



Transcript for Episode Eight

Embrace the authentic, confident you so you can feel good in your skin and have deeper relationships.

The Inviting Shift podcast focuses on how we step through this messy journey of life confidently so we can feel good about how we show up, have deeper relationships and connect to purpose and meaning.

Or in short, how we manifest the lives we crave in practical, tangible ways.

We can't move forward until we are clear.

Today we're talking about the clarity and the questions we most need to get there. I mean, there are a ton of questions we could ask, but unless you have time for at least 30 days of journaling, I've leveled down to the most essential questions that will move you forward, or even help you in one of those uncomfortable situations like an unplanned challenging conversation or feeling triggered.

First a side note...

There are times when trying to get clarity is going to be more of a challenge. The reason is that there are certain moods or energies we can be in that don't fare well for decisions or clarity. It's mainly when you are in your inner child. Stress, big choices and challenges, and even lots of everyday things can be overwhelming when we are sitting in our child archetype.

So if you are feeling hungry, angry, lonely, tired, or sick (including PMS), you may benefit from taking care of those feelings before diving into clarity. When we want to tap into clarity, ensuring our physical and emotional bodies are in a good state (or as best of a state as possible is key. We want to make our decisions from the adultier place, a woman (or man place). Most of the time those decisions are more sound and aligned with what we truly want, not from panic or overwhelm.

So let's move forward. Once we've settled our physical and emotional bodies as much as possible -- maybe with some slow breaths - we can ask ourselves these essential questions.

And I hope you'll think about one thing that you can relate these questions to -- meaning think of one instance in your life that you want to change something or step into something new. It can be anything... dating, life purpose, side-passion, a relationship - whatever it is you need more clarity about.



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So come up with one or two.

Great then we'll start with the first question. What do I want?

Simple question but the answer seems to always be a bit polluted with a lot of thoughts and I invite you to go a little deeper.

What do you really want when it comes to the thing that you are thinking about?

If you want to start dating again, your goal may be finding 'the one.

If you are looking for more purpose, your goal might be finding something that lights you up and gives back.

If you want more clarity about a relationship, having clear communication may be your actual goal.

But there's more than that.

That's the goal, which is great. We've been taught to visualize the goal. It gives us something to aim for.

But I always wanted a bit more clarity than that. If you are a perfectionist like I was, I was never satisfied with the end because it never looked EXACTLY like I wanted it to. I can remember the things that don't look the way I wanted them 20 years ago.

And them not looking exactly like I wanted them to didn't make their mistakes or failures. Sometimes the way it turned out was better but I didn't get to enjoy it because I had specific visual expectations.

So let's go a little deeper than the goal and find the intentions.

The goal is what it looks like. Intentions are how we are going to show up for it.

Intentions come from what we truly want out of it.

Here's the key. Everything we want comes down to feelings. We want what we want because we hope to feel something when we accomplish it. That's what we truly want.

If I want to start dating again, I might truly want connection, intimacy, and companionship.

If I want more purpose, then I might want fulfillment, meaning, and peace.

If I need more clarity about a relationship, I might want flow in communication, understanding, and kindness.



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So tune into that want that you have for more clarity. Even if you can see exactly what it looks like or not, tune into your body. If you were successful at this situation or desire, how would that feel?

Try to come up with some feeling words, or any words really that describe the sensations of success in this area.

Breathe 3-5 in. If there are more, pick the 3-5 that most light you up.

Beautiful.

Now, you know exactly what you want. And you don't have to wait for success to feel that way. The best way to move forward is with those feelings. So if you want to feel connection, intimacy, and companionship in your life, you need to say and do things with connection, intimacy, and companionship. You need to leave lots of space open for connection, intimacy, and companionship.

Or if you want more self-love and confidence, you need to choose to put self-love and confidence in before you feel it.

So now that we have clarity around the goal and/or intentions, let's get to some big questions so we can move the blocks to get what we want out of the way.

Question 1: What do I want?

Question 2: What do I control?

We want to control everything. That's our visual goal often. It will look exactly like this when it's successful. The problem is we don't control all things. There are outside forces and unpredictable people that can always impact the goal and trying to control things that are not in our control makes us insane. It keeps us judging ourselves because somehow we think we should be able to control all the details.

The truth is we control very little in the world. It might sound scary at first, but when you really step into it... it's actually relieving.

Because the only thing you truly control is yourself... your energy, your health, your feelings, and your time.



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Does that mean we can't change relationships or things outside of ourselves? No. We can influence them, and we can show up the way that will be most helpful... but we can blame ourselves or the other person or thing. It's just something out of my control.

What you control most is you. You can move yourself to do the thing. You can ask for help. You can step up and get moving on something new -- even with fear -- you can control all those things.

Trouble comes when we expect everything to go according to plan like that quote that says When I make plans God laughs or something like that.

There's also an AA quote that states that expectations are premeditated resentments. Asking ourselves what we control gets us clear on what we can truly create expectations around that are realistic rather than expecting the entire universe to conform to our vision.

Stop trying to force things to turn out as you want them and perhaps open up to the next question, because it might turn out better than you could have planned it. Yes. Honestly.

Question 3: What do I need to accept?

Most important and final question after this message

How do you want to show up?

When you are winning, hdywtsu
When things are going wrong, hdywtsu
When you get triggered,
When you are meeting new people
When you are committing to goals
When you have hard conversations
When you are feeling completely you and happy?

The key is finding out where all those meet.

But in the meantime, think back to question 1 - what do you really want out of this? Those feelings... and this is important because I know we've all said that we'll be happy when... when I get that college degree... when I've gotten that job or promotion when I buy a house when I'm out of debt. Ever get those goals and not actually feel happy? Usually, we're off to new horizons onto new goals and we completely forget to be happy for more than a moment.



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Why? Because we haven't conditioned ourselves to be happy. We've conditioned ourselves to sacrifice that happiness for a moment of success.

We need the happy along the way. We are in charge of infusing it into our lives, looking for it, and cultivating space and energy for it... all along the way. We can't suddenly experience tons of lasting happiness unless we put it in.

So what we want out, we have to put in. If I want to feel confident, joyful, and graceful, then I need to approach, life, people, situations, and challenges with confidence, joy, and grace.

Because what I focus on grows AND more importantly...

We are conditioning ourselves to align with what we truly want. If I have to put more confidence, joy, and grace in... then I am focusing on those in the world and seeing more of it, and collecting more evidence that my life is full of confidence, joy, and grace.

And then, even if circumstances or goals don't show up exactly as I like, I can ask myself if I showed up like I wanted to (you know with the knowledge I had at the time, not in hindsight)... and I can judge myself on that because that's all we have control over really.

I love what Elizabeth Gilbert says about the genius. She sees it like the Greeks and the Romans as though it was just a spirit that came to visit people or in her case, artists and writers. The artist's job is to show up. Whether the genius comes or not is not their responsibility. They only need to show up to do the thing best they could.

So your job is to show up in a way that feels good to you... which cycles us back to what we want.

Remember what we want we have to put in.

So let's just visualize for a second:

Breathe.

Let's think about your everyday life.

Every day I am going to find ways to feel more x, y, and z.

When I make decisions I am going to keep x, y, and z in mind

When I go to work, mather my children, come home, go on vacation, or go to the doctor, I am going to keep x, y, and z in mind.



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When I wake in the morning
When I go to bed at night
When I talk to friends
When I talk to strangers

You have the ability to show up that way if you do it mindfully. What are some ways you can really see yourself showing up exactly how you want to feel? We have to make the choice to do it - even when we don't feel like it. That is why we have to do it mindfully.

Now the fun part, is how we can bring it into the body.

Now of course you can use these questions any time, and if you want to make it a bit more physical to bring it into the body, I love what some people call rituals. For, I like to call them alignments. They align our body to what our mind and our inner wisdom are bringing up.

Plus rituals usually include getting into your body and heart space. When we can get the mind and gut aligned with the heart and body, magic can happen.

So if you are making a big shift or decision and need some clarity, you can make a whole event out of it or just take the pieces.

You can also make a 30-second ritual with just one or two of the ritual elements. It just depends on your time frame and the depth of clarity you are looking for at the time.

I will walk you through a full blown-out ritual which I have come to love, but take what works and leave the rest -- or get really creative and go outside these lines. It's all up to you.

You can go through all 4 questions with this alignment, so you don't have to do pre-work.

So here we go and we start with set up. With rituals, our senses are essential. It's how we get back into our bodies and get really present rather than stuck in the monkey mind that wants to do something more or less 'productive' or useful. Setting the space reminds us how important this is and CLARITY is of the ultimate purpose. Getting to know yourself clearly and making authentic, grown decisions is important.

So back to the senses: pretty things to look at (candles, flowers, etc), great smells (essential oils, coffee, etc), great feels (favorite pen, stones to touch, most comfortable clothing, etc.), great sounds (music, bell, etc.) and great tastes (favorite beverage, treat, etc)



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Bring a journal and a writing utensil.

We'll be either burying something or burning something.

So if you have space to bury it near your home, you'll need small pieces of paper, a small box (will only be holding small papers), and a hole to bury the box in.

If you prefer cremation, a safe place for a fire to burn small pieces of paper.

So senses items, journal, pen, and then either fire or a hole to bury with a box.

Okay here are some of the ways you can do this. Pick what fits you.

Start with lighting a candle to signify the beginning of this process.

Say a prayer or if it works better just set your intention around the clarity you want. It could be simple like: I am looking within to find the clarity I crave. I know I have this within me and I call it up. Or Dear God, I am here for connection and clarity. May you bless me with the answers I seek.

And of course, make it as long as feels right for you.

Then open your journal and make a column of your wants in general or in a specific situation - whatever is calling you. Then, draw a line down the middle of the page and then on the second column - why I want this. Tune into the feeling. Imagine being successful or having what you want. How would that feel?

Then pick 3-5 of the feelings that feel best.

Then state to yourself I want... joy, compassion, grace, etc. And I like to light incense or sprinkle essential oils on myself as a way to bring it into my body. Then I can always use that scent again to bring me back to my intentions whenever you need.

Then I ground myself for a minute and bring in those feelings... maybe seeing myself in those feelings.

When I am grounded, and still with that vision I ask myself: What do I control?

Imagine the ways that you can empower your intentions and goals. What gifts and strengths do you have that you can use? How can you mindfully attend to your intentions and wants? What do you control around this in time, energy, and space?



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Write down some commitments about focusing on what I can control.

Read those commitments to yourself and then reground.

Then ask, what do I need to accept?

First, we can start with fears or discomfort and blocks and especially the what-ifs.... What if this might be challenging... that I might upset a friend with my truth, that it might not turn out how I want even if I make my commitments, that fear and negative self-talk will show up, that there will be days when I forget to focus on what I want and get out of alignment with what I want. ..

That I might have to start again, that I may not get what I want, that I don't control how these other people show up, that I might be judged

Write them all down - 1 on each piece of those small papers.

When you feel you've written all the scary stuff down, and it could even include scary and yet exciting stuff too.

Then takes some breaths - breath in that same incense or oil that asks what you really want and then go through that pile of papers.

Find realistic, probable truths. If I want x, y, and z, am I willing to accept this and move through it? Is this a fear that is serving me to do what I want to do? How will I use what is in my control to manage it?

Then when you've resolved each piece of paper with one of these questions, then, either put them in that box to bury or in the fire space to be burned.

Then I honor those messages. They are messages that want us to stay comfortable. They aren't serving you now, but the fact that our brains are so good at finding the uncomfortable in order to keep us safe is beautiful. It's a safety feature and sometimes it works overtime to keep us small. Now as an empowered woman I can manage my discomfort around fear and still move through it. I thank the messages for trying to keep me safe and I mindfully step into accepting I do not control everything and that I don't have to.

Then I say something to myself like: I lay these fears to rest. I accept that these are things I can't necessarily control. I accept that there will be challenges and learning. I'm committed to what I want and I can use those feelings to help me go.



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Or of course more specific things that you resolved them with.

I also write these down because it's nice to remind myself that I've already resolved to walk with the fears.

Then I step into what I am moving into: How do I want to show up? Since I want x, y, and z... I am going to show up with x, y, and z.

You choose how many of these, I use as many as I think of so it can go on for a while. But make a list in your journal - there's something about writing it down and having it as a reminder.

Every day I am going to find ways to feel more x, y, and z.

When I make decisions I am going to keep x, y, and z in mind

When I go to work, mather my children, come home, go on vacation, or go to the doctor, I am going to keep x, y, and z in mind.

When I wake in the morning

When I go to bed at night

When I talk to friends

When I talk to strangers

Then I read them to myself as an announcement to the universe.

And this is just me but I like to make a chime, rattle, or bell after each commitment I make myself.

Then, because it's me, I make some type of art to hang up to remind me of my intentions - or how I want to show up. I also make little notes to put around in my usual hanging out spots in the house.

Then I thank myself for taking the time for this clarity and of course end with a short prayer of gratitude.

So the four questions:

What do I want?

What do I control?

What can I accept?

How do I want to show up?

I hope today helped you get a bit more clear about how you want to show up.