



Challenges Are Opportunities To Grow

The juiciest part of the work we do with the students on our teacher training programmes is the work in turning our challenges into our opportunities to grow - these are our treasures.

On one hand, it can be difficult to remember the challenges as we may remember that back then, it didn't feel good. On the other hand, being in a different place, like NOW, with new tools, a new perspective and some space between then and now, reflective practices can be very useful. We can remember that nothing is permanent and uncomfortable energy from the past can be transformed into new energy to put toward our future endeavors. In every 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, dense 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, and can be used for taking evolutionary, inspired action.



It starts with acknowledging that the challenge *came up to teach us something*. To *show* us something about what is unresolved within our own psyche. Our challenges have happened because we have magnetised them into our life, so that we may have that experience and learn from it. So what are the teachings from these experiences? Have you recognised them?

Through taking this journey into contemplation, or reflection of our challenges and what we overcame, we are able to...

- Take stock of the lessons we learned.
- Get direction on where to go next on your journey.
- See where our experience and niche expertise lies.
- Develop our ways of supporting others depending on our expertise.

For those of you that do or want to want to hold-space for others, or train in a modality or therapeutic modality, in order to support others - then this is an essential part of your journey. When you know what value lies in your journey, you can pair this up with the people or audiences that are looking for what you have to offer.

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 offering.

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.

If you are not interested in holding space for others and you just want to take stock of your own journey - this process will help you develop an ever fresher perspective, and new depth of appreciation and gratitude for yourself and your parts. This is essential for living an abundant and happy life.



So our question to you is...

What opportunities did your challenge bring?

What did your challenge teach you about yourself?

What is there to be seen, healed or transmuted from your emotional, mental or energy body?

You can note down your thoughts and reflect on them individually or with another person.

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

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.

A Hero Story has more of a sense of dreaming or adventure and often the hero moves away from their home or protective community, sometimes has experienced a betrayal or disillusionment, or a threat. This story has a clear triumph as part of the story, normally at the end.

A Healing Journey is more of an experience or set of experiences that in the end create a physical and mental/emotional/spiritual paradigm shift that enables a person to accept their circumstances and themselves. The healing journey begins with symptoms, hurt, harm or trauma and ends with wholeness.

You don't have to know exactly which story you are telling in order to complete this exercise.



And a story this is. The point of telling this story is to be able to reflect on the different parts that may have a past perspective of this story. Through this process, we can also Witness the parts of ourselves, what roles they played and what beliefs and burdens they carried.

With this, we can become aware of the story and start to separate what are old limiting beliefs that we (the Self/Soul) just don't resonate with anymore, and what old burdens or energy parts of us were holding onto, that we can help them let go of.



It's important to see or remember this story with a bit of distance and space, in order to avoid overwhelm. Being resourced and regulated is a really important foundation of their exercise - especially having tools to unblend or regulate when a heavy emotion or feeling comes up. It is a great idea to do this process alongside sessions, therapy or support you are getting from a Coach, therapist or practitioner.

Cultivate self-compassion, self-leadership and courage - all the qualities of Self or Soul energy to put into this process. Remind your parts that you are contemplating



this journey from a place of stability, that you can perceive what happened in the past in a different way - as a valuable teaching process that you are grateful for.

If you start to feel your parts get uncomfortable or triggered - pause, breathe, regulate, ask your parts to give you some space, come back to your Self energy and remind your parts that you are witnessing what has happened. Keep reminding those parts that there is real gold, treasure, value here in discovering what lessons have been learned and what else is left to unburden.

If it gets too much, stop here and come back to it at another time. Get support. Enjoy the process below...

1. What was your life like at the beginning of this story? What were the conditions or circumstances that lead up to your big adventure?

2. What major situation, challenge, threat or disruption to your life, health or wellbeing emerged? 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 journey.

3. Did you recognise it straight away? Did it jump up into your face or creep up slowly over time? Did it take you time to recognise something was going on?



4. When the situation/challenge emerged, was there a part of you willing to face it? Was any part of you hopeful? What other parts were around?

5. Did it take time for your parts to accept the situation?

6. Did you have confidence or compassion to be with this situation/challenge?

7. Were you aware of the fears or worries coming up? Were there any obstacles or blocks? How did you overcome them?

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



9. Were there any difficult choices you had to make?
10. What was the big turning point? Did you have any moments of clarity, creativity or courageousness?
11. What burdens, old beliefs, dense energy and heavy emotions did you release as part of the process?
12. At what point did you start to really trust in you/Self, or in the process? Or was it always there?
13. Did you get signs and synchronistic happenings from the universe? What were these?



14. How did your perception of your body, your inner world, and your outer world change? What were the fundamental shifts in your belief system?

15. What did you come to know about your former life, or maybe even the world, now with your 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 benefit and how?

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.



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?