



Following the Call

From Emergence to Stepping Out and
Coming out of Hiding



Friday -

Coming out of Hiding

Saturday -

Stepping out

9a - 1p MT

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

Metamorphosis



Stage Two - Stepping out: Coming out of hiding

1. Triggered by a shift in consciousness or new reality
2. Delicate time
3. Inner work very important to clear limiting beliefs/fears/karma/family conditioning
4. Find a good guide
5. Take baby steps to explore the expressions of your calling
6. Keep listening. Keep asking. Keep following.
7. How does this form express by sacred calling
8. All in

Stage Two - Stepping out: Coming out of hiding

Revelations

1. Coming out of hiding is vulnerable but very empowering
2. Face your fears and ambiguity about ambition and personal power
3. Seen in the fullness of who you are
4. Learn lessons about failure, dead ends, bright shiny objects, setbacks,
5. Periods of rapid movement, floating along, getting stuck - all part of it
6. Trusting in your inner guidance

Stage Two - Stepping out: Coming out of hiding

Challenges

1. All the above
2. Giving up too soon
3. Doing it by yourself without support/tribe

You can not do it alone, but you alone must do it.

Stage Two - Stepping out: Coming out of hiding

What is needed

1. Fortitude
2. Sovereignty
3. Courage
4. Strength
5. Empowerment
6. Sacred ambition (owning ambition and personal power)

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

Stepping out requires me to love myself fully no matter what.

Coming Out of Hiding



When I hide I...

1. Am afraid of being ridiculed and judged.
2. Steal my heart so I won't become vulnerable
3. Am afraid of being vulnerable because it shows weakness
4. Don't speak my whole truth - I speak to not upset the other
5. Run assumptions about what someone is thinking about me
6. Can feel my stomach tighten
7. Feel shamed
8. Test the waters and play a game of 'can I trust you? Will you love me?'
9. Stay silent rather than challenge the status quo
10. Dim my light so as not to appear too powerful or ambitious

Three reasons we hide...

1. Self-judgment
2. Shame and self-blame
3. Too raw, new, sensitive, vulnerable, woobly, inexperienced, timid or shy

Questions

Emergent Stage

1. Do I trust my inner guidance?
2. How comfortable am I in being seen and heard in the fullness of me?
3. Do I avoid sharing my deeper truth? My blessings?
4. Am I challenged by comparisons? Ridicule? Rejection? What others think of me?
5. Do I have issues around vulnerability?

Stepping Out or Coming Out of Hiding

1. Do you want to quit? Are you stuck?
2. Do you doubt yourself?
3. Do you get distracted by bright shiny objects?
4. Are you resisting asking for help?
5. Do you ignore the inner work or feel like it's waste of time?
6. Are you impatient and want to take the short cut?
7. Do you collapse inside at the first setback or sense of failure?

Stepping Out



What it takes to be All In - Stepping Out

1. Burn your ships (close the back door)
2. Clear Self-doubt or lack of self-trust
3. Keep yourself safe (do your inner work)
4. Knowing your calling will ask everything of you
5. Non Attachment to outcomes
6. Recognizing bright shiny objects
7. Owning your power and ambition (sacred)
8. Get comfortable with taking risks
9. Consistent connection to your sacred calling
10. Not giving up too soon
11. Not asking for support and guidance
12. Focus and structure
13. Realizing you are ready

Six Keys to Staying the Course

1. Know who you are
2. Embrace uncertainty and the unknown
3. Give yourself permission to do, be and have what you truly want
4. Cultivate a thriving inner dialogue with your divine guidance and calling
5. Find the support and manifestation strategy that is right for you
6. Redefine power and ambition