about being plugged into the Power Source.

Take a minute to review the ways in which you get Zen (even if you're just coming up with a new ritual to try!).

Now imagine that when you feel perfectly connected and clear, you experience a surge coming up through your feet and traveling through your body, pulsing its way through until it exits the crown of your head.

Every cell in your body has been electrified, leaving you feeling invigorated and filled with creative energy.

Start your work here.

Plugged in and powered up, failure will not be an option.

And, you want to know what?

Everyone around you is going to ride your high... every single day.

Empassioned, you and your team just became unstoppable.

## SUMMING IT UP

True leadership requires the ability to not only represent quality products and services but to organize and motivate a team.

True leadership stems from not only being a great role model for your team, but from the capacity to energize and mobilize your team.

True leadership originates in clarity of vision and from the injection of passion into the mission.

By finding a way to clear away distractions, you will be able to enjoy conscious connection in the Silence. As you get Zen, you will be able to more authentically connect with others.

When you connect to a power Source that fuels your intentions and actions, not only will you lead with an undeniable passion, but others will be able to feel their own resonance uplift simply by engaging with you.

This is how you launch.



## DO IT NOW!

If you have a daily ritual for getting Zen, write it down now. Review it for any ways in which it can be improved or simplified.

If you don't yet have a daily ritual, design one. Ensure that it is a process that you can consistently do and won't just quit because it's too long, or doesn't keep your attention, or poorly timed,

or keeps you from walking the dog (that may even be a part of your daily ritual!).

For the next seven days, adhere to your daily ritual, and at the end of each day, consider any impacts that your ritual may be having on your personal and professional success.

## CHAPTER 9. REFLECT

*Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful.*

☞ *Margaret J. Wheatley, Management Consultant*

In medicine, it's called the M & M: Morbidity and Mortality. It's the opportunity for medical students and staff to review their practices and the impacts (both positive and negative) of their procedures. It can be painful to confront the ways in which efforts have fallen short or failed, but only by recognizing and owning the shortfalls can the team improve its interventions.

In sports, it's called the Post-Game Analysis. Coaches and players review the best and worst plays of the game and study the film to determine how they won or lost the game, so that they can place their focus on evidence-based strategies.

In scientific research, all experimental designs include an investigative question, methods for collecting and evaluating data, results of that investigation, and a discussion which reviews the results and speaks to the successes or failures of the elements involved in the experiment.

In each of these examples, there is a common theme: a commitment to evaluating how things worked in order to improve performance.

Reflection following a course of personal development is the only way to determine how the approach worked for you. Additionally, through repeated opportunities for reflection, any remaining obstacles, challenges or resistance are identified, and further work to be done can be articulated.

Years ago, I worked with a manager who presented with debilitating performance anxiety. Unfortunately, her job duties required that she address her team of about sixty every

Wednesday, nearly guaranteeing systematic repetition of her symptoms.

Initially, she noticed that she couldn't sleep all that well on Tuesday evenings, and that she often experienced gastrointestinal distress on Wednesdays before the meeting. Once, her symptoms were so bad that she had to rush out of the room so that she didn't soil herself during her presentation.

She tried antacids and Immodium, but the symptoms continued to worsen.

After weeks of mounting discomfort, she visited her Primary Care doctor. In addition to receiving medications for her stomach issues, she was also prescribed medications for the mounting anxiety.

Over the next few weeks, she noticed that her stomach bothered her less but she began to experience palpitations and dizziness starting on Mondays, two full days before her weekly presentation.

Fearful that the doctor had missed something or that she was having a poor reaction to the medications, she returned to her PCP. She was advised to stop the medications and told to try meditation to lessen her anxiety.

While she was happy to be off the medications, she found herself even *more* anxious when she attempted to meditate. Any effort to get in front of her team resulted in tachycardia, profuse sweating, difficulty breathing and severe dizzy spells.

Clearly, something had to give.

Distraught and unsure whether she could even continue working, she spoke with her boss about her symptoms. Concerned, he asked if she'd be open to hypnosis or

psychotherapy. Given that she was more than a bit skeptical, she opted to try psychotherapy.

Within two sessions, it became clear that certain situations triggered a series of thoughts, all which ended with the belief that if she didn't exit the situation, she would die.

Carefully, we pulled apart the thoughts swirling through her mind, separated out the ones that didn't apply to the current situation, determined which thoughts were prompting which physical responses and practiced healthier, calming thoughts. Weeks later, she was able to return to team meetings completely symptom-free.

So why share her story here?

It's really not because I want to impress you with the quality of my interventions (they were pretty simple).

It's to illustrate that she spent months test-driving an array of different interventions while her symptoms got worse and worse, because one small step in the process wasn't included:

*Never once did she or her doctor contemplate WHY the interventions weren't working. Without reflection, each successive suggestion was just an ineffective shot in the dark.*

Prior to meeting with her, I cleared off my desk, I took a breath, I released everything I'd been doing that morning, and I opened myself to her and all she had to share.

I listened with my ears, my eyes, my emotions, and my intuition. Then I listened for everything I wasn't hearing. In just forty-five minutes, it became clear to me that the reason that the interventions weren't working was because they weren't addressing the underlying problem generating the symptoms. With just a few more detailed questions, I learned that she

had experienced the symptoms in two other locations, both in response to extreme heat and crowded space.

*She wasn't afraid of other people's criticisms or judgments.*

*She didn't have performance anxiety.*

*She wasn't insecure about her skills or the requirements of her position.*

*She had developed a form of claustrophobia.*

While I had her do some simple thought logs and daily affirmations for good measure, the single most effective interventions (which completely eliminated her symptoms) were requiring that the doors in the meeting room be left open during her presentation and for the thermostat to be turned down to 68°F.

After she engaged in this “experiment,” we reviewed its practicality and success.

It didn't require her to take medication. She didn't need to be in ongoing psychotherapy (though she did some hypnosis and eventually fully resolved the claustrophobia!), and she was able to retain her job. Even more importantly, she demonstrated to her team that she could confront personal challenges, sample interventions, evaluate results, and resolve the issues.

## REFLECTION RITUAL

Reflection following experimentation or implementation requires very little time and effort, but the results of careful analysis can be life-changing.

When you implement a new procedure, protocol, or process, what ritual do you use to reflect on the degree to which your efforts failed or succeeded?

If you have not yet included reflection in your S. O. P. , what kind of practice do you think would allow you to best evaluate your efforts?

Daily, weekly, monthly or quarterly rituals (depending on the implementation schedule for your plans) can enable continuous evaluation of your products, services, relationships, or models. Additionally, post-implementation analysis can generate insight about challenges which may recur or habits which may be vulnerable to relapse. Course-correction is far easier when issues are identified quickly and can be remedied with grace and ease.

Take a moment to breathe, close your eyes and relax.

Feel Divine rays of sunshine stroke your scalp, then make their way through your body and exit through your toes. Allow that connection to Source energy to course through you as you deepen your relaxation.

Consider each of the steps you have taken as you worked your way through this book.

Align on each of the opportunities to gain awareness of limiting beliefs, unhealthy dynamics, obstacles, challenges, and areas of resistance.

Acknowledge the benefits of recognizing these issues and experiencing gratitude for the gifts they delivered, no matter how covert the gains may have been.

Revel in the emotions associated with final release of the dynamics, circumstances, cognitions, and habits, even if those feelings are mixed or ambivalent.

Contemplate the results of this journey.

*What did you discover?*

*Are you more in touch with yourself?*

*Have your relationships with others deepened?*

*Have you gained a stronger connection with the Divine?*

*Have you achieved greater clarity of all you desire?*

*Has your personal and professional vision improved?*

*Are you more motivated to optimize your performance?*

*Have you noticed an increase in your productivity?*

*Is there additional fine tuning to do?*

*What has been the return on this investment?*

*Have you finally broken through?*

## SUMMING IT UP

The process of reflection following a course of treatment, personal development, or the implementation of new procedures or practices, enables us to determine the degree to which the efforts were successful.

Without taking the time to determine what worked and what didn't, or, even better, which strategies worked best, we are doing nothing more than moving through life blindly, likely falling down the rabbit hole more than once.

Rituals for reflection can be incorporated at any time of the day, week, month or quarter, and can incorporate any elements

that improve your ability to connect, attune, relax, review, and consider future improvements.



**DO IT NOW!**

Following your reflection, record some notes about what came up for you. In the event that you discovered areas for future improvement or development, draft a plan for taking the next steps to even greater success.

## CHAPTER 10: WHERE ARE YOU NOW?

*You can't know this right now, but... your ragged, rugged honesty... your crazy, passionate, naked vulnerability... your trusting plunge into the unknown of Life at every turn... your journey of love and healing... these change your world, the world of those around you and the world as a whole. Someday you'll know how important you are.*

✍️ Jacob Nordby, Author & Coach

You are amazing.

Maybe you don't think of yourself that way (or maybe you do!), but nonetheless, in my opinion, you have done something that few entrepreneurs and leaders do:

*You put yourself first.*

If you hadn't taken the time to commit to this piece of personal development, you would have remained inside the box you created for yourself.

It may have been a great box. Heck- maybe it was an AWESOME box, but it was a box all the same.

It may have been a perfectly portable box that enabled you to take your show on the road and travel the world. But, if it was like most portable boxes, you may not have been able to ground all that well inside it. And, given the nature of all boxes, you likely couldn't grow inside it.

You've broken out and broken through now.

You've stretched your wings and can now soar freely.

Your self-discovery now fuels the development and evolution of those in your family and team.

Eventually, the body of work you just completed will transform your mission into a movement- if you allow it to.

Four decades ago, I didn't think I could survive. I felt helpless, hopeless, and alone. I couldn't contemplate how I was going to move forward, or even *if* I could move forward. After a very dark night of the soul, I renewed my connection with God and I trusted that somehow, I would escape the box that I was trapped in, and move on with my life.

When the opportunity appeared, I didn't hesitate. I didn't just walk away- I ran.

Ten years later, I realized that while I'd escaped one box, I'd simply recreated another and still remained enslaved to the limiting beliefs below the surface. I couldn't truly access freedom until I dealt with all of the elements that kept me bound.

For ten years, I employed a variety of conventional strategies to work through my traumas and dramas and to restructure my life. I trudged through the pain of my childhood and reached out to my family. I altered my habits, released unhealthy relationships, and shifted the way I worked...

*and designed another box for myself.*

When I realized what I'd done, I knew that I had to drastically alter my methods or I'd suffocate in that box.

Right about then, God showed up again with an opportunity to enroll in an entirely new approach to self-discovery. I peeled away layers that I didn't even know were there. I reached depths of convulsion, angst and pain I didn't realize were possible. I turned myself inside and out, searching for truth.

And when I discovered my core, the facets of the box disintegrated.

I was finally free.

That doesn't mean I don't continue to develop and evolve, and work on myself *every single day*.

I spent a lot of years building boxes for myself, so that routine has to be kept in check. It takes a lot of work not to fall back into old habits, but the effort required to remain untethered has become less and less with time.

The benefits of freedom motivate me to continue to engage in self-discovery.

My freedom has facilitated a connection with God that I never believed was possible. The intuition I have as a result provides the guidance and direction that makes the work I do effortless.

My freedom has enabled me to ground when it makes sense to do so, and to hover and center when grounding would be problematic (like landing a plane in the middle of an earthquake).

My freedom has expanded my vulnerability and deepened my relationships.

My freedom has empowered me to be what and who I am at all times. I have shed the uniform and mask for the last time.

My freedom has given me a voice that can finally be heard.

My freedom has taken my message to the masses.

My freedom from that box has allowed my mission to become a movement.

Now that you've broken through, it's time for you to experience what true freedom can do for you, and the rest of the world.

## ABOUT THE AUTHOR

Even if you were imaginative, you couldn't make up the crazy life that Dr. Sage Breslin has lived.

Raised primarily in suburban Los Angeles, she had no idea what life had in store for her. Educated in some of the finest institutions and having traveled the world, Dr. Breslin is intelligent, articulate and culturally fluent- you'd never know that she has a Traumatic Brain Injury, endured extensive sexual assault, nor that she was paralyzed during graduate school after an accident. If you met her, you'd be impressed with her diplomacy, grace and sassy wit, but you wouldn't be able to tell that she's experienced cardiac arrest eight times.

While others might have given up in response to such extensive trauma and tragedy, Dr. Breslin's amazing resilience has enabled her to use her experiences to assist others.

Dr. Breslin is the CEO of the Sage Wisdom Institute and Founder of the Healing Heart Center Foundation.

She is a Power Coach, a Transformation Facilitator, a Motivational Speaker, a Trauma Psychologist, a Walking Intuitive, a Screenwriter and Author.

Her mission is to bring hope to the inhabitants of a world that need uplifting- in every fashion she can possibly muster: through personal consultation and psychotherapy, through corporate leadership development, in small and large group settings, in real and virtual classrooms, through the written word, via the radio waves, and through film and television.

While trained analytically as a therapist at Northwestern University and further certified in Mind/Body Medicine at Harvard Medical Center, Dr. Breslin now infuses the traditional structure with contemporary, innovative techniques for a powerful, transformational approach. The development of

presence and fearlessness enables her clients to become capable of truly playing their edge so that they can experience life at its most brilliant.

Her groundbreaking work with conscious leaders and entrepreneurs has turned traditional therapy on its ear. Using a combination of intuitively-driven conversation with potent neurobiological intervention while walking outdoors, her breakthrough work enables busy professionals to access a level of clarity that eludes most others.

Her first book, *Lovers & Survivors - Living with and Loving a Sexual Abuse Survivor*, as well as her work with Chicken Soup for the Soul, LLC have generated worldwide acclaim. Her book, *Daily Pearls: 365 Days of Sage Wisdom*, blends Dr. Breslin's musings with motivational quotes from a wide array of contributors and delivers an unforgettable and moving read. Her narrative storytelling style enables readers to experience life as she has lived it, and delivers the inspirational message so imperative for post-traumatic growth. While her colorful life has imbued her with perspective and insight, Dr. Breslin acknowledges that true wisdom is gained through collective conscious community. Her newest book, *Breaking Through: A Conscious Leader's and Entrepreneur's Guide to Amplify Intuition, Clarity, Motivation and Productivity* offers a blue print for up-leveling through conscious connection.

Dr. Breslin lives in San Diego with three of her five children.

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- Amazon Author Page: [www.amazon.com/-/e/B01MSD0E1Y](http://www.amazon.com/-/e/B01MSD0E1Y)

OTHER BOOKS  
BY SAGE DE BEIXEDON BRESLIN

Breslin, S. (2017). *Daily Pearls: 365 Days of Sage Wisdom*. Fallbrook, CA: ThenWhen Media. <https://amzn.to/2H5iqJb>

Breslin, S. (2010). *Lovers & Survivors: Living with and Loving a Sexual Abuse Survivor*, 2nd edition. Bandon, OR: Robert D. Reed Publishers. <https://amzn.to/2sslidL>

Breslin, S. and Sklar, M. (2014). *The Secret to Conception*. San Diego, CA: Reproductive Wellness, Inc. <https://amzn.to/2sq2OuE>

Breslin, S. and Sklar, M. (2014). *The Secret to Conception Workbook*. San Diego, CA: Reproductive Wellness, Inc. <https://amzn.to/2H8VPM4>

## OTHER OFFERINGS BY SAGE DE BEIXEDON BRESLIN

### **POWER COACH & CONSULTING SERVICES**

If you're ready to shift gears and break through to limitless possibilities, make your journey that much easier by hiring Sage to guide you through the process.

To learn more and to schedule time with her, check out her website at [www.SageWisdomInstitute.com](http://www.SageWisdomInstitute.com) or contact the Institute at 858. 481. 8810.

### **COME WALK WITH ME SERVICES**

If sitting in an office isn't how you learn or implement best, Sage is happy to join you in an outdoor location of your choice to walk, talk, clear the decks and call in the best version of you.

To learn more and to schedule time with her, check out her website at [www.ComeandWalkwithMe.com](http://www.ComeandWalkwithMe.com) or contact the Institute at 858. 481. 8810.

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Sage has dozens of online continuing education courses available on a variety of topics through the Zur Institute:

- [AD/HD: An Overview Of Current Perspectives](#)
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- Cultural Diversity 101: Introduction to Multicultural Sensitivity and Multicultural Competence
- Dialectical Behavior Therapy (DBT): Treatment for Borderline Personality Disorder (BPD)
- Diversity: Beyond Cultural Competence in Psychotherapy With the LGBT Population
- Eating Disorders: Identified, Defined & Treated
- Female Batterers, Male Victims: The Hidden Side of Domestic Violence
- Foundations of Clinical Supervision
- Gambling and Gaming Addiction: Beyond the One-armed Bandit
- Informed Consent
- Intimate Partner Violence
- Intimate Partner Violence: Towards a More Comprehensive Understanding of Maladaptive Coping in Relationships
- Mindfulness & Meditation in Psychotherapeutic Practice
- Motivational Interviewing: Introduction and Application
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Growth: Advanced Clinical Applications
- Post-Traumatic Stress Disorder (PTSD): Defined, Described, Detailed, Debated
- Suicide Assessment, Prevention, and Risk Management
- Suicide Risk Assessment & Intervention
- Supervision: Advanced Topics, Ethics and Law
- Supervision Specific to Social Work
- Supervision in the Recovery Field: Guiding Clinicians & Psychotherapists Providing Substance Abuse Treatment

## HIRE SAGE TO SPEAK AT YOUR EVENT!

***Book Dr. Sage Breslin as your Keynote Speaker and You're Guaranteed to Make Your Event Highly Engaging and Unforgettable!***

For more than three decades, Dr. Sage Breslin has been educating, consulting, coaching, counseling and guiding entrepreneurs, corporate leaders, experts, speakers, consultants, clinicians and coaches. She has assisted individuals and teams in all sectors of the military and protective services to enable them to perform with laser focus and perfect clarity. Her unique intuitively-driven approach has enabled her clients to plug in, power up, and perform optimally.

Her story is one of amazing transformation. From early beginnings in a working class but upwardly mobile European family, she learned that family, love and education were highly prized but unfortunately weren't enough to keep her safe from perpetrators in her midst. Silenced and isolated by her experiences, she struggled to stay alive, and in her darkest hour, attempted suicide. Clinically dead, she experienced something beyond this world, and after resuscitating, she came back with a renewed vigor for life and powerful extrasensory sensitivities.

As if that wake-up call was not enough, Sage experienced a life-threatening accident in her freshman year of college that resulted in a Traumatic Brain Injury. Unwilling to be derailed, she had to relearn language, complete her BA, alter her career path and get herself into graduate school. Just two years later, she herniated three discs in her back, compromising her spinal cord and paralyzing her for a period of time. Told that she would never walk again, she made a miraculous recovery and ran a half-marathon fifteen years later.

In truly bizarre circumstances over the span of thirty-five years, Sage experienced Near Death (NDE) eight times, each time returning with greater and greater connection and acuity.

Sage's unique storytelling style, deep presence and intuition engage and enrapture audiences, while teaching participants the strategies and skills needed to evoke their own personal and professional transformations.

For more info, visit [www.sagewisdominstitute.com/education-and-training](http://www.sagewisdominstitute.com/education-and-training) or call +1 (858) 481-8810.

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