

RADICAL NON-ATTACHMENT into AUTHENTICITY

Releasing the fear of getting to know more of yourself and own your worth

WORKBOOK 3



Radical Non-attachment is about letting go of our experiences that no longer serve you as you welcome knowing more about yourself.

As you come to see that it is your associations that keep the patterns and habits repeating and that you can actually change them now with no fear or rejection or abandonment, you will welcome the learning process that is ongoing. This course is about kick starting you into learning to see your emotions differently. They are not fixed. They can be changed to what serves you better.

You can redefine yourself transcending fears, shame, victimhood from the past. We can really come to see ourselves differently, being appreciative of our painful experiences and being grateful to all those who played a part in it.

As we see this bigger picture, as we allow ourselves to hold a different perspective, we connect to our deeper worth and Higher Mind.

The Higher Mind or Universe, or God or All That is, holds infinite intelligence. The Higher Mind guides our Physical Mind as we carry out our day to day activities. The Higher Mind is better able to do this when we have radical non-attachment.

When we have let go of the expectations we hold, when we do not insist on our physical mind expectations, we allow our Higher Mind guide the very best outcome for our highest good in all areas of our life as we choose.

In this module, you will learn the value of Radical Non-Attachment and how to use it. You learn to feel more love within you, and you allow your new definitions to flow and settle within and around you.

Stay kind and be gentle to yourself as you work with this module. Feel free to reach out to me in my group for extra support.

Before you carry on with this module, I ask you now to spend 2/3mins in some body movement. It could be a stretching of your arms and legs sitting down or lying down or some jumps. You could do a short dance to your favourite fast paced song. This is important to shake loose tensions in the body. This is key. Movement is a key tool our body uses to regulate itself naturally. This movement will calm you & get you ready for the next set of exercises.

1. Practicing Radical Non-Attachment into Authenticity

Find a quiet space to do this exercise. You might want to play some soothing music in the background to create a nice ambience.

Settle down, take some deep breaths till you feel relaxed and calm.

When you are ready, remember the reasons why you have a new intention to start new life themes. The reasons you made in Module 2 Question (6).

The old patterns were your old life story.

Now write down 3 goals that you want to achieve. Do not dwell on external factors or on the “how” you will achieve them or on “how” they will come to pass. The “how” will unfold step by step as you go. I really stress this point. At that moment, that time when we are setting own goals, we are using our imaginations creatively and it has nothing to do with the “how”. Take deep breaths and just focus on what you would desire in your life, what you would like your life to look like, to feel like. Just Look into your heart and be kind with yourself. Take deep breaths and from this place write down 3 goals each for short term (in next 6 months/1 year), Medium term, (next 2-5 years) and Long term, (next 5 years and beyond).

Allow your goals to include emotional aspects of your life such as who you need to forgive or who you need to stop trying to fix or rescue. Also, what emotional state you want to be in.

a) Short term

b) Medium term

c) Long term

2. What does my new life story look like? (with your new goals, describe the life that most excites you now, the different aspects, personal, career, fun etc)



RADICAL NON-ATTACHMENT into AUTHENTICITY

Now you have a new life story that excites you. Radical Non-Attachment means you are more willing to release associations to patterns, beliefs, memories that no longer serve your goals or themes. This allows you to hold more loving abundance perceptions of the whole of you as you stay connected to your Divine Worth and acting with confidence.

