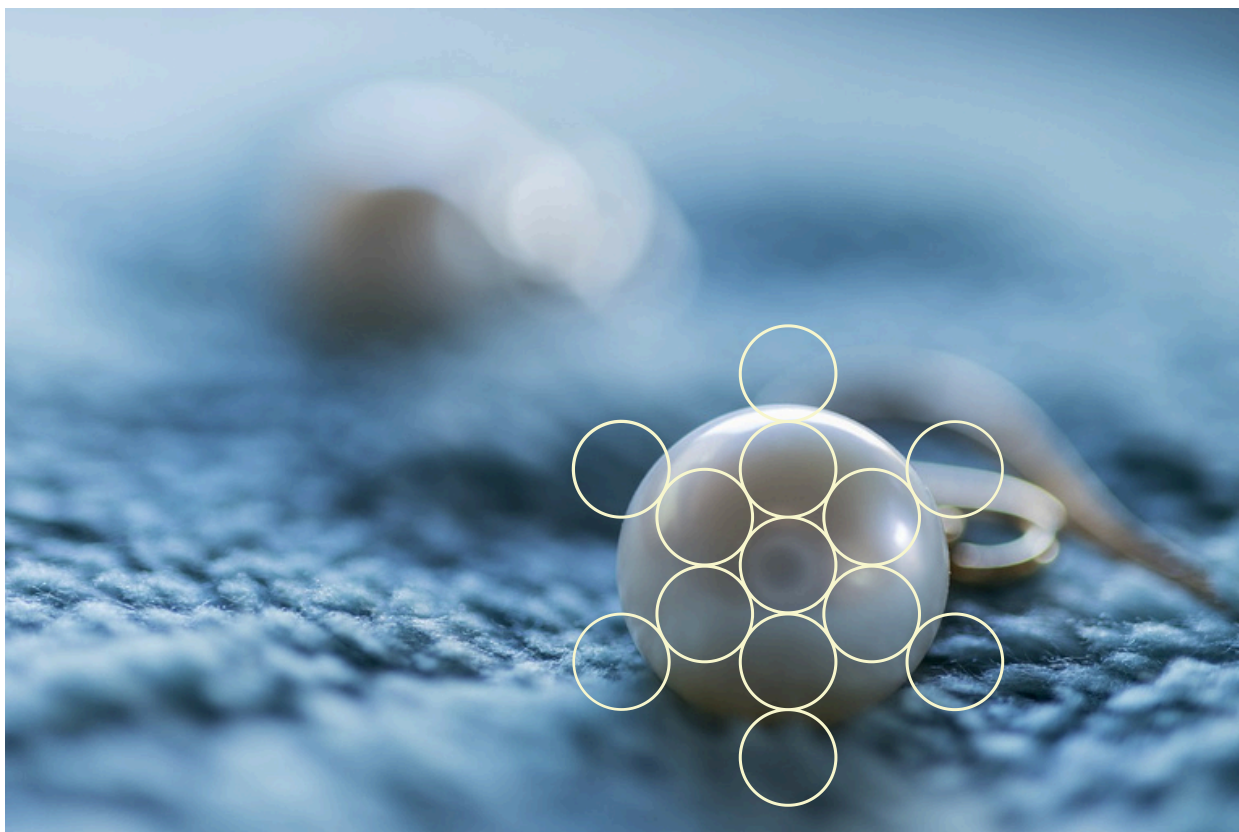


TREASURE



Integration Practice

Integration Practice:

Video Transcript

Here at Stage 3 Equilibrate, you get to put everything you have learnt into continual practice. By this stage, after layering on the practices in Stages 1 and 2, a synthesis takes place, where you get to play. At the start of every learning cycle, there is the absorption of new information, then the initial practice where you get familiar and cultivate your skills. After successful completion of the structured steps, you graduate, and this is where you get to choose for yourself how you are going to take all the learnings forward in your life.

By now, your level of consciousness has become elevated to a higher state. And this is what TREASURE is all about: this program is about bringing forth the consciousness of the Sacred Feminine in your life, where you understand - not just intellectually, but that you actually have an embodied experience of, who you are as a divine co-creator of your life.

By tapping into Sacred Geometrical patterns and receiving activations from cosmic consciousness, by excavating old mental programs and rewiring your brain with empowering beliefs, you have taken the first steps in discovering that you are a part of an intelligent universe, and that you have the ability, the power, the agency, to change and up level.

Through conscious language, you now understand that Language gets to be your "Conscious Human Operating system." And since your true TREASURE lies in the level of your consciousness, you now have

tools to upgrade your frequency on the mental level, by examining your thoughts and proactively choosing language that serves and supports you. You also got in touch with your unique Chiron archetype, and accessed your golden shadow - the gifts that are yours to own. Because the 'shadow' represents what lies behind or underneath your conscious awareness, by shining a light on this, you are once again bringing the unconscious into consciousness. And then you practised elevating your frequency by leaning into your somatic intelligence, and tending to your nervous system.

This is an aspect that is often neglected, but is vitally important if you are to thrive. After all, you are here on planet Earth to create, to do - to manifest great things. And you get to do this by shining your Light, the unique essence that your Soul Self carries. The thing is, the higher the frequency, the higher the voltage you are carrying in your physical body. And when your system gets fried, this could easily lead to burn out, to dysregulation that disrupts you from taking action from a vibrant state. This is why caring for your nervous system, and your physical temple, is so essential. And it's here that you picked up several accessible and practical tools that you get to incorporate into your daily life. Continue to apply and adapt them so that they fit into your regular routine, and you will experience the benefits of tending to your physical and energetic health.

From this state of enhanced vitality, you then arrived at the third stage: Equilibrate. By now, you are aware of the great gifts you have to share. You have also come to own and embrace your ability as co-

creator with the Divine, and very likely, you would have experienced tangible changes in your life. This is the beauty of properly planting seeds, and giving them the right care and attention to flower and blossom. So it's time to have a taste of your first harvest, after engaging in all that dedicated inner work. It's also a time of re-learning and re-calibrating: what worked well, and what needs further revision and practice? Even as you reap the benefits of the seeds you have sown, there is the promise of further harvests ahead.

The key is that, when you are oriented toward fruitfulness, towards creating and manifesting your desired reality, you have set your compass or your GPS precisely where you aim to go. You have clarity and direction and, better yet, you know that your value is complete and untouchable – that you are a TREASURE., a true and priceless gift of the Divine. When you set off from this place of unshakeable inner knowing, your efforts will bear true fruit as you live each day to your best ability. “There is confidence in knowing that you are enough, your uniqueness is, in fact your strength, and you are meant to realize your dreams.” (Bonnie Fatio, *A Fire In Her Belly: Transforming The World, One Woman At A Time*). My hope is that in our time together here in TREASURE, you commit, or re-commit, to living your life well, especially now that you have gained tried and tested tools that will support you on your expansion and growth.

Though this is technically the final phase, by now you also know that growth and progress is not linear – in fact, the whole idea of linear, straight lines is an artificial construct. It's important to bear this in

mind as you continue onwards, so let me share how learning takes place and how growth actually works. Especially when it comes to complex learning, or picking up skills that require a certain degree of sophistication, such as all that you are learning here in TREASURE, it takes a certain amount of practice before one can become proficient.

This is where Deliberate Practice comes in. Deliberate Practice is a term coined by psychologist Anders Ericsson, and refers to “the individualized training activities specially designed by a coach or teacher to improve specific aspects of an individual’s performance through repetition and successive refinement.” Because Deliberate Practice is about intentionally making improvements and becoming better, it involves stretching yourself outside of your comfort zone. There will be moments where you will feel stuck, and hit the ceiling of your original capacity. It is in these moments that you will need to believe in yourself and in your potential in order to break through - hence, the importance of TREASURING yourself and owning your value. Your inner confidence, paired with the necessary motivation, is the first important pillar for success.

In the graph on the left, 5 stages of complex learning are shown: Stage 1 indicates a slower initial learning phase, as it requires more time and processing ability to take in new information. Stage 2 shows a productivity increase, indicating that the learner is becoming more proficient. Then, in Stage 3, it's common and normal that the learner will plateau in his or her proficiency once they have reached a certain mastery of the skill. There are 2 possible reasons for this, one being that the learner

is simply not able to continue making improvements because he or she does not have the right mentorship or expert advice.

However, there is also another reason for the plateau, and unfortunately this is where learners often misunderstand and think that they are not growing at all. It may even seem like they are going backwards and jeopardising any progress that has been made. However, this phase is actually where a lot of internal integration takes place, so on the surface it may not seem like there is much upward movement, but in reality new neural pathways are solidifying whilst old neural networks are being pruned. As all this change is taking place, it's essential that you don't become disheartened and give up. Unfortunately, most people reach this stage and see it as a sign that there is no point in carrying on, and what a waste this is. Because when you do persist, when you receive the right support to refine your learning, you arrive at Stage 4, the Peak proficiency phase.

After the rewiring and energetic consolidation is done, the learner realizes that there is still room for improving their skill. They keep on keeping on, and performance again increases until they arrive at Stage 5. This stage is also known as "overlearning", where a skill becomes automatic, it has turned into muscle memory for the learner. This relates to the graph on the right where, over time, a learner moves from conscious competence - from knowing a skill - to unconscious competence - automatically doing something because it has become so deeply embedded in one's operating system. This is the stage where one is able to teach and guide another - the return of the hero on his journey where he contributes and gives back to the community.

To get from conscious competence to unconscious competence is to be an expert, a master, at the craft of being you. Where your TREASURE is a polished and refined version of the Best You that you get to be. Deliberate practice is a laser-focused activity that you engage in with expert advice and feedback, and the constant progress you experience will enable you to overcome any limitations you may have assumed were fixed. If you're just doing something for fun and don't care about constantly improving at it, you don't need deliberate practice. However, if it's of importance to you to gain mastery – and I imagine that actualising your full potential and sharing your TREASURE is a vital part of your soul's evolutionary journey –, then Deliberate Practice offers a realistic roadmap for improving your performance. If you'd like to learn more about this, there are 2 books I can recommend. One is The Talent Code by Daniel Coyle, and the other is Mastery by Robert Greene.

Here, I'm providing a short and concise summary of the 4 pillars in Deliberate Practice. What you first require is a growth mindset, something that was covered in Stage 1 Excavate, when we explored your conscious human operating system and the mental programs you get to choose. Next, it's important to know that your practice is not lazy or repetitive; you are intentionally stretching yourself and moving into discomfort. Note that the practice here is not about pushing or working harder, it's actually about doing things differently. For instance, in The Aligned Woman's Way coaching container that I have, the women I support adopt a way of being and doing that is more aligned to their innate feminine intelligence. This practice has to be done

consistently, which requires unwavering attention and commitment. This is why my clients always start off with a coaching intensive, so they get into the habit and momentum of experiencing the benefits of their work. Finally, feedback is necessary for your practice to lead to progress. I find this akin to the rehearsal phase, where practice really means preparing yourself by receiving coaching or mentorship in the form of specialised and targeted feedback. This feedback helps you to identify progress, which will give you the momentum to keep going. It also highlights areas that need improvement, and this way, you get to recalibrate your practice so that it works well for you.

As such, I'd like to encourage you to continue on your journey by leaning into these tenets. You have access to all the materials here in TREASURE, and my invitation is that you spiral back to Stage 1 and begin afresh. What you are likely to find is that as you watch the video teachings and do the practices or activations again, new information and experiences will emerge that enhance and reinforce your earlier learning. This process of sustained learning is why the concept of Beginner's mind is such a key tenet, not just in Zen teachings, but also in all spiritual approaches. Our minds and our egos like to think that we already know, and that we don't have to continually refine and polish ourselves. But your Soul Self, which is eternal and infinite, understands that your full potential is limitless, which means that your growth never has to end, and that continual expansion is your natural birth right.

I'd also like to share another mindset hack: You may have come across this cute graphic on the right that

juxtaposes the plans you make and the Universe's plans for you. Just like the quote, "God laughs when you're busy making plans," what this illustration does is highlight the chasm between here and there — where you are and where you want to be — and how to get there. Believing that there is a bridge from where you are to where you want to go is half the journey; the other half is to cross it. And it is in the crossing that the true initiation and learning takes place. The key to success is understanding that detours and corrections are a normal and natural part of the process. Very much like the graph on the left where, with time and experience, you will get there.

Now, if you've ever flown on an aeroplane or taken a cruise on a ship, you may sometimes see maps that chart the flight path or route taken by these vehicles. However, in reality, planes and ships go off course 90% of the time. That's a whooping 90%! Statistically speaking, planes and ships deviate from the planned route due to various factors, such as changing weather conditions, or drift from water currents.

Here's what Stephen Covey, author of the famous book, "The 7 Habits of Highly Effective People," has to say: "Think about taking a trip on an airplane. Before taking off, the pilot has a very clear destination in mind, which hopefully coincides with yours, and a flight plan to get there. The plane takes off at the appointed hour toward that predetermined destination. But in fact, the plane is off course at least 90 percent of the time. Weather conditions, turbulence, and other factors cause it to get off track. However, feedback is given to the

pilot constantly, who then makes course corrections and keeps coming back to the exact flight plan, bringing the plane back on course. And often, the plane arrives at the destination on time... Even if you are off course much or most of the time but still hang on to your sense of hope and your vision, you will eventually arrive at your destination. You will arrive at your destination and usually on time. That's the whole point—we just get back on course."

As such, course corrections are necessary and inevitable. However, most people are unaware of this. And so, on their life journey, most people get frustrated and anxious because they seem to be deviating from their planned route. They get stuck in low-vibrational emotional states, which brings their frequency, and their power, down. Oftentimes, due to what they perceive as wasted struggle and failure, they give up early and never get to their desired destination. However, now you know: the Universe does indeed have your back, and at the same time, continuous adjustments are normal and necessary. Once you know this, you can then pick up the tools to course correct and arrive at your goal successfully.

This is why I am a big believer in coaching for life. As you continue to expand and grow, you'll enter new territory and uncharted waters, and there is where receiving continued, customised support can help. Stephen Covey talks about feedback for the pilot. At this point, you are no longer drifting through life on auto-pilot, you no longer submit to the unconscious programming and learned behaviours from your early years. The beautiful thing is that, by participating in this program, you are

consciously taking back agency of your life as the pilot, and you are now consciously choosing your life's course. At this stage, continuous monitoring will ensure that the deviations you encounter are safely within acceptable parameters.

Now, what happens when you don't course correct in time? Experts in air navigation have a rule of thumb known as the 1 in 60 rule. It states that for every 1 degree a plane veers off its course, it misses its target destination by 1 mile for every 60 miles you fly. And so, it is the second-by-second course correction that gets pilots to their destination. By only course correcting every few minutes or hours, this is akin to setting out with ambitious goals at the beginning of the year, but then waiting another year or two before comparing your actual, versus your intended, course.

So, instead of changing your goals, what if you changed the frequency of your feedback loop with guidance from a coach? Imagine how productive your months would be if you course corrected every week on a consistent basis. Think of how fruitful your days would be if you re-aligned your actions to your goals as you receive skilful support and facilitation. At the end of the day, incremental frequent change always yields better results than tectonic shifts, and this is why I believe in the power of receiving consistent, skilful support to boost your progress.

I leave you with this final analogy: back in 1979, a large passenger jet crashed, killing all 257 people on board, because someone had modified the flight coordinates by a mere two degrees. This placed the aircraft 28 miles to the east of where the pilots

assumed they were, and put it directly in the path of Mount Erebus, an active volcano in Antarctica. Dieter Uchtdorf, a jet airline pilot by background, and who became a priest in his later years, had this to say: "I have learned that the difference between happiness and misery in individuals, in marriages, and families often comes down to an error of only a few degrees."

This is why I believe that alignment is key to your ultimate success, and why I named my coaching business Alignment Journeys. Get in alignment, and your aspiration turns into actualised achievement. As you journey through life, ensure that you have support to help you make early and decisive corrections to get back on the right track. Don't wait or hope that errors will somehow correct themselves. This is what intentional living is all about. Now, what would it be worth to you to ensure that your way is clear and certain?

Here in TREASURE, if you leverage on the tools and practices that I've shared with you, and implement them consistently, you are off to a strong start. In truth, I created this program to serve as an efficient onboarding process to support the women I work with, to help them get to their desired destination with greater ease and grace. However, no matter how well a program is structured, it does not impart all of the real-time knowledge and skills that are needed as you navigate through the unique landscape of your life journey. This is where real-life coaching and personalised mentorship from an experienced guide comes in. I work primarily one on one with women who are ready for tailored access to my facilitation and expertise.

Let's look at some of the ways in which your elevated frequency will support you in the divine co-creation of your magnificent life. The energetics of consciousness that you have cultivated here will support you in any and all areas of life. For instance, if you are looking to elevate your partnership or any relationship for that matter, skilfully holding the frequency of love as you navigate the day to day realities of negotiating, processing your triggers in the interactions you have, and refining your desires so you get crystal clear on what it is that you wish to magnetise, etc. – this is a powerful first step. Or, if what you are driven to experience is fulfilling work and a career that you can be proud of, then aligning to the frequency of your soul purpose by getting clear on your values will provide direction and keep you going as you meet both the expected bumps, as well as the unexpected challenges, that will pop up. Or, if money and finances is a core area of improvement for you, then knowing how to align with the frequency, the currency of money, is the soulful and strategic key step to enjoying more abundance in your life. And when it comes to improving your health and vitality, the energetics of your frequency is once again of utmost importance. Factors like diet, movement, sleep etc come into the equation to supplement and complement the energetic state you hold.

In all the above examples, TREASURE has provided you with a strong foundation to create your best life. I love how Robert Greene puts it in his book, *Mastery*: “Engaged in the creative process we feel more alive than ever, because we are making something and not merely consuming, masters of the

small reality we create. In doing this work, we are in fact creating ourselves." Please know that the evolution of your soul is obviously a lifetime's work, and that there is an unlimited abundance and supply of energy that you get to harness. If you know you are worthy and deserving of enjoying lasting success, and that you are ready for personalised support, I invite you to work 1:1 with me.

Simply reach out, drop me a note, and let's get started. This is where we will engage in the further work of aligning the frequency of your consciousness to meet with the lessons and gifts that the universe is here to show you. The specialised fine tuning from the coaching support you receive will empower you to not just arrive at your desired destination, but to also travel on your life journey with quality care and easeful flow. My hope is that you TREASURE the beautiful TREASURE that you are, and that you embrace your unique giftedness and shine where you shine best. Always remember that the world is your oyster, and you are its pearl.

Love and Blessings to you on your Alignment Journey.

Email: irene@alignmentjourneys.com

Website: <https://alignmentjourneys.com/>

