

# PATHWAYS, PUZZLES and POSSIBILITIES:

## A MAGICAL JOURNEY OF TRANSFORMATION

While there are many lessons in my book “Pathways, Puzzles, and Possibilities: A Magical Journey of Transformation”, each chapter highlights one core transformational concept. For each of these five chapter concepts, highlighted below is a transformational process designed to create new pathways and possibilities. Try one or all five and enjoy the journey. I'd love to hear which chapter resonates most for you.

### CHAPTER 02

#### FINDING YOUR PLACE IN YOUR FAMILY AND IN THE WORLD

Would you say that you have found your place in your family, your career, and your relationships? If you answered no, look at whether there are members of your immediate family or ancestry who either died young or unexpected or were never talked about? Consider whether there were any family secrets?

**PROCESS** Close your eyes and take a deep breath. Then invite in any excluded family members or secrets and ask them to take their proper place.

### CHAPTER 03

#### ALIGNING WITH YOUR TRIBE AND THOSE WHO VALUE WHAT YOU DO

Do you feel you have found your tribe, the people you truly resonate with and who value you? If you answered no, start by asking whether you value yourself? Now ask yourself the following questions - How many of the people in my daily life trigger me? Are there people in my life I need to let go of? Is there someone in my life who helped me but I have never thanked them?

**PROCESS** Look at the people who trigger you and those you need to let go of and see what qualities they represent. Determine which quality is the most troublesome for you and then journal all of the ways in which that quality may serve you. Also consider writing a letter to let go of or to thank someone who has impacted your life.

## CHAPTER

# 04

### **INTEGRATING ALL THE NAYSAYERS AND INNER CONFLICTS**

Do you feel like you are fully and consistently in alignment with your goals and aspirations? If you answered no, do you have a sense of doubt or inner conflict? Are there obstacles you place on your path or do you sabotage yourself? Do you find yourself listening to what everyone else thinks about you and ignoring your own inner knowing?

**PROCESS** Imagine the voice for one side of the conflict is in your right hand and the voice for the other side of the conflict is in your left hand. Consider that each one wants to give you a gift and visualize what that gift is. Now see the two sides shaking hands, agreeing to integrate and work together. What is the gift created from the integration?

## CHAPTER

# 05

### **ALLOWING THE TRUTH OF WHO YOU ARE TO BLOSSOM**

Are you allowing all your gifts and talents to radiate into the world? If you answered no, ask yourself if you fully acknowledge all that you have created, accomplished, and experienced? Are you aware of the skills and talents that you have to offer?

**PROCESS** Make a list of all of all your amazing skills, talents, creations and accomplishments. Which five are you most proud of? Identify one way in which you could highlight at least three of those top five in something you are doing or planning to do.

## CHAPTER

# 06

### **CREATING A PATHWAY THAT BREAKS THROUGH ALL THE OBSTACLES**

Do you have a clear pathway to your goals? If you answered no, what are the excuses, rationalizations, generalizations, and obstinate opinions you hold onto that keep you stuck. How much do the opinions of others serve as obstacles on your path?

**PROCESS** Take out a piece of paper and place it on the floor to represent where you are starting from. Now take out a second piece of paper representing your desired outcome and place it opposite the first marker at a comfortable distance. Next, see how it feels to stand in your current place. Then start walking towards the marker for your outcome and see how close you can get to it. The first place you get stuck, ask what is in the way.