



Challenges Are Opportunities To Grow

The juiciest part of the work we do with the students on our Holistic Medicine and Energy Medicine teacher training programmes is the work in turning our challenges into our opportunities - our treasure.

On one hand, it can be difficult to remember the challenges as back then, it didn't feel good. But when we are in a different place, like NOW, with new tools, a new attitude and new perspective, we can remember that nothing is permanent and energy can be transformed. In every passing moment is another chance to shift the old energy.

In learning to see our challenges as our opportunities to grow - we immediately turn that old energy that's stuck somewhere in our body and energy system - into a higher vibrational frequency. As we continually refine it - it gets more and more vibrant, until it is literally high vibe enough to be used for something evolutionary.

It starts with acknowledging that the challenge *came up to teach us something*. To *show us* something about how we can upgrade.

So our question to you is...

What opportunities did your challenge bring?

What did your challenge teach you about yourself?

About what is there to be seen, healed or transmuted?

You can note down your thoughts and reflect on them individually or with another person. Please see our additional notes about getting support from another person in a safe and empowered way in Appendix A.

The next section, you will go through your '*Hero Story*' or '*Healing Journey*' and this will help you to delve deeper into these questions. So don't worry about answering these questions now, we will remind you again at the end of this chapter.



Finding Your Treasure Through Your Hero Story

We want to share with you that you do, already, hold a *unique* set of skills, experience and knowledge that will help others out there who are or have been experiencing part of what you have. This can and will set you apart, if you learn to harness this treasure and use it to add value and credibility to your offer.

We want to show you how your '*Hero Story*' or '*Healing Journey*' can give you the experience and confidence to support, guide and teach others and be in the *most favourable and effective* place, *for you*, to be in service to others.

Here are some questions and prompts for you to explore your Hero Story or Healing Journey:

First of all, tune into whether you are exploring either a Hero Story, or Healing Journey.

Try to see or remember this story with a bit of distance and non-attachment, to not get overwhelmed. Remind yourself that you are studying this to take away the treasure from it, that you see it in a different way - as a valuable teaching that you are grateful for. Keep reminding yourself of this throughout the practice, especially if you start to feel uncomfortable or triggered.

1. What was your life like at the beginning of this story? What were the conditions that lead up to your big adventure? This is going to help people relate to your story.
2. What major challenge, threat or disruption to your life, health or wellbeing emerge? Take time to describe this. Acknowledge everything that comes up, even the uncomfortable parts, *especially* the uncomfortable parts. This is an important part of the healing journey.
3. Did you recognise it straight away? Did it jump up into your face or creep up slowly over time?
4. When the challenge emerged, were you willing to work with it straight away, or did it take time for you to accept it? This again is all going to help people relate to you.
5. Were you hopeful? Did you struggle?
6. Were you afraid or feel confident in dealing with your challenge? What were your fears or worries?
7. Were there any obstacles or blocks? How was this for you? How did you overcome them?

8. What support and guidance did you seek? What helped, what didn't?

9. What difficult choices did you have to make?

10. What was the big turning point? Did you have any moments of clarity?

11. At what point did you start to trust in yourself, in the process?

12. Did you get signs from the universe? What were these?

13. How did your perception of the world change?

14. How did your belief and trust in yourself change?

15. What did you come to know about your former life, or maybe even the world, now with this new perspective? If you could summarise your experience and the treasure you took from it in a few sentences, what would that be?

16. Who can your story or journey help and how can it help them?

Just write and write until it feels complete. Then pause. Make a cup of tea and ground yourself. Perhaps take a walk or do some breathwork to shift your energy. Then read over what you wrote. Perhaps it would be helpful to share this (and the section below) with another person. Please see our additional notes about getting support from another person in a safe and empowered way in Appendix A.

Ground Into This Moment

What does your hero story or healing journey teach you about yourself?

What has your challenge shown you about what is within you to be seen, healed or cleared?