



Lifeforce





Lifeforce

Welcome

Welcome - Part 1



Welcome - Part 2



I am so excited to have you begin this adventure with me! Well done for making the choice to invest in your personal growth. You are your biggest asset, and your mindset is your key to achieving your biggest goals and dreams. With a fortified mindset and a focused vision, you can do anything. You are only limited by your beliefs. Through the journey of this course, you will learn the tools and techniques to overcome the beliefs that are holding you back. You will reconnect with your inner lifeforce. The energy that propels you forward on your path to living your best life and being the best version of you. No one else can do you better than you!



Lifeforce

Welcome

How to complete the journey

There is no right or wrong in how much time it takes to complete your journey through the course. Some of the lessons have more tasks than others and will require more time and space. You can do one lesson a week, or you can complete two in a week. Sometimes you may want to do tasks more than once as you will get different answers. I don't recommend rushing through the course too much. Take your time to integrate the lessons and learnings into your life. Especially take your time with lesson 4, which is like the summit of the course. This lesson is where the deepest inner work takes place, and it can bring the biggest transformation. Make sure you have a quiet space and plenty of time to go through the tasks of Lesson 4.

Instagram Channel

We can only go so far alone. We can go further together. Join the '**Lifeforce Inner Circle**' Telegram Group to share your wins and learnings from the course. Let's support each other and raise each other up.

This is a space to share, ask questions and get support. When you first join, please post an introduction about yourself and your intention for the course.

A reminder, the vibe of the group is positive, supportive, caring, kind and encouraging!

Journal

You will need a journal to complete the course. Make sure it has a lot of pages!





Lifeforce

Lesson 1

Discovering your soul gifts





Lifeforce

Lesson 1 Discovering your soul gifts



In this lesson you will learn what lights you up, what excites you! You will go on a discovery of self-love and self-acceptance. You will understand that you have unique soul gifts that are yours to share with others. These gifts not only bring you joy, but they also bring you a sense of fulfillment. They are a reminder of what you bring to the world, what you are here to create and share with those around you.

When you were a child, think back to the times that brought you joy. When you felt free, when you were playing, when you felt happy and safe. Think back to the times when you felt excited and lit up inside. When I think back to these times, I felt joy when I was playing in my backyard. One of the activities I enjoyed the most was climbing trees. Another was making cubby houses, homes in amongst the branches. These memories have some insights for us. They were times in our childhood that we felt a spark light up inside us. A creative energy, almost like a seed. That energy grows into a flame when we follow the path of doing things that light us up. At the time when I was high up in a tree in my yard, I couldn't have imagined that years later I would be standing on the summit of Mount Everest. This spark, which can be turned into a burning desire, I call lifeforce. It brings us joy, it lights us up, it makes us feel free, it gives us energy.



Lifeforce

Lesson 1 Discovering your soul gifts

There have been many times in my life where I have felt as though I have disconnected from my lifeforce. One of those times was when I went through a midlife crisis. A series of events that dulled my flame so much that I could hardly feel any lifeforce within myself. Firstly, my father unexpectedly passed away, then menopause hit me with an avalanche of life-changing symptoms, my marriage broke down and ended in a divorce and consequently, I hit rock bottom. I questioned my life, I questioned “who am I now?”

In my quest to reignite my flame and rediscover myself again, I went on an inner journey that led me back to my inner light. That light guided me to nurture and rekindle my lifeforce energy. Now I have a burning desire to help you do that too.

During the next three tasks you will need your journal and a way to record some videos.

Task 1





Lifeforce

Lesson 1 Discovering your soul gifts

The first task is to ask two or three of your closest friends or family members some questions, and you are going to film their response. That way, you will be able to watch their responses as many times as you like. You are going to ask them, why are they grateful to have you in their life? What qualities and characteristics do you have that they appreciate? For example, they may appreciate your kindness, how caring you are, how humble you are.

You are then going to take some space for yourself to reflect in your journal about their responses.

- Are you surprised by any of their responses?
- Were these answers things that you already see in yourself?
- Was it difficult to receive and fully hear the answers?
- Was your initial response to deny or brush off any of the answers?

Task 2



You will write these answers and leave a line underneath each one, so you have space to write later.



Lifeforce

Lesson 1

Discovering your soul gifts

You are going to reflect on what characteristics and qualities in yourself you are grateful for. List as many as you can, at least twenty. For example; I am grateful that I accept help when people want to give it to me, I am grateful that I love to share, I am grateful that I am kind, I am grateful I have an open heart, I am grateful that I can have fun, I am grateful that I love to have a laugh, I am grateful that I enjoy music, I am grateful that I like to help others. These are simply examples, I am sure you can write at least twenty of them! However, I challenge you to write over thirty, as many as you can. You can take inspiration from your videos.

Now you are going to take each characteristic and write underneath, what is it about that characteristic that lights you up? For example, I am grateful for my strong will - when I feel strong-willed, I feel a determination inside me. I am grateful that I enjoy music - when I listen to music, I feel more connected to my spirit. I am grateful that I love to laugh - laughing brings me joy. I am grateful that I accept help from others - receiving help shows me how much people care about me.

All these characteristics you have, are your unique gifts. The more you honour them, the more of them you will discover, and the more you stoke the fire inside you. When we acknowledge our gifts, when we are grateful for our gifts, we add fuel to our fire. The more fuel we add, the more lifeforce energy we create within ourselves.



Lifeforce

Lesson 2

Redefining your belief systems





Lifeforce

Lesson 2 Redefining your belief systems



As we go through our lives, we pick up beliefs that do not serve us. Those beliefs come from our upbringing, our parents, our ancestors, our society, our experiences and our backgrounds. Some of those beliefs hold us back from being the best versions of ourselves and sharing our unique gifts with others. Many of those beliefs stop us from seeing our own inner light and our inner beauty. The truth is, we are all uniquely beautiful, and we all have a valuable contribution to make in the world. Sometimes we simply don't allow ourselves to see this because of our limiting beliefs. You are going to turn old beliefs that no longer serve you into new beneficial ones to help you move into the best version of you. You are going to learn to strengthen your self-belief and develop a stronger connection to your inner light. No matter how much darkness you may feel in your life, your inner light is never dimmed. It's just that sometimes you are unable to feel it.



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Lesson 2 Redefining your belief systems

When I went through my midlife crisis, I became so disconnected from my spirit that I felt an enormous sense of being alone. I didn't know who I was anymore, because it was difficult for me to feel emotions like joy and happiness when it felt like my world was falling apart. Once I started to get out of survival mode as my basic needs were met, like having a safe space to live, I was able to begin to understand what was "wrong" with me. I desperately wanted to feel better about myself. I realised I had some deep negative beliefs that were affecting how I felt about myself. I didn't believe I was worthy of love, I didn't believe I was good enough to live the life of my dreams. I didn't truly love myself and I didn't believe in myself. For years, I had been tip-toeing around the edge of my dreams and biggest desires. I couldn't understand what was holding me back from achieving them, bringing them to life. As I dived headfirst into exploring the darkest parts of myself and my limiting beliefs, I realised that the only thing stopping me from living my best life, was me. I was stopping myself because I didn't truly love myself and I didn't truly believe in myself.

When your dream is to stand on the summit of all 14 of the world's 8000m peaks without oxygen, if you don't truly believe in yourself, it's impossible to turn this dream into a reality. This is one of the hardest challenges in the world for men and women. It was time to start shifting the beliefs that had been holding me back. It was time to ask the hard questions like where did they come from? The more I delved into answering these questions, the more my world changed. I started to become free to think a different way. Not only about myself, but also the world around me.

Let me share a little of my personal life here. I believe the more open and vulnerable we are to share our story, the more it helps others to not feel so alone. My father had a difficult upbringing, since he was born. Back in those days, when you had postnatal depression, it was called manic depression. You were treated with electric shock therapy as you were seen as crazy.



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Lesson 2 Redefining your belief systems

After Dad was born, his mother was institutionalised for this condition and, sadly, she stayed in institutions her whole life. My Grandfather perhaps blamed Dad for this, and he sent him to boarding school and to live with his Aunty and Uncle. Dad always had a sense that he didn't belong and wasn't wanted, which caused abandonment issues. My father passed his abandonment issues down to me, not consciously, but through his parenting style when I was young. I subconsciously inherited his belief of not being worthy. His father never in his life told him he loved him. Dad did his best with what he knew, to be the best father he could be. Later in life, he became dedicated to spiritual practices and self-transformation. He transcended his limiting beliefs, and, consequently, we had a very loving relationship. However, these beliefs of unworthiness which were instilled in me when I was young, were for me to overcome.

It may come as a shock to you to know that I am grateful for this gift that my father gave me.

I wouldn't be the person I am now if I had not found the strength to overcome these limiting beliefs. I see it as a blessing. Through the journey of transforming these beliefs, I have learned that I can overcome any challenges that come my way. I have come to learn to love myself, trust myself and believe in myself more deeply than I ever have in my life. I now have the courage to follow my heart and live my dream with conviction. We were born to thrive, not just survive, and we all have that power within us.

You have two tasks that require your journal and some alone time. The more honest and real you can be with your answers, the more beliefs you can uncover and shift. Take your time. You don't have to answer the questions all at once. I often find it's best to reflect on things in one session and then stop when I think I am done.



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Lesson 2 Redefining your belief systems

Before I go to bed, I ask my subconscious mind if there is anything more to add? I ask the same questions and say please let me know in the morning. Often, the next morning, I see some mental images, memories pop up or words come to my mind. This technique is also a great way of solving any troubling question!

Task 1



Answer these questions with the first thing that comes to your mind.

What is holding you back?

When you become aware of your thoughts, what sorts of negative thoughts come into your mind during the day? For example, when you look in the mirror are there thoughts about your appearance? When you eat, do you have negative thoughts around food? When you think of something you want to do, are there thoughts around "I could never do that" or "that person can do that kind of thing, but I can't"?



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Lesson 2

Redefining your belief systems

What is it in your life that you have always wanted to do, but it is never “the right time”? Perhaps there are many things!

List them and list the reasons why “it’s never the right time”.

How many of those reasons are true and how many of the reasons come from thinking through the lens of a limiting belief?

If you feel uncomfortable with these questions, good because that is where the growth is. It is ok to feel uncomfortable, to sit in it. The uncomfortable feeling comes from our ego wanting to keep us safe. But you are safe! More than likely, you are sitting in a chair or in the lounge, you aren’t going to die journaling. In fact, through these uncomfortable processes, you learn to live more, feel more alive. It may feel uncomfortable at first, but you will learn not to be too hard on yourself. You will begin to feel empowered because once you see your limiting beliefs are holding you back, you can start to change them.

You deserve to take up space in this beautiful world. No one has exactly the same gifts to share with the world as someone else. You deserve to experience the fullness of life in your own unique way. You deserve to love and be loved. True love starts with loving ourselves.

“To love oneself is the beginning of a lifelong romance.” – Oscar Wild



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Lesson 2 Redefining your belief systems

Task 2

Congratulations on completing task 1. Being real with ourselves and vulnerable is not easy. But it becomes easier and easier, especially when we understand that the weight on our shoulders becomes lighter and lighter.

We all have limiting beliefs from our past, and we all have stories that are holding us back. The first step to letting go of these beliefs and old stories is forgiving ourselves for holding onto them for so long. You can't change the past, but you can change your destiny when you don't operate from a place in your past.

Step 1



I want you to write all the beliefs that you want to let go of now in a list. Leaving a line between each one as you will write in that space later. Every single belief that no longer serves you. Everyone that is holding you back from being more YOU. The better version of you that you dream of becoming.



Lifeforce

Lesson 2 Redefining your belief systems

Step 2



You may never have heard of this, but we are going to use a very powerful forgiveness practice now called Ho'oponopono. This Hawaiian practice is based upon the theory that all of humanity is connected through spirit. In essence, we all come from spirit, and we are all perfect. The theory of Ho'oponopono (which translates to English to mean "moving from darkness to light" or, put more simply "correction") is that every one of us should take full responsibility for the ills, pain, suffering, cruelty, anger in this world, because we are all connected. By doing this practice, we can clear the negativity within ourselves and all of us, turn that which is dark into light. This practice requires a willingness to let go of our ego, the part of us that wants to feel separate from others, better than others, different from others.

Ho'oponopono is a simple phrase so very easy to remember:

I am sorry, please forgive me, thank you, I love you.



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Lesson 2 Redefining your belief systems

You have carried these limiting beliefs long enough. You have been hard on yourself for long enough. You are now going to read through your list and for every single limiting belief, you are going to say “I am sorry, please forgive me, thank you, I love you.”

If you have the space and feel safe to do so, I find it more powerful to do this out loud. This practice helps shift your energy. You may start to notice things changing in the world around you. It helps me to not overreact to difficult situations in my life. It helps me to have more empathy for myself and others.

Step 3



Underneath each belief you are going to write your new belief, the opposite of the limiting belief. For example:

- I don't believe I am good enough to be a writer - I am more than good enough to be a writer.
- I don't look good in my body – I love my body. It is my vessel that carries me.
- I don't believe I deserve love – I deserve to be loved because my true nature is love.



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Lesson 2

Redefining your belief systems

Your new beliefs are now your personal affirmations! You can write them on your mirror, so every time you see yourself you can read them and affirm them as new beliefs. You can write them on post-it notes and stick them to your fridge! When I was going through my divorce, I had a whiteboard that I would write affirmations on, so I could read them and reframe my mindset. When I am climbing on the mountain, and it is hard and cold, with each step up I say an affirmation. "I am powerful, I am brave, I am strong, the higher I go, the stronger I get." I say affirmations over and over until I arrive at the next camp or the next place I can rest.

Continue to remind yourself as you read through your list of positive and expansive, new beliefs that you are enough. You are good enough and you are worthy enough. As you forgive yourself for holding onto your past beliefs, you shift your energy towards love, which is what we truly are. Our spirit is pure unconditional love. When you can have more love for yourself, you are able to believe in yourself more easily. When you begin to love yourself more, you create more space to receive love from everyone around you. You also begin to love others without expectations or limitations.

Finally, in your journal I want you to cross out all the limiting beliefs that were holding you back. If you want to go a step further, you can write them on a separate piece of paper and burn them.



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Lesson 3

How to become a creator





Lifeforce

Lesson 3 How to become a creator

[Watch Lesson 3](#)



You were born on this planet for a reason. It was not to live the life that others expect for you. It is to create your dream life, to be the highest version of yourself. To feel freedom, to be abundant in all aspects of life, to feel love and to be of service to others. To shine your light so bright that when other people's lights are dimmed, they will see the light in you. That light will reflect the light within themselves. You are the creator of your reality, only you can change it. Only you can create the dream life that you have always wished for. It is time to begin to take the steps you have been avoiding, to step towards the highest version of you. There is no sense in waiting for someone else to do this for you. No one else truly knows what the highest version of you is! You will learn the steps to take, to begin the journey of creating your masterpiece, your dream life. In turn, you will not only uplift yourself, but you will give permission for all those around you to uplift themselves too. This is how we change our reality and create change in the world. This is how we fulfill our highest purpose, and this is how we become free.



Lifeforce

Lesson 3

How to become a creator

When you think about how it feels to picture yourself having the things in your life that you truly want, how do you feel? Whether it is a loving relationship, doing work that you love doing, completing a passionate project, more time for your family, travelling the world, your dreams are unique to you. Of course, you can also co-create dreams with others, you can visualise a new way of life with your partner and bring it into your reality together. When we share the same dream and vision with another person, magic happens when those energies combine.

I want you to think about what it would look like if you had everything you want right now. What does it feel like to be living that life? Does it feel so far away in the distance that it is still a dream? Are you already living some parts of that dream now?

I want you to look back at how far you have come in your life until now. All the things that you have done, all the people that you have met, all the hobbies you have had. All the talents within you that you have explored, all the things that you have mastered to get to where you are now. You aren't the same person as you were 10 years ago, you have done so much to be where you are today. You have achieved so many things in your life that perhaps you have not given yourself recognition for. You have worked hard, perhaps you have raised or are raising children, perhaps you have built a career, perhaps you have seen many parts of the world already. You have done more than you give yourself credit for. Take a moment to feel this, take a moment to truly feel how far you have come in this life to get to where you are today. It's been a journey, sometimes it has not been easy, but you are still here, you are still on the path. Sometimes life takes twists and turns that are unexpected, but you have navigated through them, you have found a way. For this, you deserve to acknowledge yourself for all the work it has taken to get to where you are today.



Lifeforce

Lesson 3

How to become a creator

When I am climbing a mountain, and I look up, the summit often seems so far away. It is easy to feel like I will never get there. The way to the top is not always easy. Sometimes there are storms, sometimes there is high wind and treacherous terrain. But when I stop, sit down and take a break, I always turn around to see how far I have come. I don't always focus my attention on the summit, I regularly stop and look back at the view. The higher on the mountain I go, the more beautiful the view becomes. And here is the thing, whether I summit the mountain or not, I keep that view in my memory. When I stop and take in where I am right here, right now and look back at where I have come from, I feel a sense of achievement. I bring my attention back to the now. I become grateful for the journey that I went on to get to where I am now. I can focus on one step forward at a time rather than only being focussed on the summit.

When I only focus on the summit, it mentally drains me, it takes all my energy, and I stop enjoying the journey.

You see, the thing is I don't always make the summit but there is always another mountain to climb. This is one of the best examples of "it's not the destination, it's the journey". That is where the magic lies, in the journey. If I don't summit the mountain, do I fail? No, I ask myself what were the lessons that I must learn to take with me to the next mountain? What were the lessons that will help me when I face challenges on the next mountain? It is the same with our mental mountains, it is the same with any challenges we face in our own lives. What are the lessons from our past that we can use to help us on our next mountain, through our next challenge? We can always shift our perception of the world around us. We always have that choice. I know that when we are in the middle of the storm it is sometimes hard to see out the other side. But storms always pass and the way we navigate through them is what determines what is on the other side.



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Lesson 3 How to become a creator

In these tasks you will discover tools that you can use when you don't know what the next step is to take. Once you have these tools, you are going to plan your next steps. The actions you can take now, that will lead you in the direction of your goals and dreams.

Task 1



Think back to three challenges, difficult times in your life that you had to navigate through. Write these challenges or events down.

With each of these challenges, list the qualities and characteristics within you that helped you find your way through the storm. For example, resilience, perseverance, not being hard on yourself, caring for yourself.

Now list all the lessons that you learned from these events in your life. As many lessons as you can think of.

As you read through all the lessons, take the time to acknowledge that you wouldn't be who you are today if you had not gone through these challenges in your life.

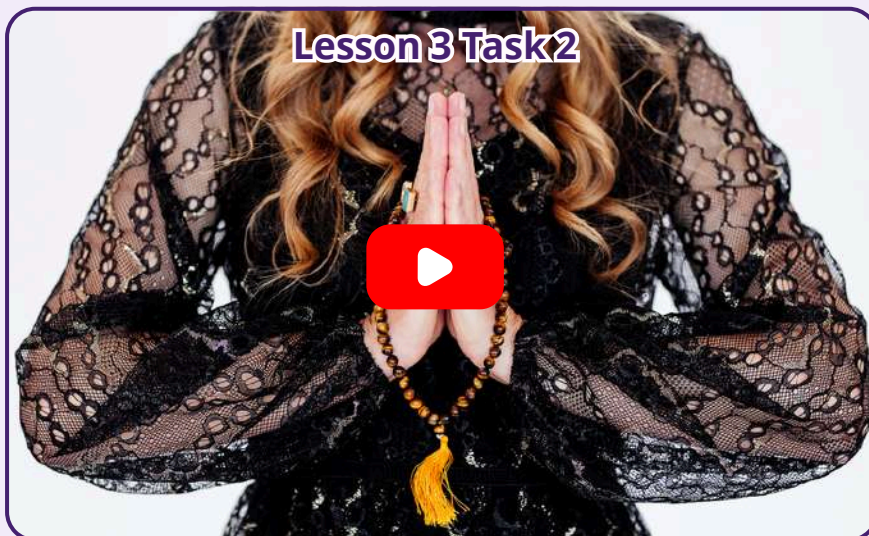


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Lesson 3 How to become a creator

These lessons on your journey, even though they may have been very difficult at the time, were blessings. During these lessons you gain the qualities and characteristics you need to overcome any challenges in your life. These lessons have shaped you into the capable woman you are today.

Task 2



Everything in life begins with a single step. One-step leads to the next step, and we soon begin to start forging a path. Sometimes the path is smooth. We call this the path of least resistance. Sometimes we can feel like our path is through deep snow. It is important to continue taking steps forward, even when we feel like we are moving through deep snow.

If I think about all the things I want to do and who I want to become, the snow quickly builds up around me. I start to feel anxious, overwhelmed and fear begins to well up inside me. Fear of failure, fear of not being good enough, and my limiting beliefs start to appear. However, if I stop and make a plan, write out what it is I want, what it is that I desire and then break it down into steps, it doesn't feel so overwhelming. I can start to see a clearer picture of how I am going to get there.



Lifeforce

Lesson 3 How to become a creator

The key thing here is that we must be able to adapt our plan as we begin to follow it. When I am on the mountain, I have plan A, but then a storm comes so I shift to plan B.

Then we might have a couple of days of good weather, so I go back to plan A. Then I get sick, so I go back to Base Camp and rest and recover, plan C. It gives me a direction to follow when I have a plan as I climb the mountain. Yes, the steps along the way may change, but the focus for me is always climbing the mountain to the summit and back safely. I have a goal that I am working towards; a north star, so to speak.

Step 1



In your journal I want you to take time to list some goals and dreams for your life. Not blocking the answers with any limiting beliefs at all. Come from a place of having all the resources you need, an open mind and an open heart. What is it that you truly desire? What does that life look like?



Lifeforce

Lesson 3 How to become a creator

Step 2



Now we aren't going to look too far ahead because, as you know, plans can change! When we look at our dreams we must break them down into goals. Steps along the way to achieving our dreams. For example, my dream is to be the fastest woman in the world to climb all fourteen 8000m mountains without oxygen. When I think of what it takes to complete this dream, it is overwhelming. Not just the climbing, but the funding for this project is an immense task. I break the dream down into goals. Each mountain along the way is a goal, meetings with potential project partners is a goal, building systems behind my business, so creating income while I climb is a goal. Physically, training my body to do the climbs is a goal! Yes, I have a lot of goals, let's be honest, so I must have a plan. I also must be able to adapt the plan because it is constantly changing. That is where my mindset comes in and my daily mindset practices help me. Because it is important for me to stay focussed on continuing to take steps forward and not get overwhelmed.



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Lesson 3

How to become a creator

You are going to think about the next month and make a general plan of what you can do to start stepping in the direction of your dreams by creating some goals. This will give you a master plan to work towards, creating a direction, a path. Start by choosing one main goal to work towards, the most important one to you. For example, when I am training for my next mountain, my goal would be to follow my training schedule for the next month. This requires consistency and dedication. It requires me to stick to the plan which my coach has given me. This goal also gives me the motivation to do my training, which is helping me to achieve my dream. You can have more than one goal for the next month. However, I don't recommend choosing too many. Two to three at the most, as you can repeat this process as you achieve your goals or if you feel you have capacity in your life to add more. Write your goal or goals for the next month in your journal.

Step 3





Lifeforce

Lesson 3 How to become a creator

Now that you have a goal or goals, we want to start to think about our next steps. What can you do tomorrow? That is your first step in the direction of your goal. What about the next day? Are there tasks that will help you achieve your goal? For example, if my goal is to dedicate more time to my fitness, but I don't have a training plan, my next step might be getting advice from a trainer. If my goal was to grow my business, my next step might be to take a course or start networking or growing my audience on social media. If my goal was to have more time for my family, my next step might be scheduling a structured routine. We are going to look ahead to just the next four weeks and plan for each week. Some tasks that you can do to help achieve your goal. For each goal you have, write a plan for each week. The first steps you can take now and tasks for the weeks ahead. You can revise this plan if you need to, as we must be able to adapt to unforeseen events. But if we don't have a plan, we don't have a path to follow. A path that is heading in the direction of our dreams.

Step 4





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Lesson 3 How to become a creator

One thing that we know from research is that creating a habit will change our life. One small habit each day over time will create big change. We want to make sure that our habits align with our goals, because often our unconscious habits hold us back. For example, you want more time with your family, but you spend two hours a day watching the television. These habits can be hard to break, but they are a crucial key to achieving our goals. I have a few habits that I do every day to help me clear my mind and remain focused on my tasks. Every morning, I wake up and start the day with meditation. Sometimes I meditate for 5 minutes and other times for 30 minutes. I ask myself during my meditation, do I have any advice for myself today? I see what thoughts come to my mind. I have the best advice! Then I set my intentions for the day. Things like, I intend to have a joyous day. I intend to do my best today. I intend to uplift all those around me today. I intend to have a magical day. At night before I go to sleep, I meditate again and this time I go through my day in my mind. I think about all the things that happened in my day that I am grateful for. As many things as I can think of, the more, the better. When I am on the mountain, I journal in the Base Camp and when I am off the mountain, I journal a lot more often. Planning my next steps, asking myself for advice, how I am feeling, completing journaling tasks like the ones on this course! Journaling helps me keep to my path and stay focused.

Now some questions to answer in your journal. Firstly, is there a habit that you can break to help you achieve your goals?

Secondly, is there a habit that you can do every day that is going to keep you focused on continuing taking steps towards your goals?

There is great power in small steps each day. As they say, Rome wasn't built in a day, but it was built! Consistent daily habits and steps towards your goals are how dreams are built. When we are on the path that moves towards our dream, we feel our lifeforce inside us, we feel motivated to stay on the path.



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Lesson 4

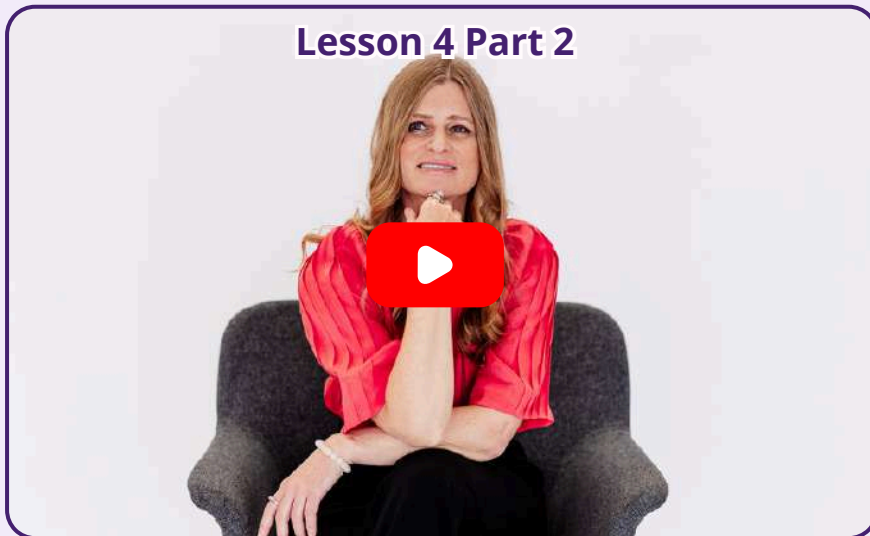
You were born to shine bright





Lifeforce

Lesson 4 You were born to shine bright



Every soul comes to this earth with a vision and a divine light inside them. Every soul has the wish to fulfill their soul's purpose. Along the journey to where you are today you have experienced highs as well as lows. Unfortunately, those lows are sometimes what stay with us in the form of traumas, and they create blocks.



Lifeforce

Lesson 4

You were born to shine bright

These blocks can affect the way we show up in our life, and they can lead to fears. But the good news is that these fears can be overcome and the fastest way to overcome them is through forgiveness. We can learn how to identify blocks in the form of stored trauma in our body and mind and start to release them. Those blocks can come from memories from before you were born, and you have carried them with you. You have carried them long enough! It is time to be free from the ones that no longer serve you. As more comes up during or after this course, you can come back to this lesson and repeat it. As you shift, these traumas and blocks sometimes more appear because they are ready to be healed. You will learn how to process and work through them.

I am going to be completely open with you now and share some of my personal trauma. When I was a teenager, I was a victim of sexual assault. This was one of my first encounters of sex, and it left me with deep trauma. It affected my life in so many ways and left me with huge issues of unworthiness. I always struggled to love myself, to believe in myself. I didn't understand what a loving relationship was, and I certainly didn't have one with myself. I was searching for love outside myself and I found myself in controlling relationships. I had such a low self-esteem when I was young that I wanted to commit suicide. I had similar thoughts when my marriage was breaking down. I bottled up the emotions from this sexual assault event inside me. I was scared to face my deep feelings of shame and guilt. I had always thought it was my fault and wished I had done things differently at the time.

After my divorce, I decided once and for all I had to take my power back from that event. I had given my power away to the people that had hurt me so many years ago. I did not want to be plagued by my past anymore, and I didn't want to be ashamed of it. I understood that it was not my fault. I understood that I did the best I could at the time with what I knew.



Lifeforce

Lesson 4

You were born to shine bright

With the beliefs that had been passed on to me from my parents, from school and society. When I learned how many women suffer in silence from sexual trauma, I didn't feel so alone. I started to talk more about it with my friends and many of them shared their own experiences with me. I got to the point I was brave enough to share on social media that I had been a victim, but now I am a survivor. In the hope to reach other women that also feel alone. It wasn't easy for me to do that, but at the same time it helped me to know my story could help others.

The biggest shift in my healing that changed my life and allowed me to step into a new version of myself, was forgiveness. I realised that to take my power back I had to talk to the souls of those that had hurt me. This may come as a surprise to you, but through that process, I have forgiven them. What I have come to understand is that we all just do the best we can with what we have got. We have each been raised with certain beliefs that have been passed on from our parents. We inherited their deep trauma too, the trauma they have been too afraid to face, their parents were too afraid to face. Guilt, shame, unworthiness have been passed down through the generations. Until we are brave enough to face it and bring it into the light. To finally acknowledge it and take responsibility within us to do something about it, to heal it in ourselves. That is what brings us back to love, that is what brings us back to truly finding love for ourselves. We have always done the best we could with what we had. With our beliefs, our knowledge at the time and our life experience.

As I went through these forgiveness processes with my life coach who held the safe space for me, I understood that I had stored a lot of emotional trauma in my body.



Lifeforce

Lesson 4

You were born to shine bright

Specifically in one body part, my vagina. I learnt a process to talk to that body part, to listen to what it had to say. A process of forgiveness. This may seem strange, however it was a huge release for me. In fact, it changed my life. I still use this process with other body parts that are hurt, or I feel there could be blocks in. For example, I recently talked to my cervix who had also stored trauma. I have not given birth, but many women who have been through a difficult childbirth have stored trauma in their cervix, womb and vagina from the experience.

In these two tasks we are going to go deep, so you will want somewhere quiet where you are not distracted to go through them. Like any task on this course, the more you feel into it, the more open and honest with yourself you can be, the more you will be able to shine light on the parts of you that have been waiting in the dark to be heard. The more you are able to shine light on the darkest parts of yourself, the lighter you become. As we become lighter, we begin to feel more and more lifeforce within us.

Task 1





Lifeforce

Lesson 4

You were born to shine bright

I had one major event in my life that was the main reason I had so many unworthiness issues. When I acknowledged that the event was holding so much power over me, I was able to begin to take my power back. My power, my beliefs and my mindset I didn't feel were in my control, but they are. It's time to take your power back, you don't have to be the victim any longer, and we do this through forgiveness. Forgiving ourselves and forgiving the people in those events that we have given our power away to.

Before you start to write in your journal, I want you to answer this question with closed eyes in your mind. I want you to think back, as far back as you can and remember an event in your life that has stayed with you until today. An event that has shaped the way you think and feel about yourself. It has left you with negative feelings, perhaps of anger or guilt or shame and unworthiness. You are going to close your eyes and relax, remember you are safe now, you are safe in your body and take a few deep breaths. What event comes to your mind? Take your time, be easy, gentle and loving with yourself.

Write this event down. You don't have to go into the details. Write down all the people that were involved in this event. If you don't know or remember their names, it is OK to simply describe them. Now we are going to go through a process with each person. We are speaking to this person's soul, their spirit, not to who they are today, but to who they were when the event occurred. You are simply going to have a conversation with them, tell them how you feel. You can do this in your mind, in your journal or out loud.



Lifeforce

Lesson 4 You were born to shine bright

Step 1



First, you are going to speak to the person. You are going to share with them how the event affected your life. You can say whatever you want and need to say to them now. Feelings may emerge as you do this. Anger, sadness, betrayal, guilt. It's OK, they are simply feelings, and they are welcome now. It's OK to let them out, let them flow like a river, allow them to leave you however they want to. Now is your time to say what you have always wanted to say to this person. Remember this process is not for them. It's for you, it's for you to let go of the feelings associated with this event and this person. Because it's how we feel about this event that is negatively affecting us.



Lifeforce

Lesson 4 You were born to shine bright

Step 2



Next, you are going to allow them to speak with you, invite them to speak with you now and allow them to share their story. Whatever comes to you, write it down. Speak it out loud or allow them to speak in your mind. Allow them to say whatever it is that comes to your mind about the event, about how old they were, about how they behaved at the time. Allow them to express what they want to tell you that they haven't been able to tell you. Without judgement at all, anything at all that comes to your mind about that person from the time of the event. They perhaps may say they are sorry because they didn't know how much they would affect your life.



Lifeforce

Lesson 4 You were born to shine bright

Step 3



Simply sit with what has come up. How do you feel about what they said? Did they purposely want to affect your life in such a way? Did they know they would have affected your life in such a way at the time? If they had known the consequences of their behaviours and actions, do you think they would have behaved in this way? Again, I am not talking about the person, I am talking about their spirit, their soul. They may have passed away, or they may still be present in your life. That is OK. We aren't doing this for them, we are doing this for us, to let go of the burden that is weighing us down.



Lifeforce

Lesson 4 You were born to shine bright

Step 4



Now we can begin the process of forgiveness. This person is part of your story, and it is time to turn that story into an empowering one. Not one that drags you down anymore, simply a story in your life's journey that you have overcome to be the woman you are today.

To release the emotions you are holding within you that are stopping you moving forward, you are going to attempt to forgive them. What you say in your words is personal to you. These are the words that I have come to understand are relevant to all the people I have forgiven in my past.

"I don't condone your behaviour, nor do I believe that I in any way deserved to be treated the way you treated me. However, I do know that you behaved and acted in a way that came from your beliefs and knowledge at the time. You did the best with what you had, with the trauma that had been passed on to you. You did the best you could with what you knew at the time. Every soul deserves forgiveness. I forgive you now."



Lifeforce

Lesson 4 You were born to shine bright

As spirits, we are all connected, we all come from spirit, and we will go back to spirit. As you forgive others, you are also forgiving yourself.

Step 5



Repeat the process above with any other people involved in the event.

Step 6





Lifeforce

Lesson 4

You were born to shine bright

It is time to talk to the younger version of you that has been wanting to speak to you about this event and go through the same process with them. When I went through this process myself I did it out loud which was very powerful. I had a full conversation with her and listened to her. She was so grateful to finally be acknowledged and heard. I had tears streaming down face as I forgave her for being so naïve at the time and not going to the police. I understood that she only did the best she could at the time because she was so scared.

This process is not the same as the process we go through with those that have hurt or betrayed us. It is a conversation where you talk to her and tell her what you have always wanted to tell her. You listen to her as she also wants to share her story with you. You are going to forgive her for holding you back in life, and you are going to ask her to forgive you too. For ignoring her for so long, for not listening to her story, for not allowing yourself to feel her feelings. Tell your younger you who you are today and who you have become despite this event in your life.

Then we do an extra step. We thank our younger version of ourselves for doing the best she could at the time. We allow our younger self to thank us too, for listening to her and acknowledging her. Finally, we end this conversation with a mutual "I love you". Because she is you, she will forever be a part of you.

"I am sorry, please forgive me, thank you, I love you."



Lifeforce

Lesson 4 You were born to shine bright

Task 2



Healing body parts.

I had stored trauma in my vagina from my sexual assault which I didn't even know about until I went through this process with my life coach. I believe stored trauma is one of the main causes of illness in our bodies. The trauma can come from our body holding onto negative emotions. We do a similar process as task 1 to help heal our body parts so any stored trauma can be released. Intuitively, you will know which body part to talk to. Every woman on the planet has some stored trauma in her vulva, vagina, cervix or womb. Not only from childbirth, but from every time she has had sex and not really wanted it. From shame around sex and our partners or even shame around what our vulva may look like. Whatever body part you choose is perfect for you now.

Again, you can do this in your mind, in your journal or out loud. You simply open a conversation and ask it how it is feeling? What does it have to tell you? Does it have a story it wants to share with you? Tell it you are grateful it has shared how it feels, and thank it for all that it has done for you.



Lifeforce

Lesson 4

You were born to shine bright

We are talking to energy here, so you can even talk to a body part that is no longer here. For example, if you had a hysterectomy, or you have lost a limb. It still works!

Again, you are going to have a conversation around forgiveness, for holding onto the emotions and the story in that body part for so long. For not listening to it and acknowledging it. Thanking it for sharing its messages with you today, forgiving it for affecting your life negatively and apologising for not acknowledging it until now. Finally, tell each other you love each other because it is part of you.

Forgiveness, gratitude and love. Those are the fundamentals of this healing process. The more we can do this ourselves, the more we allow others to shift their burdens too. We start to hold more light in ourselves because we have shined light on the darkest places within us. The more we do this, the more we realise that growth comes from "discomfort". When we face our fears, they dissolve into the light. It becomes easier and easier to let go of the past that holds us back from feeling our lifeforce within us.



Lifeforce

Lesson 5 Reframe the game





Lifeforce

Lesson 5 Reframe the game



Congratulations on going deep and playing full out in completing the tasks in the last lesson. I know it wasn't easy; I am celebrating you, I am proud of you. Many people spend their entire life walking their path carrying their burdens on their backs. We now know how hard it is to shift them, so we must have compassion for others and their own healing journeys too. This lesson is not as heavy as the last one. In lesson 4 you summited your mental mountain, and now you are returning safely to Base Camp.

In lesson 3 you planned the steps to take to be the next higher version of yourself. The steps that lead to achieving goals, that lead to achieving your dreams. You are now going to reframe the situations in your life that are currently holding you back. You are going to look at your life right now in the present and ask yourself what do I want to shift and change? What am I willing to let go of, as it is not aligned to the next higher version of me. You are going to go through this process with a light heart and a deep love for yourself and your own journey. In fact, through this process, you are going to allow yourself to feel more self-love. It is not a time to be hard on yourself, rather you are going to reflect and be kind and caring about what is no longer serving you. You will then learn the next steps to take to reframe your current situation and limitations through a different perspective.



Lifeforce

Lesson 5 Reframe the game

Task 1



Where are you at right now in your life? Don't be hard on yourself when you answer this question because it's not about where you think should be right now. You don't want to bring the past into this question at all. You are simply taking stock of where you are at. For example, I have two children living at home with me. I am a single mother who works four days a week. I care for my children outside of school times. I earn \$X a month, I save \$X a month. Currently, I am saving to take my children on a holiday. I rent my home, and it is an apartment. I own a small car. I think you understand what I mean, you are simply stating facts.



Lifeforce

Lesson 5 Reframe the game

Task 2



Out of all the things you have listed in task 1, what are some things you would like to see change? Again, keep an open heart and come from a place of love. For example, perhaps you would like to meet someone and fall in love. Perhaps you would like to work one day less a week but earn the same amount of money. Perhaps you would like to rent a bigger home or buy a home. Some of these things may also be your dreams, some of them may be your goals. Remember that achieving a goal leads to achieving a dream.

Task 3





Lifeforce

Lesson 5 Reframe the game

I want you to write a list of all the things in your life that you are grateful for right now, right where you are at. As many things as you can. For example, I am grateful to live with people that love me, I am grateful to have a car, I am grateful I can have a hot shower at the end of the day, I am grateful for the food I eat, I am grateful I am able to provide food for others. I am grateful for my friends. List at least thirty things you are currently grateful for in your life right now.

I have spent a lot of time in Nepal, which is a completely different world to Australia. That has taught me to be grateful for so many more things in my life when I am in Australia. For example, being able to drink the water that comes out of the tap. Having well maintained sealed roads! The roads in Kathmandu are either dirt and dust or so full of potholes it's not possible to drive more than 40km an hour. I appreciate the clean air we have here in Australia, and the amount of space we have here in our cities. The list is quite extensive!

Task 4





Lifeforce

Lesson 5 Reframe the game



Coming from a place of gratitude for what you already have, what are the main things on your “where I am at” list that you want to see change first? You might want to work less. You might like to simply have more space in your apartment. You might like to have a bigger car. Write all these things down now.

OK, here’s the surprise question! What out of all those things do you really need? Perhaps this is the most important question of all. This question shifts our perspective from looking at our world from the perspective of lack, like we are missing something, to a perspective of gratitude in the present moment. When we look at the world around us with gratitude for where we are right here, right now, we can start to create from a place of love, not lack. The fact is, you are here right now, you are alive, and your life itself is the greatest gift. When we look at what we are grateful for in our life, more things show up in our life to be grateful for.



Lifeforce

Lesson 6

We are beings that can change





Lifeforce

Lesson 6

We are beings that can change



By now on this beautiful journey together, I hope that you know that change is possible and doable. In fact, you have been changing and growing your whole life to be who you are today! Not only changing your physical body since you were a baby, but the physical world around you. As you have grown older, you have also changed your inner world, your beliefs and your perspectives. It is well within your control to change these things to what you desire, what serves you. Rather than wait for the world to force you to change as it changes around you. You are the creator of your own destiny.

Whether you want to take a giant leap or a small step, any change you want to take is perfect for you. During this lesson you are going to learn what can help you during these times of change when you may have feelings of insecurity, overwhelm or self-doubt. It is OK, you are only human and even what may feel like the smallest changes will add up to a big change over time.

The bigger the leap of faith, the harder it is to learn the lessons that come from that amount of change in our life. Which can make it more overwhelming for us.



Lifeforce

Lesson 6

We are beings that can change

I am not saying that it is impossible, of course, as sometimes an all-in approach is exactly what your soul may want. I have taken an all-in approach many times in my life, including selling my home to start my mountaineering project, which is my dream. If I had a family and children to look after, that approach would not have worked for me. How you choose to change on your journey is perfect for you. One small step at a time, in leaps and bounds or a giant leap. Everything is perfect! One small step can lead to a bound and then a giant leap, or you can mix them up. I have gone from a giant leap to back to small steps again as my goals have been achieved. For example, in creating this course I have been achieving this goal one step at a time. Writing the course, filming the course, setting up the platform to host the course, marketing the course etc.

It is important to know that you can change. You have done it before and will continue to do it throughout your life, whether you like it or not. So, you may as well consciously head in the direction of your choosing. You can continue to adapt your plans along the way as your goals and dreams change. It is possible to always follow the path of your dreams. You are going to develop skills that help show you how far you have come on your journey, including through this course.

Go easy on yourself, sometimes you might fall off the path, doubts can creep in, or life gets in the way. When this happens, it's always best to have a plan. There is no point beating yourself up about it, you are only human, and your best is good enough. The key here is to make sure you get back on your path and start to feel your lifeforce spark again as fast as you can.



Lifeforce

Lesson 6

We are beings that can change

Task 1



I want you to journal all the things that would make up a self-care routine for you. Some of these you may choose to make part of your daily or weekly routine because you know they help you keep on track. What's not self-care is returning to bad habits that you were trying to change. For example, if you had the goal of not drinking alcohol for a year, and you have a glass of wine. Self-care for falling off the path is not drinking the entire bottle. If your goal was to get strong and healthy in your body, and you strayed from your plan for a week, self-care is not sitting on the couch and overeating. Self-care are practices that bring you back to yourself. That you do to feel love and compassion for yourself when you slip off the path so you can quickly get back on it. Self-care is important for those times that you feel overwhelmed or anxious. For me, those times come before a big change, before I step up a level in my capacity for what I can hold.

Before I become the next higher version of myself, my next higher, more capable identity. I start to feel some fears or limiting beliefs coming to the surface after I have had a big stretch of wins in my life.



Lifeforce

Lesson 6

We are beings that can change

After a high there can often be a low. You don't go as low as perhaps you did the last time you had one, but it still feels low. You have learned how to deal with the lows, you have tools! You may have to shift some beliefs again, as some have surfaced, because you are ready to face them. This is a continual process when you are on the path to achieving your dreams. When this happens, you use your toolkit and self-care is one of the tools. Things like taking a few days to go easy on yourself and schedule time to journal. Running a bath and listening to relaxing music, cooking a healthy meal and taking the time to enjoy it. Going for a walk in nature, a swim, a sauna, reading a book, getting a facial, sleeping in. These are all examples of doing things that can bring joy to us. That helps us reignite our inner spark again.

In your journal make a list of all the things you like to do for self-care. Are there any that you would like to do more regularly? For example, I have made one of my self-care practices a habit. When I get out of bed every day, I have a skin care routine for my face. I enjoy it as it makes my skin glow! Most of my life I didn't look after my skin, but I now realise the importance of skin care. Care for any part of our body or mind is self-care.

Task 2





Lifeforce

Lesson 6

We are beings that can change

The quickest way to change our perspective and our mindset is through gratitude practice. This particular practice helps to shift us from looking at the gaps in our life, what's not there, to looking at the gains in our life, what is there.

This is my go-to practice if I want to bring myself into the present moment. Simply write down all the things you are grateful for right now while looking back at how far you have come. Look at what has changed in your life over time, including your mindset. For example, you might be grateful that you can feel more love for yourself now than you could a month ago. You might be grateful that you have changed your mindset around your work or around food or around money. You might be grateful that you achieved some goals that you set for yourself. The more things you are grateful for, the easier it will be to shift your mindset to looking for gains in your everyday life. Seeing what you have gained in your life over time is a reminder of what you have achieved. You will start to notice more and more gains as you shift your perspective from looking at the gaps to looking at the gains in your life. In fact, your whole world will start to change around you, and people will even begin to treat you differently.

Task 3





Lifeforce

Lesson 6

We are beings that can change

One of the most important practices to maintain your lifeforce is celebrating your wins and achievements. Not only when you achieve your big goals or dreams, but small wins along the way. Celebrating the small wins keeps your inner light burning bright and helps you remember how far you have come on your journey. Some small wins towards your goals are big wins when it comes to mindset. For example, if for an entire day you manage to go without too many negative thoughts and beliefs running through your mind, that is a big win! If we can stay in a state of joy and be present with gratitude all day, that is a massive win. These mindset wins are often harder than completing practical steps towards a goal. Even keeping on track with your plan for a week is a milestone.

It really helps to have a friend, a family member or community that you can share your wins with. The more people you can celebrate with, the more you want to keep up your good work! That is one of the reasons why I have created our Facebook group, so you can celebrate your wins and achievements with the group. But don't forget to celebrate with yourself! Perhaps with some self-care love. Self-care practices are not only for when you fall off the path, but they are also for when you stick to the path. Call your friend and share your wins with them too and ask what wins they have had lately. Share the love and positive energy! If it is a big win, have a big celebration! A party, a dinner with friends and family. Go to a show, go dancing! Whatever you like to do to celebrate, make time for it. The more wins we celebrate, the more lifeforce we feel. It becomes addictive, it starts to become an obsession. I am literally obsessed with transforming myself into the highest version of myself. When I celebrate how far I have come, it fuels my fire to keep going. It also reaffirms that I can keep going. Because if you can achieve one goal, you can achieve more. Goals add up to dreams and in time we will stop and celebrate that we are living our dream. What had only been a dream has become our reality, our new normal.



Lifeforce

Lesson 7

Shine your light into the world





Lifeforce

Lesson 7

Shine your light into the world





Lifeforce

Lesson 7

Shine your light into the world

You are a beautiful spirit, and I am so proud of you for coming on this journey with me. It is your time to shine, to continue moving forward on your path towards your dreams. I want to share some stories and words of encouragement from my own journey to help you on your way. To remind you to be brave and to share your light with others. I also want to help you protect your light, your inner lifeforce, so that you can continue showing others the way.

When I decided to prioritise my mental health after my midlife crisis, I had to prioritise myself. I was giving a lot of energy to others at the time, and I needed that energy for myself. When you are focussed on others' needs and wants over your own needs and wants, you burn out. Focussing on other people's needs instead of your own is also a technique to avoid doing the inner work. When you do the inner work, it helps everyone around you. As you free yourself from your limiting beliefs, it allows all those around you to as well. It gives permission for everyone to heal themselves. You behave differently when challenges arise, you become more stable in your emotions. You stop overacting, which is a gift called emotional mastery. This in turn positively affects those closest to you. People start to treat you differently because you have more love and respect for yourself. You have boundaries, you know when you need to take time for self-care, and you do it. You have the tools in your toolkit to get back on track when you need them. You have daily habits that also keep you focused on your goals and dreams.

Once I began to take full responsibility for myself, including my mindset, behaviours and emotions, I noticed the people I was closest to started to do the same. I noticed that they started to treat me differently. They started to respect my goals and dreams and support them. This was an absolute gift and joy to me.



Lifeforce

Lesson 7

Shine your light into the world

For some reason, I thought I would lose my dearest friends because I was prioritising my goals, and they may not see me as often. But a true friend wants nothing more than to see you shine. My true friends are by my side, supporting me all the way, and I can support them too. I can share my wins with them, and they are able to share their wins with me. I can open up and share my journey more and more as I have become brave. The more I learn to love myself and follow my dreams, the more courage I feel inside me. It is my purpose and mission to help others achieve their dreams too, by sharing my story. I now feel an enormous sense of purpose and a drive to get out of bed each day. To be the best version of myself that I can be, because I owe it to myself and the world to be a shining light.

This is not to say I don't fall off the path anymore, because I do. But I have the tools to get back on it again quickly. I have the tools to change and adapt my plan and know that it is OK to change my plan. We are beings that can change and adapt. We have been doing it for thousands of years. We can be resilient, we can pick ourselves up and keep stepping forward to follow our hearts and dreams. I have learned from my mountaineering journey that the more joy and love I feel in my heart, the more I enjoy the climb. When I think back to feeling joy in my heart as a child, I have the same feeling now when I am doing what I love. We are never too old to follow our joy, follow our heart and follow our dream. I felt as though my life began again at 47 years old. The truth is we can begin again at any time or age in our life. We always have the resources within us to plan for our next steps to change our life. We also have the answers within us when an obstacle comes our way.



Lifeforce

Lesson 7

Shine your light into the world

Final task



In your journal I want you to celebrate the wins you have achieved along the path of completing this course.

- What is your most important take away from this course that will help you on your journey?
- What are some things you are proud of achieving since starting this course?
- What are your favourite affirmations for yourself?

If you feel the call, please share this with me and others in the Telegram Group. As one of us rises, we rise together! That beautiful woman is the power of our lifeforce.

Feedback

I would be honored if you would share your feedback with me about the course. Please send it to allie@alliepepper.com