

The Ultimate Inner Work

HOLIDAY SURVIVAL BUNDLE



@HEATHERFANTIN



Welcome Friends!

Congratulations for saying yes to you and **honoring the voice inside that knows there is a better way!**

I believe **your higher self guided you** to join and knew just how much you would benefit from it. **There is a reason you here** and if you really go for it and show up fully I am confident you will see results.

This inner work holiday bundle is **all about you experiencing a beautiful shift in your life**. Even though it was a minimal financial investment, the bigger investment I am asking from you in exchange is your time and energy so that you get the most out of it. **I want to see you getting results and know what is possible** when you apply the teachings and tools in this masterclass.

These upcoming three weeks are going to be full of **powerful and simple mindset shifts, spiritual perspectives, journal prompts and meditative practices**.

Whether you are aware or not, saying yes to something like this is like sending a bigger signal that says, **"I am ready to be supported on this path to healing and living my best life. Show me, guide me, support me... I am ready to rise to be the man or woman I am being called to be."**

You said yes to more depth, joy, meaning, love and happiness for yourself which has a profound effect on the world around you, and for that, I say thank you.

For as you heal yourself, you heal the world.

This masterclass is an invitation to embrace and welcome breakthroughs, go deeper than you ever have before and trust you are being held and supported.

Think of this as a laboratory of consciousness, a place for you to come as both the scientist and the experiment. I will be presenting various hypotheses which you can try on and see what fits for you.

It is my privilege and honor to be your guide and teacher on this journey.

Congratulate yourself for showing up today and buckle up my friend, **life is about to get so much more magical!**

With a heart of full gratitude,

Heather Fantin

Spiritual Breakthrough Coach
Founder Soul on Fire Retreats



How to get the most out of our time together

Allow yourself to be "all in", fully engaged and present, participating, and showing up for each exercise or teaching. The more you put in, the more you will get out of it, you get to decide how much or how little you are ready to transform.

The most powerful thing you can do after watching the videos is to journal about it. Even take notes during the video, pause it when you want to write something down or remember to come back to it.

After each video write down...

What you learned, was new and interesting, what stood out, what big idea you might not be so sure about, what questions you might have, what your biggest ah-ha's were or helpful, soulful reminders. Share in the group to keep the energy and momentum building. **The more you share, the more collective energy we build and the easier your inner shift will be! (Plus, the more you engage in the group, the more points you get and therefore, prizes!)**

Also write down and share what inner work practices, new perspectives or shifts you are committed to moving forward. **Declare what you're done with (the old) and what you are calling in (the new).**

One of the main reasons I have found that people can spend years in therapy and don't see the results they truly want is because they didn't do "integration and embodiment" work where you upgrade the old into something new. (You will be learning about this in week two)

Even though awareness is the first step in transforming any unwanted pattern, knowing is not enough. You might have a high degree of self-awareness and even understand where your patterns/habits come from, that doesn't mean you will end the pattern. It takes time, courage, grit, willingness, a big enough why and fierce commitment.

Throughout this process, stay "tuned in" by allowing moments of pause and silence. Observe your inner world. Take time to reflect. Stay connected to your intentions and personal commitments daily.

SoulCare Rx

- Maintain moments of silence, drop in, tune in, and listen
- Journal 20 minutes every day
- So no to things that don't add to or enhance your life or energy
- Drink lots of water, reduce alcohol and caffeine
- Go for walks, connect with nature, take deep breaths and get present
- Be intentional about being present and engaged with life in the moment
- Take a nice epsom salt bath or long hot shower, use the water as a metaphor to cleanse and release all that no longer serves
- Lay down, rest more than you normally would
- Have conscious conversations and practice keeping your heart open no matter what
- Speak your truth in love, set healthy boundaries and honor them
- Listen to a guided meditation to help keep you grounded, at peace and centered (www.heatherfantin.com/clientresources)
- Go for a gratitude walk (download instructions here: bit.ly/gratitudewalkpdf)

"Raise yourself to the level of energy where you are the light that you seek, where you are the happiness you desire, where you are the love you feel is missing, where you are the unlimited abundance you crave." - Dr. Wayne Dyer



5 Keys to Creating Lasting Change

1. **AWARENESS** that something needs to change, a feeling that there is more to life than this, that there has to be a better way. Deeper awareness of how you feel and why; uncovering core wounds, fears, beliefs, and patterns in behavior and thinking that keep you stuck causing pain and suffering. - *Are you willing to become aware?*
2. **DESIRE** to breakthrough, heal and transcend the pain of your past and fears of the future. A desire to show up for yourself fully, be the best version of yourself you can be, get the most out of this one life, to feel good and live in alignment with love. - *How big is your desire?*
3. **WILLINGNESS** to be wrong, to look at things differently, to let go of past programs, heal and forgive, and to shift the old by choosing a new response over and over again. To push through resistance and its many forms including distraction, procrastination, excuses, judgment, avoidance, numbing, running, hiding, shutting down, over-working, etc.- *How willing are you?*
4. **COMMITMENT** to show up for this process and for yourself, to be kind and loving to yourself and to get back on track when you fall off. Deepen your level of commitment by remembering what your complacency is costing you, think about the future you want to create and why it's so important. - *How committed are you? What is your why?*
5. **SUPPORT** as you walk this path to create lasting change. Allow yourself to be supported and continue to invest in your transformation, hire a coach to guide you and surround yourself with others who are doing the same. It takes time to upgrade the old as you integrate the new. - *Are you ready to make your wellbeing and happiness a priority?*

Here are some of the positive shifts you can expect when you really go for it:



You...

- Won't be as easily triggered or get sucked into family drama
- Have more compassion and understanding for why people act the way they do
- Won't be so quick to take things personally or make assumptions
- Know how to get yourself back to a place of love & compassion when you need to
- Embrace what comes, knowing there is always an opportunity for you if you let it
- Are true to yourself, set healthy boundaries and speak your truth in love

As a result your relationships greatly improve, starting with the one you have with yourself. You feel more at peace with what is, no matter what comes, and more empowered, confident and clear as you walk through life's ups and downs.

I want you to realize there is more to life than the little annoyances or big upsets and when you invest in yourself, making self-care a priority and get grounded deeply, there isn't much that can throw you off.

I designed this course to help you set yourself free from drama and receive the true gifts of the season.

Let's dive in and spread a little more inner peace this holiday season and beyond!



Intention is Everything

Take a moment to set an intention for this masterclass and inner work process.

Take a deep breath, close your eyes and connect to your heart. Take another deep breath and think about an area of your life you would like to improve, a situation you would like to handle differently, a relationship you would like resolution around or a personal pattern of behavior or thinking you would like to shift.

Write down what that area, situation, pattern or relationship is...

Take another deep breath and think about a future where things stay EXACTLY the same as they are today, where nothing changes... what does that future look like? How do you feel in that future? What happens to your health, wellbeing, mindset, emotions, relationships, home, etc.? What might happen if things stay the same?

Write down what might happen if things stay the same...

Take another deep breath and let that go... Let that future go where nothing changes and realize right here, right now that it can and will be different because the power to change is in your hands. This process can and will change your current experience of reality and shape your future for the better. All you have to do is stay committed and show up fully.

Now, take another deep breath and imagine your ideal life. Imagine you've gone through this material and stayed connected to it until it becomes your new default. What might happen as a result of working through this course and really going for it? What if you decided to be all in and do whatever it takes to bust through the old into something new and beautiful and loving and king? What if you could wave your magic wand and things would be different -- what would change? What would a miracle look like? And most importantly, how do you most want to feel?

Write down your ideal life vision...

Your ideal outcome might change as your perspective changes around how to shift it. How you most want to feel is in your hands right now, nothing has to change in order for you to feel the way you want to feel. The more inner work you do, the more empowered you are to change your reality.

When your why is big enough, the how becomes easy

Take a moment and contemplate these questions:

- Why are you interested in personal growth?
- What is the pain point you want to shift?
- Take an honest inventory, what needs to change?
- Why is this change important to you?
- What is this pattern/pain/belief/fear costing you?
- What might you have to give up in order to change?
- What commitments are necessary to make these changes?

Also, check in...

- Do you believe change is possible for you?
- Do you believe you are worthy of that change?
- Are you willing to push through resistance & show up fully?
- Are you willing to give this work a chance?

Pull out journal and write your answers down.

Make sure your why is big enough to help you get out of your own way and let this work, work.





Pillar 1: Spiritually Awake

Being spiritually awake means your heart and mind are open to a higher truth and perspective in any situation.

These core concepts or big ideas are blend of psychology, modern spirituality, personal quotes (things I say on repeat) and my own experience of awakening, inner work and discovering a higher truth. Over the years, I have experienced the power of these big ideas in my life and witnessed them heal many others. They are foundational concepts I teach my clients and share whenever the opportunity presents itself.

I truly believe we can heal the heart of humanity if these ideas were to spread globally and taught to young children by parents and teachers who also lived by these truths.

This is an invitation for to use everything that happens in your life for your soul's growth and trust it truly is happening for you, not to you.

When something comes up over the holidays or any time throughout the year, lean back, get curious and become the Observer. Notice what comes up for you, notice what you are making it mean. Check in and self-reflect if you are taking it personally or making assumptions?

First step in shifting anything is awareness. You cannot change what you are not aware of.

The Universe is always supporting you to grow, heal and evolve.

Relationships are your greatest teachers and mirror back aspects of self that need your love and attention, healing and integration.

The next time you get thrown off or triggered, slow down, take a deep breath, tune in and ask yourself what you might be able to learn from this experience? What aspect of yourself needs your love? What need is not being met?

We all want and need the same basic things. **We want to know we are worthy of love and belonging and that we are safe.**

Brené Brown sums it perfectly when she says: **"A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick."**

This deep core human need is one of the main drivers of human behavior hardwired to help us survive. We want it so badly, yet we fear we aren't worthy.

We do need each other - we are a communal species. We need to know we are loved we belong and if we belong, we must be "safe".

We learn early on that attention equals love and develop ways of getting attention and our needs met. When left unexamined, those patterns of behavior are keeping us from the true, deep, authentic feeling we crave more than anything else... love and belonging.

This is so important to keep in mind when dealing with your own inner turmoil as well as difficult relationships in your life. As one of my teachers says **"if it doesn't feel like love, it is a call for love."**

"There are 2 basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all life has to offer with passion, excitement and acceptance." - John Lennon

Love or Fear
Light or Dark
Truth or Illusion



The Spiritual Path of Non-Resistance



This spiritual path of non-resistance teaches you to accept what is without pushing it away, nor pulling it toward you. You get to make a new, empowered, informed and conscious choice to not close down no matter what. You get to decide to keep your heart open and feel fully, no longer resisting, denying, suppressing, avoiding or deflecting what is.

Without acceptance, healing cannot take place.

The struggles you have in life don't have to do with the challenges you face, but rather the fact that you think they shouldn't be occurring.

You have a lifetime of impressions and pent up emotion inside of you that needs to be released and cleared. Because of that, you are neither prepared to receive present events fully nor capable of digesting them fully. This is because you are still struggling with past energies. Over time, this can lead to you becoming totally blocked and reverting to blowing up or shutting down.



Committing to a path of inner work means you are continually peeling away another layer that has been blocking your light. You do the work of releasing pent of emotions and stuck energy so that you are finally able to take life as it comes and ride the waves of life with greater ease and grace.

The Jedi skill you want to master here is running toward the pain instead of away. When you move toward your discomfort, get fully present and shine the light of consciousness on it, the light of awareness and acceptance begins to transform the shadow.

Fear only has power over you if you don't face it.

The more you practice acceptance, the easier it will be to let the experiences of life pass through your being. If old energies come back up, choose to let them go in the moment. Simply say "I now choose to let this go". Pray for guidance on how to process the energy and do the work to reparent the child self that is caught up in fear.

The more you allow yourself to feel, the faster events moves through you. The more you resist, the more the pain and tension builds inside you.

Take whatever is and treat it like it should be happening.

*"What you resist, persists."
- Carl Jung*



Core Spiritual Concepts / Big Ideas / Truth Bombs

- Everything in life is happening for you, if you let it
- You don't always get to choose what happens, you do get to choose what you make of it
- Why something happened is not as important as how you respond to it
- Contained within all of your experiences are opportunities for growth, healing or evolution
- You are the meaning maker of your life, you get to choose the meaning you give everything
- If you cannot tell your story from an empowered place, your work is not yet done
- Your relationships are your greatest teachers and mirrors, through friction and contrast your soul gets the teachings it needs to evolve
- That which you judge in someone else is also you
- People can only love you to the capacity that they love themselves
- Only hurt people, hurt people
- Someone else's behavior says everything about them and nothing about you, how you respond is on you
- You have to show up for what's up or it will keep showing up - aka what you resist, persists
- From a place of deep acceptance to what is, miraculous shifts begin to occur
- Wherever you are on your spiritual path is exactly where you need to be
- You cannot change what you do not know
- Inner-work is a way of liberating the light of your soul
- Everything on the planet is constantly evolving, including you
- Once you face the darkness in the world and within yourself, light can emerge
- The challenging patterns you face today more often not stem from childhood/early life
- All suffering happens on the level of the mind
- A Course in Miracles states that a miracle is a shift in perspective from fear to love
- We live in a world of duality - love & fear, truth & illusion, light & dark
- Fear only has power over you when you don't face it
- Energy follows thought, thought manifests form and form becomes reality
- Your attention is your greatest currency, your presence is your power
- What you pay attention to is what you attract more
- You are constantly creating your future through your focus, beliefs, thoughts and actions
- Everything you seek is seeking you
- "As within, so without." The world around you reflects your internal world
- Life mirrors back to you your beliefs
- If you want to change your life, change your mind



Integrate & Embody Through Journal Prompts

Pull out your journal, use these prompts as a guide after each video and answer as many as are relevant for you.

Discovery & Reflection

- What I learned was...
- What was new & interesting was...
- What ideas or concepts were new to me were...
- What really stood and hit home was...
- These soulful reminders were really helpful...
- Things I am curious about exploring further are...
- Questions I have are...

Inner Peace is just a thought away.
At any moment I can choose a peaceful,
loving, empowering thought and see the
magic of life in front of me.

Commitments moving forward

- I am committed to shifting the way I see or approach...
- I am committed to letting these patterns of thinking go...
- I am committed to calling in these new ways of thinking...

Take a moment and reflect

- Are you truly open to learning something new and seeing things from a different perspective?
- Are you willing to question your stories?
- Are you willing to be wrong?
- What do you gain from holding onto these old beliefs, stories or habits?



✧SOULFUL REMINDER✧

Allow yourself to say no to invites or obligations. Make room for self care in your schedule. Do what is good for your soul and lights you up from the inside.

Take a moment and tune in...

- What does your body need to feel good?
- What is your soul craving?
- What lights you up & energizes you?
- And how do you most want to FEEL?

Plan your day around how you most want to feel. Adjust your schedule, be okay with disappointing someone if it means you're doing something good for your soul.