

the WORKBOOK

Stacy Nelson

YOUR
**INNER
COUNCIL**

*Connect with your inner voice & intuition to
create personal success in life and business*

Each of us has access to amazing knowledge and inspiration every single day and to our very own Inner Council.

Our Council is an absolute connection with Source, and with the TRUEST voices of YOU. It's our power and our magic sitting there waiting to be asked for assistance. This isn't something outside of yourself, it's IN YOU. Sitting with your Inner Council is like having a relationship beyond measurable value.

Our Inner Council at its best is a symphony of all the greatest parts of who we are and who we can be. When each is in balance, or even better, in full expansion, we become powerful and our inner world explodes only to manifest into our outer world—our business, our relationships, our things... our world.

When we sit *with* our Inner Council—when we occupy the 10th seat—we sit with the awesomest parts of ourselves.

This is a companion workbook for the full book, meant to be an easy place to start the conversations, to sit in council with the highest voices within you.

I don't know what it will look like for you to communicate with Your Council. What I DO know is that your life can take on a different path if you really start talking to each member on Your Council, taking the advice and nudges from your own inner voices.

Your life could exponentially explode.

Ask yourself, where are you questioning? Where do you need support or counsel? Where are you unsure? Where are you stuck?

Then allow yourself to lean in and listen because Your Council is just waiting for you to ask.

By having meetings with each of our advisors, we get the full scope of what we need to do to expand. And, this expansion can be into anything we want to create in the world.

HOW DO WE START WORKING WITH OUR COUNCIL?

By really knowing who makes up the Council. By allowing their voices to inform you of what they need.

This is as simple as having a conversation with yourself. For me, sometimes I draw a map asking each one in turn — *what do you need right now?*

Sometimes it's a meditation and a dialogue. Sometimes I take a breath and one voice responds clearly.

Set a sacred stage and ask the question that is burning within you...this is a board meeting with yourself. Growing your business, creating a life partner, deciding to study with a specific shaman...whatever it is that you are driven to create in your life, take a moment and feel into it.

Is everyone on board? Who feels constricted? What does each aspect really need to move forward?

If you're willing to have the conversation, Your Council is willing to participate. Nothing complicated. No big rituals. Just you asking yourself the questions and then listening for the answers.

TAKE THE TIME TO REALLY GET TO KNOW THE CHARACTER OF EACH ASPECT WITHIN YOU.

As you read through this book and began to identify and know each member of Your Council, I am sure you recognized yourself or your situation in some of the stories. Feel into how the ideas and concepts behind the stories and each aspect presents itself in your life. Zoom in on a particular project you're creating and find out what each aspect needs to fully create and complete that project.

Ask one at a time. Go around the circle.

Through this dialogue, by breaking it down piece by piece, you can see where your fears are small or not real, you can see where the largest pain points are, you can follow the passion and the inspiration, you can discover how to get into alignment.

So by sitting with each and really hearing where they are, it allows you to hear the stories and listen to what was most important.

It's so fun to see how the aspects all work in harmony and inform each other of what we really need. Take for instance those times when we get stuck in creating something...

Not only does our Creator need a little boost, but if we dive in, we'll also see that perhaps our Catalyst isn't really sure what part of the proposed creation to get excited about. Clarity is required.

And, our Lover is scared of the creation being rejected after pouring love into it so we need some extra reassurance.

Our Leader is tired of hanging on to an incomplete project, so we need to create boundaries, and so on.

Working with Your Council can be as simple as allowing each to chime in so that you can make informed choices.

These 10 seats are created by you for you. They are comfortable and fit just right. Their sole purpose is to help you as a whole expand into the world in the most beautiful ways.

THIS WORKBOOK, ULTIMATELY, IS MERELY AN EASY WAY FOR YOU TO START A CONVERSATION WITH YOURSELF.

It's not meant to be a manual or to give you step-by-step, how-to instructions.

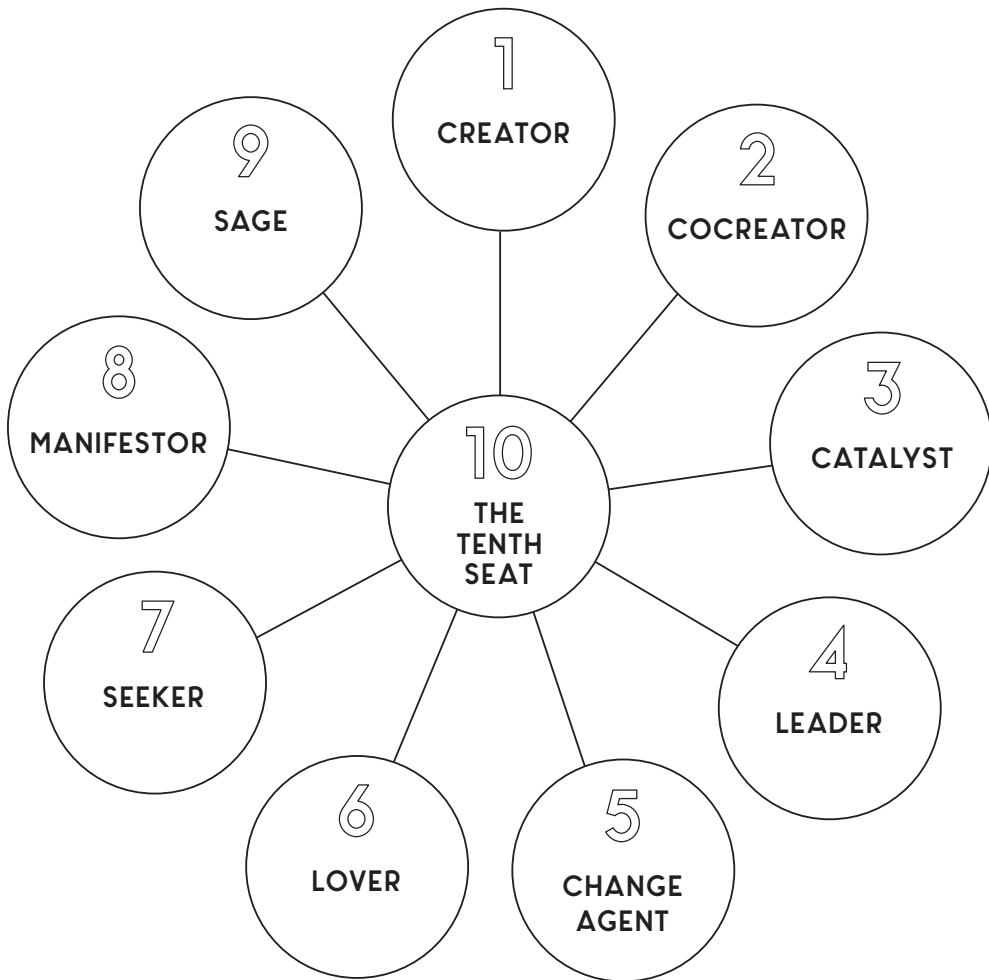
Your Inner Council is there, patiently waiting in their chairs for you to witness their voices and see their love for you as you sit in the 10th seat.

And if you want to dive in deeper, read *Your Inner Council* again and again, because the more you get to know the voices of your Council Members, the easier it is to have an honest discussion and discover your highest good.

HANDY DANDY

Cheat Sheet

FOR YOUR
INNER COUNCIL



1-CREATOR

You know the Big Bang Theory...where practically everything was created from nothing? Our Inner Creator lives it, breathes it, probably caused it. Fearlessly rushing forward into the unknown and having fun starting new things. The Creator isn't about drawing pretty pictures or just about creativity or art (although that does feed it); it's the piece of us that is capable of starting businesses from nothing but an idea, or writing a book from a concept that appears one day in the shower, rocking you to the core.

2-COCREATOR

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

3-CATALYST

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

4-LEADER

The Leader finishes things for us, project-manages and allocates our inner resources. Life is a process, always changing, always moving, and the Leader keeps things flowing both in a big-picture way and in a detail-oriented way as well: Here is the big picture, and here is the inspired action we'll be taking today; here is where our passion lies, and here is the path we'll be taking.

5-CHANGE AGENT

Never stagnating, never settling, and never accepting that there is just one way of doing things, the Change Agent seeks ways to shake up the status quo. Rules were meant to be bent, broken and recreated. Desert was meant to be the starting course. It isn't enough for the Change Agent to simply make change. We need to BE the change. It's not enough to WANT the change. The Change Agent needs to step in and step up to be that change day in and day out.

6-LOVER

Leading from your heart, living life with the connected emotions of love, passion, kindness, understanding—even friendship—is where our Inner Lover stands out. Love is a two-way street. The Lover knows how to give unconditionally; the Beloved knows how to truly love oneself and to receive unconditionally.

7—SEEKER

Inner Seeker & Knower—its essence is basically the part of us that deeply understands that there are no shortcuts to mastery, only the path and our willingness to walk on it each day. The Seeker wants to know the questions and the answers and is intent upon reaching higher levels of knowing in all things. It's the part of us who figures out “how”.

8—MANIFESTOR

When we're really grounded, feeling healthy and vibrant and fully present in the current moment, we know our Manifestor is shining and ready to roll. We experience deep love and connection with ourselves. The unlimited potentiality of abundance and prosperity becomes our new reality. Physical gratification. Abundance. SPACE, filled with luxury and human experiences. Calling in the vision of greatness. Calling in the magic, and then responding to the nudges. Being present to take action and move forward.

9—SAGE

This aspect is the yummy, juicy, completely spiritual woowoo side of who we are. It's the part of us who meditates, who is in constant communication with our highest self, and who is, in fact, the voice of our highest self as it merges with source. This is the part that believes without a shadow of a doubt that there is nothing wrong with us.

CONVERSATION STARTERS:

Exercises to start talking with your Inner Council

STEP ONE: WHAT DO YOU WANT?

Allow yourself a moment to wallow in your desires because no journey can begin without them.

Unless the conversation with your Inner Council is "what do I want?" (which is a great conversation, by the way) the most profound place to start is to be clear about what you want to create.

I use this exercise all of the time with my clients. This is a place to dream, to let loose those desires you never speak of, to imagine it all. No wish is too small or too large. Usually there are 2 things that make my list every time I create it — a cupcake & world peace.

Give yourself 15 minutes or so to list 50 things you want.

Try to get specific.

Don't edit.

Don't judge.

Don't stop until you reach 50. If you run out of things before 50, still don't stop. Keep going. Some of my most amazeballs dreams came out 6 numbers past where I wanted to quit.

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STEP 2: THE CONVERSATIONS

Settle in to ask some questions of each of your Advisors. They have information that will come out as you talk. Sometimes you don't need to talk with everyone (the 4th question will help you with that). Sometimes everyone's input is nice. I like going through the whole panel just in case there is something there that I'm avoiding. Pay attention to the themes popping up in the replies.

AND make up your own questions. Get curious. If the answer doesn't make sense, ask again. If the question doesn't feel right, ask a different one. This is a sounding board, a place to start. Get creative here and have an actual dialogue. See what comes up.

Have fun diving in.

SIT WITH YOUR **CREATOR**

How would it feel to start or create this?

What doubts do you have that will distract me from creating this?

What do you need to start this?

Which other Council members do you need help from next?

SIT WITH YOUR **CO-CREATOR**

Who do you need support from?

What doubts do you have that will distract me from creating this?

What do you need to start this?

Which other Council members do you need help from next?

SIT WITH YOUR **ENROLLER**

What do I need to feel passionate about creating this?

Who do I need to be to get others excited about this?

What doubts do you have that will distract me from creating this?

Which other Council members do you need help from next?

SIT WITH YOUR **LEADER**

Who do I have to be to lead this to fruition?

What part of this project feels misaligned, needs more organization or more structure?

What do you need to start this?

Which other Council members do you need help from next?

SIT WITH YOUR **CHANGE MAKER**

What needs to change in me or in the world around me to do this?

What part of this is outside of my comfort zone?

What will make the change feel safer?

Which other Council members do you need help from next?

SIT WITH YOUR **LOVER**

How can I give myself love and self-care in order to create this?

Where does my heart feel out of alignment with this project?

What do you need to start this?

Which other Council members do you need help from next?

SIT WITH YOUR **SEEKER**

What do I need to know more about to proceed?

What knowledge do I already have that I can experiment with here?

What doubts do you have that will distract me from creating this?

Which other Council members do you need help from next?

SIT WITH YOUR **MANIFESTOR**

Am I crystal clear with my desire?

Are there any energetic holdbacks, places where I doubt that this will happen?

Do I know how I want this to feel?

Which other Council members do you need help from next?

SIT WITH YOUR **SAGE**

What spiritual lesson will I need to learn to be able to best create this?

Who will I be once this is created?

What doubts do you have that will distract me from creating this?

Which other Council members do you need help from next?

STEP 3: START

Now take a moment and really feel into the information you just gleaned from your conversations.

WHAT STANDS OUT FOR YOU?

A couple of needs will jump out as the places to start.

A couple of blocks will jump out as just stories of no significance, easy to get past.

When everything is out on the table it becomes pretty apparent where to start or what needs more love, time and understanding.

WHERE WILL YOU START?

Wherever it is, now is the time to start experiencing and stop talking. Your Council is here all of the time at every single step. Talk to them anytime the need in you arises.

To keep in touch and stay posted for updates, classes and other awesomeness, go to www.YourInnerCouncil.com

ALSO BY

Stacy Nelson



Unconventional Wisdom:
Stories Beyond The Mind To Awaken The Heart

This book is about nothing in particular. Yet, it's about everything, too. Authentic happiness. Unconventional success. Personal growth in business and life. Effortless living. Courage. Vulnerability. Power. Relationships. Transformation. Being YOU. Inside these pages we guarantee at least ONE insight that will change everything, one ah-ha moment that, if you allow it to settle into your soul, will change you, how you look at your world and how you create your life. We know this to be a fact because it's what we do. We change lives every single day. These are our stories, our lessons, our ideas, our thoughts, our soul ponderings. We don't run our businesses or lives like everyone else. We are unconventional in who we are because we set out to be more and more of who we are meant to be rather than who the world expects us to be. We suspect you're like that too. Dive in and explore and find your own Unconventional Wisdom.

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STACY NELSON

is a best-selling 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 & empathes 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.

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