



Pillar 2: Self Aware

In the first pillar, we discussed being Spiritually Awake and focused on opening your mind to higher ideals that set you free from suffering to shift you back into peace. Being Self Aware in pillar two is focused on **opening your heart to the deeper meaning behind what's happening in your life and becoming empowered to shift it.** Shifting it requires mind training, courage and grit.

You will gain a deeper understanding of how and why you act the way you do, the beliefs, fears, habits and wounds that are holding you back, and why you might be repeating painful experiences. From this place of greater awareness you deepen self love and therefore, your ability to love and be loved by others.

Self awareness is key to personal empowerment. With greater self awareness you no longer give your power to people and situations outside of your control. You learn to take personal responsibility for your feelings and actions, and what you are choosing and allowing. And with awareness, you can change it.

You literally get to take your power back and therefore **have more life force energy and personal power from which to live.** You become empowered in your life and relationships.

This pillar will help you go deeper into conscious choice so you can upgrade your belief system to serve your highest and best good.

Mindset is everything and if you truly want to change your life, you have to change your mind.

You will also learn my transformational process of self-inquiry to upgrade the old into something new.

As you already know, the first step to changing anything is awareness.

Set an intention right here, right now to become more aware of your conditioning so you can begin the journey to empowered, conscious choice. Be willing to discover the filters/biases through which you perceive everything and how/why you think the way you do. Be willing to uncover the deeper wound, fear or hidden aspect of self. **Question all of it.**

Real inner work is not only about awareness and deep healing of what is and was, but also uncovering, unlearning and upgrading fear-based thoughts and negative core beliefs that sabotage your success, happiness and love.

Retraining your mind to upgrade the old into something new doesn't happen overnight. It requires you to **keep showing up and consciously deciding to course correct each time** the old ways try to creep back in until the new becomes your default.

Whatever you are not changing, you are choosing.
Don't let fear win, take action today.
Your health and happiness depend on it.
- Heather Fantin



Honor Where You Are

Wherever you are on your spiritual path is exactly where you need to be. Trust you are in the right place and everything happens in divine timing. Perfection on a spiritual path is not a thing. It's messy and chaotic. You move forward and fall back. You learn to stand back up and dust yourself off when you need to. **You learn to be loving, kind, and gentle with yourself while also challenging yourself to rise to the occasion, push through resistance and do better whenever you can.**

Become fiercely committed to your growth and living your truth. Let aspects of life and relationships fall away, shift, and transform in response to your transformation. Your job is to keep showing up while remaining open to learning, healing, and evolving.

Expect miracles and miracles will occur.

Show up, lean in, stay curious.

Last week you identified an area you want to shift, what might happen if nothing changes? What might be possible if things did change. From that place of greater awareness you identified WHY this process is important to you.

Stay connected to your why and keep in mind what it's costing you if things stay the same. Use this pain point as fuel to continue showing up fully for the process. Remember, you have nothing to lose and everything to gain. Don't let old excuses creep back in. Keep yourself in check, get into the arena, and fight those old parts if you have to. Your happiness, health, wellbeing, and life satisfaction depend on it.

Say to yourself "I am committed, I am worth it, I matter".

The universe is responding to what you're thinking, feeling, doing, and saying.

What thoughts, feelings and emotions are you manifesting into existence right now?

Shining the Light of Awareness on Your Story

It is time to uncover, unearth, and discover all that is blocking your light.

It is time to shine the light of awareness on the stories of your life.

Listen to the voices lurking in the background of your mind sabotaging your belief in yourself, your ability to show up for what matters most, your self-worth, drive, and happiness.

Awareness comes from a willingness and desire to take honest inventory, tuning into your inner world, and asking powerful questions of self-inquiry.

At all times, you are either operating out of an **intent to protect** or an **intent to learn**. You instinctively do what you do to get your core needs met and keep yourself safe. You are hardwired biologically to avoid pain because pain could mean death.

When you're closed and protected you discount, deny, or simply refuse to hear new information about yourself. It is only when you are open to knowing the truth that you can learn.

**Are you open to discovering where you're really blocked?
Are you willing to see what in you is creating the pain in your life?**



"The definition of insanity is doing the same thing over and over again, but expecting different results"
- Albert Einstein inspired quote

It is time to change things up and try a new approach...



"The unexamined life is not worth living" - Socrates

Observe (and journal about) the patterns in your life; seek to find the places where you have been running, self-sabotaging, playing it small, giving too much of yourself, hiding or keeping yourself busy to avoid addressing the fears and wounds that lie underneath. Reflect on the areas (or relationships) in your life where you feel friction, discomfort, unease, dissatisfaction or fear.

What big themes run throughout your life? What (negative) beliefs play out in your life like a broken record? What area do you struggle with the most? Is it intimate relationships, friendships, letting go of the past, your professional environment, self-confidence, family of origin, body image or relationship to self?

Write down what your big themes are and what the conversation you have with yourself sounds like. If you aren't aware that you are having one, just slow down, take a few deep breaths and tune in. That background chatter is always there, trust me!

Take a moment and contemplate:

- What are the big stories of my life?
- What are my "Greatest Hits" / theme songs?
- Who am I being in those stories? What is my role?
- What does my inner voice sound like?
- When I beat myself up, judge, blame, or feel shame or guilt what does my inner voice say?
- What does the voice of fear sound like in my life?

"Real transformation happens when you embrace your problems as agents for growth."
- Michael Singer

Pull out your journal and write your answers down.

In order to shift out of an unhealthy pattern you must become aware of the deeper programming and beliefs that are driving those choices. **With awareness comes conscious choice and personal power.**

Most of humanity lives in a deep sleep, plugged into the matrix of societal beliefs and thought forms, values and fears. **Inner-work and spirituality is about waking up and for the first time, seeing things as they truly are.** No more illusions, no more powerlessness, no more hiding. It truly is the path of the heart-warrior.

As Mystic and Spiritual teacher Osho says, "courage is a love affair with the unknown." You need a courageous heart as you move out of what you have come to know as familiar and therefore safe and into the unknown. **As you awaken you slowly peel back the layers that have been blocking your truth, light, wisdom and love.** You unplug from the matrix of fear-based thought forms and begin to remember your higher truth as you return to love.



When you first start waking up and separating yourself from your matrix of fear-based thought forms, it can be painful and lonely. You aren't sure where you fit in any more. You question everything as you look around at your life, your job, your friendships, your environment and close personal relationships through a newly awakened lens.

A part of you knows, there is a better way and **it is going to take massive courage, grit and grace to get there.** A part of you knows you deserve better and can create a life experience you truly love.

Eventually, you expand your consciousness to step outside of the dream state of this life, **seeing truth, remembering love, and living as an awakened soul.**

"If we are not aware of what we are asleep too, we cannot change it." - Byron Katie



Your Biggest Ally - Your Mind

In order to create lasting change you have to understand the power you have sitting between your ears. Your mind can be your greatest friend or foe, your biggest challenge or cheerleader. And as I've mentioned already, **if you want to change your life, you have to change your mind.**

Once you know how the mind works and integrate practices to become more aware and tuned in, you and your higher self can get back in the driver's seat and consciously choose your point of focus. You can't focus or concentrate on something you don't understand, so let's take a look at how it this all works.

Studies show that 95% of our lives, reactions and choices are predetermined by subconscious belief systems.

Let me say that another way. **You are only consciously aware of about 5% of brain activity, including thoughts.** The rest is below the level of your conscious awareness, yet running in the background of your mind 24/7. That "background noise" is what you hear the first time you try and meditate. You sit down and think "ohh, heck no! I can't meditate, my mind is wayyy to noisy!" **That noise has always been there running in the background and ultimately running the show,** it's just that you haven't quieted yourself down enough to hear it (conscious awareness).

The subconscious mind cannot move outside its fixed programs, it automatically reacts to situations with previously stored behavior responses, and it works without the knowledge or control of the conscious mind. **The subconscious mind creates the filter through which you perceive and interpret life, giving meaning to your experiences and also determining/directing your point of focus.**

Operating from the subconscious is similar to being on autopilot and for tasks such as driving a car or brushing your teeth it makes life a whole lot easier. It can cause massive problems when it makes emotional decisions for you based on habitual behavior and thought.

So what is the deeper programming of your subconscious? Think of it like an operating system on a computer running certain programs that determine how the computer runs, and what you can and cannot do. Each program has certain limitations and in order for the program to run you have to keep updating it.

This programming deep down is what I call your **Core Operating System.**

It is comprised of early conditioning, habits, learned behaviors, subconscious beliefs, deep fears, and core wounds..

This core programming determines your point of focus, and creates the filter through which you perceive life and therefore, the meaning that you give everything. It is the place from which your thoughts, beliefs, habits, and viewpoints arise, and the source of negative self-talk and self-doubt.

This is how it ripples out:

How you interpret life and the meaning you choose to give something (your thoughts about it) determine how you feel.

How you feel about what's happening determines how you respond.

How you respond determines what comes next...

"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality." - Earl Nightingale



Your Core Operating System

Here's a simple way to remember how this works:
Beliefs > Thoughts > Feelings > Behavior = Results

CORE PROGRAMMING

Comprised of memories, patterns, stories, wounds, fears, limiting beliefs, and trauma starting the moment you were conceived

PERCEPTION

The lens through which you perceive life, how you view the world

THOUGHTS

The thoughts you think and stories you create. The meaning you give something, your interpretation

ENERGETIC RESPONSE

Energy starts to move based on the thoughts you think

FEELING

The physical body responds to your emotional state and how you feel

BEHAVIOR

Determines the choices you make, how you act, react, or choose not to act

RESULT

The outcome of your experience which also determines your future



"If you haven't undone your painful thoughts, you can get into a bubble bath, light candles, recite positive affirmations, pamper yourself in every way - and once you're out of the tub, the same thoughts will come back to haunt you. It's like staging a seduction, only the one you're trying to seduce is you."

- Byron Katie

✧Meditate on this✧ **In that space, between stimulus and response lies conscious choice.** With awareness and intention you can consciously choose how you respond and where you direct your energy no matter what's going on.

So slow down, take a deep breath, get present and become more mindful so you can begin making conscious choices from that place inside you that always acts on your behalf and knows exactly what to do in any given moment. This consciously awakened self is who you want in the driver's seat of your life, not the old fear-based self.

Your life is a manifestation of where you direct your energy, focus and attention. Inner work is part healing and part mind training to train your brain to think differently.

If you can't concentrate or focus on the things you want to manifest in your life because you are too caught up in the old, self-limiting stories or focused on what isn't working instead of what is, creating a life you truly love becomes extremely challenging.

Learn to concentrate by doing one thing at time.

Practice getting more present and tuning into your inner world.

Having a regular practice of meditation is like putting yourself on a fast track toward conscious choice and inner peace.

Make it a part of your life, practice, practice, practice.

Keep bringing your awareness back, keep it focused on one thing at a time.

*"If you want to awaken all of humanity,
then awaken all of yourself.
If you want to eliminate suffering in the world,
then eliminate all that is dark and negative in yourself.
For truly, the greatest gift you have to offer humanity,
is your own transformation."*

- Lao Tzu



What is in Your Operating System?

Example Core Stories

- I have to be the best at whatever I do
- If I make you happy, you will love me
- I never (so I can't) finish what I start
- All the good men/women are taken
- I'm never going to find the right woman/man, etc., I'm destined to be alone
- Life isn't fair
- Other people's feelings are more important than mine
- I am responsible for how other people feel
- I can't rely on anyone
- Something is wrong with me
- My life is a failure, I always mess things up
- Everything is always my fault
- I am always left out
- Nobody really cares about me
- I have to be rich to have friends or find love
- If I am not in control, things are going to fall apart
- If I don't do it, it won't get done
- Nothing comes easy to me
- Everyone else is lucky, just not me
- Nobody listens to me
- It is not safe to be me
- You can't trust the opposite sex
- It is not safe to open my heart fully
- If I am vulnerable and share how I feel, I will get hurt
- When I gossip, I feel important and connected
- There is no comfort left in life
- It's lonely at the top
- Relying on someone else is a sign of weakness
- I'm all alone

Core Fears

- Fear of not belonging
- Fear of abandonment
- Fear of rejection
- Fear of not being enough
- Fear of not having enough (scarcity/lack)
- Fear of not being worthy of love
- Fear of speaking my truth
- Fear of hurting someone if I speak my truth
- Fear of upsetting someone
- Fear of failure
- Fear of being shut down
- Fear of success
- Fear of being a fraud
- Fear of being not enough

Negative Core Beliefs

- I'm unlovable
- I'm not worthy of love or belonging
- I'm worthless
- I'm inadequate, insignificant, unimportant
- I'm not smart enough, good enough, rich enough, pretty enough, successful enough
- I'm a nobody
- I don't matter, my life/needs don't matter
- I'm too much
- I'm broken/dirty, no one is going to want me
- I am never going to quite add up
- I don't fit in, I don't belong
- I am powerless
- It's not safe to be me or to be alive

WHATEVER YOU BELIEVE YOU'RE RIGHT

Life will continue to affirm your beliefs back to you, attracting certain types of situations, searching for evidence to back up what you believe. The story you believe to be true is the story you are trying to prove. Your attention is focused on gathering more evidence to prove you are right.

The words that follow "I am" follow you... It's time to create a new story.

What unconscious programs are running your life?

Think about your blocks. Take out your journal and write down which of these stories, fears or beliefs might be running in the background of your mind. Be willing to discover the filters and biases through which you perceive everything.

Question all of it.



Turning Triggers into Blessings

When you get triggered an energetic blockage inside of you was hit. Every experience you've ever had stimulated an emotional response, vibrating in your subconscious mind and body. These emotional memories are part of what has created your core operating system.

Your triggers exist inside of you, they are yours to shift internally so **you can be at peace, purified from false fears, old wounds, and negative beliefs.** The person or situation who triggered you is merely showing you where you get to grow and offering you a gift of becoming more of your true self and nature.

A trigger is similar to a lighthouse guiding your way home. When you get knocked down, when you find yourself taking something personally, getting hurt, feeling wounded, upset or rejected, **any time you leave your center of peace it is a beacon trying to get your attention.** This signal is an opportunity for your own growth, healing, and evolution calling you back home to your true nature, back home to love.

In order for your soul to grow and live its fullest expression of self, perhaps you need to learn how to set healthy boundaries, integrate a disowned aspect of self, develop a quality such as compassion or patience, or heal an old wound that still needs your love.

Until the trigger itself is addressed and the blockage removed, you won't stop getting triggered in that way. Each time a situation or relationship hurts, angers, disappoints, frustrates or irritates you, it's an invitation to open up internally and release the blocked energy. Do not resist, deny, or avoid it or make it someone's fault or responsibility.

Spiritual Big Idea: You're never upset for the reasons you think...

Get curious about what the real reason might be. Be fascinated by your own humanity and the importance you've placed on external circumstance for inner peace. Keep in mind, it is happening for you, not to you, and sometimes **all you have to do to shift out of your funk is put yourself in check and ask** "is what I'm thinking/feeling even true? Am I giving my power away in this situation by making someone else responsible for my well being? At the end of the day, does this even really matter? I mean, does it even really matter??"

Buried underneath the surface of your triggers lies negative core beliefs, filters, biases, wounds, and fears.

When you get triggered, take a time out. Slow down, tune in, and observe your reaction. Get perspective and take care of yourself first. Take a deep breath, drop into your heart, get curious, and be open to learning. From this place of internal awareness and non-resistance you can identify what the blockage is and what it needs to be released fully.

Pull out your journal and reflect:

What is the opportunity or lesson? How can I grow from this? What within me needs healing? What about this situation is really upsetting me the most? What aspect of myself needs my love and attention?

As Michael Singer in the Untethered Soul says, "Let all of your disturbances become fuel for your journey. That which is holding you down can become a powerful force that raises you up. You just have to be willing to make the ascent."



Getting to the Core What is going on deeper down?

When you become aware that you're feeling triggered by someone or something, stop, drop inside and ask yourself "what am I making this mean", "what's really going on?" Remember, you are never upset for the reasons you think! Get curious about where its coming from, why this happening for you, and identify the programming it's hitting (the core wound, negative core belief or fear).

Use this journaling process to get to the core of what's really going on.

Write it out, describe the situation, provide the framework for what happened, and then answer these journal prompts:

What is the story I am creating/telling myself about what happened?
What am I making it mean? What am I making it mean about me?
Is this story/thought/assumption/meaning even true? Can I be certain that it's true?
Who am I when I believe that thought? How do I think, act, feel and behave?
How does that make me feel?
What's really going on? What's going on deeper down?
What am I afraid of? What is the fear?
Does this situation feel similar to something I've experienced before?
Why am I choosing or allowing this? Is this keeping me safe?
What is this thought/story/pattern costing me?
Who would I be without this story? How would I think, act, feel and behave if I no longer believed this thought?
Am I ready and willing to shift this painful thought and flip the script?
How do I want to act, think, feel, and behave instead?

As you journal you're looking for negative core beliefs which are "I am" statements such as listed on page 15, core fears that are holding you back and trying to keep you safe, or core wounds that still need your healing love, attention, forgiveness, and release.

You are also looking to **uncover the gift of why this is happening, what you are being called to learn, how you are being called to heal or how your soul is being called to evolve.**

Keep digging until you hit the core. You will know when you've uncovered it because the truth always resonates within.

Practice this method of self-inquiry until you're able to go through the process within a few minutes of feeling an emotion that is painful (even without journaling). The first thing you do is drop inside, close your eyes, take a deep breath, place a hand over your heart, and allow your mind to settle. Connect within and ask yourself the questions above to understand what's underneath the emotion you're feeling so you can question if it's even true or serving you and then flip the script.

Flip the Script

Once you've identified what's going on deeper down you can **consciously choose to learn the lesson, receive the gift of the experience, and begin the process of upgrading the old into something new.**

You get to create a story from a conscious, loving place, come up with positive affirmations to support your new beliefs, and begin searching for evidence that those beliefs are true. **You are the master of your own fate and captain of your soul.**

Reprogram by keeping the new top of mind until it becomes your new default. Continue gathering evidence that the opposite is true, poking holes in the old evidence that supported your fear-based beliefs.

Create new affirmations and post them everywhere! Reprogramming takes time!



Embrace & Replace

If you find yourself in a funk and you can't seem to shake it, use a technique I call "embrace & replace".

You don't have to stay stuck in your funk, always remember, you have a choice.

If you truly do want to feel different/better, let it move through you. Don't suppress what you're feeling, don't deny it, just let it move.

Observe and say to yourself, "hmmm... that's interesting!" "ohh, here I go again!" "I wonder what this is all about?"

Lean in, get curious, let it move through you.

You do not have to stay stuck there, unless of course your inner child is active and feels like she needs the attention, in which case, turn your focus and give her your love. She needs your reassurance more than anyone else's. As an adult you are solely responsible to parent her, nobody else.

Her power, your power comes from within. Not from external validation but from an inner remembering and allowing of truth, wisdom, and love. **Comfort her when she gets scared, it's okay for her to feel whatever she is feeling.**

You don't have to get caught up in the drama of whatever is going on, simply observe it. Watch it. Be fascinated by it. And then choose again -- replace the thoughts that are holding you hostage, redirect your focus, choose again.

At any moment you have the power to redirect your thoughts. Is it always easy?! Heck no! Is it effective? Every single time. It works, you just have to be willing to do it.

If you find yourself not ready or willing, that's okay, it's a choice and at any moment, you can choose again. Want to use your funk for a little down time and travel into the depths of your shadow? Go for it but remember, you don't have to stay stuck there, **you can reach back up for the light at any time because that power is, and always has been in your hands.**

You now have awareness, and **with awareness comes greater responsibility.** Rise to the occasion, enjoy being an empowered, awakened, self responsible human being, and go out into the world and show others through your example what consciousness and love in action looks like.

Remember, this is mind training. You're creating new neural pathways to handle stress and fearful thoughts differently than you always have so that it serves your highest and best good.

The more you stay on this path, deepen your spiritual practices, and stay grounded in the truth of who you are, the easier it will be to just let it go the moment you become aware of an inner disturbance. It really can be that simple.

If you let it go, identify what you would rather think/feel/believe about that person/situation/trigger instead, and keep that new belief top of mind until it becomes your new default and the old trigger no longer exists.





“The wound is the place where the Light enters you.”

- Rumi

For those of you who have been feeling waves of intense emotions, ups and downs, light and dark, be kind and gentle with yourself.

Let it all bubble up.

Get curious.

Open your heart.

Lean in.

Let it move through you.

Keep opening your heart no matter what and remember this life, your body, is a guest house.

By learning to accept things as they are and seeing your thoughts, feelings, emotions, and even your painful experiences as guideposts leading you home, you can tap into greater patience, strength, and peace amidst the struggle.

Through developing inner work tools and a deeper understanding of not only yourself but others, with practice, you can become the calm in the storm of your life feeling deeply anchored in faith knowing that everything is happening for you, if you let it.

Once you have found a sense of peace and acceptance within, you can begin to look at fear and pain in a new way. You emancipate yourself from the prison you created with your own mind and realize the true freedom that exists within it.



The Guest House

written by, Jellaludin Rumi

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing
and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.



Integrate & Embody Through Journal Prompts

Pull out your journal, use these prompts as a guide after each video and let what you've learned integrate and embody.

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...

"If there is an aspect of ourselves that we don't accept, we'll continually attract people in our lives who act out that aspect. The universe will keep trying to show us who we really are and to help make us whole again."
- Debbie Ford

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...

Make sure and go back to earlier journal prompts to get the most out of this work. Circle things that stand out, take notes in the margins, make this workbook your own little personal growth incubator. **Invest 20 minutes everyday to journaling and completing the prompts.** Invest in you because remember YOU MATTER and you have nothing to lose (except maybe getting sucked into Facebook or Instagram or some other form of distraction you most likely spend at least 20 minutes a day on.)

✧*SOULFUL REMINDER*✧

Make yourself and this work a priority. Make room for self care, do things that light you up from the inside and set your soul on fire.

Before you consume anything check in with your inner self and ask "will this bless me?" Get better at saying no to things that take away from your life force instead of adding to it.

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, because remember, you matter and there's that whole putting your own oxygen mask on first thing to think about! You cannot give from an empty cup!!