

Coming To Life

Who You Travel With Shapes Your Journey

On our journey of healing and recovery, to a large extent the people we surround ourselves make a big difference to how the journey goes - and also the outcome.

Most of those around us will tend to fall into two main categories, those who are not really aware of, or interested in, what we are doing.

Perhaps they are your colleagues, friends or family who don't share your interest in personal growth.

The others are people who share some, or many, of your interests.

These may be people who you have known for a long time or



someone who you have met along the way perhaps through a course, or workshop.



Research suggests that we tend to be the average of the five people we spend most of our time with as they impact our beliefs, values and priorities.

This has a major influence on how much we actually move forward.

Your Network

DESIGNING YOUR FUTURE

Exercise

Close your eyes and bring to mind a person who you regularly interact with - anyone is fine.

Now ask yourself how you feel when you consider that person?

Notice what response you have?

+ What happens in your body?

+ What thoughts or feelings arise?



Now try the same exercise with another person.

Notice if there is any difference in your response.

This way you get to know a bit more about how people are impacting you.

How might this be impacting your journey?



UPGRADING YOUR NETWORK

One way to offset those who are not so supportive, as well as enhance the effect of those who do support you, is to actively seek out people who seem to have some important parts of a bigger picture of growth to offer you.

To do this you can use many of the free resources such as YouTube, Podcasts, Facebook or else online courses and, circumstances permitting, in-person events.

Regular weekly engagement with your selected resources can give you input that can radically enhance your journey.

“Over time you can gather a powerful network of resources”



SELECTING RESOURCES

What resources you select depends on what you are wanting input with, and there are a vast array of Awakening topics.

Exercise:

When you consider the impulse to look for resources, what prompted you to do this?



What is missing for you?

What are you feeling?

AREAS OF AWAKENING



There are three main areas where additional resources can really help.

- Healing and Recovery
- Spiritual Development
- Personal Growth

Most people tend to have a bias towards one or two of these, but this is born from a cultural misunderstanding of the real breadth of opportunities for healing and growth.

It is important to find resources within the three areas, and then allocate time for each.

*“Not all resources are equal,
be discerning in your selection,*

*and upgrade these as
your journey expands”*

RESOURCE CHECKLIST

Spend some time looking for books, YouTube videos, podcasts etc. for each of the three areas and then list these:

Healing and Recovery

Spiritual Development

Personal Growth

Not all resources will have depth or awareness, but it's important to start with something - you can move on as you grow



Like mastering any skill, regularity is really important and it helps to set up your schedule to ensure you can engage with each of these resources, preferably at least once every week.

My schedule is...

YOUR AWAKENING COMMUNITY

As a species we are born to exist within a community, however not everyone is travelling a similar path.

When you consider the people around you, are there some aspects of your journey that you keep to yourself and never share about?

What does that feel like for you?

It is important to find your 'tribe', to find people who share a similar interest, and goal, in awareness and growth – and who are actively seeking this.

Your tribe are the people with whom you can explore both your spiritual and your personal journey with, who support you and also challenge you to move beyond limiting beliefs and understandings.

These are also the people who will applaud you as share who you are with the world.

*“Your tribe are like gold,
they will hold you accountable to your
highest potential – even when you
can't see it for yourself”*