



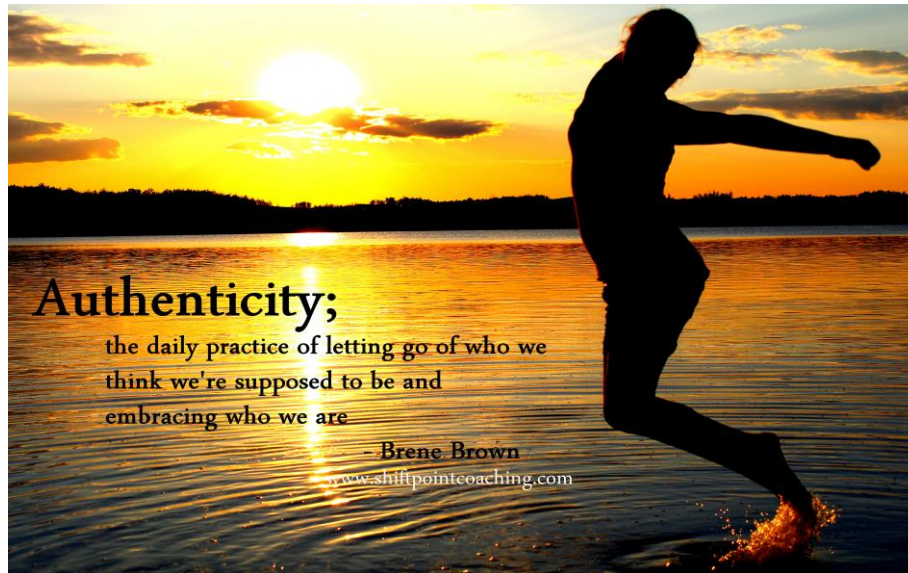
Module 1

Self Knowing

The Spiritual Journey. Chakras. Intuition.

"Who Am I?"

Deep Breath... Here we are – on the precipice of awakening your 'Higher Self' and of stepping into a journey of healing, intuition and personal mastery. We've taken the time to get clear on why & how you're HERE, created a vision for what you desire to be feeling and established why that's important to you...**Road Map Created – Check!**



Our next step together...

First, complete the Free Personality Type Assessment...then we'll take a dive into the first layer of Who You Are and begin building the foundations for your awakening sense of intuition.

- ✓ Healing, unblocking and creating alignment within ourselves begins with creating a solid foundation of self knowing.

On the following pages, you'll find a 'Learning' section as well as 'Tools' designed to guide you in deepening your understanding of Who You Are.

- Answer each set as truthfully as you can – paying specific attention to your [intuition](#) (first thing that comes to mind – before the 'judgement' or self doubt!)
- There is no right/wrong or good/bad...there just is what is (so take a deep breath)
- Take your time...set a timeframe for yourself and stick to it to keep you focused. Complete only as much as you can in that timeframe and then come back to the next task at a later time (ex. 15 min each morning)

Learning:

The Spiritual Journey

A spiritual journey of awakening has been ignited within you. In truth, you've been on this journey since your birth, however the phase you are entering into is one of transition between experiencing life from a physical perspective to experiencing life from a spiritual perspective.

We move through various phases at different points in our life. Similar to physical 'developmental' phases (infancy, childhood, adolescence, adulthood, old-age), spiritual growth also progresses through various stages of learning, development, growth & mastery.

The spiritual journey begins with an awakening of our Soul, which happens through the life force energy (kundalini, chi, prana or chakra) that lies dormant in each of our bodies. Once awakened, this life force energy assists us to cleanse the thoughts, beliefs, emotions and patterns that are no longer serving us (our karma).

So, how do we awaken our Soul? There are many paths to spiritual awakening – as seen through the multitude of religions, belief systems and practices. Know this, none are wrong or right – they are all simply different methods or approaches for creating this sacred connection.

Self Mastery Journey

The approach we will use is a journey through the chakras. Awakening begins with the root chakra and progresses through to the crown chakra and beyond.

Each month, we'll focus in on two of the chakras and work with them through practical learning, self discovery and integration steps. This journey is a progressive one – each step lays the foundation necessary for the next step such that you will progress through

4 phases (self knowing, self awareness, self mastery, soul fusion) to awaken your divine connection with your Higher Self and All That Is.

So, what can you expect as we journey forward? You can expect to be introduced to the spiritual side of life, to begin surrendering to self observation and self discovery, to become aware of your self in many ways you probably didn't even know was possible and to begin experiencing a level of knowing or intuition that up until this point has been clouded over with self doubt, emotions, insecurities and fears.

You can expect that we'll likely *pause together – laugh together – cry together* – till we come out the other side into a depth of self knowing, confidence, clarity and peace of mind beyond what you've hoped or imagined was possible.

Sound delicious?! It is!

Let's prepare for a journey *together*.

What is Intuition?

Intuition is often taught as a one-dimensional thing – of listening to and receiving internal guidance from a 'gut response'; in reality, intuition is a multi-dimensional way of experiencing and living life!

- ✓ It's an awareness of how we're feeling (emotionally, mentally, physically) from moment to moment & observing and working with those sensations
- ✓ It's a noticing of and working with the signs and synchronicities that surround us moment to moment in our daily life (books, conversations, animals, quotes, patterns, etc)
- ✓ It's being aware of the main themes, patterns and tendencies in our life and working with those to align ourselves with learning, growth and flow

Intuition is ultimately about self trust. It comes from the depths of self knowing, which allows us to perceive our own truth vs others.

Imagine being surrounded in a cloud of energy made up of thoughts, emotions, feelings, desires, insecurities...then imagine another person with a similar, but different cloud around them...then imagine two or more people coming together and the clouds being all jumbled up together.



Figure 1.0 One person's energy field

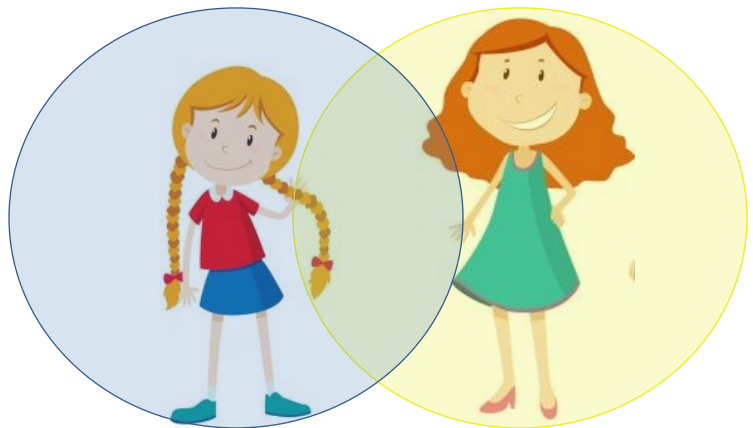


Figure 1.0 Two people's energy fields together

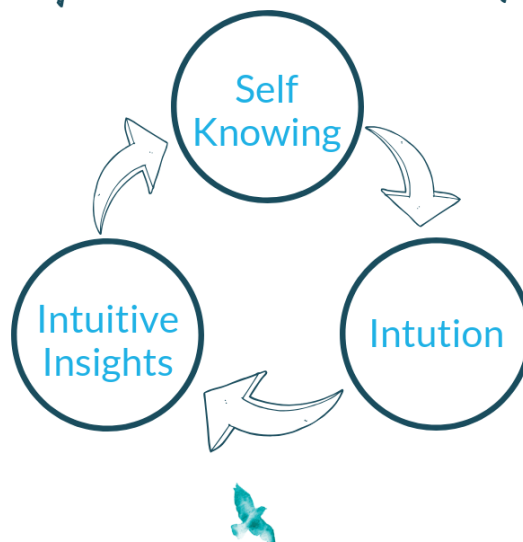
When we lack self awareness, self knowing and self trust, *we send our awareness out horizontally away from us* to try to perceive what it is that we need to do to fit in, to feel comfortable, to control or feel empowered in a situation. But, because we lack clarity in what is 'our' energy (values, intentions, desires, emotions, thoughts, etc) and what is others, we get confused.

The moment we begin acknowledging, honouring and clarifying who WE are, we gift ourselves the ability to perceive (and hold onto!) our own self knowing even in the midst of others energies.

- ✓ We begin seeing others insecurities because we are no longer letting go of our own knowing – we know our insecurities!
- ✓ We begin picking up on others thoughts because we have mastered our own mindset and now have control or awareness of what we are thinking.
- ✓ We begin sensing others emotions clearly (without doubt as to whether its ours or theirs) because we know our emotional state and can sense others in relation to ours

Ultimately, as our self knowing deepens, our intuition deepens and our intuitive abilities and insights gain clarity - we gain clear sight of the world, ourselves and other's truth around us.

Cycle of Awakening



Intuition is like 'layers' of truth – and these 'truths' are always present and available to every person in each and every moment! Intuition is not a 'gift' bestowed on a deserving, select few but, rather, a natural ability that we are ALL born with.

Intuition..layers of truth

How do we lose our sense of intuition? As we journey through life and go through experiences, we all pick up beliefs, insecurities, fears and self doubts that interfere with or 'cloud' our perception of Truth.

As we explore our true Self, we naturally begin to uncover and clarify different layers of ourselves: our beliefs, values, fears & insecurities. And, as we get 'clear' on our tendencies, needs & desires, we begin to find clarity & a depth of knowing around ours and other's tendencies, needs & desires (the more our self knowing deepens, the more our intuition deepens).

Throughout your Personal Mastery Journey, we'll weave together an understanding of how your chakra energy, intuition & self knowing relate & work together to enhance and awaken your intuition.

To start, let's get you acquainted with the chakra energy system and then we'll take it a step further to explore your personality type (the first layer of Who You Are).

The Chakras

We exist on various levels, with a physical, emotional, mental & spiritual 'body' (there are more, but we'll focus on these for our purposes here).

These levels of existence are intertwined; each reflecting & depending on the health of the other (if the spiritual body is 'out of whack', the mental, emotional and physical bodies will develop symptoms to reflect that imbalance).

Similar to how our physical body has a 'physical' circulatory system to deliver nutrients and get rid of toxins; our spiritual body has its own energetic 'circulatory' system. This system is comprised of vortexes, pools or spirals of energy called 'chakras' that circulate spiritual nutrients and clear out spiritual toxins.

- The first 7 chakras (where this journey takes place) lie along a central line through our body vertically, the first located in the region of the perineum/base of the spine moving up to the 7th chakra at the crown or top of our head.
- We have a lesser known 'Foot Chakra' (chakra 0) that is our connection to our soul purpose & our grounding source as well as several upper level chakras (chakras 8+).
- Each chakra is associated with a certain aspect of our being, a particular portion of our intuition and each holds specific opportunities for learning, development, growth & self awareness.



Diagram 1.0 The 7 Chakras (Photo Credit in5d)

The chakra system is like interconnecting pools of spiraling energy that occur at various points along a stream of energy.

This stream or river extends from the Earth, up through our physical body and up to Source/God/Universe. If life were crystal clear, this energy would flow abundantly through each of the pools (chakras), creating harmony, clarity and clear purpose; however, life is messy and 'stuff' (beliefs, insecurities, fears, self doubt) falls into the pools, blocking or restricting the flow of energy (much like a beaver dam blocks or limits the flow of water from one area on a river to another).



Photo Credit: Jusu darbas



Photo Credit: Jenny Freckles

When our chakras are out of balance, blocked or restricted we find ourselves feeling 'off', highly emotional, unable to think clearly, confused, stuck or frustrated. When our chakras are balanced, clear and unrestricted, we feel like we're 'in the flow', content, clear, motivated and purposeful.

The flow and health of our chakras are constantly adjusting based on our moment to moment decisions, thoughts & actions. So, it's not a magic wand opening them and then 'we're good' but, rather, an opening of the doorway and then a maintaining of each room or pool (similar to cleaning, tidying and caring for a home).

Long term blockages and imbalances impact all levels of our physical, mental & emotional Being and often manifest as physical signs, symptoms and dis-ease. Similarly, long term flow and balance create harmony, flow and feelings of Well-Being on all levels of our Being.

Today, we begin the journey of de-cluttering, tidying, cleaning and nurturing your chakras and awakening Well-Being in your life.

The Foot Chakra

We begin our chakra learning with the foot chakra or Chakra 0 because of its importance to connecting you with your soul purpose & feeling supported in life.

The foot chakra is like the lower level of our root (1st) chakra; it's our connection point with the Earth and resembles a plate or disc of energy below our feet. This chakra is activated before we are born and it acts as a magnetic field for your soul to 'plug into'.

- Our foot chakra acts as the point for detoxification of our energy system. We release negative, heavy or toxic energy through our body along a thread or braid of energies (comprised of our physical, emotional, mental & spiritual energetic bodies) and into the Earth to be neutralized, purified & transformed (#grounding).
- Pure, vibrant energy is pulled back up through the Earth and into our body to feel harmonious, calm and at ease.
- Our connection to the Earth brings feelings of being grounded, centered, supported and clear in our direction, path and purpose.

When we are out of balance or blocked in our foot chakra, we feel ungrounded, unclear or lost, have difficulty finding motivation for, focusing on or completing tasks and blocked or sluggish in moving forward with clarity on our soul purpose or path.

Tool #1:

Assess Your Foot Chakra

1. Acknowledge the state of your feet

(they reflect the health of your foot chakra) Circle all of the options below that apply to your feet.

Always cold	Nail fungus	Warts	Ingrown nails
Always hurt	Often ache	Calluses	Roughness
Healthy	Soft	Healthy nails	Ridges in nails

2. Where are you at in life?

For each statement, indicate your level of agreement with the statement by writing a number 1-10 out of 10 (1 – not at all; 10 – absolutely yes) Ex. 7/10

I feel supported in life... /10

I feel like I have my own 'space' & purpose in life... /10

My life feels like it flows with ease... /10

It's easy to focus on tasks & complete them... /10

3. Indicate with an arrow how open this chakra feels:

Closed				Balanced				Overflowing		
0	1	2	3	4	5	6	7	8	9	10

Tips to bring balance to your Foot Chakra:

- ✓ Imagine a glowing sphere of energy 1 foot under your foot with each step you take
- ✓ Walk barefoot in the grass or in nature
- ✓ **Affirmation:** "I am connected, know, sense, feel, see & hear my soul purpose & path in this life effortlessly."

Learning: Personality Type

Your soul foundation and the first layer of your intuition begin with an awareness of your unique personality type and preferences in life, essentially Who You Are. We are taking the initial step in shifting your perspective in life from an external, physical based perspective to an internal, spiritual based perspective.

It's time to figure out who YOU truly are – not who you show up as for friends, family & work, but who you are and how you function at a soul level.

*He who knows others is learned,
He who knows himself is wise.*

~ Lao Tzu (Tao Te Ching)

Personality types

Are we all striving to be an 'ideal', perfect type of person? Perfectionism, A-type personality, striving to be the 'best'...these all formed the foundation of what I set my sights on in my earlier years. My perception was that there was an 'ideal' type of person (successful, smart, slim, beautiful, accomplished, wealthy) and that I 'should' do my best to *become* that person.

Nowhere along the way did it ever occur to me that who I was...*was exactly who I was supposed to be* – that maybe, just maybe, this person, these characteristics, this body, were what I had *chosen* in order to bring about the perfect circumstances, challenges and successes to cultivate & nurture my soul's growth & development in this lifetime.

Our understanding & *acceptance* of the beauty of who we are – of who each of us are – begins with understanding what our unique personality type is.

Personality typing was pioneered & developed by C.G. Jung in the early 1900's. Although there are various methods, the Myers-Briggs method is one of the most comprehensive. This method describes *four* distinct behaviors that distinguish who we are as individuals. Each of these behaviours is given a 'letter', which then combine to form our personality type.

4 Behaviour Types:

1. How We Interact with the World (E or I)

- **Extraversion (E)** = Prefer to spend our time with others
- **Introversion (I)** = Prefer to spend our time in solitude

2. How We Take in Information (S or N)

- **Sensing (S)** = Obtain information from the senses: hearing, seeing, touching, tasting, smelling
- **Intuition (N)** = Interpret information internally and add meaning

3. What We Take into Consideration (T or F)

- **Thinking (T)** = Consider logic & consistency when processing information
- **Feeling (F)** = Consider people & special circumstances when processing information

4. How We Make Decisions (J or P)

- **Judging (J)** = Prefer to get things decided & complete
- **Perceiving (P)** = Prefer to stay open to new information & options

*Each of these behaviour tendencies is
neither right nor wrong, better or worse
– they simply are*

Consider:

A person who tends towards judging in their decision making, for example, tends to quickly and confidently make decisions; however, that same person may find that they make decisions so quickly that they miss or overlook important information. So, what seemed like a great idea may turn into regret and feeling stuck in a situation or a commitment for not having taken the time to seek out more information to begin with.

On the other hand, a person who tends towards perceiving in their decision making tends to be great at seeking out plenty of information and various options when making decisions; however, that same person may find that they struggle to make even the simplest decisions and commitments.

The combination of each of our four behavioral types produces one of 16 personality types (Ex. ENFJ, INFP, etc). Your behavioral type and tendencies will give deeper clues about who you are, how you interact with the world and where to find your 'Self' in a sea of personalities.

We all tend towards a *combination* of both traits within a behavior (extroverted/introverted) that is unique to us – each behaviour shows up as a percentage or along a range (we are neither 100% extroverted nor 100% introverted).

Our behaviours are unique to us and, although the type (E vs I) may remain consistent over our lifetime, the balance between the extremes will shift and change. Our Personality Type and behaviours are not an '*all or nothing*' or a '*stay the same forever*' type of thing. So, even though the core of our personality remains constant, as an individual, the variables shift, change and grow as we experience, explore, learn and journey through our life.

*You are under no obligation to be the same
person you were a year, a month
or even 15 minutes ago.*

You have the right to grow. No apologies.

Even though I and another person may share the same 'Personality Type', we each have our own specific percentage of each characteristic that results in a combination that is uniquely US. (See mine below)

I19%**N**13%**F**46%**P**29%

I am an INFP personality type but I uniquely exhibit the combination of 19% introvert + 13% intuitive + 46% feeling + 29% perceiving. My most dominant personality traits are 'Feeling' (46%) and perceiving (29%).

Each personality type has its own inherent strengths, weaknesses, natural aptitudes and inborn challenges. Recognizing & becoming aware of your tendencies, strengths & challenges naturally provides a foundation for identifying your most fulfilling direction in life, creating balance in your behaviours and understanding how to honor, value & nurture your 'Self'.

Let's Get Focused On YOU...

You've completed the FREE Personality Type quiz and your Myers – Briggs Personality Type is:

*Record the four letters & percentages for each of your personality type preferences from the FREE quiz below

_____% _____% _____% _____%

Self Reflection Questions

- 1. Record your understanding of your personality type below from the explanations given with your quiz results.**

2. **My most dominant personality traits are ____ and ____** (refer to the 4 letters of your personality type - INFP – choose the two with the highest %). What are the characteristics or explanations of these two traits?

3. **What might your natural strengths be as this personality type (in work, relationships, etc)?**

4. **What might your natural challenges be as this personality type (in work, relationships, etc)?**

YOU ARE UNIQUELY YOU...

"The privilege of a lifetime is being who you are"

– Joseph Campbell

Tool #2:

Where Am I in the Sea?

ISTJ 11.6% factual practical organized steadfast	ISFJ 13.8% detailed traditional service-minded devoted	INFJ 1.5% committed creative determined idealistic	INTJ 2.1% independent visionary original global
ISTP 5.4% logical realistic adventurous self-determined	ISFP 8.8% caring adaptable gentle harmonious	INFP 4.3% compassionate original creative empathetic	INTP 3.3% independent theoretical analytical reserved
ESTP 4.3% activity-oriented versatile pragmatic outgoing	ESFP 8.5% enthusiastic friendly cooperative tolerant	ENFP 8.1% creative versatile perceptive imaginative	ENTP 3.2% enterprising outspoken challenging resourceful
ESTJ 8.7% logical systematic organized conscientious	ESFJ 12.3% thorough responsible detailed traditional	ENFJ 2.4% loyal verbal energetic congenial	ENTJ 1.8% logical strategic fair straightforward

Circle the box with your personality type in it. Notice the % of the population that has your type vs other types. What are you realizing or becoming aware of about yourself in relation to other people?

Tool #3:

Deepen Your Knowing

- 1. How might your personality type relate to your past successes and challenges in life?**

- 2. Where have you judged your personality as wrong or bad in the past?**

- 3. How have you been trying to change, hide or deny part(s) of your personality?**

- 4. What are you now accepting or appreciating about the truth of Who You Are?**

- 5. What are you discovering or realizing about others?**

Tool #4:

Reconnect

After completing my FREE personality type quiz and learning about spiritual journeys & personality types, I'm feeling:

****Circle all of the words that apply to you**

Relieved	Excited	Surprised
Motivated	Overwhelmed	Intrigued
Irritated	Determined	Curious
Other: _____		

As a result of knowing more clearly Who I Am & my personality type, I'm beginning to acknowledge & appreciate my:

****Circle all of the words that apply to you**

Self-Worth	Self-Value	Self-Love
Uniqueness	Challenges	Strengths
Natural Abilities	Life Path	Frustration/Confusion
Current Circumstances	Friendships	Relationships
Other: _____		

This Week's Daily Affirmation:

I am learning to honor my _____ and let go of _____ so that I may

experience _____.