

Natural Healing Express Weekly

Column Volume 159 Surviving to Thriving Workshop Notes

For those of you who were able to attend our recent workshop, you witnessed firsthand the power and excitement of taking control back of your life – actually going from just Surviving to Thriving! Trent and I agreed that for those of you who wanted to attend but for some reason or another could not, we would publish our notes. We will be conducting this Workshop again in the Spring, so if you have interest but couldn't make it this time, please call us soon and get on the Pre-Registration list. For all others, I hope you can find some benefit from our notes.

Surviving to Thriving: Using THE FREEDOM APP Workshop Notes

The “Surviving to Thriving” workshop gave you fundamentals of THE FREEDOM APP, which help remove the blocks that get in the way of THRIVING in life. THE FREEDOM APP stands for **Acknowledgement** that an issue/problem is present, owning that you are **Projecting** your issue onto others and **Processing** Self-Forgiveness.

We attended the workshop to begin the process of learning a process to remove the obstacles that get in the way of us thriving in life: mainly learning and acknowledging our own limiting thoughts -- which we are giving far too much energy, and to our painful perceptions of past experiences. Those very same perceptions are causing us to suffer and affect us on the intellectual level, which in turns affect the behavioral, emotional and physical aspects of our life.

We learned the basic components of BIO-INDIVIDUALITY, meaning our health is as unique as our fingerprint. How we process things and how our body reacts is rarely the same as someone else does, therefore, we need to take responsibility and learn our own processes and systems.

BIO-INDIVIDUALITY is made up of the Behavioral, Physical, Intellectual, Emotional and Spiritual aspects. How one relates in any given category affects the others. We also learned, albeit briefly how unresolved emotions manifest in the physical body and discussed a few elements from Karol Truman's book, “Feelings Buried Alive Never Die”.

We then began in depth discussion on THE FREEDOM APP process/steps:

In the first step, we must **ACKNOWLEDGE** an issue is present. We do this by listening to our bodies that ALWAYS tell us when an issue is present – through upset, dis-ease, discomfort, anxiety, depression, etc.

We discussed the tenets of Don Miguel Ruiz's book *The Four Agreements* as listed and loosely interpreted below and how living by these rules will help us identify that old beliefs are affecting our lives in negative ways:

- 1.) Be Impeccable With Your Word: Simply put, if you say it, mean it! What you put out, you get back! Understand the laws of Karma and the Law of Cause and Effect are in action.

- 2.) Don't Take Things Personally: What is happening in a situation or relationship probably isn't about you but instead more related to a person doing what they want to do more so than them targeting you on a personal level. We discussed the concepts of "Everything that happens to us happens for us and our evolution/healing" and also "People don't do things TO us, but instead for themselves" which gives us even more reason to agree with this agreement.
- 3.) Don't Make Assumptions: Make sure to ask if you do not have 100% understanding in ANY situation.
- 4.) Always Do Your Best: The truth of the matter is we are always doing our best- our best does fluctuate depending on our mood, how we are feeling and our level of awareness when the action was taken. If we could have done better- we would have.

We also discussed the book *The Untethered Soul* by Michael Singer and what he calls 'the inner roommate' – the constant inner dialogue/ voice dramatically affects our lives. The best way to deal with this is simply acknowledge when it is present and get back to what we want to accomplish. This inner roommate should be a committee member, not the chairman of the board!

In the second step, we learned how to own our **PROJECTIONS**. This means when you blame others for things wrong in your life, you are actually projecting your issues onto them. We discussed how to turn this around and look at what the root cause of the issue/upset can really be. Often times, we must re-perceive a situation or do some healing of old wounds that are coming up in the here and now.

In the third Step, **PROCESS** self-forgiveness, we learned to work the process of self-forgiveness. This means we forgive ourselves for believing the story we told ourselves long ago that was based on LACK!

The detailed process is below; however the shortened version is as follows: "I forgive myself for judging myself as..... because the Truth is.....

1. Acknowledge/Recognizing the Upset ---I am Upset
2. Establish A Clear Intention ---I want to resolve this
3. Accept Self and Situation ---I accept this is happening for a reason
4. Take 100% Responsibility For your Emotional REACTION to the Situation – Its mine to solve
5. Take Constructive Inner Action(s) – I forgive myself for the upset, work on mastery.
6. Look for Creative Solutions – I can choose not to react with outburst – I do Not Like Outcomes that Suck. I choose to resolve my emotions as they arise by working my internal process ----THE FREEDOM APP
7. Appreciate and Bring Gratitude for the Learning – Thank God / Higher Power for opportunity

We ended the day with an exercise that helped us identify the current picture of your life utilizing the "Life Pie" graph– and identifying your satisfaction level in the various areas: Friendships, Work,

Romance, Play, Exercise and Spirituality. Is your life in balance? Are you satisfied with your life? Is your circle round?

We suggested you select two slices of the pie that you had a lower fulfillment and create do-able action steps for each area that will increase your satisfaction level and will get you back into balance. These steps will help you get where you want your life to be.

Finally, we expressed gratitude towards all in attendance for the courage to show up and do this deep work!

We encourage you to be gentle with yourself while working THE FREEDOM APP process and seek help when needed. We are here to be of service.

Thanks to everyone who showed up. You have made the world a better place.

Much love, Trent and Susan!

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Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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