

Client Magnet

A lighthouse stands on a small, rocky island in the middle of a dark blue sea. The lighthouse is illuminated from within, casting a warm glow. A powerful beam of light emanates from the top of the lighthouse, shining horizontally across the sky. The sky is a deep, dark blue, filled with numerous stars and a soft, ethereal glow. The water reflects the light from the lighthouse and the stars in the sky.

The Coaches' Guide to
Attract Ideal Clients through
Spiritual Awareness

Cheryl Stelte

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through Spiritual Awareness

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Dedication

To the coaches I have had the blessing of working with who opened themselves up to significant change in themselves and their work.

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Chapter 1: Longing for Change

I get it. You have been craving change. You long to be different and you want things to be different. You are looking for something better; something more. Over time, you have improved yourself. You're proficient in the field you trained for and you know you are meant to help people in your own specific way. Already, you have helped a lot of people, perhaps in more ways than you even realize. Your job performance is more than merely good. Your performance is excellent in many ways; it is probably, even amazing.

If you're reading this book, you have probably become the professional mentor or coach you were always meant to be. You have shared your amazing skills, talents, and gifts with many, but now you find that things are just not going the way you want them to go. Perhaps you have started your coaching program or business and it may have gotten off to a great start. You may have helped people achieve success in a particular area, but something is not right, or maybe a lot of things do not seem right.

You wouldn't be reading this book if you did not already know that the service you have to offer your clients is fantastic. You already know in your heart of hearts how amazing you are, you know what you do works, and you know that you help people get the results they want. But what inhibits you from getting your message out is self-doubt. You think, *Maybe I could charge less. Maybe there's another way. I will do it tomorrow, I'm confused. What I'm doing now is okay.* No! You are designed to head in the direction your inner knowing is trying to lead you to. There are a lot of people out there who desperately need you and *only* you.

I am certain you have tried multiple ways to get your message out there. You may find that internal resistance is keeping you from accomplishing your goals. You might have even sought out different programs or worked with different coaches. And yet, here you are, without the results you want and need. You have tried again and again, and yet, here you are, at a wall, not knowing what to do next.

I have been where you are time and time again. Every time you take a step forward, whatever has kept you from moving forward before will come up. You have reached a particularly high bar in your area of work and you can offer something different. You are likely a rare person in your industry. You have extraordinary skills or practices which you may wish to combine with

your academic training. These may be skills or practices you only use for yourself, like meditation, yoga, reiki, tarot cards, breath work, certain body movements, or anything that does not normally fit with your more traditional work. You have discovered other modalities or practices. Whatever has helped you to heal and grow will likely work for your clients. And often, we are too afraid to expose that part of ourselves. We may not feel like the expert in that area. For example, if you are a psychotherapist and you have moved into coaching, you might feel uncomfortable bringing meditation into your coaching practice. You are certain this would benefit serving you and your clients. If you are already doing this and you are feeling awkward about it, that insecure part of you needs healing and empowerment. If you feel awkward in any of your work, it becomes difficult to get a strong message out with joy and ease.

My biggest fear has been stepping into my own greatness, and I find this in others more and more. If you look deep inside, is there any fear that looks like this? It could also be that although your work is fantastic, and all that you bring to your clients is perfect for you and them, you still cannot get your message out. You have stepped into your greatness. Congratulations! That is a huge step. The next step is being seen for the real you; for all that you truly are, for your greatness. But becoming genuinely visible and being acknowledged can be a huge challenge. That is what much of this book is about.

I have noticed that almost all the coaches I have worked with have done at least a fair amount of personal work. Is that you? Have you done talk therapy or psychotherapy or something comparable? You have worked hard at trying to heal and grow, to change the things in you that do not work for you. You have likely achieved a great deal of success, yet there are still areas you would like to improve. You have likely tried meditation. You may meditate regularly. The things you have tried have already helped you to reach this place, this next level. You are ready for further advancement.

You know who you are. You know what you can do. And you know who your clients are, and yet, for whatever reason, you are not attracting the clients you know you can ably serve. You are also aware that if you do not get your message out and attract those clients, your service is not being utilized as it was meant to be. If any of this sounds like you, pat yourself on the back for drawing this book into your life.

Chapter 2: My Story

I've been in your shoes. Like you, I became very good at what I do. I taught meditation for years, received certification in five various types of healing and practiced on many people. I trained and practiced as a coach and mentor, but I did it as a side job for years. I finally decided it was time to step into all that I was born to be, quit my day job and become the spiritual teacher, healer, and coach that I am. I've never looked back. It has not been an easy path and I have hit some walls, not able to move beyond a particular point in my progress. Eventually, I saw a pattern. Every time I stepped more fully into my greatness, whatever it was that kept me from doing it before would come up. My inner life became like a wave: rising up and crashing down, to rise up again and crash down again. The height and depth of the wave would vary tremendously but as I look back, I see that the entire twenty-six years of my spiritual path has been like that. It just got a little more intense and more in my face.

I remember when I started writing my first book. I set aside time to write each chapter. While I was writing one of the chapters, it became more and more evident to me that I thought someone I had looked up to was going to be angry about what I wrote. I kept trying to put the thought aside while I was writing so I could get the chapter done, but it kept coming back and fear started to grow inside me. I kept thinking, I'll just get this chapter done and then I will meditate on this. It went from bad to worse and I couldn't quite finish the chapter. Of course, I edited it and completed it later, but I was in such a state and while it really didn't make much sense to my mind, my heart was experiencing a great deal of pain. I decided to meditate on it right away, feeling into the fear and breathing into all of it until it moved through me. I was able to move through hidden beliefs in my subconscious that it wasn't OK to stand out as an expert. There was a fear that others would be upset with me if I looked better than them. It turned out that the person was upset with me for writing the book and my subconscious knew that would happen. It was one long meditation (probably two hours) and in the end, I moved into a deep feeling of confidence that I must do this work in the world, and doing this work involved writing my book regardless of how anyone else felt about it. I felt so empowered and immediately dove into writing the next chapter. The worry about what other people might think never surfaced again, and I wrote the rest of the book with so much exhilaration.

What would come up were the wounds I thought I had healed. They came up in a new form, a different layer and they would sometimes come up screaming. You see, I had never done any social media marketing or much in the way of marketing at all. I had a successful interior design business for a decade and got all my clients through word of mouth. I paid for an ad once in the yellow pages (back in the day) and didn't get one client. I paid someone to create a webpage for me but knew nothing of SEO. Never got one client from that. Every client was word of mouth.

Once I decided to pursue the spiritual career I wanted to, I realized life was too short now for the word-of-mouth method. I had serious work to do and had to get my message out. My greatest desire was to help the people who needed my help. I wrote my first book with the help of Angela Lauria and her program, The Author Incubator, and then I had to get it out there. OMG! I had no idea it would be so hard. I had a fairly easy time getting my first group of clients together, but then things did not flow the way I had hoped. Yes, I did some social media marketing, but nobody seemed to come through those avenues. They were coming to me in all sorts of ways. I worked on healing the wounds that were preventing me from getting my message out there. I was able to face my blocks and release the stuck energy in my body through meditation. Then, things started to change. While I was doing posts, interviews, book giveaways, and videos on Facebook, I never actually got even one client from Facebook. But they were coming in other doors. It actually felt like they were falling out of the sky and landing in my lap. People would ask me where I was getting my clients and I would respond, I'm not really sure, but they are just falling out of the sky. I tried to look at what it was exactly, and I meditated on it. I started to understand what was happening energetically.

Eventually, I started practicing what I call "Spiritual Awareness" which is what helped me most of all to get over the hump of not having a steady stream of new clients. Things changed quickly for me and while I was certainly not targeting coaches, coaches started to come to me as clients. When they would tell me their stories, I knew I could help them and certainly did and it has been relatively easy and fairly quick. I see now that one of the reasons that coaches are pretty easy and fun to work with is because most of them have already done a fair bit of personal work. Some have done decades of personal work like psychotherapy or something similar. They are ripe and ready for a big change. It's like my work is the icing on the cake and they move through change quite quickly. I see it as them reaping the greatest benefits of all the work they did and are now taking it all to a whole new level. Seeing these coaches get their messages out there and

confidently serving people is beyond fulfilling. I just help these coaches move beyond what's getting in their way and reach their goals in getting the clients they want, and this makes them so much happier when they are living their lives and answering their heart's calling.

Chapter 3: What This Book Is About

This book is designed as a workbook and in some ways, a continuation of the work in my first book *Heal Your Neck Issues and Let Your Throat Chakra Shine*. Is it necessary to read that book first? Absolutely not! This book is more advanced and designed for people who have some experience meditating and, ideally, a fairly regular practice. It doesn't have to be in any specific type of meditation as you will learn a new style of meditation through which you will become your own energy worker.

My suggestion is to read through the whole book first, or at least scan it so you have a good idea of what it's about before beginning with the practices. Of course, if you are excited to jump right in, just have a look at the chapter descriptions and go for it.

The book is set up so you can follow the program and become the lead magnet you so want to become. Each chapter guides you through one step and then another. I suggest you follow along in order of sequence and then go back to any previous chapters to review and redo the material or meditations. Some of the chapters are worth reading again and again because as you continue to evolve, you will absorb the chapter at a new level. For example, the next chapter is about surrender. That is a topic I have been exploring and meditating on for many years and my understanding and experience keeps deepening.

You will begin with the basic meditation which all meditations build off of. The full rhythmic breath is the basic foundation. Once you have that mastered, you will understand the value and necessity of surrendering. You will be invited to surrender to exactly where you are, where you are going, and all this book is designed to provide for you.

This book is primarily about your healing and empowerment and how that will help you become a client magnet, which will enable you to do the work you came here to do. Healing, in my experience, is always uncomfortable and yet so worthwhile. In the healing, you will learn to become your own energy worker and clear the blocks that are holding you back from attracting and working with your ideal clients.

You will be working primarily with the chakras. Whether you know a lot or a little about the chakras, you will gain a deeper understanding of these energy centers and multiple methods of working with their energy to give you the results you want, and in the end, possibly even more than you may have imagined!

Once you have a great understanding of the chakras and all that you need to know, you will move into very healing meditations which will help you clear the blocks that are preventing you from moving forward in your business the way you want to. Along with that, you will learn about how to access spiritual support to help you with your healing and empowerment journey and will learn to work intensely with the chakras.

As part of your healing and empowerment journey, you will learn about the importance of balancing receptivity and expressivity and why developing receptivity is vital to your success. My hope is that your knowledge and experience of the Divine feminine will move to a new level so that you can better attract and receive all that you need in your business including clients.

Once your energetic receptivity is enhanced, you will move into even deeper healing. This book is designed to help you access the deepest core wounds within you and heal them to such an extent that you free yourself to move into empowerment and start to create the changes you have long desired.

This work we do together throughout this book is very much about reprogramming the subconscious. You will learn how to affect change, remove subconscious derogatory past beliefs, and get rid of stuck emotions hidden in the subconscious, and then turn them into empowering beliefs and emotions. This is not about mindset at all. This goes much deeper than mindset. By doing this work, you will begin to notice the most wonderful surprises when you think, speak, and act in ways you have wanted to but couldn't. It happens naturally.

Moving into empowerment, you will learn the value of taking a stand in life and for your work. You will learn to explore and embody all that you take a stand on and witness the results of this through your coaching business. Once you feel empowered here, you will learn how to spiritually align with your unique service so that you truly begin to attract the clients who are meant to work with you. This phase is the beginning of the spiritual levelling up. This is where you start to step into your greatness in ways you may not have dreamed of in the past.

Once the spiritual levelling up has begun, you will enter into empowerment through messaging. Through these practices, you will learn to *become* and *radiate* your message, therefore, becoming a powerful client magnet. And it gets better! You will step into a whole new beginning, a whole new way of being. You will learn to confidently move forward and do the work your soul came here to do.

Chapter 4: Spiritual Surrender

So, you have come to this place of doing all that you could to get your message out there the way you so desire and yet it hasn't happened in the ways you may have envisioned. You are not a failure and you have not failed. You had to go through all that so you could arrive here. You are here right now, reading this chapter because this is the next turning point for you. The fact is *you don't know* what's getting in your way or why you are not getting to where you want to be. *you don't know* why what has worked for you in the past isn't working for you now, nor why other people seem to be doing it so well and getting the results they want.

This not knowing is serving you. It is serving you in more ways than you can even imagine. You are at an in-between place in your journey, a pivotal point where the only way through is surrender – surrender to not knowing.

I remember the second to last personal meditation retreat I did for myself. I was a Canadian living in Colorado because I married an American. We were married for seven months before Covid hit and I received my status card right before it hit. Before that, I couldn't bring my personal belongings across. The world went into lockdown and my belongings, including my car, remained in storage. Months later, I decided I wanted to cross the border and get my car. My oldest brother Wayne was storing it for me in his garage. He had been kind enough to fly to Vancouver to get it and drive it there for me. It had been there for over a year. There was a fourteen-day quarantine required, which I was told I didn't need to follow by a customs officer on the American side. He told me I could just cross and get my car and drive it back. That's what I thought I would be doing, but things changed really fast. I researched the Covid stipulations and realized I could only get a flight to Calgary. Long of the short of it, I realized I had to lie to the customs officials once I landed and I don't lie. It stressed me out so much that I felt somewhat traumatized after leaving the airport with the rental car I was going to drive to Edmonton the following day. I got to my hotel and meditated and knew I needed to stay and quarantine. I did not want to get caught. My car still had to be registered and insured. Wayne helped extensively through all of that and after two weeks, drove the car to me near Calgary so I could leave from there.

Once there and more relaxed, I was wondering what I would do with my time. I couldn't go anywhere. Yes, I had client appointments online and work to do, but I was stuck in a small town

on the outskirts of Calgary under strict quarantine. I immediately moved to a room with a kitchen. Thank goodness it was a new hotel and was quite beautiful.

Before leaving, my intuition had repeatedly been telling me to go on retreat. I kept thinking, *I can't, I have clients to see, I have work to do*. Once I was in that hotel room, it became increasingly obvious that this was the Universe helping me do the meditation retreat I needed to do. I rescheduled clients and carved out five days for a meditation retreat. Now, I have done many personal meditation retreats by myself, guided by a retreat guide and vision quests out in nature. I had no reason to be nervous or afraid. As a matter of fact, I am usually excited to begin a retreat. This time was so different. For the first time beginning a retreat, I was afraid and avoided meditating for the first couple of hours. I couldn't believe myself. It's not like I didn't try. But, as soon as I would sit down, I would feel so antsy that I would get up again or hop on my phone. This was unbelievable behavior for me.

Finally, I sat on the bed with a few pillows supporting my back and head. I just prayed to God for help and started to cry. The memory brings tears to my eyes as I write this. I was afraid of levelling up. I was afraid of this pivotal time: a time to step into my greatness in a new way. I didn't know who or what I was becoming. I was afraid of the unknown. Now I am laughing because I realize I had felt this before and have felt it since and will likely feel it again and again. My biggest fear in life has been stepping into my greatness. I've discovered it is not a one-shot thing but happens in multiple steps.

I sat there and just cried, feeling into all the feelings I was feeling. I surrendered to all I was feeling and all that was transpiring within and without. I allowed all the emotions I had been avoiding to just flow through me. Once that was finished, I surrendered to the not knowing who I was becoming. I allowed myself to sink as deeply as I could into the not knowing. It was like I went through some sort of portal within me as I sunk so deeply and moved into allowing myself to be held by God, by the Universe exactly where I was in that moment, in that time in my life. I surrendered to being held and I continued that practice, relaxed in the full breath for quite some time. I remember that feeling of being held so lovingly, unconditionally – I was perfect exactly as I was, and the tears flowed. The tears eventually turned into deep gratitude and then joy. I felt safe in the not knowing. I trusted this place I was at and knew I had to go through it. I had faith in this process, in this retreat I had just begun. I surrendered fully and moved fully into the grace of not knowing but trusting.

Is this where you are? Are you in a place where you know something needs to change but you don't know what? Is it time for you to surrender to where you are at right now? Is it time to surrender to not knowing, to allowing the not knowing to move through you? Is it time to surrender to trusting God, the Universe, the Divine to help you move to the next level of your being?

It was in that hotel room, on that bed with those pillows that I developed what I call "Surrender Practice." I continued to do that practice once or twice a day, in between the other meditations that I did. I surrendered to all that wanted to be healed in me and all that wanted to be empowered in me. I surrendered to all the letting go of the old, whatever no longer served me, and I surrendered to bringing in the new. I surrendered to the new beginning that was transpiring in the most beautiful ways.

Ever since that time, I give the *Surrender Practice* in its various forms to my clients when it is exactly what they need, and it helps every time. I had always been taught to keep my back straight when meditating, whether sitting on the floor or on a chair. You get the best bang for your buck when the spine is vertical as the energy along the spine naturally runs vertically. It runs up and down the energy channels, the Ida, Pingala, and Sushumna. When we are lying down, the energy doesn't flow nearly as well. What I came to realize while doing the Surrender Practice is that it is much more difficult to surrender deeply when our body is not fully relaxed. I realized the back at a forty-five-degree angle is ideal. One's body is just as relaxed as it is when one is lying flat and yet the energy can move along the spine almost as well as when one is sitting up. To surrender deeply we need to let go completely and physically, which means, relax all the muscles. Even if we feel relaxed when sitting, we are using our muscles to keep our body erect. Sitting at a forty-five-degree angle with pillows to support the back, neck, and head allows us to relax and let go.

When sitting in this fashion, it is ideal to put your hands by your sides with palms up. The palms up are symbolic of receiving, allowing, or just being open. It's also important to make sure you are warm in this position. Covering yourself with a blanket is ideal. Comfort is of utmost importance. I still recommend using the full breath with this practice, but to soften it a little. One doesn't need to make it quite as full as that takes more effort. You want to breathe as fully as possible while keeping the abdominal muscles still fairly relaxed.

I would love to lead you in a surrender meditation and encourage you to ask yourself the following question:

Are you ready and willing to surrender to:

- You, exactly as you are
- You, exactly where you are in your journey
- God, the Universe, or the Divine supporting you fully
- The Universe loving you unconditionally every second of every day
- Not knowing
- Trusting
- Faith
- The fact that all your answers are inside you waiting to be accessed
- This next step in your soul's journey toward purpose
- Allowing all that wants to come through you to come through
- The Universe moving through you in your own unique way

I invite you to join me in the Surrender Meditation. You can read through this meditation or go to my website, cherylstelte.com to access this recording and snippets of other meditations from this book.

Surrender Meditation

Sit on your bed or somewhere with pillows propped up behind your back to support your back and head. You want your spine to be at a forty-five-degree angle for this practice. Sit with palms facing up if you can. If that's not comfortable, place them so they are comfortable. Try not to cross your legs or hands.

Let yourself relax into the surrender posture. Consciously feel your back on a forty-five-degree angle.

Allow every part of your body to relax fully. That in itself is a surrender.

Take on an almost full breath. Find the heartbeat and make the breath rhythmic.

We will begin by just surrendering to our bodies. Let's start with the feet. Place your awareness on your feet and just accept your feet exactly as they are. Notice how they feel and let them relax.

Then I invite you to move up to your ankles and just surrender to your ankles exactly as they are and notice if there's any physical sensations, any tension.

Continue with the knees, up to the thighs, and upper legs. Move onto surrendering to and relaxing all your body parts, taking your time.

Often, energetic wounds get stuck in different parts of the body. These emotions become trapped or frozen. We freeze when we don't think we can feel, or we're frightened. We move into fight or flight and things can get held. Surrender to what your body wants to know.

Just surrender. And when we surrender, we allow the universe to hold us and move through us. We tune into the energy, we start to open up to that unity consciousness that we're all one, we're all connected. And the mind can't grasp it, but energetically we can.

You are deeply loved - loved unconditionally. And that can feel scary. Sometimes because it's unfamiliar. Notice here the body resists this and where the body is open to it. Scan your body and wherever your body feels open to it, breathe it in there. Let yourself be held in those parts.

Breathe wherever it's easiest. Surrender to that, to being held with unconditional love. And then slowly move into the parts that resist. Maybe the belly tenses up, or another area. Slowly let the belly feel held. You slow it down. Slowly let go of the control or whatever is there.

Surrender to being taken care of by God or the Universe. Let yourself open to it.

Open and allow. Surrender and receive the love, abundance, being held, and taken care of. Relax into being held.

Surrender to your life exactly as it is.

Surrender to where you are at today, especially with your work. Surrender to your business in whatever form you are successes and failures, and everything in between.

Surrender to all your hopes and dreams that you have for your work.

Surrender to all that you are doing or not doing – whatever comes up for you.

And surrender to being held, loved, and adored for all of that.

Stay with whatever your experience is until it feels complete and then open your eyes.

Congratulations on opening yourself up and surrendering in all the ways you have.

Let me share with you a lovely Rumi poem that to me speaks of opening up to and surrendering to all that is.

The Guest House

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.*

Chapter 5: Healing and Empowerment

I understand fully how difficult it is trying to move beyond the blocks which we can't totally identify. We know there is something but can't always put our finger on it. Or you know exactly what it is that's in the way and you can't find the method to help you get over it. It can be so discouraging. You want to get your message out there. You have gotten your message out there to a certain point, yet something is stopping you from getting it out there in ways that easily attract your ideal clients.

I am more than familiar with that feeling. You learn all the skills and techniques, whatever social media platform and you have likely paid for a number of methods, but when it comes time to do it, it feels like pulling teeth or you become distracted with something else. There is that load of laundry that is just calling to be put in the machine. Or maybe you keep yourself so busy with your existing business and old clients that you feel you just don't have the time.

The problem is, there is something in your subconscious that is calling to be healed. There is something, some kind of wound that acts like a block, even a wall that will not let you get beyond it, try as you may. It wants to be healed, which means releasing it from the subconscious so that new energy can come in and that new energy is empowerment. You can heal what is getting in your way and empower yourself to get your message out there in the most ideal ways easily and with joy so that you can attract all the clients you can confidently serve.

The wounds or blocks I am speaking of are incomplete emotions that are held in the subconscious. You don't even know they are there. They are emotions that weren't entirely felt at some point in your life or haven't been felt at all. Often, we are not encouraged to feel our emotions fully. We all have hearts. The heart is the center of our emotional being. The heart was designed to feel *all* emotions fully. It was not designed to just feel joy, love, connection, peace, and tranquility. It was also designed to feel sadness, hurt, fear, anger, resentment, and the multitude of other emotions that we often push away, stuff down, or run away from. We are designed to feel emotions fully until they move through us. It is designed to be as natural as breathing. Once we feel an emotion fully, it passes through us and that is the end of that emotion or even emotions, as we have the capacity to feel multiple emotions at one time.

If you look back into your childhood and think about how you felt as a kid, were you encouraged to feel all your emotions fully? Did your parents hold you when you were crying until

the crying naturally stopped or were you encouraged or coaxed to stop crying? When a parent says, “There, there, that’s enough now. You can stop crying now,” it tells the child that it’s not OK to cry. If a parent says, “There, there, I know it hurts. Yes, I know. I’m here with you,” it allows the child to let the emotional pain move through them.

When it’s not OK to cry, or express any type of emotional pain such as anger, sadness, fear, etc., the energy of the emotion gets stuck somewhere in our energetic system and this can be in the chakras, meridians, or anywhere. Once we have a stuck emotion, that stuck energy will attract more energy to it. It will attract similar situations that provoke the same emotion.

If the child is crying because they are sad, they will attract more situations where they feel sad. If the same response from those in their environment repeats itself where crying is not acceptable, the child may stop crying and the energy of the sadness accumulates more and more over the years. As that child becomes an adolescent and then an adult, as soon as they experience anything that causes them sadness, it automatically gets filed into the subconscious and into that wound, they often hardly feel it at all. The energetic wound can grow and grow over time until eventually, it will cause physical or mental problems. The energy has accumulated to an extent that it begins to manifest in other ways. It wants to be felt and is trying to get our attention.

I used to have a great deal of pain in my body for years after I had a pinched nerve in my neck. Once I learned to feel my emotions fully, especially the backlog of emotions locked in my subconscious, all my pain went away. I am fifty-nine years old, and I never have ongoing physical pain. Yes, I exercise a little, but if I do feel some pain somewhere, say in my shoulder, I look at it from the perspective that there is something there that wants to be healed. I feel into the physical pain, looking for the emotion or the unhealthy perspective that is not serving me by breathing through it and the pain goes away. Even when I injure myself, I look at what the emotional or spiritual cause is.

I remember when I injured my sesamoid bone. I tore all the ligaments around it, and it swelled up like a balloon. I went to physiotherapy for the first time in my life and as much as I did everything right, it took almost five months before I could walk on it without an air boot. It should have healed within six weeks. What happened? I meditated on it many times and was clear that I was afraid of taking a big step forward. It was time for me to quit my day job and do the work of a spiritual teacher and healer in the ways my soul came here to do. There was still fear in my subconscious and it manifested in my right foot. As soon as I decided on a date to quit my job and

pursue the career I had been doing part-time for years, the swelling went down and I could walk without the boot. I had to heal the fear, the self-doubt, and the feeling of unworthiness. I had healed to a certain extent, but not to the level required for me to take this next big step.

What in you is wanting to be healed? Fear of my greatness has always been my biggest fear. How comfortable are you in standing in your greatness and expressing that for all your ideal clients to see? What comes up for you when you think of doing a video and talking about who you are and what you are here to do? Are you able to write your content and get it out to all the best places where your ideal clients will find it? Do you love to take the time to find some new groups to get in front of and share with them what you stand for and what you have to offer? When you read these questions, how do you feel? What comes up for you. Do you have any idea what the emotional blocks might be?

I had a client who would fall asleep every weekend when she would try to create the awareness she needed for her program. Try as she may, there was nothing she could do to stay awake, and she wouldn't get anything done. We were able to uncover and extract the subconscious blocks and she would be motivated and energized to get things done and would accomplish a great deal in a short period of time.

By healing the subconscious emotional blocks and subconscious beliefs, we can effectively change the past. When we have done enough healing on something, it's like it never happened and forgiveness just flows easily. Even with the greatest traumas, we all have the capacity to heal to a level where all the stuck energy of pain and betrayal moves through us until we can't find them anymore.

When we heal at the deepest levels, it's like we change the past and create a new past. We fill the space where the energy was stuck, where the difficult emotions were locked in. We fill that space with more joyous emotions, with love and peace and we stop attracting the same situations or the same kind of people into our lives.

By changing the past, we create a new and better Self. We become more of who we truly are. When I injured my foot, one of the wounds I healed from my past was around not saying anything good about myself. There was a strong message in my family to not be conceited. If you said anything good about yourself, you were conceited. Of course, my well-meaning parents wanted us to be humble and not conceited, but it went a little too far.

I remember in my late thirties, telling my dad about an award I had gotten at work in an industry where I was the only woman. I was proud of my accomplishment. He responded by telling me I was conceited. His words stung. I bawled my eyes out. The message to be humble and not conceited created in our family a pattern of never saying anything nice about yourself.

A number of years later my dad came out to help me move my interior design business out of my house and into a larger, commercial space. I took him around to some of the job sites where we were working, and he was quite impressed but didn't say a word. He recently passed and I got together with some family on zoom. My cousin told me about how he told everyone in her family what I was doing in my business and they knew he was very proud of me. In a phone conversation with my mother after his passing, she told me he was proud of me and I asked her how she knew. She responded by saying, "He was very proud of all of you, he just didn't say it." And for so many of us, that's just how things were. People through generations in the past were just trying to survive, and expressing emotions wasn't a part of that.

After hearing that from my mother, I knew it made sense and decided to reprogram my subconscious with the fact that my Dad was proud of me. I meditated on him and felt into how proud he was of me. All the old difficult emotions poured out and feelings of being good enough entered. I ended up doing a three-day meditation retreat after my Dad's passing and communed with his soul. I felt into how he truly felt about me and a deep layer of my *not good enough* issues came up. He was right there and the pain of that washed away when I heard him say, "You were always more than good enough." Wow, the flood gates opened, and I repeated those words from him on the breath over and over. I can't tell you how much that helped with overall confidence.

What I did by breathing in his words to be was reprogramming my subconscious and creating a sense of empowerment. First, by breathing with the Full Rhythmic Breath, whatever didn't match his positive words to me, was pushed out. All the emotions that were stuck in there were replaced with emotions of feeling more than good enough and total acceptance of self exactly as I am. One can use all kinds of phrases to breathe on the breath, but the phrase is best if it comes from the subconscious.

I was doing an energy healing on a client and we were focused on the solar plexus. The solar plexus is about truth and power and I was having him breathe into truth in his solar plexus. After a couple of minutes, he said to me some words that came to him in Latin. He had been studying Latin for some time and the words translated were "I want to drink from the cup of truth."

I was so excited because the perfect phrase came out of his solar plexus. I encouraged him to repeat the phrase in Latin on the breath into his solar plexus. Connection to our deepest truths empowers us and usually gives us energy. He reported the next week that he was feeling much better and had a lot more energy. He was starting to play with other phrases, wondering what he could create in himself. I urged him to stick with the phrase that came out of his solar plexus and not phrases he creates with his mind. He got it! That practice with the phrase continues to transform him and his life in the most wonderful ways.

I have discovered more and more how cultural conditioning creates wounds in us. I work with a lot of women who subconsciously feel like it's not OK for them to be powerful. This is not in their conscious minds. The mind thinks, of course I can be powerful, but an inner conflict exists. Other cultural conditioning that gets in the way of getting your message out there with joy and ease can be:

- That women don't need to be fully seen and heard
- It's not OK for them to be angry
- It's not OK to express your power or be powerful
- Women don't make as much money as men
- It's not OK for men to be sensitive or express emotions
- Men need to fix things

Of course, we could make a list a mile long. Humans have definitely made progress and there is much room for improvement. Women and Men need to free themselves of all our past cultural conditioning and step into the beauty and power of who we truly are so the world can become a much more harmonious place.

I invite you to join me in a healing and empowerment meditation. Please sit in a chair where your knees are level or lower than your hips. This allows you to breathe fully with the lower abdomen.

Healing and Empowerment Meditation

You want to get into the posture, sitting nice and straight, feeling your feet on the floor, your spine nice and straight and your hands in your lap with your palms up or down. Lift your shoulders up toward your ears and stretch them back and let them fall, relaxing them. Focus on your lower abdomen and breathe fully with the lower abdomen. You want to exhale completely, squeezing the abdominal muscles at the end of the breath. Follow with inhaling fully and allowing the belly to expand as much as it can without causing any discomfort or movement of the spine. We want to keep the spine still and straight.

Breathe with the lower abdomen. Find your heartbeat or pulls and count the heartbeats or seconds. Make the breath rhythmic so you have six or eight counts on the inhale and the same amount on the exhale. Take your time with this and proceed to the next step once this is comfortable and easy.

Please set an intention. It can be something like:

- *To discover what in your subconscious is preventing you from getting your message out there the way you want to or becoming the client magnet.*
- *To discover what in your subconscious is stopping you from doing the work you know you are meant to do or something like that. You can focus on your heart chakra and repeat it a few times silently in your own words.*
- *To uncover what is subconsciously getting in the way of you levelling up the way you want to.*

You can begin to ask yourself, what is the emotion or belief in the subconscious that is preventing me from (whatever you stated in your intention). Breathe fully asking the question on the breath as many times as it feels right. You can even shorten it by asking, what is preventing me? Begin by breathing into your heart chakra. Inhale and exhale the question and wait for an answer. Just relax, wait, and breathe. Keep your focus on the breath. If nothing comes, you can start breathing into your other chakras, starting with the root chakra. Ask the question a few times in each chakra and wait.

You are looking for some form of response and it will show up in a physical sensation like tension or pain. It may show up as a memory from the past or something that prompts an emotion or sense of knowing.

Take all the time you need. The answer to your questions will be in one of the first four chakras – the root, sacral, solar plexus, or heart. It could also show up in any part of the body. If

you don't get anything in the chakras, you can scan your whole body looking for something. Just open to it being revealed. You may even get an overall sense of an emotion or a physical sensation like tingling. Whatever comes up for you in the way it comes up is perfect.

Once an emotion or sensation reveals itself, breathe into it fully. Keep the belly going. The full breath will help to release it. Stay with whatever it is until it changes. I encourage you to stay with it until it is totally released.

Once the emotion or sensation is released, you want to breathe in its opposite. Sometimes a much more uplifting emotion comes naturally and if that happens, go with it. We can move into the heights of joy or even ecstasy after releasing energy. Breathe into whatever presents itself. Maintain the full breath in the same area. You are empowering yourself by reprogramming your subconscious.

Revel in all the uplifting emotions as long as you desire. When it feels right, return to your normal breathing, and open your eyes.

Chapter 6: The Chakras and Their Qualities

You have likely meditated on the chakras or at least you know about them. They are the magical energy centers within each and every one of us. I call them magical because you can transform them by altering their energy. This is what you are here to do through this book.

I have been meditating on the chakras on and off for twenty-five plus years and while I have read quite a bit about them, I find that just being open to learn about my own chakras and heal and empower them myself has served me far more than anything else. I started doing chakra readings years ago and time and time again, after a chakra reading people say, “You were bang on.” It is such a joy for me to get to know people so deeply in such a brief interaction.

The chakras are energy blueprints of exactly where we are at today in every area of our lives. I do not ever see or feel the chakras as round circles with lotus flowers in them unless someone meditates on those images. If they meditate on those images, they superimpose the image over the chakra, and it takes me some effort to see past that at what is really going on. Yes, I do see some consistency in color, but mostly I look at the energy and how it is flowing. I look and feel where it is strong or vibrant, where it is weak or even missing, and how the chakras interact with each other. I have discovered some consistencies in some people that I have never learned about anywhere else and I am elated to pass this information on to you.

I also see where wounds still exist and these I usually see as black energy. I sometimes see where dark energy outside a person is adversely affecting them and I have always been able to quickly remove that type of energy while doing a reading (with the person’s permission of course). On that note, I have scanned people’s homes to see if there are any spirits or dark energies that are adversely affecting them, and I remove these energies when necessary.

You can work on your chakras by meditating on them and focusing on the energy that exists in them. You can place crystals on your chakras and meditate on them. This can be somewhat dangerous if you don’t know what you are doing. I remember placing a lapis lazuli on my third eye about twenty-some years ago and I started to see bright intensely flashing light and it startled me. I opened my eyes, and it didn’t stop. I sat up and it still didn’t go away for some time. It frightened me. I talked to someone at some sort of spiritual fair about it and they said it was too much energy for my third eye and I fried it. I don’t think I put another crystal on my third eye again for decades.

I worked with crystals for years but rarely put them on my chakras now. I only do that when I am guided to. I find I can do so much energetically while meditating and it is a special occasion when I use crystals. When I do use a crystal, it is often a large one. Anyway, this book is not about crystals, but I encourage you to use crystals if that feels right for you, and please start with small ones. It is best to work on the lower three chakras as they are the ones that need the most help. We create strength in the lower chakras, and the upper chakras naturally benefit.

When I see and feel into the chakras, I always see them with varying energies in the front, back, sides, top, bottom, and center as well as how the energy flows within the chakra and how it flows and connects with the next chakra. When the energy in a chakra is wounded or weak in the back, for example, we can move energy from another area of the chakra where it is stronger. It usually means we need to heal the area that is wounded or weak first and that allows the new energy to come in.

The front and top of each chakra usually represent how it expresses its qualities in the world. The sides are more about connection to others and the universe. The bottom is the foundation, and the back is mostly about receptivity, except in the root chakra. Each chakra has a certain type of light and a certain type of energy flow. Yes, there are colors related to the chakras, but I like to focus more on where there is darkness or missing energy and where the light and energy are vibrant as well as how the energy flow is overall.

In all my programs the one chakra that is focused on the most is the root chakra. The root chakra to me is about safety and stability. It's also about accomplishment, and we need to be consciously and subconsciously safe and stable to accomplish our heart's desires. This works for all areas of life – relationships, career, health, and spirituality. A strong foundation in the root chakra is required to support all the chakras above it.

I have also noticed that the chakras change over the course of a lifetime, especially the root chakra. I often see in people over fifty-five deep muted burgundy roots that reach down and out from the root chakra. I have also discovered one very cool part of the root chakra that is developed in certain individuals and missing completely in others. It is what I call the spike at the back of the root chakra. I first saw it in someone like a flat piece of steel extending down from the back. I felt into it and realized this person knew exactly what they stood for in life and what they were about. I was so impressed. After that, I started to discover it in more people but usually see and feel it as

a round spike, or like a metal stake you would put in the ground. Most people are missing this completely, but anyone can and should develop it.

If you are reading this book and you are a coach or a helping professional, you likely have a spike. I also see it in some people as a little stub – it's in the developing stages. I have sometimes seen it in older people as black and brittle when they go through a phase in life where all they thought they stood for has changed. They see life differently and take a stand for different things and view themselves in a different light. This type of spike becomes brittle and falls away once the new spike starts to take shape. This spike can be developed and/ or strengthened by focusing on what you take a stand on or stand for and what you are really all about at your core. We will go deeper into this in a later chapter.

The sacral chakra is about creativity, passion, sexuality, and one-on-one relationships, especially with the mother. I notice in this chakra, wounds of abuse as missing energy at the back. That is tough to heal but totally doable. The energy at the front or top, when flowing beautifully shows creativity. We are all creative beings and I love helping people develop their creativity. I remember doing a reading on a woman named Laura. Her sacral chakra had all these excessively tall, thin stems that grew upward with little buds on them at the top. I had never met her before, and I knew she had to be doing something very creative. I knew she was in the early stages of something, but the energy was flowing very well. She told me after I described her sacral chakra that she quit her job and started a business creating high-end, one-of-a-kind bags and she was having so much fun in her new endeavor. She confirmed the description of her sacral chakra was bang on.

When creativity or passion is not flowing well in this chakra, the energy is thin or weak. I have seen it as turning over on itself and felt the desire to flow, but it can't. When it is developed to a certain point in life and is then restricted, it becomes weak and I have seen the energy begin to sag. It benefits chakras three to seven if the energy here is flowing well and rising upward like Laura's.

The solar plexus is all about truth and power of who we are and of life in general. There is a lot of power in truth. In this chakra lies the truth of our deepest emotions. There is a lot of power in feeling and understanding our deepest emotions fully. A vibrant solar plexus is golden light shining in all directions. It feels electric, strong, and radiant. When people have had their power taken from them in childhood, it usually shows as dark energy at the top – it can't rise up to the

heart. When people are afraid of expressing their power, it shows as darkness in the front of the chakra. I often see and feel darkness at the back of the chakra, and this represents a lack of support or inability to receive support of their personal power. No matter how weak a solar plexus is, there is usually bright energy at the bottom. Even with a big, bright solar plexus, I often see a small dark spot or wound at the center. They haven't yet fully stepped into their true power and there is something remaining for them to heal. Occasionally I see people with huge, bright solar plexus chakras and often they don't realize how much light they have or how much inner power they possess. Just knowing that often changes their view of themselves. I have seen many solar plexuses with dark energy at the top that squishes it like black iron, weighing it down. I almost always feel deep sadness when I see and feel this because they have been prevented from being in their power for a long time. This usually comes from abuse as well.

The heart chakra is all about love and compassion. The energy of the heart chakra is especially unique in that in a healthy chakra, it is a sort of delicate, softly flowing energy which is strong at the same time. I see many wide chakras. When a chakra is wide it represents a deep, or lasting, or strong connection to others. I did a reading the other day on a woman who had the widest heart chakra I had ever seen. I knew it was a deep connection to community and she agreed 100 percent. I can tell immediately if someone has been betrayed a lot by others and hasn't healed that in themselves or forgiven others as it shows in the back of this chakra as black energy in a pie shape. This can also be from neglectful or critical parents or loved ones. In this case, the energy is blocked by the person and can absolutely be opened up through healing and consciously receiving the love and support of those closest to them currently. It is through the backs of the heart chakra and solar plexus that we receive the unconditional love and support of the whole universe and our spiritual guides.

I was married to an abusive man for thirteen years and when I was focused on receiving energetic support through the back of the heart chakra, I would just cry and choke. It didn't take long to heal, and I got the energy flowing and later witnessed how my relationships improved.

I've also noticed that people who don't feel their emotions well have weak energy or missing energy at the bottom of the heart chakra. People who are hopeful, idealistic, or optimistic have a great deal of light rising up from the heart chakra. It often comes up from the front and lights up the front of the face.

The throat chakra is all about the expression of the qualities in the other chakras. Many think of it as the chakra of speaking our truth and being seen and heard. It is about speaking and expressing, in many forms, such as word, music, art, problem-solving, love, power, or all that wants to be expressed. This chakra expresses one's truth, and the truth of who we truly are.

There is also a special place at the back of the throat chakra that is about our soul's purpose. The energy from the back of this chakra is designed to come forward. I see a lot of throat chakras that are restricted in so many ways. I often see lovely, clear light blue energy in the center and dark grey around it. When people have been taught to say what others want to hear, that shows in dark energy in the front. I have seen all sorts of restrictions all around the throat chakra, like bolts or walls. When this chakra is vibrant and healthy it glows and radiates soft blue and white light in all directions and has a horizontal oval shape. A well-developed spike in the back of the root chakra creates bright and vibrant energy at the back of the throat chakra. I have sometimes seen bright energy at the back of the throat chakra with a wall between the rest of the chakra and the back. This usually means that at some level they are aware of their soul's purpose but are cut off from it and are not expressing it.

The third-eye chakra is all about intuition. We all have all our answers within us. I frequently see this chakra as pure white light and rarely as indigo. When I see indigo, it is usually mixed with white light. Most people have good intuition but don't trust it. This shows as white light in the front of the chakra and nothing in the middle or back. It is rare to see light in the back of this chakra as that energy usually needs to be developed through practice. When people are taught to not trust their intuition it is so obvious in this chakra as black energy in various forms. Often when I see this chakra as highly developed, it is with someone who has been working on their psychic abilities and the lower chakras are often weak.

The crown chakra is all about our Divine connection to the cosmos and I believe I see what kind of soul the person is through this chakra. I see this chakra like an actual golden crown with clear/ white energy moving through the center and into the body from the cosmos. A very wide crown shows a great soul with something really great or big to accomplish. A narrow crown usually means a young soul. I recently did a reading on a young fellow who had two crowns. He had a very tall crown within a shorter, wide crown. I had never seen that before. He was a very unique young man and during the reading I got that he was going to accomplish something that had never been done before.

Often the greatest souls (with the biggest crowns) come in and receive the worst wounding. It's like their path is such a hard one to make them strong so that they accomplish what they came to do. I occasionally see crown chakras with a certain type of light above and received guidance that this is a "high soul," a soul that has accomplished a lot and came here with something very great to do.

I have never seen two sets of chakras that are even remotely the same. Everyone's chakras are unique to them and your chakras are unique to you just like no two humans are totally identical.

In this book, you will discover, through the meditations what resides in your chakras – the good, the bad, and everything in between. You will learn how to change the energy in your chakras so that you can more fully become who you truly are and create the changes in your life. We will be focusing on helping you go deep into the chakras to discover more about who you truly are, the greatest gifts of what you do which will help you understand better who you sell to so you can easily and joyously start getting your message out there and attracting all the clients you can confidently serve. Through these meditations, my intention is for you to break through all your blocks so that you can step forward in your truth and power.

Chapter 7: Healing What's Getting in the Way

Now we are getting into the juice of this work. You know there is something getting in the way of you getting your message out there and I'm pretty sure you want to know what it is. This is where you can begin to open up to that and dive into your chakras to explore what all exists in your chakras. When I first start working with people, I always start with a chakra reading. It just benefits people so much to know which chakra(s) is the priority to work on and what issue(s) are blocking them from getting their message out and whatever else they want to accomplish. If you want the benefits of the insights and understanding of your specific chakras, please go to my website cherylstelte.com and book your chakra reading today! If at this point you already get the strong feeling you want to work with me, please go to cherylstelte.com and click "Apply to work with me." I would love to meet you!

I am so big on *healing what is getting in the way* and have spent over twenty-five years doing just that. Like I've already said, to me the spiritual path is about healing and empowerment. I have seen too many people do little healing and focus primarily on empowerment and they don't evolve near as fast as others who do a lot of healing. I have been told more than once by a great spiritual master that I had healed all my wounds. *Wrong!* We never stop and if we do, well, that can be dangerous. I have seen the results of this too and there isn't enough time in this chapter to go there.

The reverse is true as well. If all we focused on was healing and we didn't do any empowerment, we would never be able to see ourselves as powerful. I wish empowerment naturally followed healing and while it does to a certain extent, it doesn't lift us completely to where we need to be. I spent years focusing on healing and not enough on empowerment. With these meditations, we pull the stuck energy out of our being, out of our subconscious and that is the healing portion. Then, we replace it with the energy of empowerment, of who we truly are, what we are about, and why we are here. That creates *the how* we want to be and live.

We need to start with the healing part so we can create the space for your desired outcome. Think of it as redecorating a room. You clear the room out, clean it and bring in new things and/or, existing things with a new look or purpose.

The first thing we need to jump into healing with is inviting in spiritual support. I write about this extensively in my first book, *Heal Your Neck Issues and Let Your Throat Chakra Shine*.

You want to consciously call in all your spiritual support – great saints, goddesses, gods, prophets, mystics, emperors, angels, fairies, deceased loved ones. Call in whomever you feel a strong connection with and know they can support you well. Call them in and trust they are there with you. Try to do this every time you meditate.

One of the simplest things to do is release worry. Of course, you are likely worried about your current situation or future. I have discovered that worry, especially in women, accumulates in the thighs. When someone has been worrying a lot, it energetically feels like their thighs are twice the size they physically are. I encourage you to do this meditation even for a few minutes every morning if you tend to worry.

Releasing Worry Meditation

Get into the posture and take on the full rhythmic breath. Once that is comfortable and consistent, call in your spiritual support until you feel or get some sort of sense they are there (for now, you can fake it till you make it).

Breathe into your feet as you feel them on the floor or ground. (when I say breathe into, it means keep breathing into your lower abdomen and then direct the energy of the breath to that area) Breathe into your feet until you feel tingling, warmth, or some sort of sensation.

Then let's breathe into the root chakra. Find its exact location, which is the tip of the coccyx. Breathe fully, breathing into the root chakra, and add the words, "love and light" in rhythm with your heartbeat. Inhale love and light from the whole universe into the root chakra and exhale that love and light into the root chakra, filling it up and letting it expand.

Then breathe into your thighs and see if you can feel the worry there. What does it feel like? Breathe into whatever comes up for you. Stay with that for as long as feels appropriate and then we will create an energy flow to release the worry.

Start with inhaling love and light again into the root chakra and then exhale love and light down through the thighs, legs, and out the feet and into the earth with the intention that you are releasing all that stored worry. Repeat this practice until you feel lighter. If you do this daily, you will keep yourself almost worry-free and you will have the affect much faster.

A lot of the healing work we do is about discovering stuck emotions in the chakras and one of the number one emotions is fear. It usually sits in the subconscious and prevents us from doing

all sorts of things. It blocks us from taking risks and from stepping into the power of who we truly are and expressing that in the world without reservation.

Fear is often covered by other emotions. Anger, helplessness, resentment, judgement, and countless other emotions are the first emotions we feel. Whatever emotions come up for us while meditating on the chakras, we need to breathe through it and go deeper into the emotion and deeper into the chakra so we can uncover any other emotions.

If you wish to cut to the chase here, you can certainly jump right in and meditate on each chakra looking for all your fear blocks. Fear can be stuck in every chakra. I encourage you to breathe into each chakra, asking yourself, something like *Where is fear hiding*, or *Where is fear stuck*, or *Where does fear wish to be healed* or whatever questions works best for you. You want to ask the question and keep breathing into one particular chakra at a time with curiosity and as much openness as possible. Trust that it will surface for you if it is there. Once it surfaces, the meditating can get a little or a lot more difficult as now you are feeling fear and maybe even deep fear. Stay with the breath. We never want to stop breathing fully. While you are staying present with the fear and breathing into it, you may have memories or thoughts come up. You do not want to push anything away while you are feeling the fear. Trust that whatever comes up is related to the fear.

Once you become accustomed to feeling fear in your meditations, you will begin to notice it more in your daily life. My husband and I always tell the other when we are feeling fear. It took him a while to get there as men have more difficulty in saying “I’m feeling fear,” but now he says it naturally and always with a bit of surprise. His tone usually expresses the message: Can you believe it? I’m feeling fear, wow, I’m feeling fear. And then he wonders what it’s about. I often express it with the tone of, here I am again, feeling fear. I’m afraid! That may sound foreign or strange to you but, honestly, whenever we feel our fear and express it, we are already halfway to moving beyond it.

So, when you are uncovering your fears in your chakras, find the courage to stay with it until it moves through you and once you start to become aware of feeling it in your daily life. Find someone you can share that with so you can have the support and understanding you deserve. You will notice that once you breathe through fear, it creates the space in your being for much more pleasant emotions to move through you. Once this happens, let yourself sit in the light of gratitude,

joy, peace, or whatever emotion(s) take the place of the fear. This is a natural process as the heart was designed to feel all emotions fully all the time.

One of the things we coaches face in developing or growing our businesses is resistance. We notice that there is something we keep wanting to get done but we don't get them done. There may be things we want to say, and we don't say them. We often know what we need to do, but somehow, we keep avoiding it. Suddenly the laundry becomes very important, or we keep checking our phones and the multiple apps that can keep us from what we really want to be doing. Resistance is normal. I have yet to meet anyone who never feels resistance.

Facing Resistance Meditation

Let's start with a nice, straight posture. Let's lift our shoulders up and stretch them back. Feel how that opens a chest and the heart chakra.

Just take a moment. And notice our everyday breathing. Is it shallow, is it deep? Just notice the subtleties of the breath.

Take your time to call in your spiritual support and take on the full rhythmic breath.

Take a moment and set your intention for this meditation, let it come. Notice your mood, any emotions are there. What's the emotion you might be feeling right now even if it's subtle, any thoughts in the mind, or whatever is happening for you. There's nothing else for you to do right now.

For now, let's move into noticing resistance. Breathing fully, either just think of resistance or think of a time when you felt resistance. You can even silently say the word resistance on the breath to help bring it out of your subconscious.

Notice what happens in your body. Notice any emotions that arise when we start to tune into resistance. Resistance is normal. We all have it. It's part of being human.

I invite you to find the resistance at a physical or energetic level. As you're breathing fully, expanding, and contracting the belly, scan your body starting at your head slowly scanning down. See if you notice where the resistance increases or see if you notice any physical sensations. Sometimes the resistance is in a particular location in our physical body. Taking your time, becoming aware of all that is happening within you.

Allow the resistance. Just open to it, accepting it. When you find a particular location connected with resistance, breathe into it. Direct the breath there. And if you don't find a location,

you can breathe along the spine, maybe you can locate it there. If nothing shows up, you can simply breathe the word resistance.

If you find a spot that becomes tense, tingly, painful, or even a temperature change, breathe into it. Inhale and exhale into it, acknowledging it exactly as it is. Do this for several breaths.

When it feels right, go deeper into the resistance and your experience of it. See if there's an emotion that's in the resistance or underneath it. Breathe into the emotion while feeling it fully, to release it from the subconscious.

Stay with your experience until it feels complete.

When it feels right, open your eyes, and make some notes in your journal.

Moving Beyond Resistance Meditation

Adjust your body to sit in the meditative posture so your spine is straight, head is tall, and shoulders are slightly back. Body is relaxed. Take your time to call in your spiritual support and take on the full rhythmic breath.

Focus on the heart chakra and breathe into it.

In your own words, please set an intention to move beyond resistance and take steps forward. Just let it flow and breathe into your body. Breathe into your heart, breathe into your belly. How do you want to move forward with a new thought attitude, action, or belief?

What is true for you in this moment? Breathe fully, embracing your intention, and accessing the subconscious with the full breath.

Keep thinking about your intention(s) over and over and over while breathing fully and focusing on your heart chakra. You may even put your hands on your heart and breathe it. Know you are bringing your intention into your subconscious with every full breath.

Keep going and imagine your next week, month, or even year. Imagine you have moved beyond resistance and what has been keeping you stuck. Imagine what it feels like to take this forward into your life. You are moving forward, knowing that you're different, and life will be different in a small way or a big way going forward. Inhale and exhale the intention, thinking of your forward movement, allowing it to penetrate the subconscious.

Remain in the future, as the new, empowered you, with your dreams having come true. Feel fully what this is like. Embrace all your emotions and inhale and exhale into them. Stay here as long as you can.

Whenever this feels complete, I invite you to return to your normal breathing and open your eyes.

Resistance is one way we sabotage ourselves. Another form of self-sabotage is by doing things that we know we will fail at or do not serve us. Self-sabotage also shows up when we don't follow intuition. Like I mentioned earlier, most people I do readings on have pretty good third eye chakras and they are only pretty good because they don't always follow intuition.

I remember years ago when I had a hard time following my intuition because, how does one really know when it is right or not? I noticed that sometimes my intuition provided me with answers or guidance that I could never come up with myself or would be the opposite of what I thought in my mind. I started to follow that intuition and it always served me. Just practicing that led me to trust it more. Was I focusing on my third eye? No, I always focus on my heart chakra. You don't get the emotions in the third eye. We can tap into our intuition in the heart chakra along with whatever emotion is true for us. The chakra we actually need to heal and empower when it comes to intuition is the solar plexus. You know the saying, "Trust your gut." The solar plexus is about truth and power and like I mentioned earlier, truth is power, and you can meditate on truth in the solar plexus.

We often don't trust our truth when we have been taught to not trust what is true for us. Someone in our early childhood has usually conditioned us. You can meditate on what is not true for you in the solar plexus. This sort of conditioning creates self-doubt and confusion. Self-doubt and confusion stifle our sense of inner power. I encourage you to meditate on self-doubt and confusion in the solar plexus and see what comes up for you. Whatever comes up, just breathe through it. We will talk more later on about early childhood wounds. As you breathe into self-doubt or confusion, breathe with curiosity. When did this first begin? Let yourself slip back in time, allowing yourself to become the much younger version of you and feel and breathe into all the emotions that go along with self-doubt and confusion. Keep breathing into what comes up until it dissipates.

The wounds in this chakra have a detrimental effect on the heart chakra, in that the energy doesn't rise up well and the throat chakra as it makes it difficult for us to speak our truth and to be seen and heard fully. It also doesn't allow us to develop the back of the throat chakra which is about our soul's purpose. And it affects the third-eye chakra as it makes it difficult to trust our intuition. If self-doubt or confusion is something you have been facing, the solar plexus chakra is for you. Breathe into all that exists in there and let the blocks move through you.

The heart chakra is usually the easiest gateway to our emotions. If it feels like you have a backlog of stuck emotions, just put your hands on your heart while meditating and breathe into whatever comes up. Let it flow and stay with any emotion as it comes. Sometimes we will feel a sharp pain in the heart or somewhere else in the body. Whether you feel emotion along with this or not doesn't matter. Keep breathing fully into the heart chakra, or whatever chakra you are working with until the pain subsides. I have had clients experience such pain in the heart, they thought they were having a heart attack. It passed and they felt totally fine. A couple of people have gone to the doctor only to discover their heart was totally fine.

The heart is where we mostly feel our emotions in our everyday life. Nervousness or anxiety can certainly be felt in all the chakras, but especially in the solar plexus and throat chakras. We can and often do feel emotions in all the chakras, but the heart chakra is the primary chakra for most of our emotions. Can we feel them elsewhere at the same time? Absolutely!

We want to feel our emotions fully. We don't want them to get stuck in the subconscious. The greater the capacity of the heart for this the better. One way to increase the capacity of the heart is to keep feeling our emotions – practice makes perfect. Another way to increase the capacity of the heart chakra is to “hold” the breath. I first learned to hold the breath when I studied and practiced pranayama breathing in India. There we learned to hold the breath in the third eye, which when done consistently, brings all our energy and awareness up there or even higher where we start to leave our bodies. I do not recommend this.

I later learned to hold the breath in the heart through the teachings of Hazrat Inayat Khan. I was in the spiritual school, IAMHeart, which is based on the teachings of the great Sufi master, Hazrat Inayat Khan. Over one hundred years ago, he taught meditation on the heart and was the first spiritual master to do this in the west. He taught to hold the breath in the heart chakra to develop its capacity. The way one does this is to *energetically* hold the breath in the heart chakra while *physically* holding the breath in the belly. We naturally want to hold the breath in the chest,

but that is what we do when we are stressed or anxious and we know what happens then. It takes some concentration to keep the shoulders and chest relaxed so you can hold the breath in the belly. I have seen so many people raise their shoulders up when they try to hold the breath after the inhale, so don't get discouraged. It just takes some retraining and soon enough you will be able to do this. I still sometimes find that the first breath I hold feels awkward and tighter than it should be, but it softens by the second breath.

When we are holding the breath, we are holding spirit, holding life, holding all that is, in the heart chakra. We are feeling it and helping it grow and expand, developing its capacity. In the beginning, just hold the breath as long as it is comfortable and then hold it for the same count as your inhale or exhale. For example, if your inhale is to the count of eight, hold the breath for the count of eight. Once you have practiced this for some time, increase your count to sixteen for the hold. You only want to hold the breath after the inhale. If you hold it after the exhale, you lose energy. I have learned spiritual breath methods where the hold is after the exhale and this is designed to help you leave your body, which I don't recommend.

With healing what's getting in the way, I have found that a great deal of the work is done in the root chakra. The root chakra needs as much safety and stability as possible. This creates the capacity for a great sense of responsibility and great accomplishment. One of the meditations that many of my clients keep going back to is the Creating Safety and Stability Meditation. I had one client who has done this meditation fairly consistently for one year and she is in such a different place. She grew up in a very dysfunctional family where she never really felt safe let alone stable. She has created within her being a new, stronger foundation through the root chakra and she is reaping the benefits of this in every area of life. She even looks different as there is much more light in her eyes.

The intention of this meditation is to help us feel grounded, safe, and stable. I encourage you to spend some time doing this at the beginning or end of all your meditations and even at various times throughout the day. We have chakras in the soles of the feet, and they provide us with a great connection to the earth. Intentionally breathing through these chakras benefits us in many ways. Many people years ago walked barefoot on the earth. They always maintained a connection to the earth. Most of our shoes have soles made of rubber, which is one of the best ways to block energy. We can create this energetic connection to the earth with our breath.

Creating Safety and Stability Meditation

Let's sit in the posture and take your time, notice where you are at right now. Then take on the full rhythmic breath and call in your spiritual support.

I invite you to take a few minutes to exhale from the root chakra down through your legs and out the chakras in the soles of your feet.

Exhale from the root chakra down into the earth and inhale back up again.

Then I want you to really feel your seat in the chair, notice where the tip of your coccyx is located.

Feel yourself here on Earth. What is your inner experience?

Then, get in touch with your level of inner safety. How safe Do you feel on earth in your home, in the world as it is today?

Now, please breathe into the heart chakra, way in the back on the inside of the spine.

Next, we're going to exhale straight down the spine, from the heart chakra, through the tip of the Coccyx and deep into the earth. Send the energy from your heart's way down into the earth.

On the inhale, bring that energy from the earth, right back up into the spine and up to the heart chakra.

Exhale down into the earth and then inhale up, all the energy that we can from the earth. The earth is filled with unconditional love, stability, and safety. Breathe that up into our hearts.

Next, we're going to exhale from the heart chakra, down through the root chakra, and then down the legs and out the soles of the feet.

Then we inhale the earth's energy up, up through the legs, and back up to the heart chakra.

What do you notice in your feet? How do you feel the energy moving?

Now when you inhale up from the earth, bring up unconditional love, stability, safety. Inhale this up the feet, up the legs, and up to the heart center.

Now I want you to imagine that you're exhaling down the spine and exhaling down your legs and straight down from the spine as if you had a third leg or grounding cord, like a three-legged stool. Bringing all this energy down and increase your connection to the earth. If you have any fear, self-doubt, reluctance, resistance, or anything, you can now release this down to the earth through the exhale. What are the emotions that keep you from feeling safe and stable? Send these down from the heart and then through the feet.

We continue to inhale up the energy of unconditional love, safety, support, stability, even nurturance from the earth and fill the heart with it. Notice if you tap into a sense of being taken care of when we connect with the earth in this way.

I invite you to bring all these points sort of together, so you breathe through them at the same time. Exhale from the heart chakra down the legs, grounding cord, forming an umbrella shape.

Next, inhale, breathing in all these points. Let the energy come up through the feet and grounding cord up to your heart chakra, bringing up the unconditional love of the earth.

Increase these energy channels you have created and move as much energy as possible.

Let the unconditional love, safety, and stability fill you up completely. This will help you accomplish what we're here to accomplish. This practice gives us the foundation that we need, we become our own foundation. Nothing can knock us over. We may get some blows, but we are so solid, so stable.

I invite you to take a moment and remember whatever it is you'd like to remember. In this practice, maybe a few words that you want to take forward in your life. And then we return to our normal breathing and when it feels right, open our eyes.

The energy in the root chakra naturally rises up and feeds the sacral chakra. The biggest wounds I find in people, in general, are early childhood wounds relating to the mother. These can be so difficult to heal, often because we love our mothers, and we know they did their very best. Some people don't feel that way and hold a lot of resentment toward their mothers because they didn't have their needs met well, or they were terribly abusive. It is often difficult to approach these wounds as regardless of what happened, the connection is so strong as we were created within her body.

I remember working with a woman who came to me with throat chakra issues. She had a very difficult time speaking her truth and usually couldn't say anything in groups. She was in her early sixties and was tired of being afraid to speak. She had come to realize through our work together that a lot of her problem in this regard was related to her husband. He made it very clear early in the marriage that he didn't want to hear about her problems at work. She had recently left him after many years of marriage and wanted to explore her voice.

In the healing session where she discovered this about her husband, we went further back in time to when she was about twelve years old, and her mother was buying a new bathing suit for her. She didn't get the one she wanted and translated that to something like, what she had to say didn't matter. I pulled that old energy out of her chakra and her subconscious.

We kept going back further in time until a subconscious memory of being about eighteen months old came to the surface. She was sitting in the high chair screaming and her mother did not respond. She could see her mother and kept screaming and screaming but still, her mother did not go to her. She went through several emotions and began to realize how traumatic that event was. She kept wanting to make excuses for her mother – her mother was busy with something, I was just a baby crying, etc. and I kept bringing her back to the emotions. There were so many emotions stuck in the subconscious around this event and I helped her feel them all as I pulled the stuck energy in her sacral chakra. What a relief.

After that healing, she spoke up for the first time at a women's group she had been attending for years. She started to ask for what she wanted in relationships with others. What a breakthrough. Was her mother a bad mother? No, this woman adored her mother and saw so much good in her mother. Regardless of the capacity of one's mother to be a good mother, mothers are all humans, and every human makes mistakes. I am a parent too and I have made plenty of mistakes. Wish I could take them all back. I would love it if my kids could release all the emotions stuck in them because of the mistakes I've made.

So, I encourage you to meditate on your sacral chakra around your mother. Trust any emotions that come up and let yourself drift back to your early childhood and even into the subconscious. I have healed myself and helped others heal as early as being a little fetus in the womb. There is nothing you cannot access and heal if your desire to heal is strong.

When we heal the sacral chakra, our creativity starts to flow more easily. Our passion for life, projects, adventure, and creative expression lights us up. Our sexuality finds its perfect balance or health.

Chapter 8: Developing Receptivity

In western culture, it is encouraged to develop our masculine or assertive side more than our feminine or receptive side. Just like the brain has two hemispheres, so does our energetic being. In addition to the Chakras, Meridians, Ida, Pingala, and countless other energy pathways, we are made up of the feminine or receptive side and the masculine or expressive side. The receptive side is the left side of the body and the expressive is the right side which is more assertive. Even our chakras, meridians, and all energy pathways have a feminine and masculine side.

I learned over and over to balance the feminine and masculine sides through multiple modalities. First, I discovered this through shamanism and later, at a deeper level through the Chinese meridians while studying and practicing Jin Shin Do Acupressure. Later in India, I learned again the implications of energy and how to balance the left/ right sides of our energetic beings through reiki and later still through Hurqalya Healing. This is important stuff! I have consistently discovered a weakness in receptivity in both men and women. Yes, there are the few who experience the opposite where the left receptive side is stronger, but it is rare. The left/ right balance isn't so much about the genders as both men and women need both. I have met young men who want to become more in touch with their feminine side and create this balance within themselves. This is an exciting time in that regard. Some men are beginning to embrace all that is within them. It's the women that seem to have a harder time with this as it is not pursued so outwardly.

Women began to step out of traditional roles through World War II and we can think of Rosie the Riveter. After the war, they were to return to the kitchen wearing full circle skirts with waist cinchers and perfectly done nails.. The men, returning from war had no means to deal with the emotional pain of war and neither did the women. The sixties were needed for men and women to break free of the pain of the fifties. We had to swing in the opposite direction which brought us to women's liberation in the seventies. Here we are today with women and men doing extraordinary things. Yes, there is still inequality in the job market, and that is a whole other issue. I like to help people not just look at what they do, but how they do it. Our culture encourages and supports the right, expressive side. Do all you can do. Push through, get it done, strive hard. The receptive side is about asking and receiving. Many of us can ask. We have the law of attraction and while we may be successful in asking, it's usually the receiving portion where we get tripped

up. In order to receive, we need to allow things to come to us. We need to open up, conceive, take the energy of whatever it is, in.

I have yet to meet a totally left/ right balanced person and it is something I work at frequently by breathing in the kind words people say to me. For most of my life, I deflected compliments by saying, “Oh, it was nothing,” and that sort of thing. Now, I respond to kind words by either saying, “Thank you,” or by saying, “Thank you, let me breathe that in.” And I consciously take a couple breaths and breathe their words into my heart. What if that became part of our culture and we all practiced breathing in compliments and all kind and loving words! If this resonates with you, I encourage you to start right now.

Energy naturally wants to flow in the left and out the right. We receive energy on the left and we express it with the right. If we don’t have enough energy flowing in, there likely won’t be enough to flow out and we become exhausted. If you find you are trying to do your work and get your message out there and you lose energy or become exhausted, it is because you don’t have enough energy coming in to fuel what you are putting out. The car needs gas. We need food. And we need energy. Are you expelling more energy than you are receiving?

How much time do you spend balancing that masculine side with the feminine side? We need to receive energy to expel energy and the nutrition from food or rejuvenation from sleep isn’t quite enough. Developing the feminine side involves looking at bringing into your life what nurtures and supports you energetically. What feeds your soul? We can bring in nurturing energy in many forms. One way is through fun. Whenever I spend time wakeboarding with my daughter Charla and her husband, I remember how important it is to have some fun and laugh. Life doesn’t have to be so serious. Just looking at her skidooing photos on Facebook makes me feel that kind of fun energy that comes from play. How do you like to play or have fun? You can say that you have so much work to do, or you don’t have time, but if you want to make your work time more productive, it’s important to find something to fit in your day that energetically nurtures you even if it is just for a short time.

Is there anything creative you like to do? I have gone back to sewing. I started sewing when I was seven years old and while it’s not that I like sewing so much, it’s that it is fun to make things. I spend fifteen minutes most days before work sewing small projects. I breathe into the joy I get out of making things *and* I’m getting something done. I just simply love the result. I make things for our home and for gifts, and I will be making a few simple summer dresses and skirts with fabric

I've been hanging onto for too long. I used to think I had to focus on the project and get it done. Now it doesn't matter. The sewing machine is in a place where it can remain set up and I can turn it on anytime. It serves me. My son-in-law loves anything superman and I am now making him superman napkins to go with the superman plates I recently bought him for Christmas. When I work on this, I keep seeing the huge smile and imagine the huge hug I will get. And I see the big smile on my daughter's face.

What is it that gives you joy that you could do for fifteen minutes a day? Are you ready to make a date with yourself three or four times a week to do this? It's amazing how that time adds up. What is it that you could do that would be a great start to enhancing your receptivity? This could be so many things like music, baking, building something, art of all sorts, gardening, or anything that you do where you enjoy it, and you feel energized afterward.

Another way to develop receptivity is to ask others for help, for what we need, or even for kind words. I remember my husband saying the words, "There, there," repeatedly once when I was upset about something. It struck me that I didn't hear that from my parents as a child. I had a hard time receiving his words. He wanted to comfort me, and I wasn't able to receive it in that way. I told him about my experience and asked if we could try it again. This time I focused on receiving his words, on breathing them in and it felt so good. Months later, I was frustrated or upset, and I asked him if he would say, "There, there," reminding me that everything will be OK. One of the best ways to receive is to ask for exactly what we want from those close to us. They often feel great providing that for us as my husband felt so good in saying those words to me when I needed them.

We also want to increase our spiritual receptivity. I already mentioned opening up to your spiritual support. I started doing this with power animals and spiritual teachers while studying and practicing shamanism and it has continued in various ways over the years. One way to increase the left/ right balance is to inhale from the left into the center of your being and exhale to the right. Think of people you love and inhale their love or caring from the left and exhale to the right. You can do this with each chakra, but if you just want to focus on one chakra, focus on the heart chakra for this exercise.

Developing spiritual receptivity is not only the left/ right balance, but it is also opening yourself up to everything. That's partly why I encourage you to inhale the love and light of the whole universe into each chakra. This increases your receptivity immensely. Once we increase the

energetic receptivity in this way, we can begin to develop our capacity even more. We can receive God into our beings. I remember working with a client who had a great deal of light. She had been Christian for years and broadened her spirituality to include other beliefs and modalities. I saw during her initial chakra reading that she had a strong connection to God, but that connection was outside herself. Through working with me, she developed that connection to God inside herself. I remember her saying that she always thought of God in books or up in heaven. God is everywhere and in everything. It's difficult for the mind to conceive of this concept, but we can experience this in meditation. We can all receive God and let God flow through us.

While I am writing this book, I keep tuning into God flowing through me. On my computer, I have two file folders for the books I worked on. The first one is labelled God's Book, for the first book I wrote and the second one is God's Book II, for this book. I am consciously doing my best to let God and the Universe flow through me so that you can learn to let God and the Universe flow through you in your own unique way

It's often difficult to just open up to God. That's why I encourage you to invite in your spiritual support. All your spiritual support desperately wants to help you whether they are power animals, angels, spirits in the form of masters, saints, prophets, gods, or goddesses. I sometimes see these beings around people when I do healings on them.

I remember the biggest angel I ever saw. It was about five years ago when I was doing a healing on a woman. To her left appeared a giant angel. I mean, this angel was huge and almost reached the ceiling. Now, I had seen angels before and I see them in different shapes and sizes, but never did I see an angel that big. After a few minutes, I asked her if she believed in angels and her response was, "Yes, I call my angels in every single day to help me." I laughed and told her about the giant angel on her left and she laughed saying, "I'm not surprised at all."

I recently had a client who saw a golden angel during a healing session, and she doubted what she was seeing. I encouraged her to receive the angel as it was, and the angel would come to support her in her meditations. When some wounds came up for her in meditation, she couldn't feel the angel anymore. I encouraged her to continue to call in the golden angel and once she healed those wounds, she could feel and see the golden angel again. I don't believe the angel stopped visiting or helping her. When we are in a stressed state such as moving through our stuck emotions and healing our wounds, it can be more difficult to tune into our spiritual support.

All the beings that are your spiritual support are representatives of the One Great Being of God. It's easier to accept the love and support of an angel or a tiger, Jesus, Buddha, or Ganesh than it is to receive the love and support of God. Receiving the love and support of God can feel too abstract, or if we can receive it, it often feels too overwhelming.

It is so important that you have some kind of spiritual support so the energy of God or the Universe can flow through you for your clients. We are really all one. The separation we experience is an illusion. The more we feel connected to, or a part of the Universe, the more the energy of the Universe can flow through us. You receive the loving support energetically from your spiritual support so you can be an energetic support for your clients. You are there for them physically, mentally, emotionally and it helps so much to be there for them spiritually. You need to receive so you can give. You give what you receive. And whether they feel it consciously or not, it is there.

One of the best ways to receive spiritual support is to receive their energy into the chakras and more specifically the backs of the heart and solar plexus chakras. I invite you to consciously imagine your spiritual support beside or behind you and inhale their loving and supportive energy into the back of these chakras and let it fill you. Don't be surprised if it is an emotional experience. I am often moved to tears when I feel the depth and intensity of their support. You deserve it and you are worth it.

Another one of the best practices to develop receptivity is to inhale from the left and exhale to the right. There will be a meditation at the end of this chapter for you to help develop your receptivity.

It's also very important to have a great support system in the physical. This can be friends, relatives, your own coach, or a support group. We all need people to turn to, to share our successes and be celebrated, and to share our disappointments. Who is yours? Where do you get that kind of support?

I had the blessing of sitting in on a coaching call once with Meagan Jo Wilson. She is a great coach who helps women through her Rockstar Bootcamp. I have not done her program but so appreciate her advice. I was having trouble seeing myself as the expert I was. Something was blocking me, and she helped me figure that out. Of course, it was right under my nose and was easy to move beyond. But she also gave me an assignment. She told me to get myself a Brag Buddy. I had never heard of this before and was open to it. A woman who had come on the call

late wrote me in the chat saying she wanted to be my Brag Buddy. She ended up becoming my new bestie! We briefly talked every weekday morning and shared a brag from the day before. No matter how the day went, we can always find something. It may not be what we did and is often a new awareness or attitude. Recently we are having some “cluster brags.” LOL. I strongly encourage you to get yourself a Brag Buddy. You can communicate through text, phone, or any medium. It’s a way to see ourselves in a positive light and *receive* the recognition of another person who cares about our success and well-being.

There is within you an amazing spiritual coach or spiritual teacher. You may not teach anything that might be classified as spiritual, but you are a spiritual being, and it is most beneficial for you to get in touch with that part of your being. Your brain might have a hard time wrapping itself around this concept, but the more you do this work, the more easily you can get in touch with this part of yourself and *receive* this part of you fully. I say receive because this is really about receiving and accepting your magnificence, your greatness, and all that you truly are. You are an absolutely amazing coach at the core, and you know it. Receive all that wonderfulness that exists inside you. Receive and accept, receive and accept, receive and accept, and celebrate! This energy runs through all the chakras and I encourage you to make this part of your practice in your own unique way.

What you will notice through receiving Divine energy in any form is that you will start to energetically attract new clients. The more you receive the loving support and energetically become the great spiritual being that you are, the more you will attract those clients who need exactly what you have to offer. This is an amazing spiritual practice that will help you in so many ways. Not only will it attract clients, but your capacity for your work will increase more and more over time. I discovered this as I did very little marketing, like occasional videos and that was it. I didn’t do webinars or a lot of posts, and yet clients just kept falling out of the sky. This went on for months and my business excelled. And while that was so rewarding, I wondered what I could do if I got serious about marketing! Whether you are doing any marketing or not, this practice or practices will open doors for you.

There are a lot of people out there who need you and your services. Becoming an energetic magnet by receiving, accepting, and being the great spiritual being that you are will help them find their way to you. All our chakras have a left and right side just like our brain and our bodies. The left side of the body is receptive, Divine feminine side.

As promised, here is the meditation on developing receptivity. The purpose of this meditation is to create more balance between the left feminine side and the right masculine side, the Divine feminine, and the Divine masculine.

Developing Receptivity Meditation

Let's get into the posture, and breathe with the full rhythmic breath. Use the words love and light to the rhythm of the heartbeat.

Imagine that you're inhaling all the love and light as a whole universe.

Bring the unconditional love of the earth up through your feet right up to the heart chakra and exhale down to the root chakra down through the legs and out the soles of the feet.

Feel the support of Mother Earth and you can call in your spiritual support.

I invite you to breathe love and light into your root chakra a few times.

Inhale and imagine a stream of love and light coming from the left and bring that into the root chakra, receiving all of it as best as you can.

Exhale into the root chakra all this energy.

Practice this inhale from the left five or six times. When it feels right, instead of exhaling the love and light into the chakra, exhale it far out to the right. We are receiving the love and light of the universe in an intentional way from left to right. Feel yourself receiving, bringing it in, opening up that root chakra. Then we express it by exhaling it out the right.

Make the opening wider and wider, knowing this receptivity helps strengthen our sense of safety and stability, as well as accomplishment, our purpose, and what we stand for. You're allowing, inviting.

Widen the stream of energy. How much can you receive?

This flow is very much about safety, stability, accomplishment, and purpose. Notice what happens with your root chakra. Does it feel different? If so, how? Do you see it differently? What do you notice?

Make a note and move onto the sacral chakra. Continue with the above practice with each of the chakras up to the throat chakra. Focus on the qualities in each of the chakras as you do the left to right breathing with love and light.

Make this practice your own. Maybe you want to just focus on the root chakra for a week or even a month before you move onto another chakra. Maybe you want to focus on each of the first five each day. Do what feels best and natural for you. Do what feels most effective. Don't be afraid to experiment. This is one I also recommend doing in the surrender posture. We can deepen the surrender to receiving. Do what feels best for you. This will help you become your own teacher.