



Following the Call

From Emergence to Stepping Out and
Coming out of Hiding

Centering in the Light and Loving of Who You Are



What is a calling?

✿ Callings are a heart summons.

✿ They summon you to the truth of who you are and beckon you to express that truth in your life.

✿ Callings consist of your essence - your very soul. They become sacred when you realize the blessing they bring to your life and to others.

✿ Callings are about who you are.

♥ Callings are to be followed. We do not lead our calling - we ask, listen and follow

Metamorphosis



Answering the call

Named your calling

Claimed the blessings and declared your calling sacred

Tracked the seed of your calling through your personal story

Dedicated yourself to your calling

Committed yourself to your calling

*Emergence is becoming comfortable in the
uncomfortable and trusting the process.*

Three Stages of Following Your Calling

Stage One - The Emergent Stage

Stage Two - Stepping Out and Coming out of
Hiding

Stage Three - On your way

Stage One - Emergent Stage

Revelations

1. Feel more home in your skin
2. Self-expression more authentic and more truthful
3. Connection to Source will deepen and expand
4. New experience of being seen and heard
5. Masks/games/ego posturing fall away
6. Feel on course

Centering in the Light and Loving of Who You Are





Playing Small

When I play small I...

1. Am afraid of being too much
2. I don't want to come across as powerful - I won't be liked.
3. I keep my energy level low and contracted
4. I defer to others because I don't want to sound like a know-it-all
5. Compare myself to others and feel inferior
6. Would rather fit in than stand out and be alone
7. Can feel jealous or envious and I can feel separate
8. Say I don't know when I do
9. Depend on others to save me or fix me
10. Don't take responsibility for my life and blame others
11. Worry about what others are thinking about me and I want their approval

Designing your Emergent Blueprint

Consider including

1. A good guide
2. First things first
3. Patience
4. Inner work

My Emergence Stage Blueprint

My Sacred Calling is

My Emergence Blueprint supports me to

The practices that support me to no rush the process are

The practices that support me to not play small are

I am also including: First Things First/My inner work/Asking.Listening.Following/Other

Course Work

Complete your Emergent Stage Blueprint

Check in with your Sacred Calling daily

How are you nurturing and being nurtured by
your Sacred Calling?

Practice 'being' each day