

THE *Inspired* GUIDE

DO MORE OF WHAT MAKES YOU HAPPY

Issue #3 | September 2021



#EXPRESSYOURSELF

*The Impact of
Your Expression*

WITH RACHEL WHITE

LIFE IN THE FLOW LANE

*Change the Narrative,
Change Your Life*

WITH MASHA G ELLMAN

REDEFINING & ALIGNING

*Get Out of Your
Comfort Zone*

WITH SANYA MINOCHA

THE *Inspired* GUIDE



'**EMERGENCE**' by Amanda Sears
Photo by: Matthew Henry
@Unsplash.com



WELCOME TO #3 OF THE 'MINI' INSPIRED GUIDE eMAGAZINE!

EMERGENCE is the energy behind this edition. Not only are we in the first month of Spring now in the Southern Hemisphere but also my most favourite month of the year! Filled with all of that new life energy and blossoming vibrance!

I have hibernated since Issue #2 and whilst I did play Pokemon Go quite a bit and went on adventures, I mainly stayed in the sanctuary of my home. I rested and nourished my mind, body and soul with more of myself and I am ready to emerge as the new, vibrant version of myself and bring you NEW inspiration and ideas!

Emergence energy is not just present within this magazine, but globally as we seek to find a way to come out of the chaos (rapid change) and spread our wings, shake off the old energy and bring it all into a NEW joyful balance and harmony.

Have you been receiving more of YOU? Ready to spread your wings and fly?

- Amanda Sears, *The Inspired Guide*

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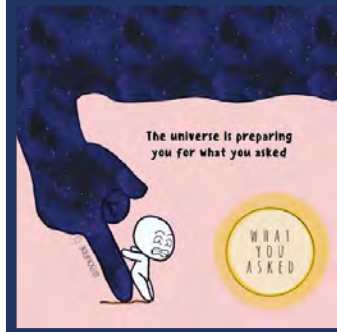
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DO MORE OF WHAT MAKES YOU HAPPY

With **doodlewear**

Hi! I'm Anna Mollekin and I own **doodlewear** – a New Zealand artist collab bringing creatives together, where you can find unique art for everyday wear.

Our online store has a range of products, from tees to hoodies, for adults, youth and children.

All of our garment's art prints are created by New Zealand artists and printed individually (on demand) with care in NZ on quality materials, and are shipped locally and internationally.

Real wearable art - from the gallery to your wardrobe!

Libby Liu was inspired to start doodlewear in 2017 after being repeatedly disappointed in the tee and print quality of overseas online sites, and struggled to find creative artsy tees locally.

As a contributing doodlewear artist since its inception, I jumped at the chance to purchase doodlewear from Libby when she considered selling and bought it in March 2021, just as Libby was embarking on the next phase of her life.

With over 18 years experience in marketing, graphic design and print, as well as being a full-time artist myself, I'm passionate and enthusiastic about what can be offered via the doodlewear platform and have been implementing lots of new and creative ways to serve our artists and customers since I purchased it.

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

I carefully curate all of our collaboration artists to ensure we have the best NZ artwork in a variety of genres as part of our fantastic doodlewear collaboration family. We are focused on providing our customers with high-quality artwork that they will adore.



I manage ALL the day-to-day operations of doodlewear, which is quite multifaceted. I enjoy managing the social media marketing and working directly with the artists to setup and design all of their beautiful artwork on our products; I love designing marketing collateral to promote doodlewear.

As an artist myself, I love looking at all the art, or what I call 'eye candy' all day, every day.

I also like helping, inspiring, and sharing my expertise with other creatives as they pursue and achieve their artistic goals, which gives me a sense of purpose.

As a 'solopreneur', I can't do everything myself, and certain things like packaging and dispatch took a long time and prevented me from doing other tasks that I found more enjoyable - so finding the most fantastic NZ businesses I can outsource to and also trust to accomplish this for me was the best thing I could've done.

Quality, trust and supporting local businesses is really important to me and I did a lot of research to find great NZ businesses on which I can comfortably rely on to outsource elements of my business, such as the packaging, dispatch, high-quality printing and shipping, as well as the redesign of our website.

We also proudly support local artists with every purchase paying a New Zealand based artist.

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

One of my favourite aspects of owning a business that makes me happy is that it never seems like I'm working!

In the 'not-so-happy' times when things aren't going as well, I listen to motivational and inspiring podcasts to get myself back on track.

To me, it's always about your mindset in life, as 'bad' things happen as a part of life - you just figure out how to overcome whatever that is.

You can't change what has occurred, but you can control how you respond to it and cope with it.

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

The major reason I like to work from home is to be present for my children.

Operating doodlewear is definitely a full-time job, yet I have the freedom to design my own schedule around the needs of my children.

I have a lot of medical specialist visits and therapies to attend, so it could be quite difficult for me to take time off if I worked for someone else 9-5.

On holiday, I enjoy spending time with my family at the beach in Port Charles - *there is extremely minimal phone or internet coverage up there, so being disconnected is quite soothing.*

While there I enjoy attempting to photograph birds and also love drawing at the beach or wharf with my daughter... *so mindful and relaxing.*



DOODLEWEAR

Anna Mollekin

www.doodlewear.co.nz



DO YOU FEEL GOOD

With **Tash Pieterse**

When was the last time you asked yourself that question?

- ★ *Do I feel good in my work?*
- ★ *Do my friends make me feel good?*
- ★ *Do I feel good during exercise?*
- ★ *Do I feel good in my relationship?*

The biggest question always needs to be...

- ★ *Do I feel good?*

The purpose of life is to feel good. Of course, alongside this, our purpose is also to love, be happy, and to serve - but ultimately, we need to feel good in order to live a full and happy life.

It is a powerful question and one I believe we don't ask ourselves often enough.

This question can be applied to any part of your life and needs to be asked often so you can continuously make decisions that lead you to feel good, rather than subconsciously making decisions that please others or meets external obligations.

When you feel good, that is a sign from your Best Self (Inner Being / Soul / Higher Self) that you are in alignment with who you are really are and who you are aspiring to be.

When you feel bad, negative, frustrated or friction, that's an indication from your Best Self that you are not in alignment.

Your emotions are powerful indicators and signs that tell you what is aligning with your intentions, values, and happiness and what isn't.

For many of us, we have lost touch with our emotions and with what they are telling us.

Some think emotions interfere and should be ignored, others think that emotions are unvalidated data sets.

Whatever you might have thought about emotions, I want to offer a perspective that might challenge you and get you thinking, because that's what life is about right?
Growing and learning.

MY CHALLENGE TO YOU...

Ask yourself "**Do I feel good?**" as often as you can every day and week.

When you're at work, when you're with friends, when you're exercising, any time - *ask yourself if you feel good in those moments.*

Let this question guide your decisions and see what impact it has on your day, interactions, and mood.

Let this question guide you to always choose the better feeling thought or activity.

**You want to feel good,
so choose things that
make you feel good.**

Okay... but...

What do I do when I identify situations, things or people that don't make me feel good?

We all know that change first starts with awareness. You need to know what you want to change in order to start making any changes and asking this question is the first step in that process, you're becoming aware.

Once you know what doesn't make you feel good, the next step is to ask yourself:

What is causing this feeling?

★ Have you changed and grown and now you're realising that XX doesn't align with you?

★ Have you lost sight of the good and positive aspects of someone and now all you see are negatives? (*which doesn't make us feel good*)

★ Have you decided that you want something different in your life now and you're feeling the friction of not making a decision?

Next...

What do I want to do now?

Now that you're aware of what does and doesn't make you feel good, and you are clearer on what is causing the feeling, you then need to ask yourself and decide *what you want to do now.*

This is the most critical step, if you know what does and doesn't make you feel good, you know what's causing it and you know you want to change it, but you don't actually make any changes, you're allowing yourself to stay stuck.

No one can change how you feel (*they may behave in a different way which changes your feelings, but that's not within your control*), no one can change your situation, and no one should choose something different for you (*in some instances they can, but you definitely don't want them to*).

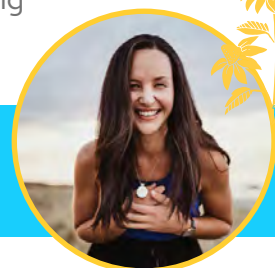
**YOU need to decide
what YOU want to do
to change how YOU feel.**

It might be looking at a job/career change, be spending less time with someone, trying out a different exercise class/type or it be as simple as journaling and writing about how differently you want to feel and then creating small steps from there.

**You control how you feel and
you control how you allow
others to make you feel.**

Be conscious and aware of what that looks like and check-in often to make sure you're still in the driver's seat making choices that align and serve your Best Self.

TASH PIETERSE
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THE IMPACT OF YOUR EXPRESSION TRANSCENDS ITS INITIAL RESPONSE

With Rachel White

It doesn't matter how many people
comment or like.

It doesn't matter how many people see it.

It doesn't matter how many people agree
with you or like what you have to say.

It doesn't matter how many people turn
up to your livestream

It doesn't matter how many people turn
up to your event or class

**YOUR ENERGY MATTERS
YOUR INTENTION MATTERS
YOUR TRANSMISSION MATTERS
YOUR FULL EXPRESSION MATTERS
YOUR JOY MATTERS**

Once you express your art, in any form,
it carries a forever lasting transmission.

***The ripple of inspiration and
activation is far beyond what
you will ever physically see.***

You speaking your truth inspires others to
do the same.

You writing your book activates others to
believe that is a possibility for them too.

You experiencing joy sparks joy in others.

Your smile makes others smile.



One sentence from you speaking on something you feel passionate about could ignite something in someone that allows them to choose a new path.

Something you create today may not be fully appreciated, but time is catching up and you can keep expressing yourself in the meantime.

Vincent Van Gough sold one painting before his death, but he kept painting over 2000 pieces, and now his work is highly recognised and valued.

Hedy Lamarr was an actress who invented the technology for Wi-Fi as a creative solution to secure communication during WW2; she was dismissed and her plans put in a draw. Years later they pulled her work out and used it as the foundation for the wi-fi used by billions of people today. *(Fun fact about Hedy Lamarr is that she was the first actress to perform an orgasm on screen!)*

Books written decades ago are still being read, causing ripples of inspired action every day.

Movies made years and decades ago still bring people joy.

And all of these expressed creations continue to birth more creation into the world through things like fan-fiction, fan-art, re-creations, the way someone decorates their bedroom wall, and so much more!

Your creations do not have to be famous to carry a powerful transmission.

All of the energy of all the creative expression that has ever been is still circulating - even when it's physical expression is unseen by the masses.

Your expression is divine.
Always has been and always will be.

And just because you say something once doesn't mean you can never say it again, your expression of it is what allows you to explore more depth in your understanding and voice.

Even when there is one person you are aware of paying attention, remind yourself that, *that is a person!*

Think about the ripples made through you when you feel inspired and activated - you are providing space for that for this one person.

Honour them and each one person within your audience.

Your posts today could be the foundation for your first book.

You speaking in your stories could be a catalyst for the keynote you share on stage.

Your full creativity in your relationships will blossom into many experiences.

What do you feel called to create?

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YOUR EMERGENCE IS RIGHT ON TIME

BECOMING YOU IN YOUR LIFE + BIZ

With **Jenna Teague**

Becoming an entrepreneur requires a renegotiation of identity.

The conversation around identity as an entrepreneur is one I have so often with my biz besties and have observed across hundreds of coaching students and clients.

Across a wide variety of business owners and experiences I've noticed a nearly universal identity panic that sets in as we put ourselves 'out there' to the world, particularly for us solopreneurs and service-based business owners who feel that we *are* our business and our product.

As we step into greater visibility, we're flooded with questions:

- ★ *Who am I as an entrepreneur?*
- ★ *How do I want to be perceived?*
- ★ *What is my brand?*
- ★ *What do I stand for?*
- ★ *How do I want to make people feel?*
- ★ *How will I connect with my ideal clients and customers?*

These questions strike at the core of our identities, i.e. how we define ourselves, how we want others to see us, and how we find and connect with our people, like fellow entrepreneurs and clients.

The process of discovering and embodying our entrepreneurial identity is further complicated by the fact that this process unfolds in public and online.

Cue your second adolescence ...

WHEN WAS THE LAST TIME YOU HAD TO FIGURE OUT WHO THE HECK YOU ARE, HOW YOU WANT TO BE SEEN, AND HOW TO CONNECT WITH YOUR GROUP?

That's right!
During those often awkward teen years.

All those teenage self-doubts tend to reemerge on our entrepreneurial journey.

We ask ourselves:

- ★ *Am I doing this right?*
- ★ *Do I look okay? Do I sound okay?*
- ★ *Is what I'm saying stupid?*
- ★ *Why are all the other entrepreneurs out there so much cooler and more successful than me?*

That last question is a killer.

As we step out as entrepreneurs, 'comparisonitis' often hits us hard, and our Instagram 'doom-scrolling' begins.

Suddenly, every business owner and solopreneur who used to inspire the f**k out of us now makes us feel inadequate and less than.

Every photo, story, and reel reminds us of what we don't have... yet.

Yet is the key word here – because we are comparing the beginning of our journey to the middle and end of other people's journeys and comparing the inside of our experience to others' highlight reels.

When this happens, I recommend treating yourself to a massive unfollow spree.

It can be such a relief!

On any account or platform that makes you feel bad - no matter the reason - hit that unfollow button right now *without guilt*.

You deserve for your social media to be a safe space, and you don't owe anyone anything. *Plus, you can follow people again whenever you like.*

Truth be told, our entrepreneurial 'second adolescence' is an opportunity to redefine choices about who we are that we likely last made in high school.

Woah. How incredible is that?!

Since becoming an entrepreneur, I have redefined myself in important ways. I've learned to confidently center my queer identity – *because it's important to me and because representation matters.*

I've also learned to explore and share my gender identity - *confidently sharing my pronouns is empowering, and it creates a safe space for others to share theirs and engage in open dialogue around gender.*

I've learned that a 'second adolescence' can be a good thing (even though most of us struggled through our first one), and I have my journey into entrepreneurship to thank for that.

By redefining and owning my entrepreneurial identity, I've been able to stand more securely in my identity in other areas of my life as well.

Where in your life do you have the opportunity to get clearer on exactly *who you are* and openly share that identity?

I bet your clients, colleagues, customers – and the people closest to you – would *love* to get to know you better!



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NOT THERE YET

With **Ashley Looker**

"I'm not there yet" has been one of my most consistent thoughts since I can remember, and the more I talk about this nagging myth with friends and clients, the more I realize I am not alone.

It's got me thinking: Where is 'there'? And why are so many of us obsessed with getting there?

The truth is, my relationship with time has always been pretty skewed. As I get older, I don't feel as old as my age - I often feel much younger. Yet, the older I get, the more anxiously behind I feel in life.

As the years zoom by, I do my best to slow down and take in every moment and unsubscribe from the busy-ness our culture teaches us. And although it feels so true at times, I'm doing my best to remove "time is just going by so fast" from my vocabulary.

Where are we trying to get to so quickly?

What are we trying to prove?

And what beauty are we truly missing out on as we hustle through this one precious life?

Traditionally, around August I start to get a little anxious and discouraged because "I'm not far enough along" or "I haven't accomplished as much as I'd hoped by now."

I know deep down this isn't true, but my anxiety tells me otherwise.

As I write this article I am looking at my 2021 Vision Board. On that board I have words like *freespirit, bold, risk meets reward, confidence and writer*, along with pictures of the ocean, mountains, a woman doing yoga, healthy food, the sunrise and a camper.

I realized over the past several months I've unconsciously attached a ton of expectations to these words and pics:

The picture of the sunrise has become: *watch the sunrise everyday.*

"WE'RE ALREADY EXACTLY WHERE WE NEED TO BE"



The words Free Spirit have become:
monthly road trips and adventures.

Writer has become:
submit my essays for publication.

Confidence has become: *never doubt yourself.*

And in turn, what felt so light and inspiring in January, feels like a ton of pressure now.

SO HERE IS WHAT I'M DOING:

Instead of saying "I haven't done ___",
★ I'm asking: *Is this still something I want?*

Instead of saying "I haven't been there yet,"
★ I'm asking: *How have I used my time instead?*

Instead of saying "I've gotten off track,"
★ I'm asking: *What have I learned?*

Instead of saying "I'm not there yet,"
★ I'm asking: *Who am I becoming?*

Instead of saying "They've done more,"
★ I'm asking: *According to whom?*

Instead of saying "I have so much more I want to do this year" (and putting a tonne of pressure on myself),
★ I'm asking: *How do I most want to feel for the remainder of the year?*

***The truth of the matter is,
we're already there.
We're already exactly
where we need to be.***

The most powerful place we can exist is right here, right now. And if we keep chasing what society has defined as success, we'll never stop hustling because the bar never stops getting higher.

***Set your own bar,
Make your own rules,
Create your own standards.***

HERE ARE 3 POWERFUL JOURNALING PROMPTS TO HELP YOU DO JUST THAT:

1. How do I define success?
2. What am I trying to prove and what if I'm already 'there'? How would this change how I live my life?
3. What would it look like to fully 100% trust the timing of my life?

I hope these little mindset tricks and journal prompts help you realize you have so much to celebrate!



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WIRED TO SEEK FREEDOM

With **Ben Goresky**

Many men are wired to seek freedom. We think we'll find it in money or status. We look for freedom from rules, from commitment. We avoid structure, because we see it as a prison. But we are misunderstood. Misdirected.

The endless pursuit of external objects, validation, and relationships will never give us a lasting sense of freedom.

A teenager thinks freedom is a lack of structure; a lack of rules. But that's not freedom, that's anarchy.

A young man sees freedom in the single life. No commitments, no responsibility. But as he matures, he understands the value of structure, commitment, discipline.

I've heard from so many men who are turning that corner in their lives. They're turning towards a bigger purpose, a deeper relationship, but they're scared they'll lose their freedom.

They've seen 'committed' men wither and soften; prisoners of their commitment.

But men in actual prison can find freedom - I've known men who sat in solitary confinement for years, and found true freedom.

How does this happen? Short answer: Inner-work. Radical responsibility.

If you can take all that energy you've been directing outwards - *looking for freedom externally* - and focus it inwards, searching, digging, and uncovering your own barriers, you can be free despite your circumstances. This is part of inner-work.

Inner-work helps men reclaim their power, and find true freedom.

A man who won't embrace his next phase of evolution is in a special kind of prison.

And we've all been there. Men need each other to move through to the other side.

So this is a call for men to move forward. And let's find that freedom together!



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CHANGE THE NARRATIVE CHANGE YOUR LIFE

With **Masha G Ellman**

Learning about yourself is a lifetime quest. Every time I think I know something, turns out I don't... there is always more to unravel, always a new door to open or close. And you always have to watch out for the old narrative that sneaks back in there.

When I first read the email from the publisher letting me know she's bringing the magazine back, a rush of excitement filled me and every part of me screamed "YES! YES! YES! I'm so happy, YES!!!!". And then it hit me... oh no, I only have two weeks to write an article and panic set in... all the joy and excitement was washed away with the tide of fear, anxiety and self-doubt - *those all too familiar friends who cause me to worry and lose faith.*

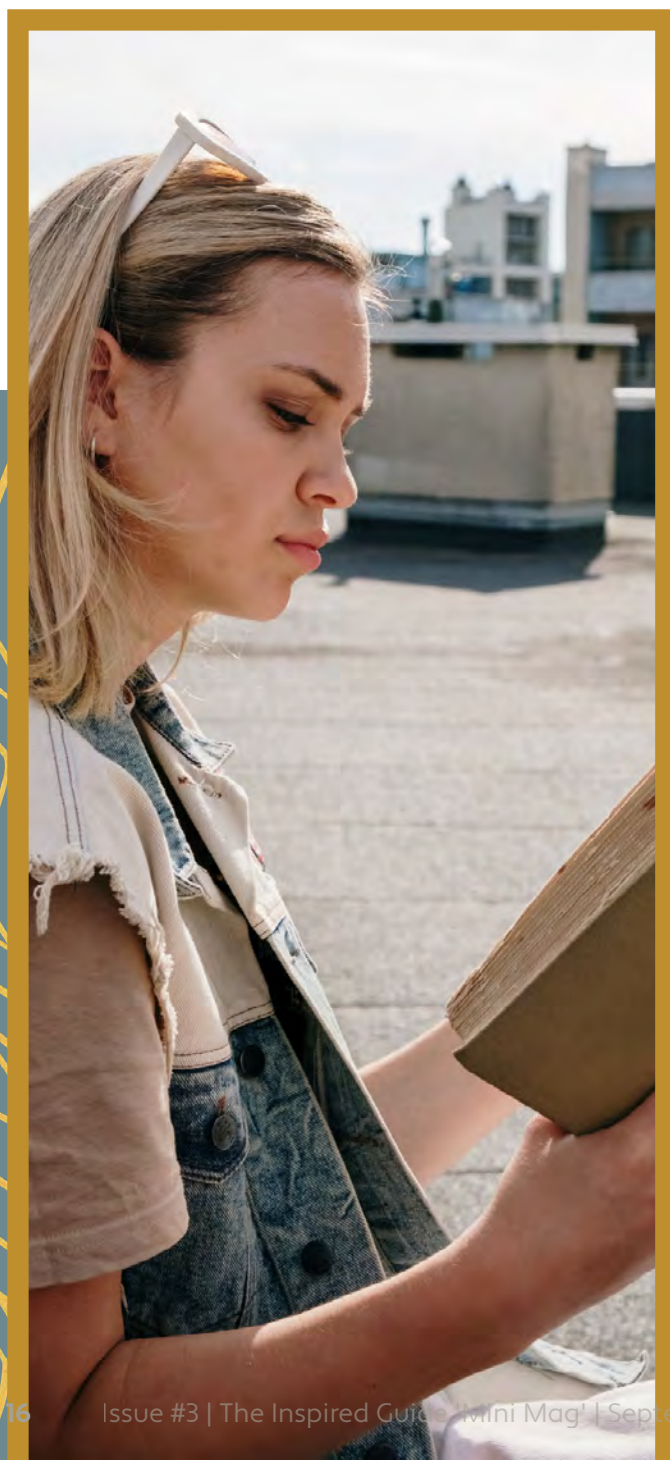
If you're anything like me you know what I'm talking about here.

You finally get what you've been wanting, and you can't move - *your self-confidence is drowning under the wave of fear.*

What if I can't deliver, what if I can't write anything good, what if, what if...

***Instead of focusing on success
I was focusing on failure.***

Just one small shift in my mindset triggered a host of negative thoughts that shook the very foundation of me.





But here's the thing, the beauty of your mind is that you can change the narrative at any moment - *you're the one in charge of the grand adventure you're on.*

This year I committed to showing up for myself in a powerful way.

Living every day in awareness of how I'm reacting, feeling and what I'm thinking.

I realized that I was falling into the same old rabbit hole.

An opportunity presents itself; I confidently say yes, and almost immediately I'm full of doubt. - *It's the same old story repeating itself.*

In that moment I decided to change the narrative I was telling myself and step into my power.

So, I started to say to myself - I'm a great writer, I'm creative and I CAN write something that will benefit all who read it.

After all, this is my purpose, to inspire, encourage and to light the way.

**CHANGING MY NARRATIVE
WAS THE MAGICAL KEY
THAT BROUGHT ME BACK
TO JOY AND BELIEF IN MYSELF.**

HERE IS MY INVITATION TO YOU:

★ When you find yourself in that panic place, stop. Take a moment and ask yourself: *what am I thinking? What is causing me to think this way? Where is this coming from?* The answer will come to you.

★ Remember you are in charge. Change the story you're telling yourself - for every disempowering thought change it around to an empowering one.

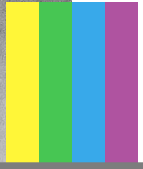
★ Give yourself a pep talk. Fill yourself with positive thoughts that uplift, encourage and applaud you. *You can do it. You're smart, you're capable. You deserve this.*

There will always be moments of uncertainty and fear in our lives, because life doesn't stand still. Your mind always wants to revert to the old narrative to keep you in the same place and safe. But, changing the narrative opens the doorway and you CAN walk through it.

You can master your mindset, change the old narrative, lead your life with confidence, embrace your life fully and go for the life you desire.

MASHA G ELLMAN
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AHA! WHERE DOES INSIGHT COME FROM

With **Kris Franken**

INSIGHTS are a part of your expansive intuitive guidance system, but they're not the same as INTUITION.

Insights are when new information comes to you – or old information lands in a new way – through your brain, and creates a noticeable AHA! moment.

Where as *intuition* comes through the heart and *instinct* comes through the gut.

Insights generally merge with already known information, creating an exciting and fresh awareness.

Intuition is when energetic (subconscious) information comes through your heart's energy field or outer senses and gives you a *knowing* that resonates with your inner wisdom and past experience. *Unlike insight, there are no words for intuitive guidance, only feelings, sensations and images.*

You can receive insights from the 'earth plane' through conversations, videos, movies and books, etc. or from the 'spiritual realm' through connections to Spirit (known or unknown), such as loved ones, spirit guides, archangels and nature.

Psychic information that comes through the inner senses (*inner sight/clairvoyance, inner hearing/clairaudience, etc.*) is direct insight from Spirit.

SPIRIT WANTS TO REACH US IN MANY WAYS, AND WITH THE POWERFUL ENERGY OF THE EARTH AS IT IS THESE DAYS, WE'RE ALL PSYCHIC IN OUR OWN SWEET WAY.

An insight could be a flower from your grandma, a message from an animal, a hint from your main spirit guide, or direction from your highest self.

It's all new information from the higher realms to guide you on your path.

When you receive this information with thanks and trust, you are able to intuitively know what to do with it.

Firstly, it comes through the brain, then moves through the heart - *which is where we make intuitive sense of it.*

Insights are connected to our neocortex brain, which is activated while we're *standing up.*

That's why you'll often discover a solution to a problem, a new idea, or a feeling of open, mindful vibrancy when you're in the shower, walking in nature, or otherwise standing up.

Research has shown that being happy, relaxed and distracted is the perfect state for insights to land.

If you're trying to grasp at a resolution or an original thought while sitting down and staring at a screen, you're not likely to find it. Aha! moments come to us out of the blue, and often the source is unknown.

Cultivating connections with nature, friends, family, movies, documentaries, animals, and Spirit around you will ensure you have plenty of ideas flowing into your life.

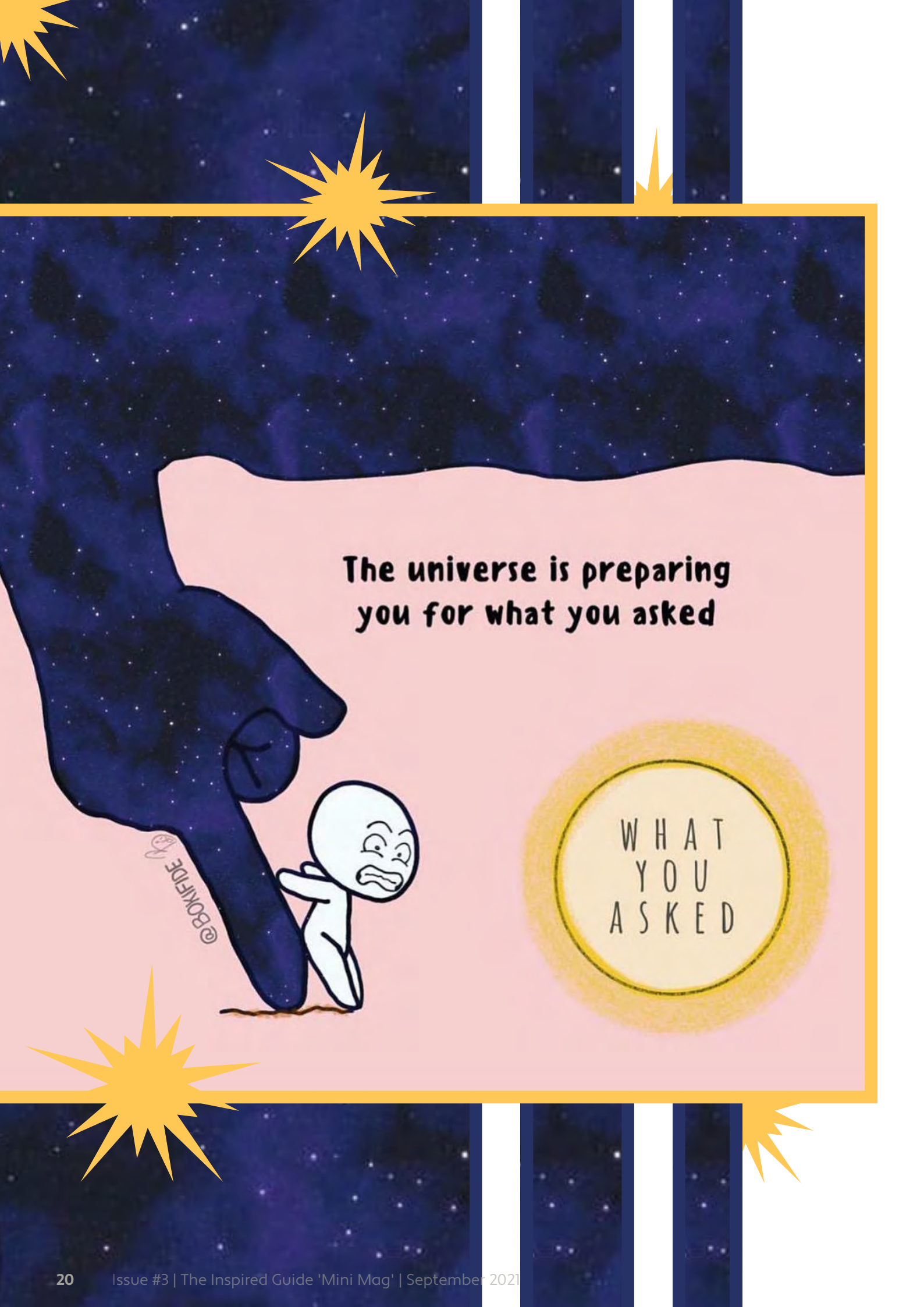
Honouring these ideas is how you keep them flowing.

Insights can be helpful in your career, with your loved ones, your health, and in many unexpected ways, big and small.

Give thanks for all of them.

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**The universe is preparing
you for what you asked**



@BOKIIDE

GET OUT OF YOUR COMFORT ZONE

With **Sanya Minocha**

It's time to move out of your comfort zone... That place that gives you the perception of safety and security, but isn't helping you grow. Your dreams literally lie on the other side of your comfort zone. Your desires want to be manifested, as much as you - the dreamer, wants to turn them into reality.

We all know when we've overstayed our welcome in the comfort zone. We know when it's time to move, and wriggle our way out. But why do so many of us get stuck there, freeze, as we complain or silently wish things were different?

It's because the school curriculum didn't teach us some very basic and important things:

- ★ *How to embrace discomfort*
- ★ *How to be embrace negative emotions*
- ★ *How to embrace fear*
- ★ *How to be kinder, gentler and more compassionate towards ourselves*

If we manage to embrace it ALL - the dark and the light, the fear and the love, the unpleasant and the pleasant emotions - *we'd be unstoppable.*

We'd truly live in our magnificence.

That job, that lover, great health, and pure happiness wouldn't be something we'd have to fight for.

Things would flow.

You see the universe is always saying YES.

It wants you to fulfill your dreams.

It gets nothing out of stopping you from living the life you truly wish to live. So what's the catch then?

Why do so many of us find ourselves suffering and thinking that life is happening TO us and keeping us from our truest desires?

You guessed the answer, it's US.

We're the ones stopping ourselves from living a life that's truly fulfilling.

There is literally nothing outside of you creating this. But then you might say, "*I didn't ask my job to be so boring or my partner to be so manipulative or my body to feel this pain*".

Truth is... you *did* my friend.

We never receive anything from life that we didn't ask for or arrange in the first place.

Everything is placed in front of you, by a higher part of you (your Soul) to encourage you to grow, evolve and step into a grander version of yourself.

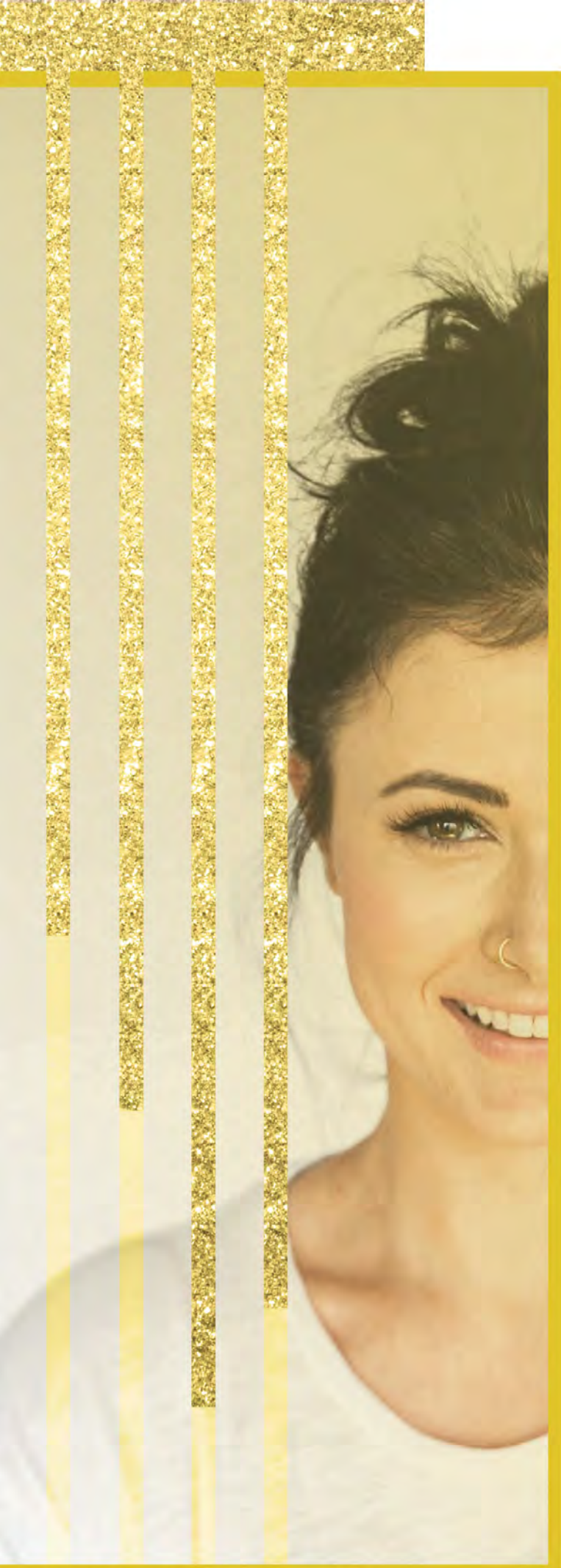
Think back to your last challenge and how much growth came from being so uncomfortable - would you say that you're a more evolved person as a result of facing this challenge?

We need challenge as human beings. Without challenge, we wouldn't experience the incredible feeling we get when we 'overcome' and truly achieve something that felt unachievable to start with.

When challenges are thrown your way, say: "*hello, old friend! It must be time... How are you going to encourage me to grow today? How are you going to push me further towards my desires?*".

SANYA MINOCHA
Holistic Coach & Counselor
www.kenshowellness.com





ALLOW ALL OF YOU TO FLOW THROUGH YOU

With **Amanda Sears**

When we limit or block our own universal life force energy or 'Chi' from fully and freely flowing through us life can feel not-so-great...

You can tell if you are letting it *flow* because you feel ALIVE! You feel VIBRANT, HAPPY, in LOVE, JOYFUL and at EASE with the world, and everything in your world FLOWS easily and effortlessly.

When you are restricting the flow, you physically and mentally feel depleted... everything is an effort, nothing is working out, you feel like crap and feelings like FEAR, OVERWHELM, WORTHLESSNESS and ANXIETY kick into gear.

Once you are aware of your feelings and how you feel in every moment - your reactivity and your ability to be like 'a duck in a storm' (*bouyant and the water/chaos just runs off you*) is more easily and readily accessible.

'Chi' or 'life force energy' is ALL You... you are receiving MORE of You!

There are still times when you may be physically, mentally and emotionally *tired* - but the difference here is that this is likely to be '*integration exhaustion*' (where your body is integrating all of that wonderful energy you've been allowing into yourself), rather than '*restricted chi*'. If you feel into the energy when you are in this space you will know the difference - it is the same difference in energy between true exhaustion and needing to rest vs being lazy/unresponsive and not following your inner guidance or inspirations.

4 WAYS WE RESTRICT THE FLOW:

- ★ Dwelling in fear and anxiety, and *keeping* this energy flowing in your life by filling your world with it (people, tv, social media, thoughts, etc.).
- ★ Not having trust or faith in You and relying on everything and everyone else to be your 'saviour' or solution. *Being a victim to your own creations.*
- ★ Feeling unsafe in the world and letting that fear hold you back from expressing the true YOU.
- ★ Perpetuating outdated or limiting beliefs and using these to stagnate your personal evolution.

4 WAYS TO INCREASE THE FLOW:

- ★ Stop, breathe and be still. Tune into where this fear is coming from and release it. Turn off the TV, forgive the past, disconnect from social media...
- ★ Trust and value your own ideas, feelings and thoughts above all else, even if they seem different from everyone else - *only you know you truly.*
- ★ Use your discernment. Are you actually unsafe or is your mind trying to keep you 'safe' by filling your head with doubt, lack and insecurities?
- ★ Practice conscious awareness of your thoughts and review and 'delete' the ones no longer serving your highest and best good - *breathe, let go.*

4 WAYS TO KEEP THE FLOW GOING:

- ★ Fill your life with what lifts you up, makes you happy and inspires you. *You know what this is.*
- ★ Feel ALL of your feelings rather than resisting them or only seeking out the 'good' ones. '*Feeling is healing*' and all feelings are merely indicators of how open your flow to yourself is. Get to know what feels light/good vs what feels heavy/bad and use these feelings as guidance.
- ★ Constantly turn inwards rather than outwards and ask yourself "*how does this make me feel*", "*how do I want to feel*", "*how can I use this to grow/evolve/become more of myself from this?*"
- ★ Stop, breathe and re-centre before reacting. "*Right action cannot come from fear*" so being centred and in your heart will provide you the best clarity on how to react or respond if needed.

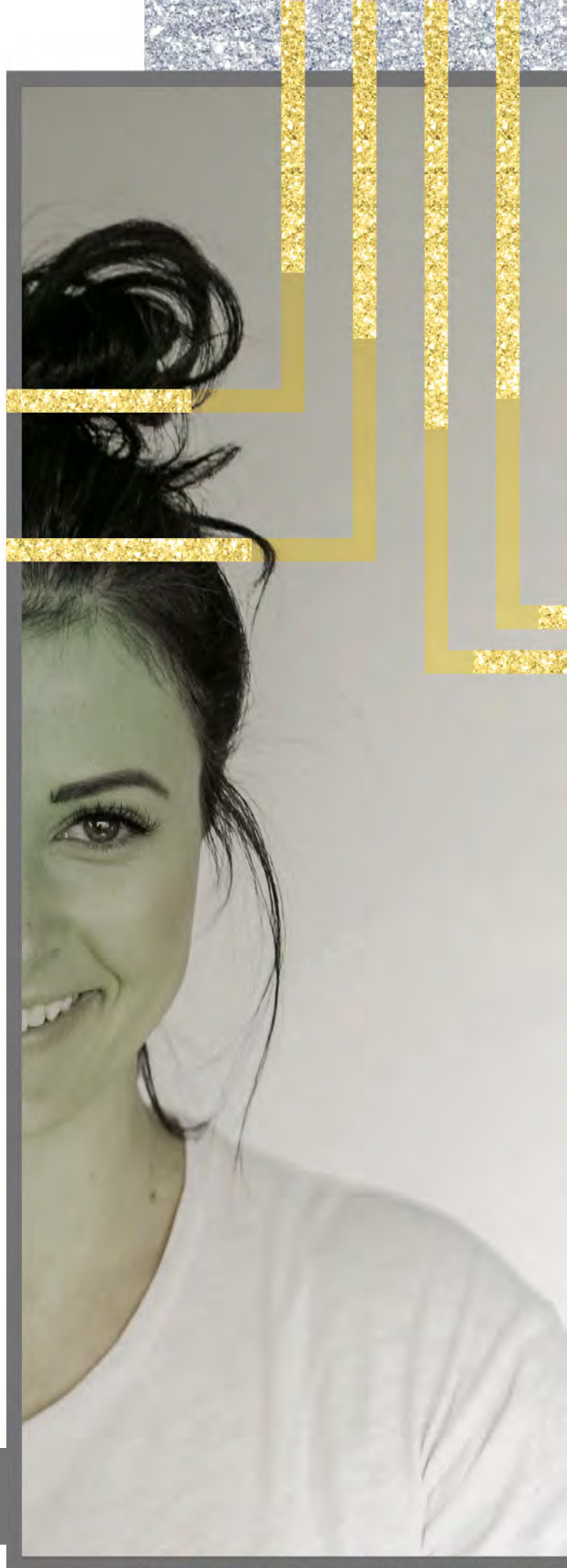
Tune into yourself in every moment and ask - how does this make me feel?

I notice that if people are not ready, willing and open to receive, then what is being offered is literally invisible... These are the people who say they *want* change yet miss all the opportunities being presented to them (*and OMG there is ALWAYS plenty of opportunities available!*)

Seeing people in this space reminds me to look at myself - to stay open to receive more of myself in every moment; to look at and bring light and awareness into areas where I may be holding resistance, creating blocks or restricting the flow of Chi through my thoughts and actions.

Are you open to receive more of you?

AMANDA SEARS
The Inspired Guide
www.theinspiredguide.nz





THE INSPIRED GUIDE

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lifestyle & business guide

20 Hours FREE* Per/Month

*3hrs Maximum Per Person

*(You can donate any amount afterwards if you feel guided.
Normal hourly rate \$44-\$88p/hr)*

FIND YOUR HAPPY PLACE

Life is meant to be EASY & JOYFUL. Your heart leads the way which is guided by how you feel in every moment.

I know what it is like to feel overwhelmed and unsupported in life and business; especially when the way everyone else is doing it just doesn't feel right... so I am here to be the guide for you that I always wanted. *Are you ready to boldly and courageously step into your happiness?*

EXPRESS YOURSELF

Life is for living YOUR way! Stand out by being YOU!

Often we fall out of alignment with our higher vision and hide inside the comfort of what we have always known - but if you are seeing this, then maybe it's time to shine your light bright and in the way that feels so light and right to YOU! *Express your light, YOUR way!*



CORE SERVICES

Ways in which I can be of service and support:

01. BUSINESS

Life is meant to be joyful - this includes your J.O.B (Joy of Being). Are you ready to turn your passion into a meaningful business or energetically re-align your existing one?

02. LIFESTYLE

Are you ready to live life more consciously with more passion, joy, ease, empowerment and inspiration? Move beyond fear, lack and overwhelm into love, abundance and worthiness?

03. UNDEFINED

Do you feel stuck or lost in life with no direction, passion or motivation... does it feel like you are floating in limbo? Then it's probably time we had an inspired chat.

#EXPRESSYOURSELF #EMBRACEYOURTRUTH #BEMOREHAPPY #FOLLOWYOURBLISS

SERVICES *Business*

We work together to ground your vision and bring it to life and into alignment in a fun, fluid and expansive way - in doing so we develop clear ideas and dislodge any limiting beliefs or fears holding you back, creating space to expand into your passion. Once your vision is grounded, we bring it to life using dynamic visuals, consistent style and engaging content that aligns with your vision and energy.



SERVICES *Lifestyle*

If you are ready to do the inner work and put it into practice in your life; to express your authentic self and embrace your truth, then I am here to guide you with inspiration, resources, practical advice, intuitive guidance and wisdom gained from experience. I meet you where you're at with no judgement. I can shed a little light on any limiting beliefs, ideas and behaviours to shift your perspective so you can move further into a life with more love, happiness and joy.

SERVICES *Undefined*

We all go through times in our lives of transition; where we are no longer who we once were, but not yet who we will become - we are just floating in a type of limbo.

If you feel it is time to get grounded again or soar higher, then we can have an inspired chat with no pre-defined ideas or direction and let the answers just come through in flow... perfect for igniting new ideas, passions and experiences!



EXAMPLES

BUSINESS

- Grounding Your Vision
- Finding Joy in Your Business
- Visual Elements & Styling
- Brand Alignment & Voice
- Website Design & Copy
- Social Media & Marketing
- Guidance & Training

LIFESTYLE

- Shifting Your Perspective
- Finding Your Inside Voice
- Planning & Processes for More Ease

GET IN TOUCH

Free Space Are Limited, Enquire Now

Amanda Sears

Lifestyle & Business Guide
Nelson, New Zealand

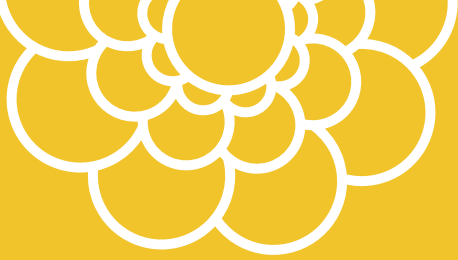
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MORE OF WHAT MAKES ME HAPPY

Get a list going of all the things that make you happy and when you are feeling down or need a pick me up - consult your Happy List for inspiration and ideas to get your energy up!

4 THINGS ON MY HAPPY LIST:

- ★ Listening to loud music, singing at the top of my lungs and dancing around the house
- ★ Hanging with my best cat pal Daisy and our other cat friends who visit and are hilarious and adorable
- ★ Traveling in comfort with my husband and hunting out street art and eating lots of delicious food
- ★ Having random encounters out and about that allow me to shine my light and give me divine full body 'tingles'

What's on your Happy List?



"So many things! Feeling the sun's warmth on my face. The feeling of bliss and contentment after a meditation. Watching all the doggos racing around and playing with each other on the beach." - Bridie

"Happiness is being outdoors in nature. Walking barefoot on the beach, breathing in the fresh salty air, feeling the grainy texture of the sand under my feet. I love when the tide is out and I reach the area of firm sand ripples ... it's like an instant foot massage. The forest is my other happy place to refresh with oxygen, dappled light and lots of invigorating green hues." - Laura

4 TIPS FOR CREATING A HAPPY LIST:

- ★ Choose mostly things you can do anytime without any conditions
- ★ Think back to childhood and do some of the things that gave you joy
- ★ Stick with what you've always loved
- ★ Try new things that could be added to your Happy List! You never know!

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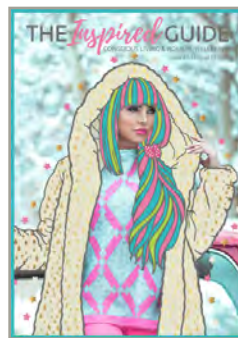
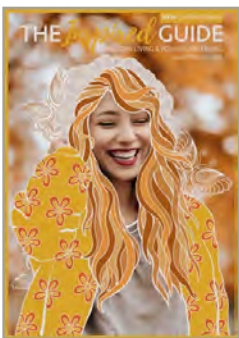
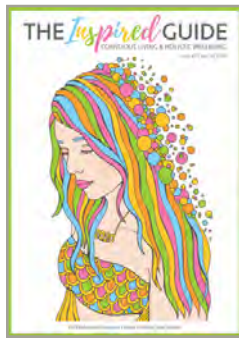
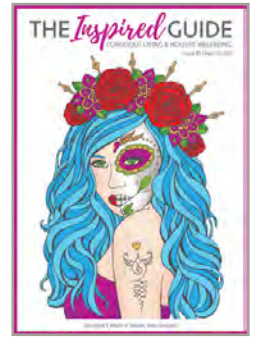


SEARCH



THE *Inspired* GUIDE

DO MORE OF WHAT MAKES YOU HAPPY



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