

### Your why

During this week we have a few exercises to help guide in finding yourself and what you are truly committing to.

To start watch the video to walk through a visualization.

Once you have watched the video, re-visit this concept at least 3-4 times this week. Why are you here and how are you right now?

Many people take this course when they realize they need an extra push to get to where they are going. Often times, we do not give a lot of thought of what that destination is going to look like.

The original contract you signed was an introduction to this concept – of commitment to self and meaning to the relationships around you. This is a very individual concept and it so important at this time to recognize why you are doing this so you can execute in a meaningful way. Visualizing outcomes will become part of your daily roadmap, your goal(s). You should be able to execute on small meaningful tasks that make you feel a feeling of accomplishment, a feeling of satisfaction by the end of your 12-week round.

The meaning to your life right now is going to look different than your meaning in the future. The meaning is what will give you the feeling of direction. If you are like many there are interceptors to that meaning today, perhaps again why you find yourself here.

- 1) We often compare ourselves with others: it is so easy to compare ourselves with those around us. It is the age-old challenge and we all do it. As social psychologist Louis Festinger pointed out we do it: to reduce uncertainty about ourselves and to define ourselves. If this is the basis of comparison, it is safe to assume that we would do this more often when we are unhappy with some aspect of our life. We can compare so much, that we can paralyze our own development. Some suggested parameters we can put in our life to improve our own boundaries and reduce the comparison can include: reducing exposure to social media (I remove the apps from my mobile phone so I do not access social media all of the time), reduce exposure to people who heavily compare themselves to others (reducing exposure to energy vampires – we will talk about this in a bit) and checking in with ourselves to make sure we are not conforming to norms others are setting for us (often we belong or want to belong to groups that we think are powerful, or like-minded almost like we want to be like them. ) The danger of not checking in with one's self is that you too can fall into the cycle of self-comparison without working on yourself and improving yourself.
- 2) We are looking for love in all the wrong places: we are naturally looking for love as humans. The issue with this concept is not so much expecting love in

- nurturing and meaningful relationships but the concept that love is unconditional or in a form we have romanticised in our heads. Expectations can be unrealistic when it comes to friendships, relationships with colleagues at work, your relationship with people who are not your life partner or child. So this point is two fold: unhappiness can often come from unrealistic expectations of what love in a relationship looks like and in what your perception of love is (the fact that it should be unconditional, non-judgemental, and it gives your existence validity). Here, the best way to alleviate this stress and reduce the expectation is to work on yourself and the love within you first. We will talk about gratitude practice, your journey to individualism throughout this program. To focus on one's self – self-love, self- awareness also gives very deep feelings of love and happiness within ourselves. This often if not always results in healthier relationships with others around you.
- 3) We have a hard time letting go: we are unable to let pain and negative feelings go from a bad experience. Most of us find it hard to experience a hardship and not learn from it. Although, we do often not learn from some and repeat it until we do! Letting go of a negative experience is awfully hard, it means you may have done something wrong; it means you may have failed. We like to feel like we are in control and therefore should learn from the situations we have been through, the media tells us our journey is for learning and although this may be true, remembering negative feelings, pain, grief and hurt like it just happened to you actually has negative effects in the long term. Letting go is an exercise in repetition, letting go of situations and feelings is something that can be so hard many of us continue to hold on and manifest illness and disease from it. I have personally fallen victim to this but there is light at the end of the tunnel. Imagine yourself in a room with a bunch of wires plugged into your body and head. Kind of like a scene from the Matrix (movie). Imagine each wire being an experience in your life that you continually reference. Now, remove the first wire. As you go through the program, I hope you can remove some of these wires. The memories will always be there, but the feelings associated with the memory should not. You can unplug these wires and roll them up and hand them back to the person who plugged them in there. You can do this as an act of empowerment to force yourself to let it go fully.

*“To let go does not mean to get rid of. To let go means to let be. When we let be with compassion, things come and go on their own.” –Jack Kornfield*

I want to bring these concepts back to one main theme: your purpose that defines you is not in the perceptions you have of these types of challenges around you. Your purpose comes from within you, within what you can see in that heart centre. This week let us focus on defining this for you.