



Your Inner Council

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COCREATOR

— AND —

CONNECTOR

Plays well with others

the second seat

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Every community, every partnership, every relationship, every client...the CoCreator comes in and finds the optimal, most mutually beneficial way to coexist.

My Inner CoCreator shows up as the one who works well with others, creating amicable agreements and creating things in the world hand in hand with spirit or with partners. No separation. No strife. No judgment. We create something that works in the highest and best interest of all people.

It's also everything my only child-self isn't, an unselfish team player.

It's also the part of me that allows my ego to be quiet enough to create direct agreements between my heart, soul and mind, allowing me to be in full alignment with my whole self—like an internal negotiator. So in a way, it's the avenue to cocreating not just with others but with the Universe as well.

This aspect of me is brilliant at working in harmony with others, lifting them up so we can rise together. I trust my partners because I can see their strengths and play into them, choosing people with the highest vibrations to CoCreate solutions with.

Peace for the betterment of all is what this part of me seeks, gaining results without conflict. Fully expressed, my CoCreator brings white light to every situation and steps on each blade of grass without bending it.

Love and light? Yep. But more than that there is also a fierceness to this part of me, a force to be reckoned with—not because life is a fight, but because peaceful coexistence is not always an easy path. Extreme faith and self knowledge and discipline are required to keep the mind and heart pure enough to breathe out the highest and best in each situation. Judgment must be weeded out to fully expand...judgment of situations, judgment of others, judgment of self. The CoCreator is a loving force for balance.

There is a patience to how my CoCreator operates, stepping back from each situation, pulling the mind and emotions away and allowing the divine to flow through every decision. True peaceful solutions aren't defined by the absence of strife, but rather by the ability to see the beauty within. And only through slowing down and breathing in source can the magnificence in each moment be seen.

Here's the thing, my CoCreator is responsible for forming my communities, my friendships, my partnerships, my relationships, and helps my clients succeed time and time again.

Without community, my business would not exist. Without being able to toss aside my judgment, my clients wouldn't feel safe to express who they really are. Without my CoCreator, I wouldn't be able to help them trust themselves more, take their hand and walk the path alongside them.

The clues that I am repressing the awesomeness of my CoCreator can show up in a few different ways, as a Judge or a Hermit or even a People Pleaser.

As a judge I am quick to make decisions. I sit upon my pedestal and see nothing but faults in others, or in myself, judging each behavior, each grey hair, each scuff on my shoe. There is no peace within. Life is a constant struggle. I refuse to get the support or see the value in having others along with me for the journey.

Which also makes me turn into a Hermit.

As an introvert and an only child, being without people is a natural state for me. When it starts feeling unbalanced is when I turn my back on my community, my friends, my family. I sequester myself from the world because I don't want to be with others rather than just enjoying moments of peace and solitude. Usually there's this story that my own company is far superior than those stupid people down the hill (judgy...) Worse, I disconnect from Spirit. I go up into my head and think I can do everything alone.

Peace for the sake of peace's sake is a constricted energy and feels a little like a people-pleaser, the one who solves everything and says yes to every

TAKE MY HAND

single opportunity for fear of not being liked. As a Sacrificial Lamb, I give away everything. There is no self-care until others' needs are cared for. I avoid conflict so much that I stomp down my own needs for the sake of peace.

I seek to make everyone happy around me and in doing so I give away my power.

I cannot make a decision that doesn't take other people's needs into account regardless of what my own needs are. I give and give and give until my own resources have run dry, and then I fill them up for the sole purpose of giving more away. While I am creating a peaceful existence for others I miss the greatest piece of my purpose, which is to bring peace into the world through me, not at my own expense, not by suppressing my magnificence, but by serving the world from a place of fullness.

Hand in hand with the Universe or with others is the path to success. I'm a brilliant capable person, and my CoCreator reminds me that my awesomest is 10-fold more powerful if I understand that I don't need to travel this path alone.

Take my hand,
walk beside me.
Create a better world,
Not from behind me or by following my footsteps, but by carrying a scythe
to cut the path with me.

For as a I clear the path, so can you walk on it.
And as you clear the path, so can I walk on it.
We can take turns.

There is no need to lead.
There is no need to follow.
There is no need to compare blades or paths.
There is no need to deem one of us a winner.
There is no need to categorize how we walk, talk, dress, wear our hair, act,
speak or whatever.

We will celebrate each other's successes as if they were our own.
We will pick each other up and dust each other off.
We will wait patiently while the other grieves.
We will leap off of a cliff trusting the other to be there to catch us.
We will laugh with our whole body, tears of joy combining with the pain in
our stomachs as it is infused with the lightness of our togetherness.
We will encourage, support, believe in, and SEE each other.

Together we can create peace on the planet...

End world hunger...
Place a roof over every human's head...
Create a hippy-dippy-prada-wearing culture of abundance and social responsibility.

Or simply sit and BE
Hand in hand
Hearts filled with love and gratitude,
Fully aware of
Just how lucky
We are
To have found each other
Again
In
This
Lifetime...

The foundation of ANY
successful business isn't
found in the product or
marketing, but in the ability
to create a community of
people who know, trust
and love you.

THE POWER OF COMMUNITY

I was getting married to my husband and my in-laws-to-be gave me a call. Their friends wanted to throw me a wedding shower.

Sitting in that room filled with strangers I was struck by how much love was in the room. These women raised their children together and had been connected for over 35 years. They were a community of support gathered together to truly celebrate the joy of one of their own.

And I wondered what that would be like. I wondered what it would be like to have neighbors that I didn't California-Wave to as I rushed into my garage without having to have a conversation. Community that I could count on in an emergency. Community I could count on to share laughter and tears and frustrations. Not just friends—circles of friends.

These women wrote the stories of their lives together.

And a little piece of my wall broke down that day never to be replaced. I was shown just how valuable, no, just how ESSENTIAL it is in life to have a circle of people who are just...there, connected.

Community is the foundation of life.

It's the foundation of ANY business.

It's the secret to raising children, having friendships, getting support and making money.

What if we were to litter the pages of other people's stories by simply being open to the connection that community brings?

PASSIVE COMMUNICATION

I'm not interested in passive interaction.

Give me passion and connection. Give me conversation and interest.

And I'll bring that to the table, too.

Don't see me as another number who 'likes' you or your post or your page.

Don't add me to groups without asking my permission.

Don't send me emails and hope I see them.

Don't hand me your card and wait for me to call.

CONNECT with me!

And I'll do the same for you.

We get lazy.

We start sending out mass messages in the hope that one person will take it personally.

I get lazy.

I do the same thing sometimes.

Like sending an email newsletter and assuming my work for the day is done.

But it's not.

As a CoCreator, I know that there's one more thing I have to do, the thing that is a non-negotiable in my workday...and that's to connect personally with ONE person.

Not hundreds or thousands.

One.

That's the opposite of passive.

I'm an Introvert.

Even Introverts need connection.

Heart to heart, soul to soul connection.

The more separated from humanity I am, the more my CoCreator withers in the corner, sad and alone.

I can shout from an empty room all day long and still that would be passive. Connection takes EFFORT.

People are rarely truly SEEN.

Be the one to SEE them.

Eye to eye, knee to knee seeing.

We can support ourselves.

We can counsel ourselves.

We can do it ourselves.

We don't have to though...

TRUST AND CONTROL

“You have issues with control. You wake up and try to control how your life is CoCreated with the Universe. You say ‘Universe please help me create this life’ and then you say ‘but only deliver it between the hours of 8–10 and knock 3 times when you get here’. And every time you think you know better than the Universe, you effectively push it away.”

Some conversations with my Spiritual Coach are more painful than others.

The hardest sessions are always the ones when she speaks the truth that cuts me to my core.

This was one of those.

It also wasn’t the first time control came up...

My need to control how spirit shows up, what it needs to look like and when I choose to allow it to come forward was the very thing that was holding me back in my life the most. It makes me feel safe. It soothes my rational mind. If I release control then I am automatically the opposite—out of control, spinning in the world with no personal responsibility or accountability.

And without TRUST, I cannot expand.

Do I trust myself to let go of controlling my surroundings, circumstances, appearance, what I do and say and pretend to be?

Do I trust my inner voice enough to listen to it all of the time, not just when it is convenient?

Do I trust Source enough to let it flow through me, not as a pet to be leashed and walked, but as a part of me?

Do I trust my loved ones to still love me if I do?

The more I control, the less I trust.

The more I trust, the less I need to control.

And in order to CoCreate my life hand in hand with the Universe, I must release the control, and trust.

In any relationship, trust is the foundation.

In any relationship, control destroys.

Why would my relationship to Spirit be any different?

Why would my relationship to myself be any different?

GETTING SUPPORT TO HELP YOU COCREATE

I could do it myself because only I know the right way.

I welcome support because there might be ways I haven't seen.

I could do it myself because it'll be faster if I don't have to explain it.

I welcome support because quality is more important than speed.

I could do it myself because the vision is only in MY head.

I welcome support because I love being a visionary, but the details bore me.

I could do it myself because I can't afford support.

I welcome support because I can grow my income exponentially without having to get bogged down with tasks.

I could do it myself because I don't want to manage anyone.

I welcome support because the right person partners with me, shares my vision, and holds me to it.

I could do it myself because I've never done it any other way.

I welcome support because trying new ways is exciting and fun.

I could do it myself because I don't want to bother anyone.

I welcome support because people WANT to support me if only I'd ask.

DON'T HIDE

Don't hide behind the technology and then wonder what's going on.
Facebook, Twitter, websites...they are all simply technology.

They are not a strategy, they are tools for expression.

YOU are the strategy. YOU are the expression.

Do you want to powerfully create clients?

Are you willing to show up powerfully?

Connect.

HANDY DANDY CHEAT SHEET FOR THE COCREATOR

REPRESSED & CONSTRICTED COCREATOR

- Judgmental, seeing nothing but faults in others or in yourself
- Unable to work with others
- Refuse to get support or see the value of having others along for the journey
- Turn your back on community, friends, family, sequester yourself
- People-pleasing, solving everything and saying yes to everything for fear of not being liked
- Give away everything
- No self-care until others' needs are taken care of
- Avoids conflict of all kinds

FULLY EXPANDED & EXPRESSED COCREATOR

- Accepting, seeing the beauty and divinity in others and in yourself
- Loves working alongside others (and with Source)
- Values the energy of others and builds a team to support any and all efforts
- Appreciates alone time and time with others equally
- Understands that all people have their own journey and serves willingly without servitude
- Gives lovingly and on purpose
- Self-care is the highest form of service to be able to give to others
- Understanding that not everyone agrees with everyone all of the time, but disagreement is not an indicator of ill will



CATALYST

— AND —

ENROLLER

Comon Baby Light My Fire

the third seat

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Enthusiasm comes from the Greek root *entheos* and means filled with God. The enthusiasm of the Catalyst is what drives this force within you.

You know how you're sitting there watching tv and an infomercial comes on? One minute you have no need for a widget that super charges your cooking time and the next you've just spent 45 minutes watching the show and you're on hold on the phone to order yourself not one, but two widgets with the special bonuses.

You were just *enrolled* by their *enthusiasm*.

The Inner Catalyst is the spark. It's the place where every enrolling conversation begins.

Need your husband to be on board with buying a new couch? Out comes the Catalyst to appeal to the part of him that just wants to make you happy.

Need to enroll clients? Enroll employees? The Catalyst is the negotiator that makes those beginnings and adventures possible.

See, we are on a mission from God—Blues Brothers style. This aspect is not about cheerleading or empty smiles or placating words.

The Catalyst is committed to passion—finding passion and lighting it up so that we are fully INTO the cause. Because the more fully invested we are in the cause, the more readily we can throw others into battle mode, gripped with a fever so powerful and meaningful that they can no longer hold back.

The Catalyst inspires action. In fact, the Catalyst makes such an impassioned case that NOT acting becomes impossible.

The Catalyst holds the lighter that inspires us to grow and expand into greater levels of consciousness...

Or greater levels of success...

Or greater levels of focus...

Or greater levels of freedom...

Or whatever greater level of being-ness we are desiring.

It's the jumpstarter of action that is undeniable...

When we're fully aligned with the Inner Catalyst we are expressive, joyous, fired up, inspired, passionate. We're able to see and feel the bigger picture and are the fullest, biggest version of US.

When we really lean in, fully in alignment with our heart's desires, we enroll others by being enthused about the path we're walking. We are able to really channel our emotion into a specific direction with focus, clarity and strength of purpose.

But when we're not in alignment, when we suppress the Catalyst's energy, we feel scattered. We are filled with worry or depression. We become prone to fits of crying or anger, to emotions let loose without a proper channel. Our message is LOST, missing.

We ramble and skirt issues. And we are frustrated. We are frustrated that others aren't engaged with what we're saying, and we are frustrated that we know we're not saying what's really inside of us.

And on the flip side, we complain and wallow in negative emotion or worse, we become a shallow emotionless hull of ourselves and come from a place of emptiness without passion.

Without our Inner Catalyst, we are stuck without words when all we really want to do is explain.

So how do we let the Catalyst out?

How do we let the passion come through?

It's simple. We need to really be clear about what we want.

That's when the Catalyst shines! That's when you attract the very things you most want to attract, when you can build your business and your life with joy and enthusiasm.

When the feelings and emotions we most need to express come out of us and go into the world—that's the magic.

LET'S BE MEDIOCRE

My greatest dream in life is to be completely and totally mediocre...
Says no one...ever.

We may not all reach for stardom or fame. We may be happy playing on the sidelines, being in charge of the lights and sound. We may want to live a perfectly normal Norman Rockwell kind of life.

But in our heart of hearts, we don't wish for mediocre.

And yet who among us is truly reaching outside of that middle lane?
Are we willing to speak our truth with power and conviction?
Are we willing to show the world our passion? Our power? Our vulnerabilities? Our successes? Our failures?

Are we willing to be unabashedly, shamelessly ourselves?

Is there a tiny little pyromaniac inside of each of us ready to light fire to the pages of our story just so that we can dance in the shifting light of the blazing flame for one night of wild abandon?

Light the damn match and ignite your soul.
Light them all.

Tear down the damn walls holding you in, holding you back.
Tear them down.

Say all the wrong things.
Act inappropriately.
Dance naked (metaphorically or physically).
Write without editing and use your and you're incorrectly.
Laugh at the wrong places.
Grab your lover's hand and don't let go.
Scream for everyone to hear.
Talk about your success with pride, and talk about your failures with equal pride.
Love your shadow as much as your light.

In one blink of the eye, your flame can be extinguished, a mere blip in the infinity of time.

Will your legacy be that you always played it safe and died mediocre?

Or will your legacy be that you LIVED, full-out, dancing in the light?

FOLLOW THE JOY?

Today I raise the battle flags: do nothing that isn't from your heart's desire in your business.

Nay-sayers say that won't work.

They say you have to do stuff you don't like.

They say you must follow a clearly defined plan and walk the path tread upon by others.

They say that to be a successful entrepreneur you need to conform.

They say that at the same time they are raising their own flags screaming that they have a magical formula to help you be more authentic, spiritual, rich.

I say they are wrong.

I say that sounds a lot like being employed by others.

I say that your SEO, numbers of followers, your capacity to follow other people's instructions means jack-diddly if your heart isn't fully 1,000% engaged.

I say outsource the stuff you don't like and chase the passion...

Silence your brain and toss out all the lessons you've learned about blindly following what works for others.

Be the Catalyst in your business. Let your passion and enthusiasm seep into every decision, every action, every piece of your business.

What would happen if you stopped worrying about saying the right thing and just spoke?

What would happen if you stopped having sales conversations and simply had conversations?

What would happen if you stopped trying to market and learned to create clients intuitively and through your true spiritual, heart center?

What would happen if you created more space for yourself to create instead of creating more tasks to do?

What if you set out to create more deep connections rather than make more prospects?

What would happen if you did what came easy and still stretched into your edge?

What would happen if your entire business plan could be summed up in one sentence...the mission that wakes you up in the morning?

What would it look like to be the person who truly followed the songs of joy and whispers of passion in the recesses of your heart?

DO WE REALLY NEED TO KNOW WHY?

Do I need to know why I love the color blue for it to soothe my soul?

Do I need to know why I love the Meyer lemons from my tree to fully enjoy them?

Do I need to know why when my dog looks at me with those love eyes and I can't help but scratch his neck to show just how much I love him?

And yet entrepreneurs are constantly pushed to find out why they are creating their business.

Does it really matter?

What if we just KNOW.

What if we know we have a vision and it just feels right and we WANT it.

We can feel the passion.

We can feel the excitement.

Do we need to know why?

I paint my walls blue.

I eat those sweet and sour lemons.

I pet and kiss and love on my dog.

I create that project.

Can it be that simple? Do we really need more than that?

When someone comes up to me and asks me what my BIG WHY is, my answer is simply “because it feels really flipping good, because I WANT to, because my Inner Enthusiast LOVES to”.

Why? Because I CAN.

And really, the sexier question for me then becomes, “WHY NOT?”

Beyond the hype...Beyond
what you're being told to
do...What is it that

Rocks
You
To
Your
Core?

KICKING THE CHEERLEADER

When a scientist gets up and is excited for a project it's noble.

When a cheerleader gets up and is super-duper excited for her team even when they are losing, I guarantee that someone in the crowd secretly wants to kick her in the teeth.

Enthusiasm triggers people.

The team is losing...get mad, get frustrated, yell at the coach, yell at your kid. Don't be enthusiastic about losing.

Being enthusiastic pokes at the upper limits of how much happiness is socially acceptable.

How much happiness IS socially acceptable?

It's okay for someone with special needs to laugh loudly in the middle of the library for no reason.

It's not okay for a scholar to do the same thing when she reads a funny finding in the tomes on her desk.

It's okay for a child to ask questions, be curious, approach life with the enthusiasm of a beginner's mind, to stop and look at a drop of dew on a grass blade and giggle when she falls.

It's not acceptable for an adult to look at everything in the world as new. He is expected to know things and he must demonstrate that knowingness to be accepted and successful.

How passionate can we be without being deemed maniacal?

How demonstrative can we be around the wonders of the universe without being asked to take a drug test?

When is our own tolerance of enthusiasm stretched past what we deem acceptable?

What do we need to do to raise the bar on how much enthusiasm we can exude?

Repressing your energy in
one area means all areas
are missing out on the
energy behind the damn
dam.

Set it free.

SHOWING UP YOU

You know what makes you attractive to clients?

It's not using the right buzz-words.

It's not how many followers you have.

It's not having great photos.

It's not creating the most beautiful website and logo.

It's not crafting a tag-line or marketing materials that stick.

It's showing up.

Showing up powerfully as you.

Showing up vulnerably as you.

Showing up in integrity as you.

Showing up aligned as you.

Showing up and making mistakes.

Showing up and being unprofessional.

It's taking all the compartmentalized pieces of you, the ones you've stashed away in neat little boxes, labeled 'business me', 'spiritual me', 'parent me', 'wife/husband me', 'football crazy screaming fan me' and dumping all those boxes out onto the floor, smushing them all together, and presenting the messy wholeness of YOU.

You know what enrolls clients time and time and time again?

You being YOU.

You holding nothing back.

The most catalytic parts of you don't come with a label.

Those are the pieces that make you irresistible for others who are busy wasting their energy filling their boxes, waiting for someone to show them how to return to wholeness.

JUST QUIT

I have a friend who used to be in the mortgage business. Like clockwork every 4–6 months one of us would call the other to quit. We would quit and then we would talk about what else we were going to do. What new adventure we'd go on. And we'd resign officially to each other. And a few days later we'd feel better and come back to work.

It wasn't about quitting as much as it was about releasing the pressure of continuing. It would break our momentum and allow us to reboot.

I still do that. I allow myself to reboot.

You see, the less I do, the less in my brain I am. Boredom ensues. And boredom is death, especially for creative minds. It's like experiencing a real-life version of writers block, and it sucks...

When the fires of my Catalyst are set to low, I drift.

I could keep pushing.

I could stay there forcing myself to feel passionate, sticking with it even without being excited about it.

But that wouldn't be me.

I feel that sometimes we need to create space and perspective. We need to stop pushing. We NEED to walk away. Our souls are pressed up against our brains so hard that neither can breathe.

So quit.

Go for it.

Hand me your resignation letter, and I promise to process it for you.

You can rehire yourself later, when you've allowed your sabbatical to run its course. You will know when it's time...you can wait until you start to feel your smile unfurling the sails in your heart.

Slow down.

Don't fight it.

Go chop some fresh wood so when you're ready, you can reignite your Inner Catalyst and kick some fresh ass.

HANDY DANDY CHEAT SHEET FOR THE CATALYST & ENTHUSIAST

REPRESSED & CONSTRICTED CATALYST

- Scattered emotionally and mentally
- Filled with worry or depression
- Feeling lost
- Skirts issues
- Frustrated because there is no way to express powerfully what's really inside of you
- Complaining constantly
- Shallow, emotionless hull of emptiness without passion
- Lacking direction to do anything meaningful in life

FULLY EXPANDED & EXPRESSED CATALYST

- Expressive, joyous, fired up, inspired, passionate
- Able to see and feel the bigger picture
- Being the fullest biggest version of yourself
- Enrolling others because of how easily you share the passion of your journey
- Able to channel emotion into a specific direction with focus, clarity, and strength of purpose
- Becomes a person on a mission
- Super clear in talking about what you truly desire

I hope you enjoyed this exclusive
preview of *Your Inner Council*.

Find it on Amazon on **09-09-2015**



STACY NELSON is an Author, Publisher, Coach, Mentor, Jewelry Maker, Multi-Passionista & whatever else she feels like being on any given day, like writing this book in your hands right now.

Stacy helps people throw out all the formulas they've been taught, eliminate the shoulds and smart strategies and even the way business is supposed to look.

She grants her fellow intuitives & empaths a golden ticket of permission to tap IN. Build your business from your heart space. What feels really right? What does that illogical inner voice tell you to do or to be today? Throw out your packages and your 5 steps to selling more anything and relax. What ONE thing do you feel most compelled to do? Create your own systems and containers with your energy. Build the ones that have your unique spiritual signature. Infuse your business with soul.

Please check out her other books and general awesomeness online at... www.StacyNelsonUnlimited.com