

## Finding Your Way Home Again:

### The Grounded Practitioner in Uncertain Times

*Highlights from Teach and Learn – August 26<sup>th</sup>, 2020 – Janelle JohnsonGrove, MSED, FNTPT*

This is a unique time for the work of a Nutritional Therapy Practitioner. We are called to show up in a way for ourselves and our clients like never before.

The world is needing up to show up in a very grounded way. One in which we step into our power and are not swayed to and fro by all the fears and changes around us.

Stepping into your authentic power to build your groundedness is cultivated through the wealth of trust in yourself that guides your discernment in any given moment.

The thing is, most of us have forgotten how to trust in ourselves deeply. For some, the muscle of access to our deep knowing and wisdom has softened.

The path to developing trust in ourselves again so that we are deeply grounded in our work is through the cultivating listening to our own soul over listening to our ego.

We need to heighten our attention to the voice of our soul – so we can begin to distinguish the 2 voices – that of ego (which is fear based many times and has a very limited perspective) and that of soul (which can tap into infinite possibilities and how to see and communicate with the world).

Cultivating this attention to soul is through a practice of soul-guidance each day. This is a method my own mentor taught me and I utilize every day.

One place ego and soul can show up in our work is through the Creator vs. Victim mode with problems and challenges.

Ego engages challenges from a Victim perspective. This fuels the energy of the problem rather than shifting the problem.

The soul engages a challenge from a Creator perspective. Soul puts energy into the creation of the vision it wants to bring forth and this shifts the energy to alter, and many times resolves, the original challenge.



Think about this in relation to current work situations. What do you want to do or create in your work? What are thoughts connected to this process? Are they Victim-oriented thoughts (“It’s too hard”, “I don’t know enough”, “I don’t have the money to make it happen”, “Nobody would want to work with me right now”)?

Or, are your thoughts Creation-oriented thoughts (“I want to do this and what is my next step to figuring this out”, “I can’t wait to see this come together”, “I know so many people will be impacted by this”)?

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Next steps if you want to work with me:

My next Wealthy Practitioner Mastermind is starting this fall. My small group gets much more deeply into the coaching and work of trusting yourself, the skills to communicate who you are to the world, developing finances from creation and soul-guidance rather than fear and problem-solving. You work with me live and in a supportive community. I offer private one-on-one coaching as part of that group work. I wanted to extend a special offer to any in this group that are interested. You will receive an additional 30 minute 1:1 coaching session if you sign up for a discernment call and end up registering for the program if you mention you attended this call.

Email me at [jjg@sagefirewellness.com](mailto:jjg@sagefirewellness.com)

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Parting words from teachings my mentor shared with me:

*Your clients care far less about all the “information” you know and all the books you’ve read, than they do about whether you’ve got your internal game strong, you can hold your energy powerfully and can hold a space for them like a master.*

*They care far less about what particular modality you teach and more about whether you embody what you speak and can help them embody their own truth so they can be free.*

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*Instead of becoming an information gatherer and taking course after course so you sound knowledgeable, do the inner work of leadership (what I call the Wealthy Practitioner work) and show up AS your message.*

*Show up as an inspirational model for your ideal client. Show up as a beacon for master level space holding, mirroring and seeing. Show up as a powerful leader here to serve, not dominate. Show up as the master who knows to point someone back to themselves.*

*You need to be a living example and a model of the results they want to achieve.*

### *The NTA Vision:*

**We empower a passionate community of life-changing nutrition professionals to create a ripple effect that transforms lives and shifts the outlook of health to one of hope, today and for generations to come.**