

Finding Your Way Back to Yourself: The Grounded Practitioner

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SAGEFIRE
wellness

Danielle LaPorte in her work Fire Starter Sessions states:

“We want to notice fear and meet it directly while it’s still an emotion, not a behavior. We want to confront or comfort, diffuse and transform it before it seeps into our actions and starts running the show....You’re scared. Start there. Look it in the eye. If you deny it, it’s going to keep grabbing at your pant leg, gnawing on your peace of mind, begging to be paid attention to – managing you” (p 127).

Michael Singer in his book *The Untethered Soul* develops this idea:

“Life creates situations that push you to your edges, all with the effect of removing what is blocked inside you. That which is blocked and buried within you forms the root of fear. Fear is caused by blockages in the flow of your energy. When your energy is blocked, it can’t come up and feed your heart. Therefore, your heart becomes weak. When your heart is weak it becomes susceptible to lower vibrations, and one of the lowest of all vibrations is fear” (p 73).

Soul-governed vs. Ego governed

Being soul-governed leads to a deep trust in yourself that guides your discernment in any given moment.

Ego:

- good at figuring out the details
- likes plans, structures, strategies
- thrives on predictability
- goal is safety
- limited perspective on possibilities
- voice is complicated and convoluted ("yes, but...", thinking of all the possibilities, pros and cons, goes on and on)

Soul:

- highest self resides here
- access to deeper wisdom
- voice of intuition
- tapped into greatest calling and guidance for growth
- voice is simple and clear ("yes", "no", "this way", "this much")

Engaging a Challenge From Creator Mode (Soul) vs. Victim Mode (Ego)

Victim Mode:

- sees challenges as something happening "to me"
- high levels of concentration on the problem in a troubled or heavy-feeling state – this perpetuates problem
- creates narrative: "can't be done", "no way out of this", "too tired because the problem is too big"
- waits for "signs" to do something
- ultimate message is that the challenge/problem has power over you.

Creator Mode:

- shifts out of the energy of the problem itself
- rooted in belief that "I am the creator of my reality"
- shifts attention to vision –
"what is it that I DO want to create" and puts energy here.

Being a grounded practitioner means living from the wisdom of your soul and putting energy into the vision of what you want to create.
This shifts you out of fear mindset (ego) and reactivity.

This is what being grounded in the wealth of trust in yourself and work looks like.

The Wealthy PRACTITIONER

MASTERMIND



- Next group starting this fall.
- Additional 1:1 coaching call if you sign up and mention that you heard this presentation
- Email me to apply:
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Questions?