

# THE *Inspired* GUIDE

DO MORE OF WHAT MAKES YOU HAPPY

Issue #1 | March 1st 2021

MINI MAG



## A LOVE-LED LIFESTYLE

*Doing More of What  
Makes You Happy*

WITH AMANDA SEARS

## LIFE IN THE FLOW LANE

*Surrender & Align  
with Divine Timing*

WITH KRIS FRANKEN

## REDEFINING BUSINESS

*Have You Bought into the  
Illusion of Ambition?*

WITH SANYA MINOCHA

**DO MORE  
OF WHAT  
MAKES YOU**

*Happy*

**LIFESTYLE & BUSINESS  
INSPIRED & EMPOWERED  
MOVE BEYOND FEAR  
CONSCIOUS CREATION  
THE EVOLUTION OF SELF  
LIVE MORE LOVE-LED LIVES**





## Welcome to the NEW 'mini' Inspired Guide eMagazine!

*I am the creator and the original 'Inspired Guide' herself, Amanda Sears.*

Previously I published 18 editions of V1.0 of The Inspired Guide eMagazine with over 600+ articles, as well as exhibitions, videos, podcasts and instagrammers - these have become an encyclopedic-type resource now with timeless information on all sorts of relevant topics in conscious living and holistic wellbeing for the whole family. You can still find all of these editions online + all of the articles via the 'topic' search on the website: [www.theinspiredguide.nz/search](http://www.theinspiredguide.nz/search)

This NEW *mini* magazine revolves around the theme of '*Doing more of what makes you happy and living a more love-led life*' in relationship to lifestyle and business.

It is MUCH smaller and concise and is designed to be easy to read and super INSPIRING!

Let me know what you think over on social media.



# THE *Inspired* GUIDE

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# DO MORE OF WHAT MAKES YOU HAPPY

With **Claire LeBlond**

*I design and hand make Cloth Heirloom Dolls and toys from my studio in Auckland, NZ using new and vintage fabrics.*

I started 12 years ago when my daughter was born and I was at home, looking for a creative outlet.

What started as a one off project blossomed into a hobby, and eventually I started to sell my creations. When my second child Sam started school, it was time to turn my part time job into something more permanent, and so it began!

I've now been running my doll making business as my full time passion for close to 5 years.

My husband helps with the operational aspects of the business, and we have made a conscious decision to keep the business small and local, to not wholesale or go offshore and mass produce my handmade items, ensuring customers receive a one-off design, crafted with love and intention.

## **HOW DO YOU DO MORE OF WHAT MAKES YOU HAPPY IN YOUR BUSINESS?**

I've learned it's crucial to outsource parts of the job you don't enjoy, to free up your time for the parts you do! For me, this looks like help with accounting, basic sewing and photography, which leaves me more time at my machine creating dolls and sourcing beautiful fabrics, which makes my heart sing! I structure my working week carefully to ensure I have enough time to create, and try to be disciplined within those working hours (which can be hard when you work from home.)

I find if I haven't had enough creative time, I start to feel off kilter, so it's important for me to maintain the creative/work/life balance. I also say no to a lot of custom work, only taking on a few a year, as I find this really curbs my creative style. I prefer to work in batches of dolls with a similar colour palette or theme.







**WHAT ARE YOUR FAVOURITE THINGS ABOUT HAVING A BUSINESS THAT MAKES YOU HAPPY? AND... HOW DO YOU DEAL WITH THE NOT-SO-HAPPY TIMES?**

I love the flexibility to work around my family – school events, sick children, life happens, and working for myself ensures I’m available for all of it!

I never thought I'd work for my self in a creative role, so the sense of achievement I feel from creating something from scratch is immense.

The downside is the lack of a regular income, which, until my children are older, is something we just have to factor into our family budget.

But we feel the benefits of my working around the family in a creative roll far outweighs the small financial loss.

**WHAT ARE SOME OTHER WAYS THAT YOU DO MORE OF WHAT MAKES YOU HAPPY IN YOUR EVERYDAY LIFE?**

I have a few daily rituals which I use to help me calm and focus and tap into my creativity and happiness when I work. In the morning, I make a cup of tea, light a scented candle and put on some music or a podcast.

During my work day, I try to go outside regularly to potter in our garden and ground myself; pick fresh flowers or vegetables.

I try to walk, swim or paddleboard during the week to keep active and get me out of the house!

Working from home can be rather solitary, so I make sure I connect with friends, other creatives and my sister to keep me balanced.

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# DOING MORE OF WHAT MAKES YOU HAPPY

With **Amanda Sears**

So many people wonder about their 'purpose' in life; what are they here for and what is the meaning of life, etc. and there is no shortage of ideas on purpose out there that you can jump on and off - but for me the 'purpose' of life is to EXPERIENCE LIFE - in all its grit and glory (well preferably more 'glory' than 'grit' but it's all LIFE).

***You can give yourself all sorts of reasons to be alive, but for me it has become as simple as 'Doing More of What Makes Me Happy'.***

I've done the drama, the chaos, the illness, the health, the success, the study, the job, the ambition, the helping everyone else, the burning myself out and the questioning of all the things...

I'm pretty HAPPY to have reached a point now at the ripe YOUNG age of 34 to realise that life is actually all about EXPERIENCE and having more of exactly that... and I want to experience more of what makes me HAPPY every single day!

Right now I reckon plenty of other people are also re-evaluating their lives and priorities after the wildness of 2020 and the unknown future we are moving into and through.. it certainly makes you realise what is more 'valuable' to you!

I've always been a pretty happy person; doing what I feel inspired to do, but I was still having a lot of indecision and doubt around so much of my life and how I wanted to live it - and actually how that looked to me and my world.

As a blessing in disguise (as ALL uncomfortable events are) I had a HUGE emotionally, physically and mentally dramatic 'reboot' over Christmas weekend 2020 and I got stuck in a funk... a deep hole of despair - that place you visit just before a BIG shift happens - when your world falls away.

After a couple of weeks of still feeling super low and not impressed with life, I started to gather myself back together and build upon my strong foundations of resilience that I had built up over the years; I remembered the tools that could help me find peace and joy again in life and started rebuilding myself there... one day at a time.

Firstly I made a list of all the things I WANTED to do to be happy without limitations; then realised that physically and financially these weren't possible in that now, which bummed me out... Then I picked myself back up again and wrote a list of the things I COULD do right in that moment that made me happy and that is when it all started to shift; my vibration started to rise again, I felt inspired and life lost its numb, grey overlay...

And that's how the now evolution of The Inspired Guide came about! (And here we are!)

**TIP:** We always have everything we need. Look at what you already HAVE in your life for your joy.

## PRACTICAL TIPS FROM ME TO YOU TO DO MORE OF WHAT MAKES YOU HAPPY

### #1 - LIST WHAT MAKES YOU HAPPY

Getting stuff out of your head and onto paper, your phone or the computer these days is termed 'journaling' - which I guess I've been doing forever. It helps me see what I'm dealing with, get it out of my head to experience it on other levels and start to work through what I need or want to do and what is important and not so much. Then I just flow with it from there - no pressure.

Here are some examples from my list: Watch a feel good movie, listen to good music and dance, get into nature, pat my cat's adorable belly...

**TIP:** Choose things that don't rely on others.

### #2 - DO THE STUFF ON THE LIST

'Just Do It' - No judgments, no expectations and no ideas about the outcomes - because the 'now' you might experience it differently from the 'old' you. Something on your list that used to make you happy might no longer make you happy... (or make you much happier than you were before!) and that is ok. If it doesn't work, then scrub it off the list and move onto the next thing.

### #3 - TRY NEW THINGS

On the journey back to joy you will likely find new things that make you happy! This is the importance of trying new things! Some you will like, others you won't, but you are the EXPLORER of your life and there is so much to explore! Doing more new things creates spontaneity, living in the now, adaptability and constant evolution. When you don't know what will happen you can't go into fear about it from a past experience! You just have to do it and see what happens! And THAT is LIFE! The evolution of YOU...

Suggestions of new things to try: Smear your body in paint and use it as a paintbrush; do martial arts, roadtrip, bungee jumping, bush walking or get into the cold-plunge craze... or start simple like I did and get a 'drastic' haircut. HAVE FUN!

**TIP:** If you are currently doing something that doesn't make you happy, you have options:

- Stop doing it
- Change your relationship to it
- Keep doing it

**What are you doing that brings more joy into your life? And how can you do MORE of that?**

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***" Trust the journey.  
Trust that you have it  
all encoded within you,  
and your intuitive heart  
knows the way... "***





# SURRENDER & ALIGN WITH DIVINE TIMING

With **Kris Franken**

## **DIVINE TIMING IS THE GREAT MYSTERY IN MOTION.**

It's timing that goes beyond and above earthly time; a plan that we cannot see with our human eyes, a purpose that is so deep in our Soul that our mind can hardly fathom it. Divine timing is the Universe orchestrating our lives for our highest good in such a way as to go beyond perfect, beyond our expectations, into a realm that we can only access if we surrender our logic, our linear timelines, and our expectations and demands of what should happen and when.

***Surrendering to a force much more expansive than us isn't easy if we're attached to control.***

It takes courage to ask for what you want and then release all projections around it; because although knowing what you want is important, letting go of how the result is supposed to look and what the journey should be like is incredibly important.

This handing over of our stubborn and conditioned human need to control life to the Universe allows the Divinity within and around us to get to work in the most magical, creative, unexpected and miraculous ways.

The Universe has a blueprint for our lives, something that we can only access when we cease attempting to write it ourselves to a set timer and earthly plan.

But this isn't about doing nothing, nor is it about not wanting, craving, desiring, or wholehearted hustling. This is about putting our hearts on the table, stating clearly what we need from the cosmos in full, and then letting the mysterious plan come together in ways that we couldn't possibly design ourselves.

The Universe loves you, wants to bless you with everything you desire, wants to co-create an incredible, satisfying, abundant, joyful life with you in every way. Trust in it. Trust that you are taken care of. And stay open to things happening a little (or a lot) differently than how you anticipated. *Trust the journey. Trust that you have it all encoded within you, and your intuitive heart knows the way.*

***Keep dancing with the Mystery....***



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# FINDING THE JOY AGAIN IN YOUR WORK

With **Katherine Rose Tate**

A few years ago, I fell out of love with my business. Having been a freelance copywriter and coach for so long (over 14 years), I'd lost my way.

Uninspired and unmotivated, I couldn't be bothered pitching for work that set my soul alight so I just took whatever landed on my desk... It was like the worst day job ever - with the boss from hell.

And it probably would have been easier and more fulfilling to go out and get a day job - rather than sit stressed and sobbing at my desk every day.

But I didn't. My entire identity was wrapped up in being a 'capable, successful entrepreneur'.

To pack it all in and return to the workforce wasn't just a daunting thought - it was a devastating one.

And so I slogged on, hoping for some spark of inspiration to illuminate the way through the dark.

Eventually, it arrived... in the form of a mental breakdown - Around Christmas time last year, I experienced a week-long panic attack that left me exhausted and immobile; I barely managed to wrap up work projects in the typical end-of-year rush before burning out.

*For a long time, I'd known things needed to change. And now, my body had slammed on the brakes.*

Over the summer holidays, I did very little. I read books, ate good food, walked in the sunshine, and started taking anti-anxiety medication under the watchful eye of my doctor. Rather than my usual festive fretting about the year ahead and what business goals I would set and smash, I was simply *being*. Existing. Resting. Healing. It was all I could do.

Then one day, there it was. A glint of hope... a flash of the fire I'd had all those years ago.

So I dug out my journal and started scribbling.

**I went within and delved deep, asking how I might again find joy in my work:**

- *What lights me up?*
- *What world do I want to co-create?*
- *What do I stand for... and against?*
- *What future might I re-imagine - for my life, my work, my industry, people and our planet?*
- *What if I woke up today and didn't remember my life from before? What would I go and do?*
- *And - perhaps most importantly - what do I need to support my mind and body right now?*

***Through this gentle exploration of my vision and values, tiny threads emerged and wove together... becoming a beautiful, intricate fabric of possibilities.***

Gently, gradually, the colour returned to my life.

In allowing myself to rest and recalibrate, I rediscovered my passions and purpose:

- *To teach others how to choose and use words that help and heal - rather than hurt and harm.*
- *To work in a way that supports my mental health and neurodiversity - rather than rush and hustle to keep pace with our always-on capitalist culture.*
- *To find joy and pleasure in the simplest things, the seemingly 'insignificant' moments.*

In the months since, I've tweaked my business programs with a focus on ethical and intuitive copywriting for incredible clients; moved out to a quiet home in the bush, and even taken a part-time day job with an advertising agency - where I'm having more fun and creative freedom than I could ever have imagined!

The biggest lesson of all?

Our happiness, enrichment and prosperity doesn't only (or have to) come from *what we do to make money*; it arises from *who we are*.

If you ask what you need to be safe, supported and satisfied right now, the answers might surprise you. And delight you...

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# THE ILLUSION OF AMBITION

With **Sanya Minocha**

I've grown up believing that ambition is a key value that one must have in order to achieve a life full of success - and boy did I buy into that! Always striving, working hard, agreeing with sayings such as 'work hard, play hard' and 'HUSTLE'. In fact, it was one of the reasons I loved New York so much! It's the *epitome* of Ambition.

After experiencing poor health for almost 3 years, I realised how bogus ambition really is! I looked at where ambition got me. I was working so hard, but I wasn't fulfilled. All that striving felt so good as long as people recognised it... But it left me drained and empty.

The dictionary definition of ambition is:  
*"An ardent desire for rank, fame, or power"*

Ambition encourages us to work hard, hustle hard, drink multiple coffees a day, wake up early, live for the weekends and run our life on auto pilot. It's our ego's attachment to success, rank, and power, so we can rise to a management position, and call the shots.

Our ego loves attention and likes to believe it's special. So that little voice in our head guides us, telling us to strive strive strive. Keep striving! You're almost there!

Not to mention that when we strive and allow ambition to guide us, we're subconsciously giving ourselves the message that WE (as in our ego) knows better than the rest of us (our soul and our body), and that couldn't be further from the truth!

*How can we possibly say that our mind knows best?*

There are literally millions of processes taking place in our bodies at any given moment. Our soul, the eternal aspect within us has been guiding us since the day we were born.

*So how can we possibly THINK that we know best?*

Another reason our ambition is a dangerous thing is because it relies on power, fame and recognition to get its fix. And we all know that as soon as we reach that senior position, get a pay rise, or receive some recognition, we want more! *It never ends. Is that really sustainable?*

***What if we simply let go of being ambitious?***

Doing our best in every situation, and working hard/striving are two completely different things!





For those of us who have been ambitious all our lives, and thought that's the only way to be, (classic case of the blind leading the blind), I ask you to consider the possibility of another way of existing...

**The way of Surrender.** Surrendering requires no doing or striving for the sake of receiving gratification from our jobs and our lives. It only requires us to take inspired action.

**To take inspired action, is to take action that is inspired by a positive emotion.**

**HERE ARE 3 WAYS TO PUT THIS INTO PRACTICE:**

1. Start by noticing how much you're striving in your day to day life; take note of WHAT you're striving for - Is it power? Recognition? Fame?
2. Each time you find yourself striving and listening to the voice of ambition, consciously make a decision to take inspired action instead. In this way, you are allowing the higher intelligence that runs through you to take over and complete the task at hand. Instead of trying to make something happen, you're now *allowing everything to happen through you.*

3. Try it for a week and notice how your life changes.

What you'll find is, while your life externally may not have changed drastically, your internal reality is changing; if your internal reality shifts from a place of ambition and striving to a place of allowing and surrendering, what's meant for you (and sometimes this is beyond anything you ever dreamed was possible for you) comes into fruition.

*In other words, you get out of your own way!*

**To be ambitious is actually to doubt the Universe and it's intelligence. To be ambitious is saying, "I need to walk ahead of the Universe and God here, I need to make something happen."**

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# CELEBRATE YOUR LITTLE ACCOMPLISHMENTS

With **Masha G Ellman**

***Hello fabulous you! - I have a question for you - Are you celebrating your fabulous self?***

Are you living each day fired up about the possibilities that lie ahead for you? Are you living your life NOW, or are you waiting for when you reach the top of the mountain? For when you get that promotion. Lose 50 pounds. Meet that special someone. Start your own business... Are you busy rushing about on the gogogo forgetting yourself along the way?

***If you're not celebrating your journey along the way you're missing out on your life.***

When you celebrate yourself, you're being a participant in your own experience; you're showing up for yourself, you're honoring your own actions.

My health is important to me, and every day when I step off that elliptical machine I say 'thank you' and I'll shout out a big 'YES'; that's my celebration of myself. I DID IT, YEAHHH!!! I FEEL SO GREAT!!! - I know that 20 minutes of elliptical exercise is not a big deal, but it is for me, and every time I acknowledge my accomplishment, I'm empowering myself. It fills me with happiness; I feel proud of myself - I took a step towards keeping myself healthy, and celebrating it motivates me to want to do it again the next day.

I'm writing this to invite you to pay attention to those everyday little accomplishments. I'm inviting you to remember yourself; you are important, you are magnificent; you're doing the best you can and that is worthy of celebration. Keep your eye on the prize, stay focused on your dreams and goals, but the deliciousness of your life doesn't lie in the 'big' things only, it's also found in the 'little' everyday steps that you take towards the big goals. In those moments, that when looking at it, create joy and bliss and happiness, and fills you with a feeling of being proud of yourself. You can find them when you live with that intention and stop and celebrate yourself along the way.

## WHAT YOU CAN DO:

- First thing every morning give thanks for your life; acknowledge the sacredness of your being. It only takes a minute, but for me, this puts me into a higher vibrational state and fills me with an abundance of joy. It also puts me in a positive mindset and I look forward to getting things done that day.
- List your achievements daily or weekly, and go over them. Keeping track of your accomplishments, seeing them written out on paper, is a great motivator.
- Acknowledge yourself throughout the day and give yourself a high five, a gold star, as you go along. When you take the time to acknowledge the little actions you took towards your goals, they get repeated. The law of attraction states that 'what you focus on grows'.
- Reward yourself with something physical. Get a massage. Have lunch in the park. Buy yourself a little present...

So, whether you cleared out ten or fifty emails from your inbox, started to put together your resume, cleaned out a drawer in the kitchen cabinet or you actually cooked a meal for yourself... these everyday big or little accomplishments, need to be acknowledged.

Celebrating yourself along the way will empower you, motivate you and fill you with greater self-confidence. When you celebrate yourself along the way it reminds you that you're successful, you can do it; and let's not forget happiness - you will feel happiness.

So, I invite you today to start to celebrate your fabulous self. Don't wait to reach the top of the mountain. Start to look at yourself in a new way now. Commit to yourself, recognize your accomplishments, make it a habit to reward yourself and celebrate yourself. You don't really even need a reason to celebrate yourself - *celebrate yourself just for the simple reason that you exist and this is your life.*

***Your every day is a gift meant to be lived; celebrate every step of the way.***

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# MOVE COURAGEOUSLY TOWARDS YOUR VISION

With **Tash Pieterse**

***Courage creates your success.  
Courage creates your freedom.***

Courage is the NUMBER 1 ingredient to you living your fullest life and creating the vision you dream about everyday. The vision that outlines exactly what success means to you.

Being courageous can feel like a lot. However, the truth is... courage is created in the smallest steps.; in the smallest moments; in the actions our brain might tell us isn't enough.

The key word to soak in when you think about courage is that it is CREATED - Every time you step through your fear, there is courage... There is never courage without fear.

As Bréne Brown says *"The willingness to show up changes us. It makes us a little braver each time."*

To have the things that matter most to you in life, you will need courage to create it.

***How can you step into  
courageous action?***

## **1 - GET CLEAR ON WHAT YOU REALLY WANT**

Courageous action requires you to be clear on what you actually want, how you want to feel and where you want to go. If you aren't clear about WHY you are doing something, it's hard to step through fear and take action.

## **2 - IDENTIFY YOUR DEEPEST FEAR**

Sit with what you really want and ask yourself *"what am I most afraid of happening?"*, *"What is the worst that can happen?"*. 'Fear setting' as Tim Ferris calls it, is powerful to be one step ahead of your fears. If you can map out what some of the worst case scenarios are, you are more likely to step into action because you know what you would do if 'X' were to happen.

If there isn't fear, you don't need courage to act. *So prime your mind to see fear as a sign you're following your heart.*

## **3 - BE HONEST ABOUT THE COST OF INACTION**

What is it costing you NOT to take action? Every choice you make has a cost, equally every choice you don't make has a cost. The brain is very good at discounting this price in order to stay comfortable, however, the cost is still there and it increases every day.



## What is it costing you to not do what you deeply want to do?

### 4 - BREAK YOUR VISION & GOALS INTO SMALL STEPS

If your vision is grand, amazing and BIG, it can quickly feel overwhelming and like it's too far away to achieve, so you become paralysed and take no action at all. The fear of failing to create the vision can also keep you stuck.

Fear loves coming in when something seems too big. Break it down, make it digestible, and keep it to 12 week sprints. *As you take one small action, the next action will present itself to you.*

### 5 - HAVE ACCOUNTABILITY

It can be SO easy to stay in comfort and continue with old behaviours. Have someone in your corner that's going to encourage and push you to step into courageous action and get moving towards your vision. *Choose someone who will call you forward, even if you might not like it.*

### 6 - WALK WITH COURAGEOUS PEOPLE

The people you surround yourself with have the biggest influence on who you become. Choose intentionally who you spend time with and ensure they are encouraging you to be who you want to be and supporting you in bringing your vision to life.

*Be with people who are where you are or where you want to go. This will change the game.*

### 7 - PRACTICE COURAGE DAILY

Courageous action is a *daily* PRACTICE. It doesn't happen overnight. Practice, practice, practice. Everytime you take action in the presence of fear, you dilute them and bank up more courage.

Your first courageous action always feels like the hardest and the more you do it, the simpler it becomes to make the courageous choice. *Momentum follows action.*

***Stay focused on the vision and know that every step, no matter the size, is leading you there.***



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# 3 WAYS TO CONNECT WITH CREATIVE ENERGY

With **Rachel White**

*You were born a creative being - regardless of what your primary school art teacher may have told you about your creations, or how you compare yourself to painters, musicians and other professions often put on a pedestal as 'the creative ones'. You have your own unique creative potential that expresses art in your own beautiful way.*

Your lifeforce energy, sexual energy, and creative energy are all one in the same. This energy comes from the same source within your body. - *If you are breathing, you are a creator.*

Here are 3 ways you can start playing and engaging with your own creative juice. Once you feel that innate connection you can pour this energy into all facets of your life including your business, business offers, relationships, community, and all else.

## 1. CONTRAST

Give your life contrast; every day do something that is different to your average day to day. This could be as simple as walking a different path, driving a different way, eating something different, or taking a spontaneous road trip or holiday.

This is important for your lifeforce and creative energy because when your body starts to become conditioned within your environment, your lifeforce energy begins to deplete. Your subconscious mind controls 95% of your thoughts and actions, when you are in the exact same environment and doing the exact same things every day, your body essentially becomes your subconscious mind and goes into autopilot. When you are in auto pilot there is less space for inspiration, ideas, and your creative energy to flow.

Start bringing in simple contrast to your every day and put yourself in different physical environments as much as possible.

## 2. PLEASURE

Your creative energy is your sexual energy; any unresolved emotions, or judgements such as

shame that you are holding around your body and sexuality will likely dilute the potency of your creative expressions.

Start with where you are to explore a deeper connection to your own pleasure, this may begin as deep breaths visualising them into your yoni or womb space, using a yoni egg or pleasure wand, you can explore with yourself or a partner.

You can also explore pleasure in many ways outside of your sexual experiences, pleasure is simply allowing your body to feel good. Through sipping a warm cup of the perfect hot chocolate, eating fruit sensually, or admiring anything in nature and allowing that feeling to fill your body.

## 3. HOLDING SPACE

Your creative energy is sourced from your feminine energy centre (for both men and women). For any of your feminine essence to feel safe to be fully explored and expressed, it needs to feel safe and held. How you hold space for your feminine to flow is by embodying your masculine.

Your masculine is the space holder, what do you need in place in order to explore your creative connection? Is it a clean house? Privacy? Un-scheduled spaces of time? Whatever it may be, embody your masculine to take action in putting these things in place. Once the space is held, your feminine and creative energy feels safe to start coming out to play.

Once you start playing with your creative energy, ideas will naturally be attracted to you. This is one of the first steps to bring your creative ideas to life. *Have fun and play while you explore with energy that is innately inside of you.*



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# ARE YOU HOLDING YOURSELF BACK?

With **Crysal Olds**

It has taken a lifetime for me to realise that this entire time – *my whole 37 years on this earth, in this body, in this lifetime* – I have been holding myself back...

It's actually funny saying that out loud but I think we all hold ourselves back to some degree because we don't want to: offend, succeed, fail, hurt, love, lose, etc.... The list is endless...

***It seems that our attachments to these things are more important to us than being amazing – being who we truly are, being our true self!***

By 'attachments' I mean how we can put more importance on the idea that is stopping us, than on the idea of what we can become.

We become overcautious.

Suddenly, the fear of offending someone becomes more important than our dream of speaking our truth.

The fear of failure becomes more important than the promotion we have been working toward.

The fear of getting hurt stops us from loving with our whole heart... *you get the picture...*

When we let these fears hold us back we are giving our power, our energy, to that fear and then helplessness, anxiety and depression are born and fed.

We can try and get a handle on our fears through self-care and building our self-confidence.

When we have fear around what others may think of us, or how we are viewed, or when we have fear of not meeting our crazily high expectations, then we invariably give others our power.

This supports unhealthy relationships and brings people into our lives that will play the power games we learned when we were younger that helped us get what we needed.

When we feel comfortable enough in being who we are and know that WE ARE OK, then we will no longer be held prisoner to our fears.

## THINGS WE CAN DO TO FEEL COMFORTABLE WITH WHO WE ARE:

### 1. JOURNAL

Journaling our passions, our woes, our thoughts, our dreams, can give light to some subconscious patterning going on. It can also get the information out of our head which can help slow it down and reduce rumination.

Either try non-dominant hand writing or flow of cognition to help get past the conscious, rational mind. If you get stuck, try and start with questions like:

*What is holding me back?*

*What drives me/makes me feel excited about life?*

*What qualities do I already possess that serve me well?*

*What qualities would I like to possess?*

*What fears do I have around becoming who I want to be?*

*How are my fears serving me right now?*

*The one thing I could do less of to help me reach my goal is....*

*The one thing I could do daily to help me reach my goal is....*

### 2. PAY ATTENTION TO OUR THOUGHTS

Paying attention to our thoughts can help us to catch some patterns in thinking that help to feed our fears and hold us back.

When we have noticed the thoughts that are no longer serving us, we can change them for new, more positive thoughts that are more aligned with our dreams.



Our brain has the capacity to change and this is called 'neuroplasticity'. With enough engagement of the new thought to replace the old one, the new one will soon be more attractive and hold more power. This will have made enough connections in the brain to ensure that the new thought is now the go-to over the old thought. Try this pattern:

Feeling >> Old belief/thought >> Re-label/  
Question >> New thought/behaviour

### 3. BE KIND TO OURSELVES

Being kind to ourselves is a big one.

If we are often berating ourselves for not doing something quite right, or for making mistakes, then we tend to have less energy to reach our intended goal and get easily discouraged.

Be your own cheerleader and allow yourself to feel proud of your accomplishments to date, no matter how small they may seem.

***Remember it's the many small steps that get you from A to B.***

To be kind to yourself go through and change the belief/thought around the areas where you are unkind. If you can't think of something kind to counteract it with, ask a trusted friend.

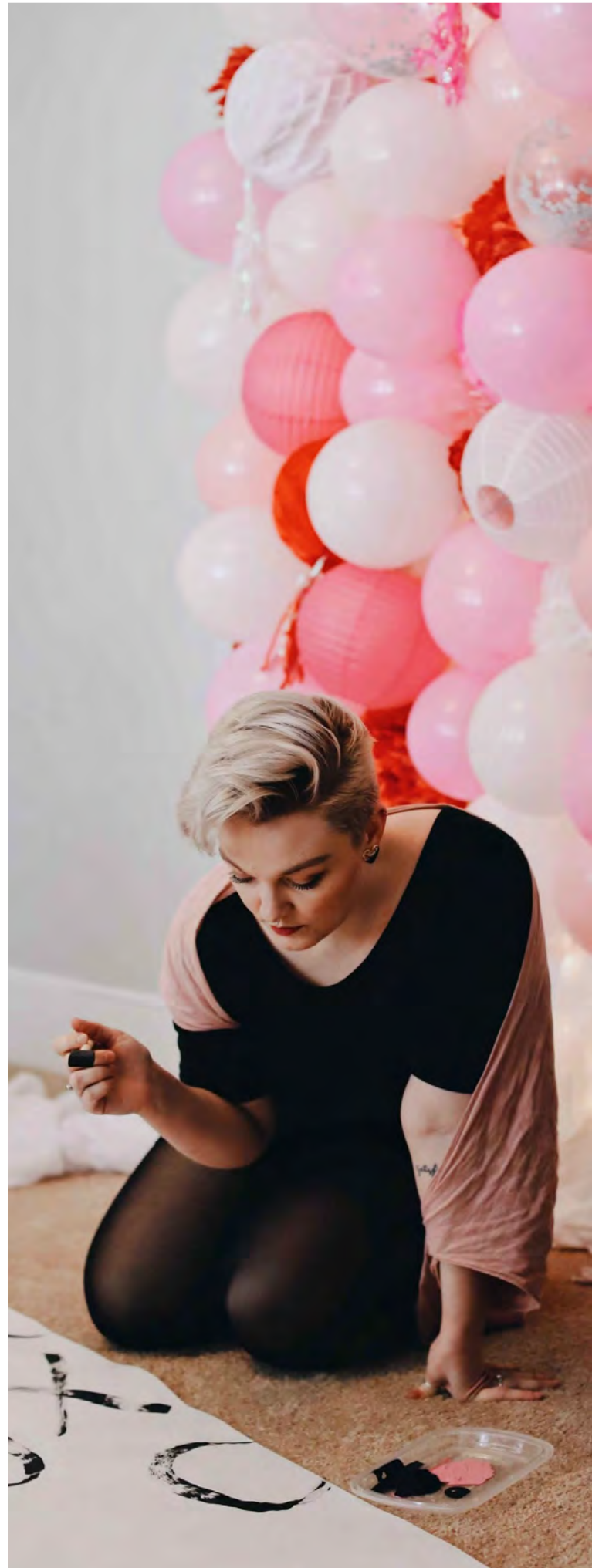
### 4. GET SOME PROFESSIONAL ASSISTANCE

Employing the services of a coach, a holistic bodyworker, or a counsellor can help in getting over those few bumps in the road and assist in determining what is holding you back.

Sometimes it is hard to see the patterns yourself and these professionals can help you to uncover them.



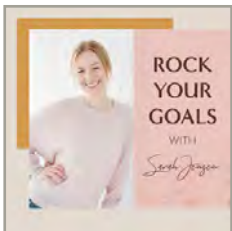
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# MORE OF WHAT MAKES ME HAPPY

## PODCAST



### ROCK YOUR GOALS

With Sarah Jensen

Sarah wrote for all 18 editions of The Inspired Guide V1.0 and her inner light and words of wisdom are loving and lifechanging.

So Sarah actually has an AMAZING podcast where she interviews heaps of wonderful, heart-centred and authentic people from all over the world and talks openly and joyfully about all kinds of things around lifestyle and business. She is my #1 podcast recommendation and from there you will be led to many others. [HAVE A LISTEN >>](#)

## ARTIST



### BEN YOUNG SCULPTURE

Mount Maunganui, NZ

I LOVE the art from this NZ sculptor! It's the kind of art you can stare at for hours and drift into a new world..

A self-taught artist, Ben explores landscapes, scenes and depths with intricately designed glass masterpieces. Each one is unique and inspired by his love of the ocean and background in surfing and boat building. The way he explores the geographical components of nature reminds me of the beauty and depth always all around us and the paradise we live in... [EXPLORE>>](#)

## BOOK



### THE MAGNOLIA STORY

By Chip & Joanna Gaines

This amazing couple are probably my most INSPIRATIONAL people in the world! This book really inspired me to keep following my heart and trusting in my knowingness on my path because we can't even imagine the blessings coming our way if we do. They share their ups and downs openly and honestly and candidly too! If you are looking for inspiration in life and business - this is the book for you! [FIND OUT MORE >>](#)

## VLOG



### THE ENDLESS ADVENTURE

With Eric and Alison

I have no idea how I found these two but they have become my FAVOURITE vloggers to watch on Youtube and have years of content you can catch up on. They share their experiences traveling around the world, eating amazing food, staying at super unique places and interacting with lots of cats. They are currently renovating an RV while stuck at home in America due to travel restrictions. They are super lovely!! [CHECK THEM OUT >>](#)

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DO MORE OF WHAT MAKES YOU HAPPY

Issue #1 | March 1st 2021

MINI MAG

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