

The Liberation Process

In order to shift things, in order to change things
- you have to raise your awareness of what's going on.

NOTE:

It's recommended to do this exercise regularly.

For instance once a month.

Every time you feel out of sink and need to get clean with your energetic frequency.

This will be a game changer for yourself and your business.

First step is to identify the breakdowns and ask yourself:

- Where are your breakdowns?
- What is causing you discomfort right now?

The first step is always to identify the pain.

Inner world breakdowns:

- Is it an energy and focus problem?
- Is it feeling overwhelmed?
- Is it feeling unsafe?

Outer world breakdowns:

- Is it a network / aquisition problem?
- Is it a sales problem?
- Is it a system problem?

Note: The Majority of our outer world problems are actually our inner problems.

- Often we have network / aquisition problems and are not doing our client

attraction because we might feel overwhelmed, unsafe, rushed or not worthy.

- Often we have a sales problem because we are attracting wrong fit clients (not clear on our desire and boundaries) or we don't fully believe we're worthy or good enough for the money/work.
- Often we have a system problem because we don't allow ourselves to have it easy, but rather we reinvent the wheel again and again, or we get stuck in the hamster wheel and put out fires.

When you identify your breakdowns, you can start creating a plan to move forward.

But first, you need to feel your discomfort,
fully acknowledge it and seek the lesson in it.

You feel what you feel for a reason.

**If you ignore your feelings,
they escalate and so does the breakdown.**

Get curious and investigate.

Be a gentle observer of your feelings, and try to park, drop or suspend judgement.

Ask yourself:

- What am I feeling?
- Where in the body is the pain showing?
- What are my worries, frustrations and pains?

Go to the dark side.

Allow yourself to fully express your worries, fears, woes, frustrations and hurts.

Allow yourself to act and behave like a 3-year old, and express yourself fully (you can always burn the paper afterwards).

Ideally, journal your feelings out.

When you have gone to the dark side and fully expressed your feelings, ask yourself:

- What stories and limiting beliefs is my inner child telling me?
- What is your inner child telling you about what will happen, what you can't have, or why you can't have it?

It might be something like:

- Making money is hard for me.
- You have to work hard to get money.
- What are you thinking, charging this amount?
- Who do you think you are to be so visible and get all this attention?
- I'm not good at getting clients; people won't like me.
- Money will just disappear again.

Get curious and ask yourself where these fears, beliefs, stories are coming from.

What's the root cause (hint, it is usually from our childhood)?

Don't judge; just observe.

Dig deeper...go fully into the dark side.

Ask yourself: 'What is the worst that can happen?'

Paint out the worst case scenario.

Ask yourself:

- What is my inner child trying to project me from?
- What's the secondary gain?
- What is this limiting belief, fear, anxiety actually costing me or preventing me from?

We often have created beliefs, stories, and feelings to prevent us from something and this is very often outdated.

Dis-cover the reason behind.

When you are clear on that, ask yourself:

- Is this belief, this scenario, ultimately true?
- Is this the only truth?

You probably notice that this is not the case:
that this is a big fat lie.

More cleansing questions:

- Is this belief helping me?
- Who would I be without this belief?

****** You have desires for a reason.

You're meant to have your desires.

It is for the greater good that you fulfill your desires.

Go over your list again and forgive yourself.

Forgive yourself for all the "mistakes" you made, all the stories you believed, all the fear, behaviour, worries etc.

Forgive others for their part.

Declutter those stories, those beliefs.

Self parent, your inner child, forgive and release.

This opens space for new things, new stories, and new beliefs.

Great way to do this is to do the **Kali process** here.

AND/OR

Use **Ho'oponopono** which is a **Hawaiian practice of reconciliation** and forgiveness.

It goes as follows:

“Please forgive me/I forgive you, I’m sorry.”

Or you can simply say:

“I forgive you, I release you.”

This is super powerful.

With some of the beliefs, you might have to do this a few times (and with some deeper trauma you might need professional help).

And then ask the universe, Kali, God, angels or your greater self to show you another way to see things.

“Please crush, crumble and dissolve anything that no longer is aligned with who you want me to be in this world and bring me beliefs, people and opportunities that are.”

Worries and fears are usually unmet desires.

Example:

Worry: You worry about paying the bills

Desire: You desire honouring your bills

Worry: You worry about getting projects / clients / work.

Desire: You desire having projects / clients / work.

Shift your focus to your desires, then release the fear.

You want to shift the focus from worry to a desire, because what you focus on, you get.

What you focus on empowers you.

- When you have desire, you feel in control - there are possibilities and there is hope.
- When you worry, you've got a problem and it crushes you.

Then, start writing your new beliefs, your new story, your new truth.

My new truth is:

I'm worthy of being wildly wealthy and that's for the greater good. Because then I can help others tap into their magic, and make the impact the world needs.

With me being wildly wealthy, I can help more people.

Now is the time to start shifting things.

Go back to your breakdowns and see how you feel about them now.

Ask yourself, what inspired action can I take to shift things?

What support, help, guidance do I need to change things?

Ask for guidance: Dear universe, god, spirits, guides please show me the way. I'm open and willing to see things differently.

Here are few suggestions:

Energy and focus problem:

- Create routines and rituals that you can prioritize that activate your energy (this should be your priority).
- Re-do your lifestyle design so it honors you.
- Sprinkle small and big self-care throughout your days, weeks and months

Note : my energy and my mental wellbeing is my number one priority. Without that, I can't serve to my highest level. When my energy is high and I feel great, things are easy - in flow.

Feeling overwhelmed*:

- Get an old fashioned agenda or use your google calendar and block your calendar for the key activities that MATTER.
- If you're not making at least 3k+ per month, always ask yourself 'Does this activity bring me clients in the next 2 weeks?' If not, it's not a priority (with the exception of client delivery and paying bills)
- Ask yourself: 'What can I eliminate? Automate? Delegate?'
- Re-do your lifestyle design so it honours you.
- Take away all notifications on your phone and only check your social and email 1x a day

*Note: this means you lack clarity.

Feeling unsafe:

- Get real clarity on safety.

- What is safety for you?
- What does it truly mean?

For example: Being able to pay your bills? Honour your expenses? Having a financial buffer?

- Calm your nervous system and do a pattern shift:

Options:

Yoga, dance and music, go to nature, take a walk, singing, shaking, Power Pose, meditations, or this liberation process

- Go through this sheet and shift your focus

Network / Acquisition / “Courting”:

- Are you being consistently visible and using the like, know, trust triangle?
- Are you building credibility and claiming your expertise?
- Do you have a solid client attraction strategy that is built on micro-conversions?
- Are you consistently engaging with your network / contacts ?
- Are you asking for referrals?
- Is your messaging clear and compelling?
- Are people clear about your offers and positioning?
- Are you making the invitations to go on a call or attending your events / workshops?

Sales problem:

- Do you feel worthy of your prices and your offers?
- Are you attracting the right kind of leads?

- Are your offers well priced & packaged?
- Do people trust you enough to buy?
- Is your positioning clear?
- Are you asking for the sale?

A quick note on “courting” and sales problems:

1. Inconsistency in your client attraction, (in your push and pull) will lead to inconsistency in your revenue.
2. If you're having ups and downs in your revenue, think of this.
3. Consistency is the key. Keep it simple, but be consistent.

In your business there are 3 things that should be your key focus:

1. **Your energy and mental well being:** Make sure to prioritise this. You want to create a spacious agenda so you can actually deal with yourself!
2. **Your client attraction:** It's your business oxygen mask, and unless you've got a healthy profit, you can't truly help your clients to the highest level
3. **Your client delivery:** Make sure they get an exquisite experience.

Credits to @Silja Thor.