METTA IMPACT EXPERIENCE

JUNE 4-6, 2021

#SPARKLYGIRLSUMMER

METTA IMPACT EXPERIENCE

DAILY JOURNAL #1

THREE WORDS THAT DESCRIBE HOW I FEEL AT THE BEGINNING OF TODAY

MOMENTS OF IMPACT

PEOPLE OF IMPACT

THREE WORDS THAT DESCRIBE HOW I FEEL AT THE END OF TODAY

DAY #1

Foundation of your Health

METTA IMPACT EXPERIENCE

METTA IMPACT EXPERIENCE

FOUNDATION OF YOUR HEALTH

MINDSET

MOVEMENT

MOTIVATION

DAY #1

SPARK MOMENT

Gabrielle Brick

METTA IMPACT EXPERIENCE

Spark Elixir

2 CUPS BIRCH BARK TEA
¼ CUP GUAR FREE COCONUT MILK
OR
1 TSP COCONUT BUTTER
2 TBL RAW CACAO POWDER
1 CHUNK CACAO PASTE
3 TBL MACA POWDER
1 TSP TRIBULUS EXTRACT
1 TSP ASHWAGANDHA EXTRACT
½ TSP VANILLA EXTRACT
PINCH OF CELTIC SEA SALT
SWEETEN TO TASTE

—

DIRECTIONS

—

BREW BIRCH BARK TEA. ONCE STEEPED AND READY POUR INTO HIGH POWERED BLENDER AND ADD ALL OTHER INGREDIENTS. SERVE IN YOUR FAVORITE MUGS AND ENJOY THE MAGIC.

Benefits of Elixir

Birch Bark Tea :
Immune Support
Kidney & Bladder Health
Lustrous Hair

Raw Maca Powder :
Boosts Endurance
Boosts Energy
Improves Mood

Tribulus Extract Powder :
Enhances Libido
Lowers Blood Sugar
Relieves Inflammation

Raw Ashwagandha Powder :
Helps Adrenal Fatigue
Reduces Stress
Increase Stamina & Endurance

The Building Blocks of your Success

SACRED 8

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SACRED 8 INVENTORY

The number 8 has a powerful presence. The number 8 is an 'achiever' and measures life by the goals it reaches. Tip the number 8 on its' side and what do you see? An infinity sign. Infinity - possibility - no limits. In Chinese culture, the number 8 is considered the luckiest number of all. In a spiritual sense, the number 8 is all about giving back, it balances achievement with gratitude. Work your way through the 8 aspects of the Life Foundation Inventory. Think about your life over the past 6 weeks when you are assessing where you land in each of the 8 aspects. Be honest with yourself, you may not like the spot you are landing on in certain aspects but this will be key to this journey. Once you are done, take a picture of this and tuck it away for future reference.

Connections: There are people around me who I have taken time to get to know and because of that, I have a sense of community and belonging to different networks in my life.
Deep Relationships: I have a soul connection to a person(s) who knows me to the very core of my being. I love this person(s) and am loved by them back.
Faith: I have deep rooted values, am connected to a force larger than I am and live in alignment and make decisions for my life based on these values. I have faith that I will follow a path that I was meant to follow even though life might take me on adventurous detours sometimes.
Finances: I keep my finances in check, I save if necessary and I am consciously working on living the lifestyle that serves me best.
Fitness: I make my movement a priority and I purposefully plan to move at least 5 times a week for 30 minutes so that my body and I can keep communicating to each other in a positive way.
Learning: Keeping my brain active is important to me. I love learning new things, meeting new people, reading new books, listening to podcasts, trying new recipes.
Living Life: I experience life. I intentionally plan for and join in on experiences that make me excited, laugh, cry, take risks and are scary just so I can continue to grow as a person.
Purpose: I am clear and connected to my life's purpose. I know exactly what I was put on this Earth to do.

Now that you have completed your inventory ask yourself these questions:

- What aspect results are you most happy with? Pick two. This may be your top two scores, or the two that surprised you.
- What aspect results are you less than positive about? Pick two. This may be your bottom two scores, or the two that surprised you.
- Pick one aspect that you will mindfully focus on for the next 90 days.

METTA IMPACT EXPERIENCE

SACRED 8 INVENTORY

CONNECTIONS

1 2 3 4 5 6 7 8

DEEP RELATIONSHIPS

1 2 3 4 5 6 7 8

FAITH

1 2 3 4 5 6 7 8

FINANCES

1 2 3 4 5 6 7 8

FITNESS

1 2 3 4 5 6 7 8

LEARNING

1 2 3 4 5 6 7 8

LIVING LIFE

1 2 3 4 5 6 7 8

PURPOSE

1 2 3 4 5 6 7 8

TOTAL:

DAY #1

GUEST SPEAKER

Kim Serafini

METTA IMPACT EXPERIENCE

WWW.POSITIVEPRIME.COM

5 POWERFUL WAYS TO

Positively Prime

YOUR DAY

Music | Movement | Breathe | Space | Positive Prime Sessions | Sleep

We all know what Positivity is, but just to be clear:
Positivity is when we feel our best, when we're in alignment with our values, when we're vibrant and have love, light and energy to share with the world.

But how often do we take the time to ensure this is how we always show up?

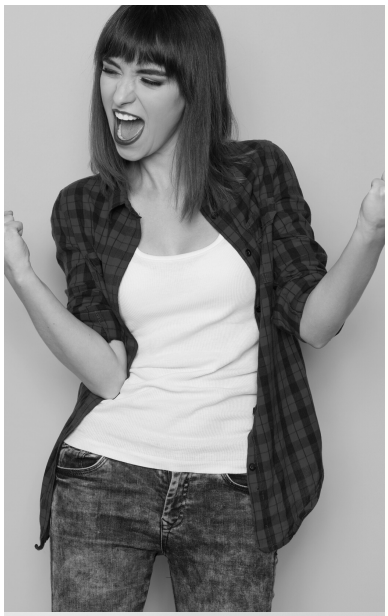
And look, we don't expect you to be a Care Bear 24/7.
Although if you want to, it's totally cool - Care Bears are awesome.

But, what we do know is that we find more balance and flow when we Positively Prime ourselves for whatever tasks and challenges we face throughout the day.

And Priming: Well, that's really the process of getting ready.

Think of priming as your onramp to success.
And we'd like to share with you five our favourite ways to Positively Prime throughout the day.

And to make it simple, They all take three minutes or less.



positive prime

MUSIC

We all know how music can pull us out of a slump. We like to say that nostalgia is a no-brainer for a slingshot into a positive mindset. We have an affinity with the music we listened to as a teenager, so make sure you have that all time classic ready for anytime you need a pickup.

Alternatively you can look into binaural beats which run at specific frequencies to prime you for focus.

Check out our friends at Brain.fm if this sounds interesting

MOVEMENT

We all know how good moving our bodies feels. A lot of the time we spend too much time living from the shoulders up and all it can take is a wiggle of the hips to bring us back to our vibrant selves.

You could even combine it with that favourite tune from above. Air guitar anyone?

In the performance coaching world, we call this a stack and movement is certainly one of favourite things to stack.

We recommend if you already have a practice you love… Use a shortened version of this throughout the day to get you ready to roll, no matter what the challenge.

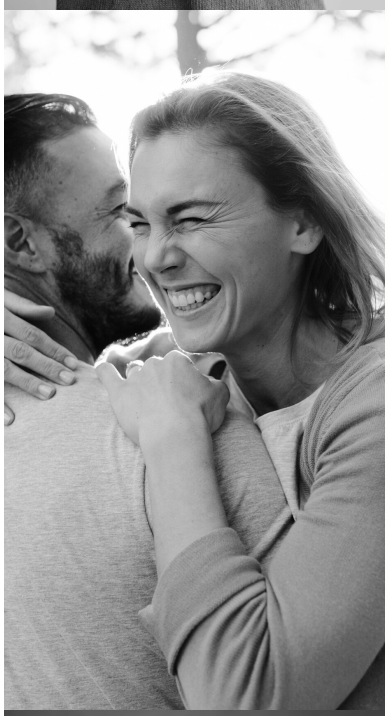
BREATHE

A lot of people associate breathing with slowing down and finding calm. This is great and there are plenty of practices for this. But if you're looking for a little bit of a pump up, to activate that excitable positive state, you can use the breath too.

It's simple.

Focus on breathing in and out through your nose for 30 seconds in short sharp pumps. Make sure you're breathing into the belly as this activation of your diaphragm will pump more blood around your system.

You can do one round, two. if you're feeling like an extra boost :)



positive prime

SPACE

Creating a sacred space for your work or hobbies can be crucial to launching straight into positivity. We recommend simply decluttering your work environment, adding significant photos or precious items that remind you of good times provides clear signal that you're working now and time to be left alone - headphones are a good one.

You can add standing desks and ergonomic chairs, but simply building a space you WANT to be in is the first step to **Positively Priming** your environment.

POSITIVE PRIME SESSIONS

Of course, we'd save the best till last ;) We've spent decades building the holy grail of positive priming technology.

Just like the others, in as little as 3 minutes you can transform your mood and energy, except our Sessions take you on an audio-visual journey that can provide 6-8 hours of positive vibes throughout your day.

We call this the after-glow.

Try 7 Days of Positive Prime FREE

Learn more about Positive Prime

BONUS: SLEEP

We spend on third of our life doing this so naturally we have to Positively Prime for sleep as well.

Make sure you:

- Eat at least two hours before bed.
- Turn the lights down to dim after the sun goes down.
- Turn off all TV and devices 60mins before bed.
- Grab an awesome book, listen to a podcast or try some simple meditation.
- Still can't wind down? Journal about what's going on and give yourself permission to sleep with an open ended question. Science tells us that you'll probably have answered it by the time you wake in the morning.

Thank the powerhouse female Psychologist Bluma Zeigarnik for this extra special knowledge bomb.

We'll be sending you more information on how to incorporate cutting edge Positive Priming techniques into your life, including guidance from master practitioners in the fields of healing, flow-states, manifesting your dreams, hypnotherapy, sleep science and peak performance.

If you have any questions please reach out to us at
support@positiveprime.com

In gratitude,
Kim Serafini

positive
prime

METTA IMPACT EXPERIENCE

DAILY JOURNAL #2

THREE WORDS THAT DESCRIBE HOW I FEEL AT THE BEGINNING OF TODAY

yes!

MOMENTS OF IMPACT

PEOPLE OF IMPACT

THREE WORDS THAT DESCRIBE HOW I FEEL AT THE END OF TODAY

Creating your Metta Mindset

5 DIALS

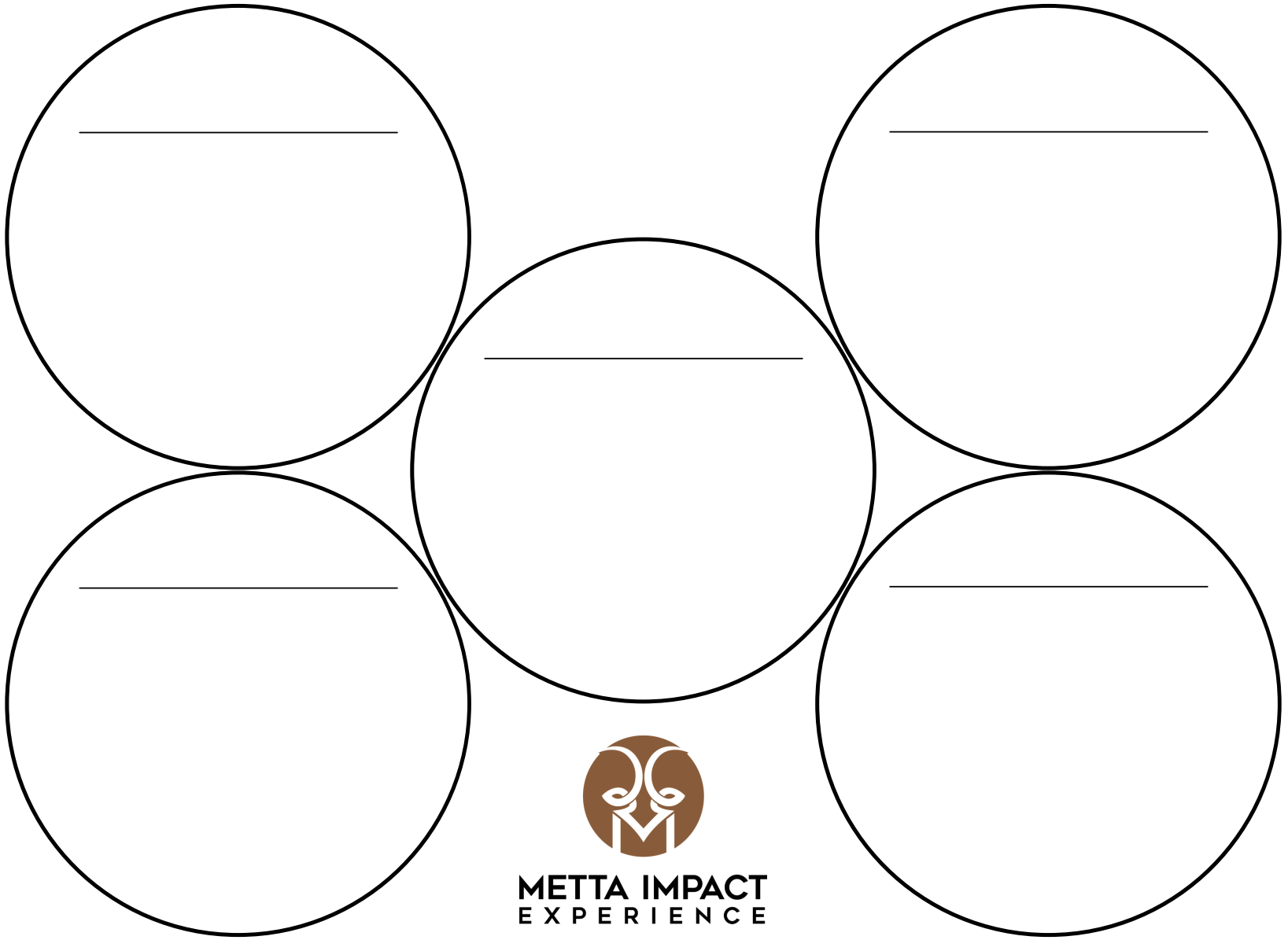
METTA IMPACT
EXPERIENCE

METTA IMPACT EXPERIENCE

THE FIVE DIALS

Now that you have spent time connecting with your Aspects of your Sacred 8, the next step to creating your Metta Blueprint is to choose 5 of your 8 Aspects from your Sacred 8 that you are ready to take inspired action on. Transfer those Aspects to your 5 Dials worksheet and create your inspired action plan. You will add 1-4 actionable steps in each dial that you can complete in the next 6 weeks. Once complete, you will have more clarity and clarity creates confidence.

THE METTA IMPACT 5 DIALS



METTA IMPACT
EXPERIENCE

DAY #2

GUEST

SPEAKER

Dr. Willow Johnson

METTA IMPACT
EXPERIENCE

Make sleep your SUPER POWER

Restorative sleep is ***so*** critical to the health of our adrenal glands.

You need at least 8 hours of sleep to properly rest your adrenal glands.

Gone are the days of the adage, "I'll sleep when I'm dead". Instead, choose to prioritize your sleep - just as much as your diet, movement, and other forms of stress management - and make it your superpower!

If you are skeptical, I implore you to check out sleep scientist Dr. Matthew Walker's work including his TED talk here: https://www.ted.com/talks/matt_walker_sleep_is_your_superpower/transcript?language=en - he is super easy & fun to listen to, I promise.

Blue light & screen time

No screen time the last hour before sleep.

Light has a strong effect on your circadian rhythm. Electronic devices like smartphones, computers, tablets, and flat screen TVs emit a powerful blue light that actually increases alertness and reduces our ability to make melatonin (our body's natural sleep hormone). The best way to avoid this is to simply stay off of electronic devices the few hours before bed. I can get a lot of push back here (I get it), but it really can make a big difference. At minimum, limit screen time for the last 30 minutes before bed (make this a golden rule!).

Research has shown that blue light not only increases time to fall asleep at bedtime, it also causes more frequent waking throughout the night (*even if you aren't aware of it)*. Study participants repeatedly report waking up feeling more sluggish, less alert, and in worse moods because of it.

Other hacks:
- Wearing amber-tinted blue light-blocking lenses for 2-3 hours before bedtime, which research has found can provide an extra 30 minutes of sleep, while participants report greater duration, quality, and soundness of sleep, and an overall reduction in insomnia severity.
- Using the "nightshift" function on smartphones and tablets 2-3 hours before bed. However, keep in mind the stimulating effects of scrolling media like Facebook (and all the ads your brain processes without you being aware of it).
- Dim all lights in the home 2 hours before bed (e.g. avoid overhead lights - opt for lamps instead - and consider low wattage bulbs - 40W or less).

Blue light even prevents the body from activating the natural mechanism that reduces body temperature at night, which brings me to my next point.

Quiet time

The smallest noise may be disrupting your sleep.

This is especially true if you have kids (it actually changes your brain to make you hyper-vigilant to the slightest noise, especially Moms). Earplugs or a white noise machine are popular ways to drown out noise pollution. There are also some apps that serve this purpose.

Cool it down, black it out

Think of your bedroom as a cave. Meaning, your room should be cool, dark, and quiet.

In either hot or cold sleep environments our bodies struggle to reach the optimal body temperature for sleep, which leads to difficulty falling asleep or maintaining sleep, restlessness, and fragmented sleep. One study found our thermal environment to be one of *the* most important factors that can affect human sleep!

Keeping your sleeping quarters at a temperature near 18.3°C (65°F) give or take a few degrees, is ideal. The easiest way to help achieve this is to set your home's thermostat to drop in preparation for and during your sleeping hours. Also consider the following tips and tricks:
- Close blinds/curtains during the day to block out heat from the sun
- Keep windows closed if the outside temperature is warmer than the inside temperature vs open windows after sun goes down and/or outside temperature becomes cooler than indoor temperature.
- Use a ceiling fan or if the temperature is cooler outside, place a portable fan near open window.
- Keep the bedroom door open to allow air to circulate freely; if the temperature is cooler outside, open other windows to further improve air flow and cool the house down.
- Heat rises; I've had some patients who sleep in the basement guest bedroom in the Summer months because it is so much cooler and they sleep so much more soundly for it!
- Cool off before bed. Try bringing your core body temperature down by taking a cool shower.
- Avoid vigorously exercise before bed. Exercise raises body temperature and for other reasons as well, can worsen insomnia.

When it comes to darkness, use blackout blinds and/or curtains or an eye mask to make your room even darker. The sun rises early in the SK Summers and this can really increase night time waking or make it harder to fall back asleep if you wake at that time. If you're really struggling with insomnia, you may also have to take out clock faces and other electronics that emit even small amounts of light.

Bedtime snack?

A blood sugar drop in the night may be the culprit of your 3-5 am waking.

A blood sugar drop in the night will trigger the release of cortisol, one of our stress hormones, that plays an important role in blood sugar regulation. However, the spike in cortisol can cause you to wake up; this is especially true if you are chronically stressed out. In order to help prevent this from happening, ensure that you are getting enough protein and healthy fat at each meal throughout the day, to help keep blood sugar stable.

For some, adding a small bedtime snack containing protein and healthy fat can really improve night time waking or restlessness. Avoid eating simple carbs before bed , as this will set you up for a peak and crash that may wake you from sleep!

There has been a lot of focus on the idea of not eating after 7-8 pm at night. Not eating after your evening meal is designed to allow for a 12hr fast that provides rest for the digestive system. I like this habit for most people, but like most things I teach, it is not one size fits all. If you are having trouble sleeping at night, fasting after 7-8 pm might not be working for you.

Some of my go-to examples (protein + fat + tryptophan) include:
- A fruit + nut butter, e.g. apple or banana with almond butter
- Pumpkin seeds (a couple handfuls)
- A protein shake or a protein ball (e.g. https://minimalistbaker.com/5-ingredient-protein-balls/)
- One hard boiled egg
- Cooked edamame
- Hummus with carrots
- Small cup of *plain greek* yogurt with fruit & nuts
- Meat - e.g. a few bites of leftovers from dinner
- Some home made guacamole with seed crackers (e.g. Mary's crackers)

Consistency is key!

Having a consistent bedtime and waketime.

As best as you can, maintain the same sleep and wake patterns every day, even on the weekends if you can. This will help your body establish a healthy sleep-wake cycle. Did you know that cortisol (one of our stress hormones) is naturally lowest at 10 pm at night (in a healthy state)? That is why so many patients find they need to get to sleep no later than 11 pm or else they get a 2nd wind!

No caffeine after lunch

Better yet, none 12 hours before bedtime.

Every person has a different caffeine tolerance based on their CYP1A2 gene. This is why some people find caffeine has little effect on them, while others can't tolerate it at all. Most of us are in the middle. To ensure the caffeine is totally out of your system by bedtime, it is best limit caffeine intake to the mornings and please don't go overboard. I suggest patients try to keep it to 1 *serving* a day, max 2, depending on the person. Notice how I said 1 *serving*, that does not mean *1* extra large Tim Horton's!

Wondering about some alternative warm beverages? How about herbal teas. Here are some favorites: peppermint, rooibos, hibiscus, chamomile, lemonbalm, ginger, nettle, and dandelion. *Note that herbal teas have unique medicinal properties and so it is best to check that they are appropriate for you!* A great segue way to my next point.

Sleepy time tea

This can be a great evening ritual to help ease you to sleep.

When it comes to promoting sleep, one of my go-to suggestions is chamomile. Chamomile has been shown in research to help relieve anxiety & depression by promoting relaxation (however, it can be used throughout the day without making you sleepy!). Lemon balm and passion flower are also great options.

Get outside - natural light exposure

At least 20 minutes, ideally in the morning.

Exposure to sunlight during the day (especially when you first wake up), just like darkness at night, helps to maintain a healthy sleep-wake cycle. This can be tough to get in the mornings during the SK Winters, which is why I suggest 20-30 minutes of light therapy (aka "SAD lamps") within the 1st hour of waking. Generally, the light box should provide an exposure to 10,000 lux of light and emit as little UV light as possible.

Brain dump, mindfulness, & gratitude.

If you tend to have trouble sleeping because you're replaying the day's events, worrying about tomorrow, or stewing over your to-do list, the act of writing down your thoughts can help get them off your mind for the night. I've even had patients need to jot down thoughts in the middle of the night when they wake and start to ruminate - often to-do's that have popped into their mind and they worry they will forget.

I also like to suggest a combination of mindfulness or meditation with a short gratitude practice. Favorite apps to help guide you and create a habit include the Calm app and Headspace app. Even 5-10 minutes can make a big difference! You can choose a guided meditation to listen to, so don't stress about not knowing "how" to meditate. However, mindfulness can be a variety of different things, including yoga, deep breathing, block therapy, journaling, reading, or a spiritual practice/prayer. Find what works for you and what makes you feel good and relaxed.

As for gratitude, it can be so simple: write down (or verbalize to aloud or to/with a loved one) 3 things you are grateful for from the day. It can be as simple as gratitude for a bed to sleep in. Bonus points if you also start your day this way!

Morning plan - start the night before.

Breakfast, lunches, clothing choices, mid day or post-work errands, family activities, and more. There can be a lot to check off our to do list in the mornings before we leave the house. Anything you can get done ahead of time can help ease your mind before bed, making it easier to have a good night's sleep.

I suggest reviewing your list and getting as much done the night before as you can (? Overnight oats, ? chia seed pudding, ? ingredients ready to throw into a quick smoothie. Lay out your/your kids clothes for the next day, organize any work or errand materials you or your kids need to bring with you. If you'll be going to the gym, lay out your workout clothes and water. You can even prep your coffee machine!).

Establish a relaxing bedtime routine

A consistent bedtime routine helps signal to your body that bedtime is nearing. I often explain its like asking your body to digest well when going through a drive through of eating while stressed, working, or being mIndless (e.g. zoned into the TV screen). Just like your body needs cues to prep hormones and compounds for digestion, it needs the proper cues for preparing your sleep hormone, melatonin.

Be it a relaxing bath, sleepy time tea and a book (not screen), diffusing essential oils, etc., give your body some time to wind down, forget about the day's events, and make you some melatonin!

If after a few months of trying these bedtime routines you still do not feel better, consider seeing a Naturopathic doctor to help you find the root cause of your sleep issues.

DAY #2

SPARK MOMENT

Eva Gustafsson

METTA IMPACT EXPERIENCE

THE BENEFITS OF USING ESSENTIAL OILS

100% NATURAL AND SAFE:

Oils are extracts from plants that have amazing health benefits. Pure oil is about 50-70 times more powerful than herbs. One drop of peppermint essential oil is equivalent to drinking 28 cups of peppermint tea making them very potent. When it comes to pure therapeutic grade Essential Oils, there's nothing added to the oil or taken away from the oil. They're safe for babies, children, adults, and the elderly.

EFFECTIVE:

They are often more effective than many modern approaches to health problems.
They can permeate the cell membrane and address the root cause of health problems.
They can work on a cellular level without side effects or addictions, and they can combat bacteria on the outside of the cell and prevent the duplication of viruses on the inside.

AFFORDABLE:

With the versatility of essential oils, it is amazing how much money I save putting these little brown bottles to work in my home.
When I use them for health concerns I tend to use 1-2 drops. So when I break it down by cost per drop I am spending pennies to take care of our health challenges.

CERTIFIED PURE BRANDS:

When you have a Certified Pure Test Grade, and it means these oils are completely pure and potent.
Pure means there are no foreign contaminants or fillers.
Potent means that each plant was grown in a part of the world where that plant grows best, resulting in the absolute best chemistry for that plant. When you have the ideal natural chemistry, the essential oil extracted does exactly what we want it to do for our health.

REDUCE TOXIC LOAD:

Once we start eliminating those toxic store-bought products we will naturally reduce the toxic load in our homes as well as the toxic burden in our bodies. I use these oils to make my cleaners and beauty products. So one bottle of essential oil can go a long way to reducing your toxic load, increasing your healthcare, and keeping your home clean!

REDUCE WASTE + SINGLE PLASTIC USE:

Think about how many times in the last year you've run out of cleaning products, face wash, cream, etc. By taking the time to make your cleaners or products you will reduce single plastic use. Even just one less plastic bottle finding its way to a landfill makes a difference. There are also incredible recipes for upcycling your glass bottles so you have even less waste.

ECO FRIENDLY:

Since essential oils come from nature they are much gentler on the planet. Imagine the difference between cleaning a sink with bleach versus baking soda and a few drops of lemon essential oils. Using essential oils is gentler in our ecosystem, water supply, and soil.

WHY ARE THEY SO EFFECTIVE?

Essential oils are natural aromatic compounds extracted and distilled from plants for health benefits. They are powerful and safe providing their benefits without side effects!

FACTS ABOUT ESSENTIAL OILS:

100% natural and safe (when using pure essential oil).

50 to 70 times more powerful than herbs: 1 drop of peppermint essential oil is equal to 28 cups of herb tea.

Oils contain hundreds of different compounds, providing complex & versatile ability to combat threats without building up resistance.

Essential oils can permeate (pass-through) the cell membrane to address the threats on the inside as well as on the outside.

Oils work with the body to address issues & root causes on a cellular level.

Provide benefits safely without side effects.

More affordable than traditional healthcare.

Cost pennies per dose: 1 drop of peppermint essential oil costs only $0.08

THE POWER OF ESSENTIAL OILS

It's helpful to understand that your body is designed to heal itself when it receives what it needs. Think about what happens when you have a cut ... your body goes right to work to heal it, a scab might form and then fall off and you have newly healed skin.

Every organ in your body becomes new within months, and the only time we run into trouble is when we aren't giving the body the proper support to heal. Nature has unmatched wisdom and the ability to lend to our body the same harmony it exists in.

Because essential oils are straight-up pure nature ... they are a key tool for bringing your body back into a state of harmony!

As you experience the powerful benefits of essential oils, you will understand why they are revolutionizing the way families manage their health.

Using a high quality, pure therapeutic essential oil matters.

When you start putting these pure plant bottles to work for you, you will notice, appreciate and feel the therapeutic properties of the oils almost immediately upon use. Whether it's applying peppermint to your temples for a headache or breathing in wild orange from your hands to shift your mood ... the oils work and they work fast.

What's also really cool is that because nature is so complex, the same drop that you use for one issue will also create 'side benefits' and positively impact you in other ways. This is why the properties of essential oils can't be compared to synthetic medicine which works in a linear direction and typically creates side effects.

The sophistication of pure essential oils can't be created in a lab.

I will share more with you about how to source high quality essential oils and the brand I have come to love and trust.
But for now....let's dive a little bit deeper into the wonderful world of essential oils!

WHAT ARE ESSENTIAL OILS

Essential oils are called “essential” because they are the “essence” of a plant.

In the Middle Ages, it was believed that essential oils were essential for life, giving them the moniker that has stuck even to the present day. Modern references define an essential oil as the essence or extract, that is the source of a plant’s aroma and flavor. For example, peppermint plants smell like peppermint because of the essential oil contained in their leaves and stems. Oranges smell like oranges because of the essential oil contained in the peel.

Why do plants produce essential oils?

Essential oils are a critical part of a plant’s immune system. Plants produce essential oils to protect themselves against environmental threats. The parts of a plant with the greatest amount of essential oil are usually the parts with the greatest risk for invasion by microorganisms: the bark, sap, leaves, seeds, and fruit rinds.

The compounds found in essential oils have all sorts of biological activities. They are known to protect against environmental threats, soothe the body, and even calm the mind.

Essential oils are made of volatile aromatic compounds.

Volatile aromatic compounds are small organic molecules that tend to change from the liquid state to the gas state at room temperature. These molecules are so incredibly small that a single drop of essential oil contains around 40,000,000,000,000,000,000 (40 million trillion) of them. The word “volatile” emphasizes their tendency to evaporate

quickly at room temperature. This property is what makes them smell so potent. When you first open a bottle of essential oil, you instantly notice the aroma, and you can smell it even from a distance. The physical and chemical properties of volatile aromatic compounds allow them to quickly enter the gas state, move through the air, and directly interact with olfactory sensors in the nose.

BENEFITS OF ESSENTIAL OILS AROMATICALLY:

Helps to cleanse + purify the air

Improves air quality

Reduce threats

Creates an inviting space

Acts as a chemical-free air freshener

May enhance concentration

Helps to create greater spiritual, physical, and emotional harmony.

Assists with mood management + emotional support

DAY #2

Creating your Metta Mindset

METTA IMPACT
EXPERIENCE

METTA IMPACT BLUEPRINT

Relationships that serve
Connecting to source energy
Developing her Metta Paradigm
Part of a community of change makers

Fears

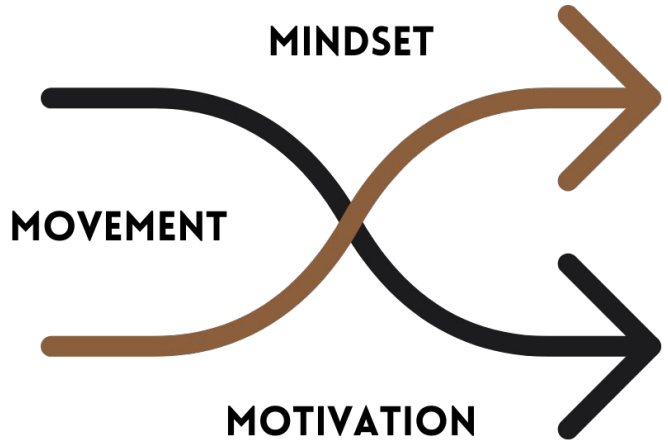
Frustrations

Challenges

Distractions

Nothing Works

Motivation Declines



Courage

Fulfillment

Willingness

Living Boldly

Impacting Radically

Graceful Resilience

METTA IMPACT EXPERIENCE

DAILY JOURNAL #3

THREE WORDS THAT DESCRIBE HOW I FEEL AT THE BEGINNING OF TODAY

MOMENTS OF IMPACT

PEOPLE OF IMPACT

THREE WORDS THAT DESCRIBE HOW I FEEL AT THE END OF TODAY

DAY #3

SPARK MOMENT

Cori Smithen

METTA IMPACT EXPERIENCE

Ruling Number 2

To go deeper into your Divine Blueprint, contact Cori at CSmithenConsulting@gmail.com

Your Ruling Number is the main influence on your personality. This is the number that is reflective of your specific birthdate. While the other numbers and influences in your chart help to further identify your personality, alignment with your Ruling Number will help you to flow with life more easily. Your Ruling Number never changes as is a map to your life experience.

In the number 2, we see the highly developed traits of intuition and instinct. You often have a sense of what others need or want and can use this awareness to your advantage. You can also be extremely sensitive, which often manifests as a need for approval from others. You may sometimes see feedback as judgment or ridicule. However, with maturity, you can apply your strengths to help bring groups of people or ideas together. For example, you might bridge the spiritual world with the material world or be a super-connector between groups of professionals. The Ruling Number 2 is the unifier, bringing two things together as one.

Most of the genius of the number 2 flows through your spiritual connection; however, you do spend a lot of time trying to justify or defend your ideas to sell them to the material world. The mind can be your greatest saboteur if left unmanaged, or a strong collaborating force if guided by love. Befriend your mind and it will serve you in the fulfillment of your higher purpose.

Because much of your clarity, wisdom, and genius comes through you and not from you, you can feel misunderstood and uncertain about your true value. Your uncertainty can lead to a constant need for approval, along with feelings of abandonment, betrayal, and competition. Learning to live from a place of love will help you see others through the lens of opportunity, collaboration, and unity.

The unifying force of the number 2 is most dominant in your spiritual connection. You are here to bridge the spiritual and the physical world. Even when unconscious of your connection, you will be driven by the desire to impact the world through a higher purpose. You will be guided to facilitate a bigger, more idealistic version of the world.

The number 2 is always looking for an expression in the physical world. You will feel pulled to prioritize the material, which feels like a gift and a curse. When you're focused on bringing ideas to the world, it serves you; when the material world becomes the only focus (e.g. how you are perceived or measured by others), it tends to weigh on you mentally and emotionally. Taking care of your physical body through consistent movement and expression is a key to keeping in alignment with higher states of awareness.

Challenges & Obstacles - The greatest challenge for the Ruling Number 2 is learning to stop seeing things in exaggerated contrast (black and white thinking). You tend to see everything from an extreme view of separation and a desire for protection (us vs. them). Fixed mindsets and rigid ideas can suppress the flow of intuitive information that naturally guides you. Ego is an ongoing challenge for most 2s and can arise in the form of an excessive desire for material wealth or physical beauty (competition vs. collaboration). As you learn to focus your attention on a higher purpose for your life, rather than a race to make money or feel important, your material world will manifest without effort. Until then, you may find struggle accompanies you.

Blessings & Gifts - Your innate wisdom and connection to a higher purpose are two of your strongest gifts. When you are in a state of harmony within, you have the ability to impact large numbers of people with your ideas and powerful insights. You can show up in almost any role and be wildly successful as long as you honor your authentic purpose. The Ruling Number 2 is often in a position of power, but not always front and center. You may feel inspired to build businesses, promote others' ideas, or create (art, books, food, etc.). The energy behind your archetype wants to help unite people with ideas and solutions. Communication of the highest morals and ethics are associated with this Ruling Number, as are commerce and collaboration.

Key Values: Connection, Spirituality, Love, Harmony, Peace, Partnership, Collaboration, Equality, Fairness

Key Strengths: Compassion, Loyalty, Commitment, Understanding

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Ruling Number 3

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Abundance comes easy for you as a Ruling Number 3, and you enjoy sharing what you have with those you cherish. You are wise and clever, which makes you an excellent provider, nurturer, and investor. You expect abundance to flow and can become critical when things don't go your way, or when people fall short of your expectations. It can be hard for you to see why others cannot take care of themselves and their lives in the same manner as you.

You are not afraid of taking on responsibility; however, you prefer to escape into the energy of creativity. Due to your fertile energy, you have one of the strongest connections with creativity among all of the archetypes. You have no shortage of ideas, and have the dedication to bringing them to life. You have patience when it comes to others, but rarely towards yourself. You are protective of your friends and family and extremely loyal to them.

You can be hard on yourself mentally. You prefer to be doing and creating all the time, and when you take time for self-care, you can be highly critical or feel that you need to defend your actions. You feel the pull to create, and your mind interprets that as a list of to-dos instead of a joyful expression. Work with your mind and teach it to play with you more.

You may experience extreme emotions. As a creator/innovator, you have access to intense energies that assist in motivating you to take action and harness your intuition. However, like Icarus who went too close to the sun, getting too close to or attached to your emotions can cause health challenges for you. Do not take your feelings too personally. Learn to master your emotions so that you can channel them into your legacy for the world.

When you create, you feel deeply connected to the spiritual realm. Embodying your Ruling 3 archetype often attracts you to religious or spiritual study and exploration as a path to better understanding yourself. Deep down, you want to see yourself through the eyes of the ultimate Creator, God/Universe/Spirit.

Typically speaking, you are not drawn to physical activity and prefer to think, feel and express through art, teaching, writing, family, or business. However, you do love to travel and see the world. You like to observe nature and be with it, but don't like to exert yourself too much. That doesn't mean you do not value health or vitality; you just don't find yourself drawn to it naturally. You may have to motivate yourself to look after your physical body.

Challenges & Obstacles - You can become impatient and critical of yourself and others when you rely too heavily on your intellect. Creativity comes through you as a dynamic energy that cannot be labeled using language. Creativity must be felt to be understood. When you focus on explaining yourself or defending yourself to others, it will trigger a heightened state of insecurity, inferiority, and judgment. Your lesson or challenge will be to release any need to measure your value through your intellect, and instead learn to embrace your gifts of creation.

Blessings & Gifts - You manifest abundance quickly and with little effort. When you focus on appreciation, you create an endless flow of appreciation in return. When you focus on well-being, creativity, or family, you can expect a steady stream back to you. You can turn the seed of a single idea into a powerful manifestation that impacts the world for generations! You carry the energy of the Mother, birthing a flow of ideas into the world to manifest for us all. In this way, you serve humanity through the legacy of your creations (children, books, art, teachings, and so forth).

Values - Humor, Wealth, Entertainment, Family

Strengths - Intelligent, Good Memory, Career Success, Witt and Charm, Leadership, Mentorship

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Ruling Number 4

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As a Ruling Number 4, you are secure, stable and logical. You tend to think things through before you take action. You like to weigh out the possibilities and consider the greater impact of your choices. You do not always feel like you can make a decision that is just for you, and often worry about how others will react.

You are a natural leader and tend to be the instigator of action with your friends, colleagues, and family. People naturally look to you for your guidance and leadership. Your role can feel like a blessing and a curse, depending on how much pressure you put on yourself to please others. At your best, you are decisive and confident and trust your decisions. When you are out of alignment, you tend to defend your choices, while on the inside you are second-guessing yourself and relying too heavily on the opinions of others.

You are intellectual and tend to seek out information to help you make decisions. You need time to process ideas and consider all your options. However powerful your mind is, your reliance on it can result in indecision and stagnation when your life doesn't change as fast as it could. Learn to let go of your need to know all of the information before you weigh in on a choice, or you might find that it can rob you of spontaneity and fun.

You may find that you suppress your emotions until they erupt, often exploding in inappropriate ways. Your insecurity around expressing your feelings can make it hard for you to develop close relationships, as the other person has come to expect you to be calm, cool and collected (like the leader you are). You would rather skip over your emotions. This avoidance can cause melancholy and apathy.

Learning to express your emotions in healthy ways is one of your lessons as a 4.

You are spiritually expressive and likely believe in a higher power; however, whether you are religious or not, you will probably hold firm beliefs about life and reality. Having some structure around how things work and what you can do to optimize your spiritual connection will be important to you. You believe in order, yet you feel tapped into the visionary powers of the universe. Ideas, awareness, and knowledge seem to download into your mind on a regular basis. This flash of insight is a gift from your higher self.

Because you can feel pressure to hold everything together all the time, your suppressed emotions may result in health conditions. You may experience issues related to toxicity (adrenal fatigue, rashes, skin sensitivity, food sensitivity, and so forth), and are encouraged to learn to move emotion through your body in the form of movement. Physical activity will be your ally. The physical world is your domain, and when you feel connected to the earth and your body, you feel more connected to your purpose and deem it safe to express your emotions.

Challenges & Obstacles - You can feel like the weight of the world is on your shoulders. Why won't others make a decision now and again? Why does it always fall on you? Your greatest lesson and challenge is to embrace your leadership as a gift, not expect others to see the world the way that you do. You would love to take a backseat sometimes and let others lead; however, expectation can leave you disappointed and resentful. Learning to love yourself will birth the confidence you need to lead with love and wisdom.

Blessings & Gifts - You are innovative and intelligent. You can transform any environment or situation into a work of art. You see possibilities where others see limitations. In every blank slate, you envision a finished picture and know exactly how to carry out the completion of that vision. You are driven, determined, wise and visionary! You are an incredible leader, role model, and guide.

Values - Accomplishments, Love, Trust, Intelligence, Systems, Reliability, Practicality; Strengths - Dynamic, Compassionate, Intuitive, Passionate, Kinesthetic, Wise; © 2017 – 2019 Joy Kingsborough

Ruling Number 5

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As a Ruling Number 5, you are a natural teacher or guide for others. You may show up in a traditional teaching role, or you might not. Either way, others come to you for guidance and support and know that you will share your wisdom without judgment or expectation. You crave freedom and will do everything in your power to be in a leadership role, self-employed, or in a position that allows you to choose how and when you will express yourself in the world.

You are curious about life and enjoy philosophy, science, and theology. You seek greater meaning in life and always have a unique perspective based on the wealth of knowledge that you collect about any one subject. You are trusted, and others see you as being faithful and loyal to your calling. You connect well with the public, but tend to need time to recharge and to learn more. You walk your talk and are not afraid to get your hands dirty, so to speak. You do not preach your message to the world; you walk with the world and model your awareness through your words and your actions.

You tend to be a thinker and a collector of knowledge. Learning is an important aspect of who you are, and so is your determination. You will dive deeply into a subject to understand it from every angle. Be conscious of your intentions. Your ego can push you to learn and collect information as a way of proving your worth and convincing others to follow you. You can become competitive with others who may know more about a subject, causing you to push yourself even harder. Your ambition sometimes takes you off the path and away from your purpose. Observing your motivations is a powerful practice to keep you in alignment.

You feel things very deeply and can feel trapped by your emotions, especially when they are unexpressed. Your longing for freedom may come at the price of experiencing restriction during your early years. You may push away the very things you want the most because you over-prioritize your desire for freedom. As you learn to let go of your past and surrender your attachment to any particular outcome, you will uncover the true meaning of freedom. It begins within. It begins with emotional mastery. You will discover happiness when you learn to navigate your intense emotions and find a way to express them constructively.

You are naturally intuitive, and with just a little bit of development you can become an open channel for new information. These ideas may come directly to you from your spirit, or you may receive messages from people around you in the form of new ideas. You will feel pulled toward multiple projects and paths in your lifetime until you discover the one path you feel most called to serve. Be careful not to scatter your energy by saying yes to too many projects and ideas at once. Lean into new ideas and test the waters before you jump in with both feet. You can learn to change your mind or to say no, even to spirit. Learning to discern and focus on a dominant message to carry into the world will be a major lesson for you in this lifetime.

You keep yourself busy in the physical world. You always have your hands in something and multitask out of habit. If you take a walk, you likely have headphones, listening to a new audiobook; while driving, you are planning your next project. You are in a constant state of change, which invites in perpetual motion. You are always moving toward something, even if that something is metaphoric or esoteric. There is always something more going on than what others see. You prefer to do things on your own and don't always think to ask for support, even when you need it. Letting people in is not easy for you.

Challenges & Obstacles - Because you are an emotional-intellectual personality type, you are sometimes tempted to exaggerate your knowledge to protect your ego. Your sense of superiority can get you into trouble when you agree to things without fully understanding the implications. You often measure your value in what you know and make your income from this knowledge. Your challenge will be to transform this quest for information into a higher calling, so that your mind can be in service to your heart and spirit, and ultimately, the world. When you prioritize mental pursuits over emotional and physical connections, you can resist being vulnerable on these levels. This often results in creating a pattern of feeling abandoned by others, often because you have unconsciously pushed them away.

Blessings & Gifts - People feel drawn to you for your wisdom. They want to hear what you have to say and trust your guidance, even when you do not fully trust yourself. You can be rigid with your ideas at times, but this is because you crave authenticity and truth. You do not want to misinform or misguide anyone. Your truth-seeking makes you an incredible leader, especially in academic or spiritual institutions. You make it easy for others to learn. People feel safe with you. You can use this to your advantage to help share your ideas with the world.

Values - Freedom, Spontaneity, Creativity, Travel, Expression, Adventure

Strengths - Artistic Flair, Intuitive, Compassionate, Determined, Passionate, Entrepreneurship

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Ruling Number 6

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As a Ruling Number 6, you are creative and channel the energy of love into this world. You are the archetype that came here to harmonize duality. You seek harmonization of your masculine and feminine drives into creative expression through family, the arts, decorating, writing, collaborative ventures, or any outlet that lets you express your view of the world (usually focusing on cutting-edge, conflicting or controversial issues).

You often feel pulled by a force greater than yourself that guides you to bring ideas together in a unique way, from a unique vision, that only you seem to understand. You enjoy flow and love, and prioritize happiness and well-being over conflict and pain. You do not wallow in your life circumstances; you turn lemons into lemonade. The 6 has a karmic energy that helps to create balance and usher in changes in a gentle way.

As a general rule, you are good at steering yourself away from drama and negative thoughts. You use the mind to help you navigate your emotions or to determine the best ways to express your creative drive. You are intelligent, but not focused on academics. You use your mind as a means of getting what you want. You value information but stop digging as soon as you find what you are seeking.

When you love, you love deeply, and you commit fully! You will give yourself completely to those you love or to anything you feel passionate about. Passion is your life's blood, so when you feel a lack of purpose, you can easily become depressed. Expressing your emotions through physical activity or creative output is crucial to your well-being. When you feel unsettled, take action, any action, and this will ease your energy and help soothe your emotions. If you swing too far to any extreme emotion, you will feel disconnected from who you are. This disconnect is meant to inspire creative expression. You get to choose whether you paint your pain away, or dance around the house re-decorating to match your bliss. Expression and emotions are your yin and yang. You are only truly alive when you are in harmony with both.

When you open yourself up to higher wisdom on a spiritual path, you will feel your life begin to lighten. Spirituality is often the missing piece to your life puzzle. You can feel dependent on others and outside influences for your sense of stability and recognition and love, until you recognize and begin to partner with your higher self (aka intuition, God, or spirit). This connection will break you through to realizing your purpose in this lifetime. You will find that you are deeply connected, and this connection will influence your results almost immediately.

You can take or leave physical activity. Sometimes you feel motivated to be active and outgoing, and other times you feel like retreating and keeping to yourself. You tend to seek balance or harmony in all of your actions. You may even find that you like to reward yourself for physically asserting yourself. You always seem to have enough energy to do what you need to do.

Challenges & Obstacles - Your desire to keep things balanced and harmonized can cause you to cling to security and worry about each decision. You might feel resistance to making choices your whole life, and may always be looking for a way to do everything. Your greatest challenge will be learning to stop weighing your options, the opinions of others, and any expectations you have, so that you can let go and enjoy the journey of your life. You will be confronted with difficult choices until you can learn the art of decision-making through discernment. Embrace the awareness that you can never choose incorrectly; you can only learn.

Blessings & Gifts - Somehow everything just works out for you. Even in the most challenging situations, you find that a solution always arises to balance everything out. You always have enough money, love, food, fun, friends, family, and so forth. When you tap into your purpose, you will find a foundation that will help you experience abundance rapidly. Some will see you as lucky or gifted. That doesn't mean you don't work hard, but you do tend to avoid some of the challenges that others around you experience. Even during extreme challenges you sense somewhere inside of you that you can change things at any time, if you decide you want to.

Values - Trust, Safety, Creativity, Playful, Unconditional Love, Acceptance

Strengths - Practical, Intelligent, Creative, People Person, Responsible, Reliable, Giving

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Ruling Number 7

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The Ruling Number 7 is someone who craves freedom and mobility. The 7 loves to be in motion, but often feels stuck by indecision. If this is your Ruling Number, it is likely that you feel driven by a craving for independence. However, you don't like to take any actions that may create instability. Indecision can leave you caught between two worlds more often than not. You like to take calculated risks, yet you often find yourself suffering the consequences of both action and inaction when you overthink. Thankfully, you are tapped into a certain degree of assured success that can give you the confidence you need to keep going.

You seem to always be deciding on something. Do I stay or go? Do I say yes or no? Do I work out or take a nap? Sometimes the weight of these decisions can create mental anxieties. You become so obsessed with deciding on your next steps and figuring out what to focus on that you often forget to take action at all.

You tend to isolate, preferring not to share private details with others. You have a few close connections and enjoy people. However, you often feel disappointed by friends and family who do not understand your intense need for freedom. You can feel lonely at times and certainly know the feeling of being alone at the top. You sense you are meant for success, recognition, and achievement, and will reach for it until you get there. Why don't others get that? Your confusion often becomes an emotional disappointment. You can also feel overwhelmed when life seems to be moving too quickly without a clear direction. You often feel pulled, either by mind or spirit; the latter is the preferred path for this archetype.

Your spiritual connection is your primary source of support and guidance. Although this is an action-based archetype, calculated action does not yield your best results. When you learn to trust your intuition (through practice), making decisions based on your hunches, you will find that your life begins to take on a karmic quality. You will feel more peace, ease and flow in allowing your focus to come through you instead of from you. Having faith in yourself will help you remove the obstacle of indecision, and you will charge forward in all aspects of your life. You know you have a higher calling.

Taking action is your greatest gift as a 7. When you are in motion, you make the best decisions and learn the fastest. You can easily navigate the physical world, and respond to whatever life throws your way. Taking a walk can help you tap into creative solutions. When you feel stagnant, get out and do something. Spending time in nature is also a dominant physical trait of your Ruling Number. The walls and ceiling of any space can feel like a prison at times. You naturally open up to opportunities when you lift those perceived limitations from your immediate environment. Poor circulation and lethargy may be a challenge for your body if you are out of alignment with your physical need for space.

Challenges & Obstacles - Your purpose is to embrace your higher calling and let spirit lead you. Consciously taking action based on your intuition will help you to break through indecision. Your craving for independence and freedom can feel fulfilled when you recognize your spiritual connection and embrace the awareness that you are never alone on your path. You will be asked to release the need for your mind to understand the reasons for your actions.

Blessings & Gifts - The Ruling Number 7 is a natural leader. In the fullness of your pattern, you are confident and full of life, with the heart of a leader and the faith of a saint. You can handle multiple ideas and energies at once, as long as you feel aligned with your vision. You have the ability to focus, but this must develop through trust. You can lead others with little attachment to the outcome, and have the capacity to change course with ease. You learn quickly, which means you live on the leading edge of what's new and exciting in whatever field you choose but choose you must!

Values - Knowledge, Freedom, Personal Growth, Action, Innovation

Strengths - Discipline, Determination, Learning, Teaching, Problem Solving

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Ruling Number 8

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The Ruling Number 8 has the energy of both the beauty and the beast from the fairy tales. This Ruling Number carries a belief that to have immense strengths means you must also have weakness in your personality. This dynamic manifests itself through feeling incredibly strong in some areas, and then overly weak in others. It is easy for the personality of the 8 to feel victimized by life, or alternately to feel they are always rescuing others who seem weak in an area where they feel strong. Money, health or love will be your challenge; one will represent your greatest weakness, and one will be your biggest strength. This challenge will create the dynamic needed for your personal growth in this lifetime. As an 8 you are here to manifest momentum and powerful, positive outcomes in ALL areas of your life.

You help to build things in the world by mastering your craft. Musicians, writers, inventors, architects, mechanics, designers, doctors, and lawyers are just some of the powerful expressions of the 8. When you step into self-mastery, you will be willing to learn a craft and will have the patience and persistence to practice and become masterful at it.

You spend a lot of time in your mind. You make up a lot of stories about what is or isn't happening in a situation. Imagination can be useful if you are conscious of the stories you are telling yourself. You can use this to fuel a passion for creative writing, speaking, or storytelling. However, when you begin to believe your stories, you can create a prison for yourself, feeling trapped by your perceptions. You may need to guard against perfectionism, but even that is a blessing that pushes you to practice more and do better. You often compete against yourself.

Your capacity to love, to feel empathy, and to be patient with others is unmatched by any other Ruling Number; however, you will withhold affection to mask your weaknesses. Your fear will ultimately push people away from you or create misunderstandings. You can channel your emotions into creativity, physical movement, or a higher calling. If you don't find a way to express your energy, you will be overwhelmed by the continuous flow of emotion. It takes a lot to get you upset. Even when a fire is brewing inside of you (e.g. passion, anger, love, etc.), you appear to have infinite patience. You don’t easily reach your breaking point, but when you do, it can seem alarming or off-putting to others.

Those with a Ruling Number 8 are often gifted intuitives, psychics, or energy healers. Your spiritual connection is natural to you, so you may not realize when you are using it. Your intuition is an area of your life that you can take for granted. You are always fulfilling the work of source (God, Universe, Spirit).

You are not here to tame the beast; you are here to walk with it. You may have a love-hate relationship with your body, and tend to either neglect or overwork it to find peace and self-love. Harmony in the body and with the body is essential for you. Gentle, consistent exercise or movement is necessary for your self-mastery. Yoga, tai-chi, walks in nature: these are all ways you can honor your body and your physical world. Financially and materially, you have access to money and the comforts of life. Somehow, everything falls into place. Your Ruling Number's luck with money is why many cultures associate wealth and stability with the number 8. You have access to material stability even in the leanest of times.

Challenges & Obstacles - To embrace the beast and the beauty within is the greatest blessing and obstacle for the Ruling Number 8. You are known, personally and professionally, for your strengths. You are exceptional in one area of life, having a unique talent such as being an inventor, designer, or architect. You may resist this gift when you feel your weaknesses overshadow your strengths. The highest lesson here is to focus on your strength without focusing on your perceived weakness. Instead, work consistently to acknowledge the beautiful balance of energies within you so that you can bless the world with your unique talent. Diligence, determination, and discipline are your allies that help you reach your breakthrough. Until then, you will feel like an outsider around others and may never seem to fit in. You may also feel challenged around affection and closeness with others, especially friends. Showing affection, appreciation and love is not always easy. If you feel weak in this area, you will crave love from others to help you feel secure. However, it is up to you to learn to give affection freely to others to break this pattern in yourself.

Blessings & Gifts - The blessings of the Ruling Number 8 are the endless capacity to make money, experience love, generate new ideas, and share your gifts with the world. Infiniteness is on your side, allowing you to experience incredible opportunities. If you want to experience something, you never hesitate to go out and get it. You need only believe in your abilities. You have access to incredible confidence. You are dependable and can easily live on your own. In fact, you thrive when you are on your own. You do not need anyone to take care of you. You have the strength of the lion and the grace of an angel. When you combine them, you are unstoppable!

Values - Independence, Love, Compassion, Impact, Happiness, Travel

Strengths - Dedicated, Financial Intuition, Activism, Dramatic Expression, Entertainer, Leader; © 2017 – 2019 Joy Kingsborough

Ruling Number 9

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As a Ruling Number 9, you bring a unique light into this world through your quest for wisdom. You are a seeker in every sense of the word, often roaming the world in search of yourself. You have come to discover the meanings of things – of life, of love, of friendship, of purpose. As you walk this path and learn to love yourself, your light begins to shine very brightly. Your love for yourself starts to seek expression in the form of love for humanity. You have a deep need to serve others, and for them to see for themselves what you see so clearly.

You enjoy spending time alone and can feel burdened by the attention of others, often feeling smothered. Your light is so bright that others are attracted to you like a moth to a flame. However, until you can see your light for yourself, you will not feel worthy of their attention. You appear to play a constant game with yourself, dimming and reawakening your light for the pure joy of finding it again. Will you ever surrender your search for more meaning?

You spend lots of time in your mind. You enjoy spending time alone reading, writing, or just thinking and philosophizing. You enjoy your own company. Despite being at peace with yourself most of the time, you can obsess over information that you cannot understand or explain. Your obsession can lead to mental anguish and despair. You can get lost inside your mind for hours (or longer). Mental spinning can be hard to escape on your own without the help of meditation or mindfulness practice. Learning to interrupt the mental spinning is crucial to fulfilling your purpose. You battle between feelings of ambition and humanitarianism. You crave success, primarily so that you can serve others. However, if either of these traits falls out of harmony with the other, you can distract yourself from your purpose.

You often feel isolated and alone, sure that no one understands you. You may also feel that people need or want more from you than you have the capacity to give. You prefer to be independent, and sometimes cut yourself off emotionally from others. Learning to be vulnerable with your feelings is something that you may work on throughout your life. However, love and appreciation for humanity is your driving force. You may not be able to express your feelings adequately, because the depth of your love knows no limit. Once you learn to master your emotional state, your happiness will be contagious to those around you.

You are here to fulfill a spiritual purpose. Just when you think you cannot keep going, you find the strength to continue. However, for you to finally break through and live a fulfilled life, you will need to surrender to the call of your spiritual purpose. Your spiritual connection will guide you if you are willing to listen.

The world will take care of you and keep you safe; however, you may feel held back from the wealth your ambition craves. The reason for this has everything to do with your purpose to serve humanity. Any success you have must be in alignment with your moral beliefs, or you will sabotage it. You will have a hard time working within the financial and social models that require competition, manipulation, and greed. You will push material success away from you until you can find a purpose worthy of your attention.

Your physical body will respond instantly to how you feel about your life and yourself. Physical ailments will be your gauge to determine how well you are in alignment. You tend to feel burdened because you take on more responsibility than is yours to carry.

Challenges & Obstacles - Personal growth is your main challenge in this lifetime. You will be asked to face all of your challenges head on. Anytime you attempt to skip over a lesson, you will find yourself repeating patterns quickly and painfully. It can feel exhausting to continue learning – to surrender control for peace, peace for knowledge, and safety for independence. What is all of this surrendering for? Ultimately, to discover who you truly are: one who walks with God. Yours is a path of meaning and purpose in service to humanity, in the best interest for all.

You may find that you are overly critical of others, especially when you are processing new information or seeking to understand something important about yourself. You can also feel special or important when others begin to recognize your gift as a model for personal growth, integrity, and happiness. These feelings can lead to a sense of superiority that fuels your ego and sabotages your goals. Feelings of importance can also result in you holding back your talents because you resist the attention in fear of inflating your ego. Your ability to receive praise with grace, love and humility may be the greatest breakthrough to success in all areas of your life.

Blessings & Gifts - You have the ability to see the highest possible potential in everyone you meet. You can see even the dimmest of lights in the people around you. Most people tend to like you, and the more aligned you are with your higher purpose, the more others feel attracted to you. Your natural appeal makes you uniquely blessed in life. People will want to take care of you, often feeling compelled to share their money, gifts, shelter, and love with you freely. Your ability to attract support gives you an incredible advantage in gaining the backing you need to share your purpose with the world.

Values - Idealism, Leadership, Humanitarian Impact (Global Consciousness), Equality, Personal Growth, Love, Honesty

Strengths - Communication, Compassion, Innovation, Leadership, Solving Challenges, Finding Meaning

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Ruling Number 10

To go deeper into your Divine Blueprint, contact Cori at CSmithenConsulting@gmail.com

Your Ruling Number is the main influence on your personality. This is the number that is reflective of your specific birthdate. While the other numbers and influences in your chart help to further identify your personality, alignment with your Ruling Number will help you to flow with life more easily. Your Ruling Number never changes as is a map to your life experience.

As a Ruling Number 10, you feel pulled by the search for meaning and happiness. The desire for happiness dominates your seeking in relationships. In your early years, you will seek approval from those you admire and will reach for validation. As you mature, you will find deeper meaning through self-responsibility. The landscape of your relationships will change often across your lifetime.

The 10 is one of the most flexible and easy-going of the numbers until you feel your happiness has been compromised. Sometime the risks we take for money, love or health come with a painful price. It can be difficult for you to stick with a single path because you are always looking for that good feeling at the beginning of things. You may also feel like others are quick to abandon you, so you try to leave them first.

You are one of the most curious of all the Ruling Numbers. You have an almost unquenchable thirst for knowledge that keeps you from giving up on your primary purpose, to uncover the meaning of love (even if you give up on people or experiences along the way). You also love to begin new projects and new love affairs.

You seek an understanding of happiness through your mind. You analyze every detail and search for the meaning behind everything. You explore spirituality, career, family, and friendship, looking for the key to happiness. You may judge others because they have shown you how NOT to be happy, and you are eager to pass on the lesson.

You tend to feel intense emotions in extreme variations, like love and fear, anger and bliss, or sadness and happiness. You explore your feelings like a scientist, in an attempt to understand an aspect of life that feels the most confusing to you.

You are always guided and safe in your exploration of life. You tend to change your mind often because you feel safe to do so. You sense that things will always change, so there is nothing to worry about in the long run. In fact, you tend to be lazy about taking action sometimes, because you know that if you wait long enough, everything will change anyway.

You are ready to try anything, tending to feel pulled to express yourself physically. It is likely that touch and affection are important to you. Your exploration of happiness often comes from the seeking of pleasure through the body. You may push yourself to new limits, or completely ignore potential risks. This physical dominance in your archetype shows up as a blessing. When you crave awareness or understanding, find a way to express yourself through physical movement of some kind.

Challenges & Obstacles - Spirit has your back, and you know it. Your confidence can lead to you taking consequences lightly, becoming arrogant or lazy. Doubts that you are taken care of can lead to stress and anxiety. Time spent reflecting on gratitude and forgiveness are important for you. You will also find challenges with negative self-talk when you question the choices you have made in the past.

Blessings & Gifts - Your blessing is your special connection with the physical world. Whether you take a walk or lie by the beach, anytime you engage with nature or your physical environment you will invite in the breakthrough that you are looking for. Think of your life's journey as a giant wheel. You are meant to be continually moving between polarities. If you feel stuck, just do the opposite of what you have been doing, and you will move things forward again.

Values - Happiness, Love, Peace, Light-Heartedness, Pleasure, Entertainment

Strengths - Adaptable, Confident, Flexible, Good Natured/Likeable, Detail Oriented

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Ruling Number 11

To go deeper into your Divine Blueprint, contact Cori at CSmithenConsulting@gmail.com

Your Ruling Number is the main influence on your personality. This is the number that is reflective of your specific birthdate. While the other numbers and influences in your chart help to further identify your personality, alignment with your Ruling Number will help you to flow with life more easily. Your Ruling Number never changes as is a map to your life experience.

As a Ruling Number 11, you may find that you are pulled equally by a desire to fulfill your heart's wishes and your mind's ambitions. You crave fairness and equality in your life, and often come to the aid of others who cannot stand up for themselves. You carefully weigh out information, but are not afraid to make a choice. You will usually choose the side that best matches your morality and conscience.

On a material level you may feel challenged by a desire to create tangible products or create money while wrestling with a call to fulfill a higher purpose. You have strong visionary qualities, and have the capacity to bring big ideas into reality. You are a natural leader; people will look up to you and see you as someone to rely on during difficult times. You may fall for the temptation of power and prestige; however, your higher intentions and spiritual connection will always prevail.

You are inspired by new ideas all the time. It feels like your mind is always sorting through new information, deciding what to take action on and when. You love the energy of new ideas and may not always complete what you start, especially if you get caught up in indecision or being overly critical of the actions you take. You have a good memory and remember details with ease, although you do not always enjoy taking action.

Without a spiritual connection, you may see life as very black and white, right and wrong. Unnecessary judgment can create feelings of insecurity in the world. You may feel the constant need to protect yourself from the motives and intentions of others. Someone or something is always waiting to take advantage of you or someone you love. You do not trust others easily; when you do open up and trust, you tend to attract those who will betray you.

It is easy to feel overwhelmed by the role of judge and jury. Learning to manage your emotions and transform your judgments into love will go a long way toward creating a sense of safety. By developing a connection with your higher self, you will be able to transform your fears into confidence, ultimately trusting that circumstance, and people, are inherently good.

You have an incredible power to see through hype and phony behavior; however, without the wisdom of your higher self, you can become angry and isolated. When you feel connected to your spiritual source, you embody a sense of purpose and knowledge that others admire.

You tend to favor activities that bring people together, or that have a higher purpose to them. You do not like surface-level conversations or meaningless encounters. You enjoy sports, games and other activities that can be measured in awards, as you enjoy recognition and visibility as a leader.

Challenges & Obstacles - Your strong opinions can be off-putting to others. You have high expectations for the people around you, but may not be able to live up to them yourself. Your desire for fairness and equality can keep you from enjoying your life. Your highest lesson will be to let down your defenses, in order to let more love and compromise into your life. Ask yourself: is the end worth the means? What am I fighting for, and what will I gain in the end? Learn to choose your battles.

Blessings & Gifts - You can usually see both sides of an argument, which makes you a skilled mediator. You want what is best for everyone, and will hold yourself and others to the highest possible standards. Your innate wisdom helps to push the conscious collective forward without ignoring ethics and morals. You have the ability to see further down the road what the consequences of an action may be. Your foresight gives you an advantage when planning your future.

You are a born leader. Once you set your mind on something, others will help you follow through. When in your highest alignment, you have a confident, intelligent and trustworthy nature.

Values - Compassion for all Life, Leadership, Responsibility, Connection, Community, Consciousness, Peace and Ease

Strengths - Spiritual Leader, Personal Development, Leadership with Groups, Modeling Enlightened Behavior

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Sample Ruling Number Calculations

(Yes, you can use a calculator if you want!)

March 13, 1978

3 + 1 + 3 + 1 + 9 + 7 + 8 = 32 → 3 + 2 = 5 ruling number

December 23, 1980

1 + 2 + 2 + 3 + 1 + 9 + 8 + 0 = 26 → 2 + 6 = 8 ruling number

If you get to 10 or 11, don't reduce to one digit (although that single digit energy is still important for you).

DAY #3

Relationships and Roles Audit

METTA IMPACT EXPERIENCE

METTA IMPACT EXPERIENCE

RELATIONSHIPS AUDIT

This tool, the Relationships Audit is a way to help elevate your consciousness around the relationships in your life and how you are serving them and how they are serving you.

Think of the relationships you are going to be auditing in 2 ways as you take a deep (maybe messy) dive into this part of your life. We will first look at our Connections and then our Deep Relationships from your Sacred 8.

1. Identify 1-3 "Connections' based on how this group of people were defined in your Sacred 8 - these are people around you who you have taken the time to get to know and because of that, you have a sense of community and belonging to different networks in your life. Write these 1-3 Connections onto your worksheet.
2. Think about how you serve this Connection, how do you show up for them. Write your thoughts into the 2nd column.
3. Think about how your Connections serve you, how do they show up for you. Write your thoughts into the 3rd column.
4. Compare your second and third column. What do you notice? Is there balance? Is there a gap between what you have written? If so, now is your chance to identify the bridge that needs to be built in order to create a relationship that is more balanced.
5. Ideas to take inspired action to create a more balanced relationship can be written into the 5th column. I encourage you to include a date that you are going to take the inspired action by. Make it real.

You are now going to repeat these steps for 1-3 Deep Relationships you have in your life. Deep Relationships in the Sacred 8 were defined as soul connections to a person(s) who know you to the very core of your being. You love this person(s) and they love you back. This second go around might be a little less comfortable than the Audit of your Connections. This is okay. As it is taught in The Butterfly Effect, out of chaos comes beauty. Do your best not to sidestep the chaos. Let the magic happen.

METTA IMPACT EXPERIENCE

RELATIONSHIPS AUDIT

CONNECTIONS	WAYS I SERVE THEM	WAYS THEY SERVE ME	BRIDGE	INSPIRED ACTIONS
DEEP RELATIONSHIPS				

METTA IMPACT EXPERIENCE

ROLES AUDIT

The Roles Audit is one more tool in your toolbox that you will use to gain more insight into the way you have been adding roles in your life and placing them into your Roles Backpack. How much room do you have in your Backpack, how heavy is it? Maybe it is time to clean out that Backpack and repack it so that it serves you to the highest level!

Complete the columns as best you can.

Roles: Identity all the roles you play in a day - cook, chauffeur, nurse, teacher, delivery service, problem solver, etc.

How I show up? Do you look forward to playing this role?

How I feel? Are you energized by this role or does this role drain you?

How I impact? Put yourself in the shoes of the person(s) you are serving in this role, do they appreciate you, are they respectful to you? Do they take what you do for them for granted?

Inspired actions? Have you gained insights into your roles? How heavy is that Roles Backpack of yours? What inspired actions are you going to take in order to ensure your Backpack is comfortable for you?

What are your key insights after completing your Roles Audit?

METTA IMPACT EXPERIENCE

ROLES AUDIT

ROLES	HOW I SHOW UP	HOW I FEEL	HOW I IMPACT	INSPIRED ACTIONS

I AM NOT A STRANGER TO THE DARK
HIDE AWAY, THEY SAY
'Cause we don't want your broken parts
I'VE LEARNED TO BE ASHAMED OF ALL MY SCARS
RUN AWAY, THEY SAY
No one'll love you as you are
BUT...

ANOTHER ROUND OF BULLETS HITS MY SKIN
WELL, FIRE AWAY 'CAUSE TODAY,
I won't let the shame sink in
WE ARE BURSTING THROUGH THE BARRICADES AND
reaching for the sun
WE ARE WARRIORS
YEAH, THAT'S WHAT WE'VE BECOME

I WON'T LET THEM BREAK ME DOWN TO DUST
I know that there's a place for us
FOR WE ARE GLORIOUS

WHEN THE SHARPEST WORDS WANNA CUT ME DOWN
I'm gonna send a flood, gonna drown them out
I AM BRAVE
I AM BRUISED
I AM WHO I'M MEANT TO BE,
THIS IS ME
Look out 'cause here I come
AND I'M MARCHING ON TO THE BEAT I DRUM
I'm not scared to be seen
I MAKE NO APOLOGIES
THIS IS ME

THIS IS ME
& I know that I deserve your love
'CAUSE THERE'S NOTHING I'M NOT WORTHY OF
THIS IS ME

WHEN YOU NEED A LITTLE SPARKLE

1. _Take risks in your life. If you win, you can lead; if you lose, you can guide._

2. _People are not what they say but what they do; so judge them not from their words but from their actions._

3. _When someone hurts you, don't feel bad because it's a law of nature that the tree that bears the sweetest fruits gets a maximum number of stones._

4. _Take whatever you can from your life because when life starts taking from you, it takes even your last breath._

5. _In this world, people will always throw stones on the path of your success. It depends on what you make from them - a wall or a bridge._

6. _Challenges make life interesting; overcoming them make life meaningful._

7. _There is no joy in victory without running the risk of defeat._

8. _A path without obstacles leads nowhere._

9. _Past is a nice place to visit but certainly not a good place to stay._

10. _You can't have a better tomorrow if you are thinking about yesterday all the time._

11. _If what you did yesterday still looks big to you, then you haven't done much today._

12. _If you don't build your dreams, someone else will hire you to build theirs._

13. _If you don't climb the mountain; you can't view the plain._

14. _Don't leave it idle - use your brain._

15. _You are not paid for having a brain, you are only rewarded for using it intelligently._

16. _It is not what you don't have that limits you; it is what you have but don't know how to use._

17. _What you fail to learn might teach you a lesson._

18. _The difference between a corrupt person and an honest person is: The corrupt person has a price while the honest person has a value._

19. _If you succeed in cheating someone, don't think that the person is a fool..... Realize that the person trusted you much more than you deserved._

20. _Honesty is an expensive gift; don't expect it from cheap people._

"OUR FATES LIVE WITHIN US; YOU ONLY HAVE TO BE BRAVE ENOUGH TO SEE IT." – MERIDA

"I'M A DAMSEL. I'M IN DISTRESS. I CAN HANDLE THIS. HAVE A NICE DAY!" – MEG

"When the raindrops come tumbling, remember you're the one who can fill the world with sunshine." – Snow White

"Write our own stories, follow our hearts, and find love in our own time." – Merida

"Some days call for extra sparkle." -Minnie Mouse

"I'm like a shooting star; I've come so far. I can't go back to where I used to be." – Jasmine

"Listen with your heart. You will understand." – Pocahontas

"The greatest risk any of us will take is to be seen as we are." Cinderella

"I WANT ADVENTURE IN THE GREAT WIDE SOMEWHERE. I WANT IT MORE THAN I CAN TELL. AND FOR ONCE IT MIGHT BE GRAND TO HAVE SOMEONE UNDERSTAND I WANT SO MUCH MORE THAN THEY'VE GOT PLANNED." – BELLE

"Believe you can, then you will." – Mulan

"Let your power shine." – Rapunzel

"IT'S NOT UNTIL YOU LOSE EVERYTHING THAT YOU CAN TRULY APPRECIATE EVERYTHING." – BELLE

When will you see in yourself what I see in you? - Anna

"Step outside of your comfort zone, for that's where life truly begins." – Rapunzel

"They can't order me to stop dreaming." – Cinderella