



# LIGHTING YOUR WAY

Know Thyself

Light your way as you grow in self-worth, empowering yourself through self-acceptance, forgiveness and coming to know your truest self.

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## Know Thyself

Light your way as you grow in self-worth, empowering yourself through self-acceptance, forgiveness and coming to know your truest self. This is your journey of self-discovery. Get to know your relationship with yourself and how that plays out in the many different areas of your life. This is where you gradually come to understand and love all of you.

## Your Authentic Self

You are a unique expression of the love of Source. Source energy expresses through you in a way that is unique. Like white light breaking into many different colors through a prism, each color is a unique expression. No one else expresses the energy of Source exactly as you do. No one else lives your purpose, that which you came here to be and do. Can you see how important it is for you to allow the uniquely individual expression of Source that is you?

## Got Empowerment?

*“We all make mistakes, have struggles, and even regret things in our past. But you are not your mistakes, you are not your struggles, and you are here NOW with the power to shape your day and your future.”*

— [Steve Maraboli](#), *Unapologetically You: Reflections on Life and the Human Experience*

What does it look like to be empowered in your life? If you’re interested in spiritual development and personal growth, if you’ve read some books, or talked with spiritually-minded others, you’ve most likely heard that word bandied about quite a bit. But what does it actually look like in daily life?

### **Empowerment might look like:**

- You have the courage to take emotional risks, reaching out to others and being willing to get messy.
- You allow yourself to be imperfect and colorful.
- You allow yourself to stand out when you feel like it rather than keeping your head down and playing it safe.
- You accept yourself, loving yourself, perfect or not.
- You are open to the daily miracles, joy and love that surrounds you.
- You jump right into your life with complete trust that Source is with you holding you up.
- You lovingly take care of what is before you, willingly spending your time and energy.
- You give whatever you do your best effort, investing everything you’ve got, and then letting go, leaving all outcomes up to Source.
- You leave other people’s opinions up to them and Source, knowing it’s none of your business.

- You express your God-Self in everything you are, think and do.
- You live today fully by being fully present, right here, right now.

These are guidelines. Empowerment means different things to different people. You will express empowerment in your own way in your life.

### **The next question to ask is, what does empowerment feel like on the inside?**

To me, empowerment feels like a warm sun glowing within my solar plexus and heart. I feel expansive, grounded and strong, standing tall. Empowerment feels like freedom, freedom from fear. I feel joyful, connected and guided within each present moment.

Most of us express empowerment in some situations, some of the time. Some of us express empowerment more than others. Some of us don't express it at all.

Wherever you are with it, accept yourself! That's a big part of being empowered.

### **Your Spiritual Toolbox – Grounding and Reconnecting**

I'd love to say that I always feel empowered. But I'm learning to accept wherever I am, go within, reground and reconnect. You can too.

Here is a simple and effective visualization you can use.

Sit comfortably, feet flat on the floor. Close your eyes and slowly take deep breaths. Feel yourself relaxing and sinking deeper into your chair. Allow whatever is on your mind to drift away and focus on breathing deeply.

Now focus your attention on your heart area. See a column of light stretching upward out through the top of your head and connecting with your Soul Star chakra, located about 18" above the crown of your head.

See white light energy from your Soul Star pouring down through this column of light and entering through the crown of your head. See and feel this energy moving down into your heart and enfolding your heart in sparkling, white energy.

Now send energy from your heart down through your torso, through your legs, through your feet and deep into the center of Mother Earth. See the energy flowing right to her core and anchoring deep within her.

Pull the energy up from Mother Earth, visualizing it as a beautiful, living green if that feels right to you. Pull the energy back up through your feet, legs and torso and anchor it in your heart.

Now you are connected above and below, aligned and grounded. See how empowering that feels!

## Are You Listening to Your Ego or Your Spirit?

*“Ego is insult oriented and Spirit is result oriented.”*

### Red Feather

“What have I done wrong to create this unhappy reflection in my outside world?” I berated myself. “What else am I doing wrong in my world? How can I trust my judgment about anything?”

#### **So goes my self-talk with my ego in charge.**

Things didn't go well at an event that I volunteered for yesterday. I was appropriately asked to leave. My intentions had been good, my judgment not so good. It was not a harmonious combination.

Last night I was wakeful, tossing and turning. After what felt like hours of mantra-ing, clearing techniques and prayer in an attempt to ease critical, egoic self-talk I finally got back to sleep.

Today, I got busy thinking about something besides myself (!) It was then an idea blossomed in my mind. I could respond differently. **I could release the drama and focus on the next step.** I already knew what I needed to do to begin to heal the situation. I remembered Red Feather's teaching and acknowledged how insult oriented I had been. I decided to come from my spirit and be result oriented.

What would that look like? It would look like relaxing about it. Trusting that I would be guided to each step I needed to take. As much as my ego self wants to 'fix' it by gnawing at it like a dog with a bone, that's not my job. My job is to take each healing step as it becomes clear to me. Spirit has the big picture, the why and the how. I can trust that, and move forward one step at a time.

I choose now to release the insult and be result oriented.

### **Your Spiritual Toolbox – Take a Step Back from Ego Drama**

*“The first step toward change is awareness.”*

#### -Nathanial Brandon

The next time you find yourself creating drama around a situation in your life take a step back. Become aware of which voice you are listening to.

**Are you listening to the voice of your ego?** It will be full of negativity and insult. It will wind you into internal knots. That voice will make you and others wrong. It will take you around in circles, thinking the same fearful, critical thoughts over and over. It will not fix anything though it will sound like it is trying to.

**Or, are you listening to the voice of your spirit?** That voice will relax you with its quiet certainty. It will reduce the situation to its appropriate size. It will guide you to the first step you need to take.

**Ask for this guidance.** Look for answers all around you. You might find them in the kind words of a friend, in books, in the lyrics of a song that you just happen to hear, in unexpected changes of perspective that drop into your mind, and in the countless other ways that Spirit communicates with us.

## Self-Acceptance

Self-love begins with self-acceptance. That means accepting all of who you are, even those parts which may feel unacceptable; perhaps especially those parts. What if those parts of ourselves which feel flawed are not flaws at all, but there to aid us in our spiritual growth?

## Loving Your Shadow

*“What if we were to remind you that no one has a flaw? What if we were to remind you that you are the spark of the Divine? What if we were to remind you that there are certain personality flaws that you chose to bring forth to work off your karma? Therefore, you are in your truth, there is no flaw there. Whatever flaws you brought in with you were part of the lessons. It is kind of like using tools, using five- or ten-pound weights to help you get stronger. How does that shift the picture realizing those flaws are not flaws at all? They are only tools.”*

*-Red Feather*

We, Light workers, that’s you Dear Reader and me, are teachers. We came here to teach what we’ve learned from our own lives. This gives us meaning and purpose for the struggles of our lives. **We can be of service in this way, through sharing the experience of our own lives.**

This understanding gives purpose for my personal inner conflict between wanting to be accepted and the desire to be my own person. I grew up with a feeling of lack of self-worth, a fear of not being enough, self-criticism and judgment, generalized anxiety, a fear of abandonment, a fear of life really, all of it pushing me, forcing me to find a place of balance and inner peace.

When I was younger my deepest prayer was for inner peace, refuge from the constant inner battle of my thoughts and emotions. Gradually, through pursuit of self-development and healing I found the tools that give me inner peace. That doesn’t mean I am always peaceful within. It means that I have the tools to return to inner peace when life throws me a curve ball. That then is what I have to teach and offer to others.

## **What have you learned on your path of inner healing?**

Let's take a new perspective on all of the perceived flaws that we came in with, those parts of ourselves that we reject as not good enough, not fitting into society, making us unlovable or unacceptable, our shadow selves. **What if as teachers we came in to live what we chose to teach so that we might serve in this way?**

Imagine hundreds of thousands of teachers coming in to teach love, acceptance, forgiveness, in all of its myriad possibilities for expression. Hundreds of thousands of teachers, hundreds of thousands of individual approaches to teaching about love throughout the world. The scope is mind-boggling and world changing as we each kindle the light within ourselves and then offer it to others.

### **Your Spiritual Toolbox – Mirror Exercise**

Loving your shadow self, or even just making friends with it, can be challenging. Accepting those parts of yourself that for so long you have rejected because you believed those parts were unacceptable and unlovable may take time and practice.

First, understand that you chose those parts of yourself for the growth and learning they make possible. There is loving purpose here, for as you heal and grow you are then able to offer your life experience as service and teaching simply by being all of who you are.

One of the most effective tools I know to grow into self-acceptance is deceptively simple. It is also surprisingly difficult. Here it is.

At the beginning of the day, and at the end of the day, look into the mirror. Look directly into your own eyes and say out loud, "I love you." That's it. Do this every day, twice a day for at least two weeks. Note how easy or difficult it is for you and if that changes over time.

I have personally been doing this exercise on and off for many years, and recommending it to my clients. I return to it when self-criticism and judgment turn up in my thoughts. It is amazing how something so simple can be at first so difficult, and yet grow into feeling so right and natural.

## The Tortoise and the Hare

*“Run when you can. Walk when you have to. Crawl if you must. Just never give up.”*

*-Dean Karazes*

*“Every flower blooms at its own pace.”*

*-Suzy Kassem, Rise Up and Salute the Sun: The Writings of Suzy Kassem*

Spiritual-development is a funny thing. We zoom along like the hare in that famous race, or we waddle like the tortoise. Sometimes we even flounder like a tortoise over on its back. **Because we are both the hare and the tortoise the race is only with ourselves.**

**Which one we express today is directly related to the fear that we carry with us like a heavy shell upon our back.** When we carry that weight of fear and try to control all the different aspects of our lives we waddle and flounder like the tortoise. If we let go of our need to control, we can run like the hare. Either way we get to where we need to go. We grow and develop spiritually.

Most people run sometimes and waddle other times. Don't worry about it. Just breathe and leave the driving to God.

**When fear comes up and you feel the need to control, just be aware of that.** You may need the experience of tortoise-ing along for a while. Sooner or later your fear will dissipate and you'll be able to run again. If you choose you can support yourself using the spiritual tools in your toolbox.

Either way you will get there. Either way is OK. You are learning and growing. Love the process. Love yourself throughout the process for you are braver and grander than you can imagine!

### Your Spiritual Toolbox – Breathing into Fear

The breath is a powerful tool in your spiritual development toolkit. Use your breath to allow you to move into and through fear that may arise.

Begin by closing your eyes. Allow yourself to feel whatever fear is within you at this moment. How do you know you feel fear? Fear often shows up in uncomfortable sensations in the body.

Is there a sense of constriction anywhere in your body? Do you feel discomfort anywhere? Is there heaviness or tight feeling? Does it have a color? Is there pain associated with the feeling of fear? Note where these feelings are in your body.

Now place your left hand over that area of your body and breathe deeply sending the breath into the area under your hand. See your breath as liquid light moving into the discomfort and filling it with light.

Keep breathing deeply sending light into that area of your body until you feel a shift. The discomfort may relax, lighten or shift locations. If it shifts locations move your hand to the new location and send liquid light there through your breath. Allow your body to guide you in this.

When you feel a shift in each area relax into a normal rhythm of breathing and continue visualizing liquid light in each place you have sent it through your breath. Continue to do this for as long as it feels good to you and you feel complete.

## Putting off Procrastination

*"The really happy people are those who have broken the chains of procrastination, those who find satisfaction in doing the job at hand. They're full of eagerness, zest, productivity. You can be, too."*

*-Norman Vincent Peale*

Do you procrastinate? Do you have an ever-growing 'I'll do it later' list? I do. Or I did.

My list was mental rather than written. It was full of jobs that had been niggling at the back of my mind for goodness knows how long. Jobs that I'd notice again and again as I looked around my house or yard or office, and thought, "I want to get that done, but not now. I'll do it later." That item then went on my mental 'do it later' list.

This mental 'to-do' list is not an intentional thing. It just happens. Chances are we all have them. Whether at work or at home, in the yard or in the car, something grabs your attention and you think, "I want to do that, but I don't have time now."

It may be that you don't have the energy right now, or other things feel more urgent. For whatever reason it gets shunted off to the mental category of 'later.'

There is an energetic problem with the 'do it later' list. It weighs on you, whether you are aware of it or not. As more and more items get added to your list, it gets heavier and heavier.

In time, your home or office aren't supporting you energetically, they are draining you. As you walk around, seeing all those many things that need to be done, you just feel tired.

What's a person to do?

### **Written lists don't work for me.**

There are some organized individuals who notice something that needs doing and write it down on a to-do list. They will use this list later and actually get those things done.

They never clutter up their brains with a mental 'I'll do it later' list. They aren't weighed down by jobs waiting to get done. They just do the jobs and cross them off their list.

I am in awe of these people, and I have tried to do this. Really, I have.

The difficulty I encounter is that my ever-lengthening written to-do list weighs on me too. I feel trapped by it. It is never finished.

I guess it is just the way my brain works. I get one item done and all I see are the many items still to be done. That list doesn't inspire me to go on to do more, just the opposite.

### **Mental lists can work.**

The thing about the mental list that does work for me is that it is hidden in my memory. I don't have to look at the whole thing all at once as I do with a written list.

When I work off a written list, I may have a feeling of completion when a job is done, but it is short-lived. As soon as I pick up the list to cross off the completed job, I see everything else that is still to be done. My feeling of accomplishment is buried beneath everything else still on the list.

This may just be my own need for an attitude adjustment, or it may be that one size does not fit all. If anyone else has experienced the same thing as you've tried to organize your life, there is another way – try working organically.

### **Work organically.**

This is how it goes. I invest an hour a day. I choose a location in my house or office, and do whatever job first comes to mind. It may be a time-sensitive job that must be done that day, or it may be a job on my 'do it later' list, a job that has been waiting and weighing on me.

Whichever it is, when I get that job done, I feel a surge of positive energy. It feels so good that I am inspired to get something else done. Whatever next grabs my attention. An hour goes by doing whatever jobs come up and I feel energized and content with what I have accomplished.

When the hour is over, I stop. This is important. That time limit keeps your energy fresh so that you want to continue the next day.

When I am working organically, and I finish each job that steps forward to be done, I feel a sense of accomplishment. I get that satisfying feeling of completion. It energizes me and I want to do more.

### **Here's what an organic hour from last week looked like.**

I gave myself an hour and stood in the kitchen and looked around. There were a few dishes to wash. I did so.

I saw that the counter surfaces needed wiping down. I got that done. That felt good.

I looked up and saw finger smudges around the handles on the white kitchen cabinets. This was something I'd been wanting to get to for a while. I cleaned them. That felt really good as I crossed it off my mental list.

Then I thought about how I wanted to touch up the paint on the cabinets. I'd ignored that job for quite a while.

I went down to the basement and got paint and a brush and touched up the paint on the cabinets. Wow, that felt good to get done! I felt a surge of positive energy and a sense of completion.

My hour was up. The positive feelings inspired me to do another hour the next day and another the day after that.

### **Trust your inner guidance system.**

As you work organically each job grows out of the job before. There is no need to keep track of everything that needs to get done. Jobs will suggest themselves as you work. Priorities sort themselves. You do what next grabs your attention.

As you work organically you are trusting your inner guidance system.

The more that you can work in alignment with your inner guidance system, the better you feel, and the more you create a pattern of alignment throughout the rest of your life.

### **Your Spiritual Toolbox – Working Organically**

Try working organically. Give yourself an hour of uninterrupted time. You may choose any amount of time you want. An hour works for me, not too much, not too little. You may choose two hours or thirty minutes or some other amount of time that feels right.

Now put on some music that inspires you and go for it.

Look around and do whatever job first comes to mind, big or small.

Stick to that job until you complete it or your time is up. Don't allow distraction to interfere.

No need to rush. Enjoy the process.

When that job is done, congratulate yourself!

Now look around and find the next job that steps forward and says, "My turn!" Continue in this way until the hour is up. Give yourself a pat on the back for your accomplishment.

Do you feel your energy free up as you get these jobs done? How does that feel?

As you allow it, the positive mindset of alignment will carry over into the rest of your day. Beyond just getting things done, this is the real benefit of working organically.

### **Keeping Your Promises to Yourself**

*"When your inner child feels secure with you and you mend that relationship, you mend that connection with intimacy, love, respect, trust, and speaking the truth with each other. When that occurs your whole life shifts."*

[-Red Feather](#)

Red Feather looked at me through the channel's eyes, at the group I attended recently. He asked,

"Holly, where in your life are you not keeping your commitment to yourself?"

I thought about it. I had several choices. I gave my answer, avoiding the obvious choice. I wasn't ready to face that one publicly yet.

I'm ready to face it now.

Several years ago, I lost twenty-five pounds using EFT, tapping on the statement, "I choose to eat only when I'm hungry, and stop when I'm a little bit full." I made healthy food choices, exercised and did whatever else I felt inspired to do at the time.

I enjoyed the changes in my body throughout the whole process. I felt proud of my accomplishment. It felt wonderful to follow-through with my choice to lose weight.

Over this past year or so, I've gained thirteen of those pounds back and I've felt frustrated and angry with myself. Clearly, I hit my Upper Limit for feeling good about myself. Read more about Upper Limits in the post, "Is Bliss Too Scary?"

My commitment to myself was to lose the weight and keep it off. I have not kept that commitment. At least, not yet.

I happened upon a YouTube video of Esther Hicks channeling Abraham and discussing weight loss. Abraham spoke of keeping your promise to yourself to take the actions that make you feel that you are doing the right thing for your body.

Because you feel better as a result of taking these actions you raise your vibration. This allows ideas, guidance and inspiration to flow. You put yourself in a place where you can receive what you need to manifest what you want in your life.

**The key is keeping your commitment to yourself by consistently doing the actions you have chosen to do.**

Why is keeping your promises to yourself so important? Who's to know but you?

And that is the crux of the matter – you know.

**When you keep the promises you make to yourself, you learn to trust yourself. When you know you can trust yourself, you can feel good about yourself.**

"I will do this for myself." And you do it. "I choose to take care of myself in this way." And you do. "I choose these actions to support myself." And you follow through, doing those actions.

Trust builds up over time. The more that you can trust yourself, the safer you feel within and the better you feel about yourself. **The better you feel about yourself, the higher your energetic vibration and the more you open yourself to guidance, inspiration and ease of creating what you want in your life.**

How do we first learn trust? We learn from the adults in our lives when we were children.

When you make a promise to a young child it is important to follow through on that commitment. For example, when I tell my grandchildren that I will take them to their favorite playground today, I do my utmost to follow through on that promise. If for some reason I cannot, I explain why and then make sure that we go to the playground as soon as possible.

Why is that so important? They will play happily wherever they are. Does it really matter if we go to the promised playground?

Yes, because it is about keeping commitments, not about the playground.

When I keep my promises to my grandchildren, they learn that when I say I will do something I do it. Through that modeling, they learn responsible behavior. They learn that commitments made, matter. They can feel safe in this knowledge. They learn that promises made to them are important, because of this, they learn that they are important. They learn self-worth by the adults in their lives following through on promises made.

It is the same when we make a promise to ourselves. **For who are we really making that promise too? Our inner child. Our inner child needs to know that we will follow through on promises made. In this way our inner child can feel safe. She can feel that she matters. She can know that she is worthy. She gains in self-respect.**

Speaking the truth with your inner child is all about keeping commitments made. You say you are going to do something and you do it.

When you offer yourself that level of commitment each day, you build trust and self-worth each day. One day at a time, as Red Feather says, “your whole life shifts.”

### **Your Spiritual Toolbox – Do Something Positive for Yourself**

Today, start small with one specific action.

Make a commitment to yourself to do something positive for yourself today.

It could be twenty minutes of walking or stretching. It could be eating five servings of fruit and vegetables. It could be ten minutes of meditation. It could be fifteen minutes of gratitude journaling, or whatever else you like.

Whatever you choose, make your commitment out loud.

“Today, I choose to.....”

Now follow through. This commitment to yourself is top priority today.

As you do this one day at a time, day after day. You build trust in yourself. As you build trust in yourself, you build self-esteem. As you build self-esteem, you raise your vibration. As you raise your vibration, your whole life shifts.

BTW, I'm working this with you today and saying it out loud, "Today, I choose to eat only..."

## Just Take the Next Step

*"Take action on the opportunity that contains the highest excitement."*

-Bashar as channeled by [Darryl Anka](#) in "The Formula"

### **Feeling overwhelmed? Just take the next step.**

That's all we ever have to do. Most especially when we're feeling tired or overwhelmed and there is a lot to get done, it all just looks like too much and we'd like to curl up in bed and shut out the world. That's when all we need to get done is the next step and leave the rest of it up to God.

### **What does taking the next step look like today?**

It looks like letting go of the need to keep everything in mind at once and the feeling that we've got to hold it all together to make sure everything comes out alright. It looks like letting go, relaxing the need to hold it all together. It looks like release.

Then we can focus on one thing at a time. Just one, the one that feels the most important at this time. What's that next step? One step, one action, one focus. That's all you have to do right now. You can let go of everything else. You can hand all your other responsibilities over to God until you are ready to take them back one at a time, when they become the next step. When you are ready you can pick up the next piece and ask yourself, "What's the next step?" Then you take that action. You don't have to plan it all out. You don't have to keep it all in mind. You can let it all go and be fully present with what you're doing now. That means trusting God with all the rest.

**That is often the sticking point for our ego selves.** They want to be in charge of it all. They want to make sure everything comes out alright. They are afraid if they don't have a finger in all the different pies that compose our lives that something will go wrong or worse, everything will fall apart. They feel they've got to hold on tight and make sure everything stays secure.

"Educate your ego to work with you."

-Red Feather

But what if we give our ego selves the job of keeping track of where we are now, staying fully connected to our present moment? Their job can be to know exactly where we are at this moment in each area of our lives, staying connected to the feelings and perceptions of right now.

If we look at this from the perspective of subconscious, conscious and superconscious minds, the superconscious knows the big picture and guides us through intuitive knowing and synchronicity. The subconscious receives the intuitive knowing as feelings. The conscious mind keeps track of the logic and the recognition of the synchronicities we encounter. The three work together to make clear the next step to take. The conscious mind turns the head to look at whatever area is to be addressed. The subconscious mind feels into the area and through direction from the superconscious mind feels good about whatever is the best next step. It's the step that feels the best. The conscious mind may contradict and say another step is more logical, but the subconscious mind receives the intuitive guidance of the superconscious mind and feels the best next step.

And that's all you ever need to do, your best next step.

#### Your Spiritual Toolbox – What's the Next Step?

If you are feeling overwhelmed, tired, buried beneath responsibilities, support yourself by focusing upon just one thing at a time.

Ask yourself what area of your life you want to take action on at this time.

Mentally put all other areas on hold. A lovely mental image for this is to imagine handing over all areas of your life except the one you are currently focused on to your guardian angel. See yourself piling boxes of these areas into your guardian angel's capable hands and thanking him/her for holding and keeping them safe for you.

Now ask yourself, "What is my next step?" Then ask yourself to show you that next step by what feels best.

Take whatever action you can on the best feeling part of that next step.

## Feeling Overwhelmed?

*“Overwhelm is an illusion that states: ‘I am not capable. I cannot handle all this. It is too much. I am doing this all alone.’”*

*-[Shoshona Ortaia Rogers](#)*

We’ve just returned from a week in New England visiting with family and friends and a week driving back and forth. Our days were busy, fitting in everyone we wanted to see. It was wonderful and exhausting. Getting back home, though tired, I swung full tilt into Weight Watchers and creating a new way of eating. Learning how to use my new FitBit, (which is at this moment buzzing my wrist because I haven’t taken enough steps in the past hour!) Preparing to co-teach a Goddess class. Taking an on-line writing and publishing course. Writing and editing fiction and non-fiction. Planning for our upcoming holiday and birthday parties. And last, but certainly not least, grandparenting, parenting and spousing (is that a word?). I’ve swung myself right into overwhelm.

**Overwhelm is a state of mind.** It really has nothing to do with what and how much you are doing. There are many who can handle a daily schedule that is packed from morning to night and beyond with equanimity. There are those whose flexibility makes it possible for them to easily go with the flow. And there are those who get overwhelmed by any change in their daily routine. I probably fall somewhere in the middle depending upon the day.

**Overwhelm has everything to do with what and how you are thinking and feeling about what you are doing.**

I experience overwhelm when I perceive a task as bigger than it actually is. This happens particularly when I have a number of different projects and responsibilities that I am juggling at once. They gather together, increasing exponentially, and loom over me, mountainous and huge.

I feel confused. I don’t know where to start, and so I don’t. I am stuck. I feel like there is not enough time to accomplish what I must. I feel alone, as if there is nowhere to turn for support.

The specter of resistance then rears its head. My ego-self digs in her heels and pulls in the opposite direction from where I want to go for fear that what I do or create will not be perfect. Sigh... Overwhelm is not fun.

**So, what do we do when the illusion of overwhelm, does its thing and overwhelms us?**

1. Understand that the feeling of overwhelm is an illusion. It is a misperception. You have the power to look at things differently.
2. Know that you are not alone. Your Spiritual Support Team is interested in and involved with every little bit of your life. They’ve got your back. You can hand that fear in your gut, which is at

the base of the perception of overwhelm, over to your Team. They will take care of it. Today's Spiritual Toolbox is a visualization guiding you through doing this.

3. Focus and Organize. Break each task down into, small, incremental steps. Then, take one step at a time. As you do so you reduce that looming mountain of overwhelm into manageable, orderly, small piles of pebbles. These you can deal with, one at a time.

4. Express gratitude for each small step that you take. Gratitude shifts your energy, lifting you into alignment with your Higher Self. That's a nice place to be.

Are you willing to give it a try? Me too!

### Your Spiritual Toolbox – Visualization for Overwhelm

Sit comfortably, feet flat on the floor. Close your eyes and slowly take deep breaths. Feel yourself relaxing and sinking deeper into your chair. Allow whatever is on your mind to drift away and focus on breathing deeply.

Mentally invite your Spiritual Support Team to support and guide you through this visualization.

Now, out loud quietly ask your body to show you where the feeling of overwhelm is strongest. Keep breathing deeply and notice any sensation of discomfort, tightness, blockage, swelling, pain, anything that is unusual.

Ask your Spiritual Support Team to remove this overwhelm from your body and your energy bodies. Visualize a shower of light cascading over you, washing you in sparkling white, cleansing light. Clearing your body and energy bodies of all feelings of fear and overwhelm.

Visualize this sparkling white light filling and surrounding your body. Know that you are cleared, loved, protected, supported and guided.

Continue with this visualization for as long as it feels good to you.

Express gratitude to your Spiritual Support Team for their assistance.

## The Gift of Fear

*"...Unwarranted fear or worry will always be based upon something in your imagination or your memory."*

- [Gavin de Becker](#)

Has fear shown up in your life recently? **Do you have fears, birthed in the past, that recur triggered by events in your life?**

As uncomfortable as it can be, this kind of fear is a gift, because it can show you the door to understanding. The key to opening that door is to ask for understanding and guidance about

why fear is showing up at this time in your life. Ask to be told what you need to know. Ask to be shown the gift of this fear.

Fear manifested for me recently as my husband attended a convention in Wichita for five days. I've shared before that his leaving has often triggered old abandonment fears in me. I know these are old fears and yet somehow the inner dialog comes up with current reasons to feel anxious. Reasons that are quite compelling. Be that as it may, I support myself, using the tools, nurturing myself, and I get through it. Some times better than others.

This time I chose to do that and add in a different approach. I asked for support from my Spiritual Support Team. I asked to be told what I needed to know. I asked to be shown the gift of understanding behind this door of fear.

**Fear is created by wounded thinking.** Wounded thinking is created by negative interpretations of past experiences.

Fear makes mountains out of molehills.

When you are anxious everything looks worse than it is. Yet, **understanding the fear, accepting the fear, feeling compassion for that part of yourself that is afraid, shines the light of love upon the fear and shrinks that mountain back down into a molehill.**

Seeing your fear as a gift reorients your thinking. Your perspective shifts from fear to love. You feel yourself relaxing about your fear and letting it be what it is. You say to yourself, "There I go again. Oh well. I wonder where the gift is?"

The gift my fear brought me was to remind me that shining the light of God upon the darkness of abandonment dispels it. I am never abandoned or alone. I am companioned and supported in Spirit. Love dissolves fear.

**When you shine the light of love upon fear, fear no longer has power over you. It has fulfilled its purpose and dissolves away.**

Now that's a gift.

#### [Your Spiritual Toolbox – Ask for the Gift](#)

Here's what you can do when you experience fear.

Be compassionate with yourself as you allow yourself to feel the fear rather than trying to close it out. Give yourself some quiet space just to feel.

Where you are right now is a gift even if it doesn't feel like one. Now let's unwrap it.

In your quiet space, ask your Spiritual Support Team, "What gift does this fear bring me?"

Ask your Spiritual Support Team, "Please tell me what I need to know to heal this within me." The generality of this question allows Spirit to tell you anything you might need to know, including ideas you may not have thought to ask about.

Trust that the answers will come - images in your mind's eye, a message from a friend, a new idea that pops into your mind, a song on the radio, a book title that catches your eye, a dream, an unusual sight that attracts your attention - these are just some of the ways that Spirit communicates.

Stay open. Have an attitude of wide-eyed wonder and you will be amazed at how Spirit moves in your life.

## Fear Can Be Your Friend

*"If you're not willing to risk, you cannot grow. If you cannot grow, you cannot be your best. If you cannot be your best, you cannot be happy. If you cannot be happy, what else is there?"*

*-Les Brown*

**Most of us grow by moving through fear of one kind or another.** It can be moving through the fear experienced from triggering old wounds. It can be moving through the fear of pushing perceived limits. It is often a little of both as our old wounds come up for healing in the process of expanding our limits.

Doesn't that make fear our friend?

Personal growth makes us feel alive. It is stimulating. It is energizing. Even when it's uncomfortable or scary, even when it brings up fear, there is a sense of aliveness about it, a feeling of movement and growth.

We can grow through pushing our limits, stepping outside our comfort zones, the way a crawling baby will pull herself shakily to her feet, and then to take that first step. Sometimes we fall. Sometimes we are injured and so we also grow through healing those wounds.

That doesn't mean we enjoy the discomfort.

**Most of us would rather grow through choosing to learn something new, pushing our limits, moving through any fear that might bring up and becoming more than we were.**

A few years ago, I went with a group to Brazil. One of the most challenging parts of the trip was the opportunity to go hang-gliding off a mountain in Rio de Janeiro. Let me tell you that created lots of opportunity to move through fear, pushing me way out of my comfort zone as I stood on the top of the mountain and waited my turn to fly. Even though I was riding tandem with an experienced hang-glider, during that run off the edge of the mountain my body was convinced that I was dying. The result of moving through all that fear was a huge adrenaline rush as we

soared high over the coastline and intense exhilaration as we landed on the beach hundreds of feet below.

Would I be in a hurry to do it again? Maybe not. But I did it once. I've got a video to prove it!

Most of us would prefer that exhilarating kind of growth to the growth of triggering of old wounds. Both processes bring up fear and its consequences and having to deal with that. But the former is more fun. The latter less so. Either way there is growth and development.

*"Fear has two meanings: 'Forget Everything And Run' or 'Face Everything And Rise.' The choice is yours."*

[- Ziq Ziqlar](#)

You don't always have a conscious choice about it. **Old wounds surface when they are ready for healing** and that may not be when you would prefer. I encountered an old wound that brought up a cascade of fear just recently. It was pretty benign really yet the fear it brought up was as malignant as ever.

I was out at a restaurant with a family group. A chance remark, pointed my way in all innocence, triggered me back to another remark when I was younger. This one not so innocent. It felt almost like a PTSD episode. In the middle of a pleasant family chat I was drowning in memories of this incident in my past that I allowed to injure me for years. The injury was not so much from the incident itself or what was said at the time, but because I used it as evidence of my own unworthiness.

All of this came rushing back at me with that one innocent remark in the restaurant. It felt like new evidence of unworthiness.

I hadn't heard that old story line for a long time and it was shocking. Fortunately, I'm not willing to believe that story anymore. At least not for very long. I breathed through the fear while we were at the restaurant, and was able to enjoy the rest of our visit.

The next day the fearful thoughts came up again, telling me I wasn't done with this yet. I cleared through them again with breath work and also with EFT\*. Eventually, I was able to acknowledge that the experience came up because I was ready to heal that old wound and finally release the fear. I felt both grateful and excited at the prospect of clearing that painful story.

**I believe our Soul's purpose is to grow and develop, and we grow rapidly through fear. That makes fear our ally in the process of our growth.**

We're not talking about survival fear here. That's the kind of fear that told our forebearers to hide from a saber-toothed tiger. We're talking about the fear of emotional pain, the fear of rejection, abandonment, failure, success, unworthiness, and any other fears life experience has taught us.

We're talking about the kind of fear that tells us it is too scary to try new things, or the fear that tells us we aren't good enough to succeed, or the fear that says we have to avoid certain kinds of situations or we will feel emotional pain.

But what if this fear that we've been resisting all our lives is actually our friend?

**Can we welcome fear when we encounter it knowing it offers us an opportunity to grow?** Can we feel curious and intrigued when fear shows up? Saying to ourselves,

*"Thank you fear for showing up. You're showing me a new place to grow."*

*"The cave you fear to enter holds the treasure you seek."*

[-Joseph Campbell](#)

What if **underneath most fear is the Soul's excitement** about an opportunity for growth? Would the fear related to pushing our comfort zones and triggering old wounds transmute into excitement? If we stop struggling against feeling fear and instead welcome it and the opportunity it presents, we might experience our Soul's excitement.

I think it is possible. It's worth a try.

*"When a resolute, young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it comes off in his hand, and that it was only tied on to scare away the timid adventurers."*

*-Ralph Waldo Emerson*

The same might be said of that great bully, fear. Perhaps it is not such a great bully as we thought. Perhaps it is our friend.

### **Your Spiritual Toolbox – Transform Fear**

*"Fear is excitement without the breath. Here's what this intriguing statement means: the very same mechanisms that produce excitement also produce fear, and any fear can be transformed into excitement by breathing fully with it."*

[-Gay Hendricks](#), *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level*

The next time you find yourself faced with fear, maybe an old wound that is triggered or a choice to expand your comfort envelope, use your breath to transform the fear.

Fear constricts the breath. Deep breathing relaxes the body and the fear.

Locate the feeling of fear in your body. It is often experienced as a feeling of constriction and shallow breathing in your chest area or tightness in the solar plexus. It might be a nervous, fluttering sensation in the stomach, your legs or anywhere in your body.

Focus on the feeling of fear in your body and breathe deeply, sending the breath to that place in your body. Keep breathing deeply into that area until you feel that place in your body relax.

Sometimes the fear sensations will move in your body, follow them with your breath, continuing to breathe deeply into that new area in your body. You may also find yourself refocusing your fear thoughts onto other aspects of the situation or memory. If you do, keep breathing it through.

Continue this process until you feel the fear relax in your body and your thoughts are calmed. Chances are you will find yourself able to think about this growth opportunity in a new way. You may even feel excited about it!

## Seasonal Limbo

*"Nature gives to every time and season unique beauty; from morning to night, as from the cradle to the grave, it's just a succession of changes so soft and comfortable that we hardly notice the progress."*

— [Charles Dickens](#)

Here in Eastern Kansas fall usually arrives in October with cooling temperatures and coloring leaves. Yet, today is beautifully warm and breezy. Too warm to be fall, and too cool to really feel like summer. It is 'tween summer and fall, a sort of no-man's land of seasons. There is a feeling of waiting, of being held in limbo, awaiting seasonal judgment when the weather will choose whether it is to be summer or fall, at least for today.

**There are times in our lives when we feel as the weather feels today. Times when the seasons are changing for us and yet we can't seem to make the change completely.**

Parts of us are stuck while other parts of us move forward. We are pulled astraddle, unable to fully move forward, waiting for some parts to pull more strongly in one direction or another.

We hope that we will be able to move forward, we want to move forward. After all, as the seasons inevitably move from one to the next, so too do we move and grow and change.

But as there is so often a return to summer-like weather in October, so do we move backward, held by the attraction of our old habits. It is temporary of course, a last fling with what feels familiar and warm before we fully move forward into the next season of our lives.

Today, as the weather drifts between the seasons, I too will allow myself to drift and not push for change. The change will come as inevitably as one season follows another. I do not need to hurry it along. Instead I will enjoy the rest that this between time offers.

Gone is the oppressive heat of summer. The cool air trickles through my window down over my shoulder, smelling of drying leaves and fresh mown grass. I will stay safely within screens and allow the mosquitoes their last hurrah somewhere other than on my skin.

The crisp, cold days of fall that fill me with energy and enthusiasm are not yet fully here. I can rest awhile. The change will come and by then I will have gathered up the bits of myself that still long for summer's warmth and be ready to move into fall.

### Your Spiritual Toolbox – Accept Your Growth Process

On the path of personal development and spiritual growth, all of us on occasion slip back into old, familiar behavior patterns. Patterns that we really want to change.

We don't like it when we slide backwards. We know we know better. Still, it happens.

Rather than berating yourself, consider accepting this aspect of the growth process.

Think of spiritual development as like the progress of the seasons throughout the year. Do you shake your fist at Mother Nature and decry her last flings with summer? Probably not. Though many of us did that when last winter was slow to move along into spring. Our complaints didn't hurry things along. The seasons move as they will and spring did eventually arrive.

Why tie yourself in a knot? Awareness is the first step to change. **Be aware of how you are showing up. Accept yourself whatever that looks like.**

Relax, rest awhile, know that you are changing and growing. Your inner weather may look completely different tomorrow.

### Gift Yourself with Forgiveness

*"You must forgive those who hurt you, even if whatever they did to you is unforgivable in your mind. You will forgive them not because they deserve to be forgiven, but because you don't want to suffer and hurt yourself every time you remember what they did to you. It doesn't matter what others did to you, you are going to forgive them because you don't want to feel sick all the time. Forgiveness is for your own mental healing. You will forgive because you feel compassion for yourself. Forgiveness is an act of self-love."*

*-Don Miguel Ruiz, The Mastery of Love- A Toltec Wisdom Book*

**Forgiveness is a gift, not just for those you forgive but for yourself.** When you feel continuing anger, hatred, fear or any negative emotion for another person, even when it is justified, it ties you to that person. It creates an energetic cord that binds you together, rather like a sticky, energetic web running from your solar plexus to theirs. The longer you have felt this way, the more negative thoughts you have thought about this person, the more energy you have invested in those negative feelings, the thicker and stronger the web, the more firmly you are bound to this person. What's more, the cord stretching between you feeds that negativity right back to you.

Who wants that? **Wouldn't you rather be free of all that negativity?** Gift yourself with forgiveness. In today's Spiritual Toolbox is a simple visualization that can support you to free yourself through forgiveness.

**If the negativity you have felt is deep-seated meaning the negative thoughts keep returning and reattaching the cord you may need additional support.** Negative thought pathways can be more like highways than paths, if so, you may choose to bring in additional tools to support you in the forgiveness process. There are many available on-line if you search on "Tools for Forgiveness." Also, check out our Resources page for the technique of Faster EFT-V, which can support you to release negative emotions and allow the process of forgiveness. We also want to remind you to always seek out professional support when it feels too much to handle on your own.

### [Your Spiritual Toolbox – Visualization for Forgiveness](#)

Sit or lie down comfortably. Invite your Higher Self and your Spiritual Support Team to support you in this exercise. Breathe deeply in through your nose and out through your mouth, focusing your attention on the air moving in and out. Keep breathing and focusing until you feel deeply relaxed.

Now think the name of the person you choose to release through forgiveness. Imagine a long cord stretching from your solar plexus and attaching to the solar plexus of that person. See how that cord binds you. Now, imagine you are holding a large pair of scissors in your hand and cut the cord just where it emerges from your solar plexus. See the cord trailing away from you and disappearing.

Imagine the person surrounded with healing, white light and release them into that light. Internally say, "I forgive. I release. I forgive."

See yourself surrounded with healing, white light. Internally say, "I forgive. I am free. I forgive."

Thank yourself, your Higher Self, and your Spiritual Support Team for this gift of forgiveness.