

I am . . .

LoBella

Inside & Out

LoBella Inside & Out

Rediscover & Celebrate!

Dear friend,

Welcome to Lobella and congratulations for embarking on this amazing journey to rediscover who you are, what you want from your life and how to create more passion, joy, love, happiness, vitality and success than ever before. The path of Lobella, which means “the beautiful one,” starts with you: finding your authentic self, discovering your passions, uncovering your life’s purpose, balancing your roles, and most important, taking claim to the undeniable beauty that lies within you.

Your “I am” journal is designed for you to not only gain the most out of the Lobella event, but to use as an ongoing resource to dig deeper, continue your journey of self-discovery and authenticity, and as a tool to help you enjoy the process as you celebrate your unique, feminine strengths.

There are five core areas of focus for you to explore, study, and master on your journey. In the pages that follow, you will find principles, strategies, action plans, rituals and resources to support you.

- 1. Being Fully Alive:** You can’t give what you don’t have. You must create a strong base of vitality, energy, and physical and emotional strength, so that you have enough within you to not only enjoy your life but to give to those you love. This section is about exploring and committing to the daily rituals that give you energy and fill you up, physically, emotionally and spiritually.
- 2. Living My Truth:** At the core of your identity as a woman is your femininity: your capacity to connect, nurture, feel deeply and own the qualities that make you unique. “Femininity” can be such a loaded word in today’s culture and yet to be truly happy, you must understand this part of yourself, claim it and use it to find joy in the process. In this section you will explore all of the vital elements of your authentic feminine self and uncover the barriers to discovering and owning this at the deepest level.
- 3. Having it All:** It can be argued that women today experience more pressure and stress than at any time in modern history. The reason is that we have more roles that we are trying to fulfill, as a successful business person, a loving partner, an extraordinary mother, a great friend, a loyal daughter, a trim and fit athlete, a financial wizard, and/or a sexy maven. At the heart of Lobella is the belief that you can have it all: this section is about how to find that unique balance for you and how to set up your life so you can experience all that you desire in each of these areas.

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4. Creating My Space: In order to stay true to yourself, you have to create a space that supports you and serves to bring this out in you. There is a big difference between owning a house and creating a home. What does your space say about you? What energy does it give or take from your life? Use this section to discover the things in your environment that make you feel great and that bring out the best in you.

5. Stepping into My Greatness: Now that you know the greatness that lies within you, it's time to step into it and own it a deeper level than ever before. This section will help you explore the rituals, strategies and principles that will support you in staying true to yourself. It will also help you stay connected to the people and resources most important to you along your journey. Finally, it will challenge you to give back: to use the gifts you now possess at a deeper level to share and contribute with others to help make a bigger difference in the world.

Finally, there is no right or wrong way to use this journal. The only mandate is that you use it to the fullest extent: write, color or draw in it, create your treasure maps, paste in pictures, fold down the pages—whatever will serve you the most as you explore these five areas along your journey.

Again, congratulations for taking the first step on this journey. I look forward to becoming a part of your sisterhood and to learning from you as we together discover more deeply the beautiful women we are. Most of all, remember to stay true to who you are.

With love and respect,

Loren Slocum
International Speaker, Author, Media Personality
Founder and Chairman, Lobella

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Being Fully Alive: Authentic to the Core

Definition: *Being Fully Alive*

Radiating from the inside out; experiencing the maximum levels of energy, vitality and passion possible; owning your authentic self and spirit as a woman; joining the sisterhood and commitment to staying true to who you are.

What is it that makes you feel the most alive, energetic and vital? How can you maximize your level of health, vitality, and inner and outer beauty? What are your unique qualities that not only cause you to feel good about yourself but that make others notice it too? Who are you really at your core and how can you take this to the next level?

Your Definition of Being Fully Alive

My Top Qualities

You can only live your authentic self if you know your authentic self. Write down the qualities that make you unique. What are you proud of about yourself? What are compliments you consistently hear from others? What qualities do you want to nurture?

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My Top Beliefs

One of the biggest obstacles to becoming your authentic self is your current set of beliefs about who you are, what you are capable of, and what prevents you from maximizing your core. Brainstorm any current limiting beliefs you have in this area of your life. Then, create an antithesis belief that empowers you.

Disempowering Belief	Empowering Belief

*"THERE IS NOTHING IN A CATERPILLAR THAT TELLS YOU
IT'S GOING TO BE A BUTTERFLY."*

—BUCKMINSTER FULLER

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My Vision for Being Fully Alive

1. What is great about your current state of health, vitality and energy? What do you already like about your body? Or, what could you like about your body? When you are at your best, what are your best qualities? Include emotional as well as physical qualities.

2. Pick your top female role models. What are some of the qualities they embody that you would like to model. Why?

3. In your mind, what qualities embody the spirit of a woman? As a woman, what is important to feel, experience and be?

4. What are the top five things you would like to improve about your overall state of health and vitality? Choose some things to improve your inner beauty and some to improve your outer beauty.

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My Vision for Being Fully Alive

1. Create a Morning Ritual to Start Your Day Off Right

Rather than bounding out of bed and right into the stresses of the day, start your day off right. When you wake up, lie in bed for a moment and start your day thinking about everything in your life you are grateful for. Then, when you get out of bed, drink a big glass of water (have it lying by the bed so it's right then when you wake up). As you drink the water, feel it nourishing you and filling your body up. Then, open the curtains to let the light in as a symbol of the new day. Now it's time to get yourself moving: do some stretches, rebound, or go for a walk or run. When you get back, you can finish your morning routine by getting dressed, eating breakfast and getting ready for the day.

2. Start a 10-Year Journal

Journaling has immense power to help you clarify your thoughts, associate to all that you are grateful for and capture the magic moments of your life. One of the most fun types of journal is a '10-year journal.' Every day, you write a few lines about what happened on that day. Then, the next year, you go back to the same date and keep writing. It takes literally less than five minutes, but the memories last a lifetime!

3. Skin Brushing

Use a dry skin brush daily. By doing so you will eliminate almost 90 lbs of dead skin! It's also a great way to help your lymph system remove toxins, improve your skin's circulation, keep your pores open and help your skin look and feel better. The skin is the largest organ in the body and it needs care too!

Buy a natural brush that will not scratch your skin. Also, a longer handle will help you brush all areas of your body. Finally, make sure you ALWAYS brush your skin towards the heart. Remember, too, this is a Dry Skin Brush process so your skin should not be wet.

4. Pamper Yourself in a Luxurious Bath

Have you ever felt like the life was literally sucked out of you by energy vampires? It was! There are situations that happen daily in our lives that literally drain the life out of us. One of LoBella's favorite rituals is to take a bath every night. Enjoy this opportunity to just be with yourself, to reflect on the day and to ask yourself what you are truly grateful for in your life. Think about all the people you love and what you are here to do. Then, wait until everyone else in your home is asleep, light a candle and just let it go. Lay still and listen to the love around you and within you.

Try this tip: Add Himalayas Sea Salts to your bath to fill you up! They have a very high mineral content and you go to bed filled up, nurtured and at one.

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5. Dedicate Yourself to a New Hobby

What's something you have always wanted to do but haven't taken the time? Do you want to learn to surf? Speed read? Interpret your dreams? Play the piano? Climb Mount Everest? Compete in a marathon? Learn to ballroom dance? Now is the time to schedule it to make it happen. Commit that by the end of this week you will create a plan for this to happen. In the meantime, write down all the positive things it would bring to your life and ask one of your girlfriends to be your partner or coach to ensure that you follow through.

6. Give Yourself Permission to Zag

Internationally best-selling author and strategist Tony Robbins, and his wife Sage, live by a principle called "Zig-Zag." This means that 80% of the time they zig—follow the principles and strategies they are committed to for a healthy and vital life. The other 20%, however, is set aside for zagging—the occasional ice cream cone or thing that they don't do often but is purely for pleasure and enjoyment. This way your body and mind won't feel deprived of anything, but you will also ensure you are following through on your healthy lifestyle commitments the majority of the time. Make this a ritual and do it with a girlfriend or your spouse or your kids on a specific day of the week and time.

The other strategy that they use is called "Four Bites." When they zag, Tony and Sage recognize that sometimes it's just the taste or idea of zagging that they crave. So they will go to the ice cream store, but just agree on four bites each. They order the gooiest, gloppiest sundae that exists, but then eat only four bites and toss the rest!

7. The Power of Belief: Beliefs and the Immune System

How we perceive our world appears to affect our immunity to disease. Dr. Paul Pearsall relates that "Dr. Steven Locke at Harvard University Medical School found that natural killer-cell activity is diminished, not by severe changes or stressors in the life of healthy human volunteers, but by people's interpretations of stress: whether or not they see themselves as able to deal effectively with the stress that they are experiencing. It was as if immune cells behaved as confidently as the thinker in which the cells circulate."

Dr. Sandra Levy found that women treated for breast cancer show more effective killer cell activity if they are agitated than if they are resigned to their fate.

Clearly, how we think and feel about what happens to us has a direct effect on our health. Believe in the strength of your body and it will reward you.

[Source: "Your Body Believes Every Word You Say" by Barbara Hoberman Levine]

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9. Check out the ancient art of Aromatherapy

Scent is the oldest and the most enduring of our senses. It has the power to transform our emotions, and heal our bodies. Aromatherapy dates back 5,000 years and is truly one of the oldest methods of holistic healing.

Essential oils are the highly concentrated essences of aromatic plants. Aromatherapy is the art of using these oils to promote healing of the body and the mind. Each of the essential oils used in Aromatherapy can be used either alone or in combinations to create a desired effect. The most popular way to use essential oils is for them to be inhaled, put into the bath, or blended in massage oils.

Here are some of the most popular oils and their impact:

- **Eucalyptus:** This antiseptic oil is used for coughs, bronchitis, viral infections and muscular aches.
- **Geranium:** Balances mood sweepings. This oil is good during negotiations and discussions. It is also great for new mothers and women.
- **Lavender:** Brings a soothing and calming effect, especially to overactive emotions or irritability.
- **Lemongrass:** Assists to tonify and cleanse the body. May be used in a bath for dispersing muscular aches and pains and fortifying to the nervous system.
- **Neroli:** Dispels fears and anxiety, especially connected to sexuality. It is particularly useful for skincare when used in a massage blend.
- **Orange:** Brightens and uplifts mood. It also promotes joyful communication. In skincare, it helps cleanse the skin.
- **Peppermint:** This is a classic remedy for stomach upset. This invigorating and refreshing oil also has a clearing effect on the mind and a cooling effect on the body, especially tired muscles. Inhaled it can relieve nausea.
- **Sage:** Cleanses the mind and skin with its antiseptic and freshening qualities. Sage is also used sometimes to clear a physical space or home from unwanted, negative energy.
- **Sandalwood:** Promotes a sense of self-confidence and well-being. This oil is supportive in times of change.
- **Ylang Ylang:** Enhances romance and sensuality. Soothes away anger and frustration.

Buy yourself a starter kit of oils (again, at your health food stores or on-line) and try them out! Most kits include a 'recipe' book that tells you what each oil is and how to use it.

10. End Your Day with a Tea Ritual

Before you go to bed, set aside 30 min to an hour for a tea ritual. This is basically time for you to just sit, be and reflect upon your day. To do this, purchase a beautiful china tea pot and matching cup and a beautiful tray with cloth napkins. Take this is my time to appreciate the quiet and the beauty around you as you prepare different, wonderful teas.

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Living My Truth: The Power of Femininity

Definition: *Living My Truth*

Embodying the feminine energy within you; experiencing an openness to exploring and discovering new parts of yourself; connecting to the forces of life, love and intimacy; feeling all of the sensations of the body and nature; experiencing the spiritual grounding that comes from knowing who you are.

*W*hat is the source within you of your divine energy? How do you tap into the forces of creativity, truth and passion to deepen your experience of being a woman? What sensations do you need to experience at a greater level to keep you grounded and feeling fully alive?

Your Definition of Living My Truth

My Top Qualities

To live your truth, you must uncover and unleash the feminine, magical and divine forces within you. What personal qualities connect you to the feminine? What are the words that come to mind to describe this part of your body and soul? When you are at your most wild, open and free, who are you?

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My Vision for Living My Truth

1. What does the feminine mean to you? What are all of the qualities, traits and range of emotions that define the feminine to you?

2. Based on the above, which of these traits do you aspire to have?

3. What are some feminine qualities that you think you would never embody? Are there things about the feminine that you try not to experience or express? Why not?

4. What would happen if you tried them on? If you allowed yourself to experience these things at least once to see how it feel?

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5. Think back to when you were a little girl. Who were you then? Is that little girl still present within you today? How can you nurture that part of you?

6. Is there anything currently keeping you from experiencing fully this part of yourself? Do you have any fears or concerns about what it means to fully express yourself or embody the feminine forces within you?

7. How does (or how has) the experience of the feminine show up in your intimate relationship? Are there parts of yourself you would still like to explore? Do you express yourself fully or are there areas where you play small?

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8. How does your sexuality as a woman tie into this part of your identity? How important to you is owning your sexuality and having a sexually fulfilling relationship?

9. What are some things you can do to explore this part of yourself? Are there traits that you can experiment with and try new ones on each day as you would a new outfit?

10. What are three new decisions you commit to make right now that will make that will make the biggest difference in this area of your life?

*“LOVE IS A MIRROR, IT REFLECTS ONLY YOUR ESSENCE,
IF YOU HAVE THE COURAGE TO LOOK IN ITS FACE.”*

—RUMI

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Top Strategies for Living My Truth

1. Let Your Life Flow

At its core, authenticity is about flow, not push. Life unfolds for you when you let go and let things happen, not when you plan how every moment is supposed to be. Being authentic should not be effortful. Think about some moments in your life when you are totally happy, free and at peace: Is it when you are with your kids? Enjoying an evening with your spouse? Laughing with your friends? These are the moments when your authentic self comes out—when you understand that being real isn't just about you, it's about appreciating and enjoying the beauty of what's around you.

Strive to appreciate these moments and let life in. When you are always planning and pushing for things to happen, you miss out on all the elements that make you whole.

2. Take Care of the Foundation First

From the oxygen masks on an airplane to breastfeeding your infant, there are so many metaphors for taking care of yourself first so that you have more to give to others. You cannot live your truth if you are feeling tired, stressed, resentful or frustrated. Only when you have a strong physical and emotional base will you have the energy to let your real intent come through.

3. Check in With Yourself

The best way to know when you're not being authentic is by how you feel. When you do or say something that is not who you really are, you feel a heaviness in your heart. When this happens, the important thing is to catch yourself quickly. Ask yourself some questions to change your focus: Who am I really doing this for? What is my real outcome here? What is the most important thing in this interaction?

Remember, too, the larger contexts of the tougher moments. Sometimes you have to walk through a difficult situation to get to what really matters. Sometimes it's important to appreciate the tougher moments too and just let them be so that what's next and better for you has the space to grow.

4. Don't Be Someone You're Not

When you first wake up in the morning, what's the first thought that comes to your mind? Do you immediately think about how grateful you are for your family and kids? Do you think about how good the warm, soft sheets feel against your body? Or, how pretty the sun is shining on the trees outside your window? For most people, our purest thoughts often occur when we first wake up; before the events of the day cause us to filter what we think or feel.

Focus on those thoughts that make you feel most feminine, happy and alive. Maybe you love looking at a baby or tickling his feet. Or dancing in your underwear as you clean the house. Or reading a juicy novel or magazine. These feminine thoughts are an

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important part of your make-up. Don't filter them. Nurture the spontaneous. Let it move through you. As the famous quote states, "To be the person you're not is to waste the person you are."

5. Challenge Yourself to Become More

We all have times in our lives when we feel we stressed, frustrated, or even driven to make something happen. Part of what will help your core come out as a woman is during these moments to test yourself and challenge yourself to become more. Instead of pulling your hair back in a tight knot at the first sign of stress, let your hair down. When you feel like you can't be flexible, make a decision to be flexible. When you feel like you can't be sweet to the person who is being a jerk to you, do it anyway. Be generous with your time and your spirit. It is only by these actions that you can make the shift out of the driven, stressful masculine place to a space of femininity and love.

6. Nurture all the Goddesses within You

Nurturing the feminine does not mean only having one facet to your personality. The Ancient Greeks didn't have just one goddess who represented the feminine. Rather, there are times when Athena needs to come out so you can be the warrior who protects those you love—you are not in the masculine in these moments, you are in the goddess Athena. At the same token, Aphrodite, while amazing in the bedroom, she would not be appropriate in a business meeting.

There are goddesses to represent each of these parts of us. The secret is to know when to use them appropriately. Take a moment to brainstorm all of the goddesses who live within you and their strengths: Are you Andromeda, the damsel in distress? Do you have the integrity and strength of Antigone? Do you channel the passion of Aphrodite? Are there moments when Athena's wisdom and warrior spirit comes out? Do you liken yourself to the entertaining qualities of the muses, the nine daughters of Zeus? What about Pandora's Box—are there times when your curiosity gets the best of you? Do you combine love and soul like the goddess Psyche?

7. Beware the Shrinking Violet

Have you ever been going about your life when all of a sudden you have a feeling that something isn't quite right? You catch yourself covering your body up. You feel yourself step back and hide yourself in a situation. You bite your tongue instead of expressing what's truly on your mind. You realize you are wearing a big, boxy jacket instead of the frilly blouse your instinct told you to put on that morning.

Playing small, covering yourself up, and trying to fit into something you're not does not serve anyone. Trust your intuition and go with your heart. And, never let anyone or anything allow you to be less than all that you are. This may take some practice, so every time you catch yourself saying or doing something that's the real you, acknowledge it and do more to bring it out. Don't think so much and allow yourself to move effortlessly from one space to another using your heart.

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8. Love Your Ocean of Emotion

As women, most of us can go from having a good cry to laughing our guts out in an instant. Sometimes it just feels good to indulge in the full range of emotions. Laugh. Cry. Skip. Love. Sing. Feel angry. Let it go. These emotions are a natural part of the feminine. Instead of trying to push these emotions back inside, let them out of you. Of course, you want to be responsible and not take things out on those you love, but there is a way to elegantly let yourself feel what's going on inside of you and to release it.

The next time you feel your 'ocean of emotion' coming on, enjoy the ride. Let yourself feel deeply and know that it is this same capacity that allows you to love deeply, live passionately, and give freely.

9. How to look the part...by Danna Weiss, Celebrity Stylist and Fashion Editor

1. Remember to **accentuate**, but not pimp out, the body parts you love and hide the ones you don't—don't be afraid! Put it out there!
2. **Trends:** ladies please remember that you are each individuals and trends are only for the people who need fashion guidance or don't know what looks good on them. Reverse trends are always around; so don't be afraid to choose what you like! For example this year, embellishment is in and so is minimalism....pick what suits you!
3. Always go with your **gut instinct**—that is extremely important! Resist pushy sales girls that work on commission. Mostly they will tell you everything looks good, they are a give a way when they are vague "that looks great on you." etc. sometimes it does, but specific comments hold more truth, so be aware of what they are saying to you.
4. **Basics** are very important for Fall. Regardless of what your occupation is i.e. full time mom, or office girl; everyone needs....

A great pair of black pants

A great pair of beige pants

A great pair of navy or other classic color pants for variety sake!

A crisp white button down

A black or navy fitted blazer

A pair of black boots

A pair of nude/natural boots

A great (spend the \$) pair of jeans

A perfect black belt

A perfect natural belt

A white fitted tee for under things

A black turtle neck, or if you are extremely large busted a scoop or "v" neck

A perfect jean jacket

A perfect denim skirt (at least spring through fall)

A great black purse

A flattering solid color cashmere sweater (J Crew)

A black or navy fitted shirtdress

10. Create your “Nifty-Fifty”

One of the most important sources of love, support, laughter and encouragement on your journey is your girlfriends. A true friend is someone who is there for you no matter what—throughout your challenges, fears, celebrations and triumphs. Making this part of your life’s focus will help you nurture these important relationships and will also help you bring out your authentic, feminine self.

Your “Nifty-Fifty” is your list of the top 50 people in your life: the people you would do anything for and who you know would do anything for you at the drop of a hat. Brainstorm who these people are for you and put their contacts in one special place. Think about and make a commitment to yourself for how you will take care of these special people in your life.

“SPREAD YOUR LOVE EVERYWHERE YOU GO.”

—MOTHER TERESA

Top Rituals for Living My Truth

1. Start and End Your Day with Intention

The moment you wake up, light your favorite candle and then focus your intention on designing your ideal day. Remember, this is different from planning your day (hopefully you've already laid out your plan and schedule the night before). This ritual involves envisioning what you expect from the day (a safe, easy drive to the office, a feeling of fulfillment that lasts throughout the day, people being attracted to your energy, etc.).

At night, do the same thing. Light your favorite candle again and give gratitude for the completion of the day. You can also add something fun and meaningful to this ritual by ringing a bell as you extinguish the candle or saying a quick prayer or blessing.

2. Breathe through Your Heart

Sometimes the biggest obstacle to being your authentic self is that you are living too much in your head and not enough in your heart. The heart is one of the most powerful organs in the body—it has its own nervous system, its own communication system and even it's own system of neurons, neurotransmitters, proteins and support cells that make up its brain. In fact, the heart sends more messages to the brain than the brain send to the heart. The secret is to learn how to tap into this heart-brain communication and to utilize it to direct your perceptions and emotions.

This *Heart Math* methodology is an entire field of study, pioneered by Doc Childre and Howard Martin. From a practical standpoint, however, a lot can be accomplished by simply tuning into the power of the heart. When you find yourself feeling stressed or confused, stop and take a deep breath. Then, center all of your positive energy around your heart and continue breathing into and through your heart. Ask yourself, "What does my heart know that I need to believe, focus on, or do to appreciate and make things better right now?" After a few moments, you will literally feel more 'in' your body. Your heart will know what course of action you should take and how to stay true to who you are.

3. Live in the Feminine

You can't just want to be more feminine, you have to set up your life with more of the feminine in it. Brainstorm and commit to some rituals that you can do daily that will serve as a reminder and that will pull you in toward the feminine.

One of the simplest things you can do is always wear pretty underwear. No matter what is on top—a power business suit, your work out clothes, or pants and a pretty sweater—you will know what's underneath. Putting on a foundation of pretty, frilly, beautiful, soft, or lacy (whatever makes YOU feel the prettiest) is a great reminder throughout the day that this is your core.

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Another great strategy is to put pretty things around you. Buy yourself a beautiful, fragrant flower in the middle of winter and leave it in your car or on your desk. Light scented candles every night. Buy a new fragrance that makes you feel sexy.

The biggest thing is not to take the little things for granted. Rather, build the little things into your life and the larger picture of who you really are will become clear.

4. Keep Yourself Grounded

The Earth around you is part of your space too. Plant some seeds to remind you that you are connected to Mother Earth. Take some time each day to be outside, put your bare feet in the grass, or even feel the rain on your cheeks. This grounding ritual will keep you centered and connected to your roots. It will help keep your body in balance not only with your own emotions, but with the larger context of what's happening in the universe.

5. Create a Menu of Favorites

Take a moment to write down a list of your favorites: your favorite colors, music, songs, books/authors, magazines, movies, flowers/plants, foods, desserts, travel destinations, scents, etc. Keep this in your journal and give it to your spouse and/or close friends with a note asking them to give you a list of their favorites. This will not only feel good to clarify what you enjoy most in life but it will help your loved ones know how to take care of you and help you feel loved, nurtured and cherished.

Remember, too, that some of the best gifts are those that create moments for people: a hand written card expressing why you love them so much, a home made CD with their favorite songs, a photo album of a trip you went on together, a book that shows them you understand who they are, or even a simple phone call to tell them how much you care.

6. Get Dressed Every Day

Remember to “get dressed” in the morning as much as you can, because that feel good feeling you get from looking good will be the armor to you day! [Source: Danna Weiss, Celebrity Stylist and Fashion Editor]

7. Choose Your Focal Point

Remember to always choose your focal point or you will end up like Christina Aguilera with too many focal points like, HAIR, MAKE UP, and CLOTHING. Choose something to work around, for example a great top for a night out or a great make up look and pair it with basics to balance your look. [Source: Danna Weiss, Celebrity Stylist and Fashion Editor]

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8. Look for Meaning in Everything

Leonardo da Vinci said that much of his creativity came from the fact that he looked for the hidden meaning behind every event in his life. Look at everything that happens to you and ask yourself, if this event were a metaphor in the poem of your life, what might it mean? What are the layers of richness and insight you might discover if you mine this synchronistic symbol? Tragedies, joys, triumphs, failures, frustrations, crises—assume that behind every development, small and large, is something else, something meaningful, a hidden gift, that if received with grace and used with reverence, invites you a step higher on your journey. [Source: “Consider the Butterfly” by Carol Lynn Pearson]

9. Go Back to Your Roots

Interview family members to create your family tree. Next to each person’s name, also write a list of his/her qualities (desirable/undesirable). This will allow you to not only see what patterns have been passed down through the generations, but it will allow you to evaluate which qualities you want to keep, nurture and grow and which ones you want to eliminate.

10. Mirror, Mirror on the Wall...

The purpose of this ritual is to gather information about you by really looking at your body; to provide practice in observing yourself and seeing yourself as you look to others. This experience is strictly to gather information. This enhanced self-awareness often leads to healing without doing anything.

1. Stand naked in front of a full length mirror. Take several deep breaths to relax your body. Observe the way your body looks, without trying to make it look better. Is it straight? Is one shoulder higher than the other? Do you slouch? The mirror facilitates self-observance because some people never look at themselves as they really are. They will suck in their rummy, or stand tall or small to make themselves look better.
2. Notice any thoughts you have while you are looking at your body. If you are judging your body, notice how the judgments make you feel. When you have finished observing yourself, thank your body for supporting you throughout your life.
3. Use your own name as a positive seed/thought. Look in the mirror and tell yourself, “I love and appreciate you (say your name). Add a reason. The more you can come up with the better. Do this as a daily exercise when you brush your teeth.

“BEAUTY IS NOT IN THE FACE; BEAUTY IS A LIGHT IN THE HEART.”

— KAHLIL GIBRAN