



THE POWER PAUSE

Integration Is the Key

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You just made it through what was arguably the most challenging module of this course. I want to take a moment to send you a giant virtual hug!



This work is for the bold, brave, open-hearted souls who have learned the cost of shutting down and walking away from their truth. There are immense rewards to being a truth teller, but it's important to know that you don't need to grab them up all at once.

In fact, it's best that you don't.

The work of being a truth teller is the work of a lifetime, and it's so important to take breaks so that you can honor and integrate everything you have done so far. The breaks and pauses are actually part of the lessons and wisdom we have gained throughout our experiences.

This is why I want us to collectively pause so that we can integrate everything we have learned so far, which will prepare us for everything we'll be facing in the remaining modules.

Integration is one of the most important aspects of becoming a truth teller.

We have to give ourselves ample time to digest everything we've learned.

When we don't allow for time to integrate, we don't get the fruits of our labor. This is why so many New Year's resolutions get broken; people are going full steam ahead for the first few weeks, or even months, but they don't actually allow themselves the time to metabolize what they are learning so that it becomes a natural, easy part of their lives.

Pausing in the middle of any process allows the lessons we have learned to take root at a much deeper level. Kind of like how a vacation gives us the ability to hit the re-set button so that we can return to our regularly scheduled programming, less overwhelmed and more expanded.

A person wearing a white dress is walking away from the camera on a sandy beach. They are holding a white, wide-brimmed hat in their right hand. The background shows the ocean and some rocks. The lighting is soft, suggesting late afternoon or early morning.

"The pause has great power. Silence has great power."
Rumi

Exercise Radical *self-care*

So you might be wondering, “How exactly do I integrate what I’ve learned so far?”

For me, it’s all about radical self-care.

Radical self-care is made up of deeply intentional actions you take to care for your physical, emotional, mental, and spiritual health. When we exercise radical self-care, we offer ourselves the same compassion, attention, and unconditional acceptance that we would give a child or beloved friend. In other words, we take responsibility for putting on our own “oxygen mask” and committing to our nourishment. It is not negotiable, and it is not something we should postpone.

Radical self-care is an integral and necessary part of the journey we are taking as truth-tellers. It lets us slow down, and it also gives us the chance to claim our innate worth—which gives us the confidence to claim our truth.

When we are conscious about our self-care, we move into optimal health—health that isn’t based on someone else’s idea of how it should be done, but on our own definition of joy. Overall, self-care takes us back to the touchstone of our own hearts and wisdom, and it ensures that we can be more of who we are in the world. It enables us to operate from a space of “fullness,” instead of running on empty.

Some forms of self-care include eating healthy foods that you love, getting more exercise, going to bed early, getting a massage, expressing yourself creatively, having a deep conversation with a close friend, and turning off your computer or phone when you want to focus on yourself and loved ones. The list is going to look unique for every individual, and will even change for you, depending on where you are in your life.



One of the things I've discovered is that self-care can be challenging for many of us. Lots of people lead busy lives and don't believe that they have enough time for "fun" or "leisure" activities. We must reframe our perspective here. If we continue to view self-care as the frivolous stuff we do in our "off time," how can we ever truly prioritize it?

I believe that so few people understand the necessity of self-care because we are not accustomed to committing to our own happiness and well-being. Few of us were taught that, in order to sustain the passion and energy to offer our gifts to the world, we have to put ourselves first.

If you are someone who finds it challenging to put self-care first, be aware of things you might be doing that take up your time but that are not actually acts of self-care; these can range from being on social media for too long, watching TV, or over-sleeping. Of course, in moderation (or even in excess at very specific times in our lives), all of the above can be acts of self-care. However, with anything you do, check in with yourself to see if you feel nourished or depleted afterwards. Do you feel that you have contributed to your joy and well-being in a meaningful way? Be honest with yourself about whether you are doing something out of habit or to numb out painful feelings, or whether the activity brings you genuine fulfillment.

For now, focus on creating sacred space with the Feminine Wisdom exercise, and work with the Radical Self-Care List, being sure to add your own entries and devote time to the pursuit of joy.

Only you can make your self-care a priority and stretch your beliefs about just how much love you can give yourself. Move in the direction of what fills you up and feeds you, as a way to honor how far you've come.

You can journal if you wish, but there is no need to explicitly focus on whatever has come up for you in the last few modules. Trust that you can simply allow yourself the space to let the course material sink in and settle. Effort is not necessary here. Allow yourself to adjust to the person you are becoming.

After the course, you will continue to integrate the lessons you've learned. Be sure to give yourself the time and space to do so. It takes as long as the period of learning, if not longer, to integrate your knowledge and let it work on your subconscious mind until it becomes a part of you. There is no need to rush, or to move on to another "big" activity. Honor the truth-teller you already are by being patient with yourself and savoring each and every moment with the utmost enjoyment.

For five minutes, brainstorm a list of nurturing activities, people, places, and ideas that help you to exercise self-care. Select three of your items and commit to doing them. Notice how it makes you feel. Remember, even if it's as small as eating a piece of dark chocolate after a meal, the little things can mean so much! Come back to this list whenever you need inspiration for ways to exercise more compassion and acceptance for yourself.

I've listed a few here—please add as many as you can to the mix.

Salt baths

Walking my dog in the woods

Getting a massage from my husband

Reading books by Paulo Coelho

Laughing with my girlfriends

Taking myself out to solo celebratory lunches!



Feminine Wisdom

Create Sacred Space

When we dive into our truth, we learn to more fully step into our humanity, our grace, and our deep capacity for compassion.

Radical self-compassion is all about embracing and accepting who you are and who you can be, especially when your natural impulse might be self-judgment.

One of the ways we can offer ourselves radical self-compassion is to create sacred space. Although it may sound lofty or difficult, it's really quite simple. Sacred space is an area of your home (or any other environment) where you can reflect and center yourself. But it's not purely about your physical surroundings. Sacred space can also entail clearing your calendar (even if you only have ten minutes) to get quiet and be with yourself.

Sacred space is the literal and figurative room to which you retreat in order to renew your sense of connection with your truth and your spirit. As women, we may find ourselves pulled in a variety of directions. But it is important to create boundaries around our sacred space, to put up a literal or energetic "do not disturb" notice when we are in deep communion with ourselves.

You can create sacred space in a number of ways. It might manifest as a bubble bath and a glass of champagne, a comfortable chair in your living room where you unwind over a cup of tea and your journal at a dedicated time each day, an altar of contemplation, or even a window with a beautiful view that invites you to stop and smell the flowers for a moment or two.

The feminine longs for and is nourished by beauty, so however you choose to create and decorate your sacred space, be sure that it feeds you with beauty. To do so, engage all your senses: touch (a silky piece of fabric, a smooth rock), scent (your favorite essential oil, an exotic incense), sight (a statue of a beloved deity, a plant in full bloom), taste (a sliver of dark chocolate, pure spring water), and sound (wind chimes, a relaxing jazz standard).

Your sacred space might be a great place to write or even ask for guidance from your heartbrain. Whatever the case, ensuring that you come back to it on a regular basis will create more clarity, focus, joy, and peace in your life.