

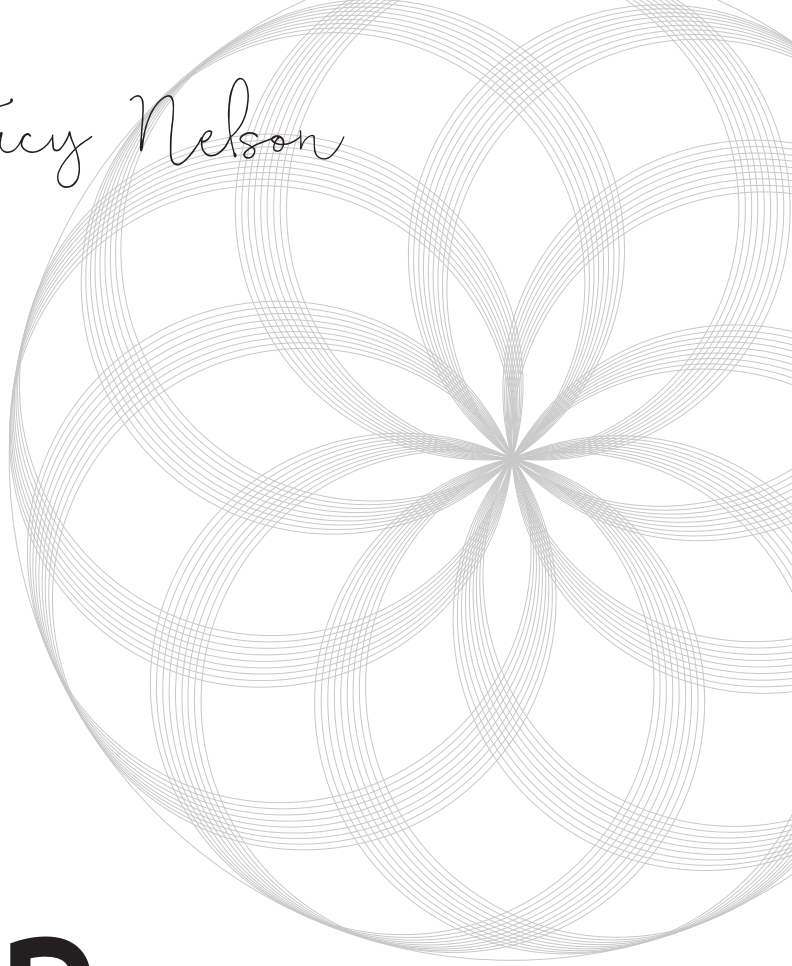


Stacy Nelson

YOUR
INNER
COUNCIL

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

Stacy Nelson



YOUR
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COUNCIL**

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create personal success in life and business*

BADASS PUBLISHING CO · CALIFORNIA

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Creative Development Editor: Heather Doyle Fraser
Copyeditor: Donna Higton
Designer: Danielle Baird

ISBN-13: 978-0-692-52886-0
ISBN-10: 0-692-52886-5

First Edition

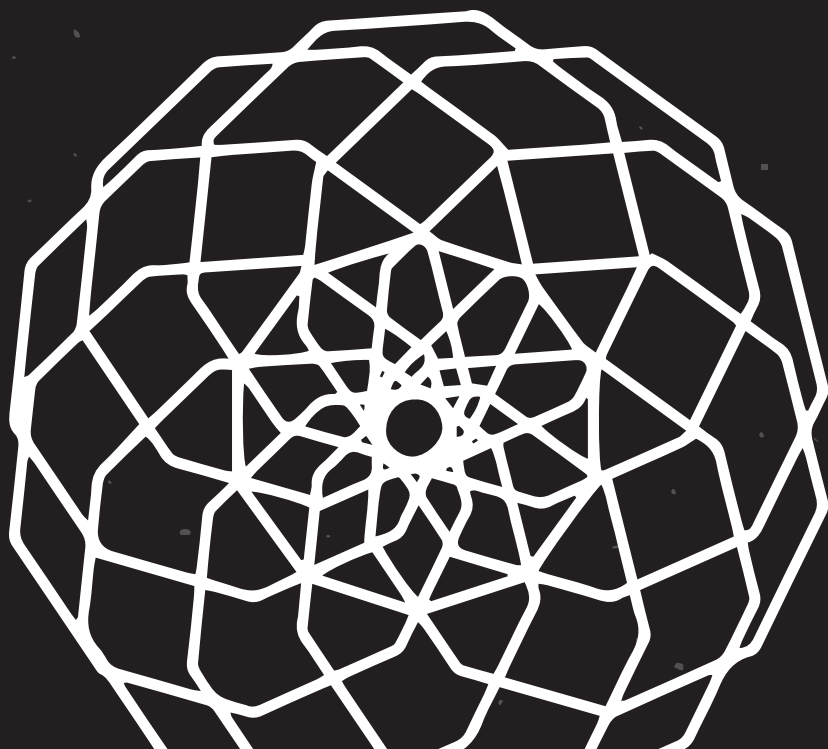
BadAss Publishing Co. — Temecula, CA
www.BadAssPublishingCo.com

I AM GRATEFUL for so many people who inspired and supported this work. My family, my friends, my coaches, my colleagues, my clients. Each person who touched my life touched this book somehow.

My fear is that by listing you out individually I will forget someone critical...so instead I'll be calling you, messaging you, telling you that I am so extremely thankful for having you in my life.

And yes, I thank my Inner and Outer Councils for the connection, the insights, and for generally kicking my ass until I hit publish.

All great leaders
take council.



introduction

Advisors, boards, councils...we get that image. To run a powerful business, having a panel of experts on your side is key. Sitting in a board room in session working out the details of x-y-z, everyone giving their unique perspectives from the divisions they run. Ultimately it's the Chairman's or President's or Empress of the Universe's responsibility to take the input into consideration and make a plan of attack.

And that all makes sense because we can't be an expert in all things right?

How great would it be to have access to the most powerful beings, the greatest minds and spiritual leaders ever known, to be able to sit in council with them daily and get guidance and input that would ultimately be up to you to implement?

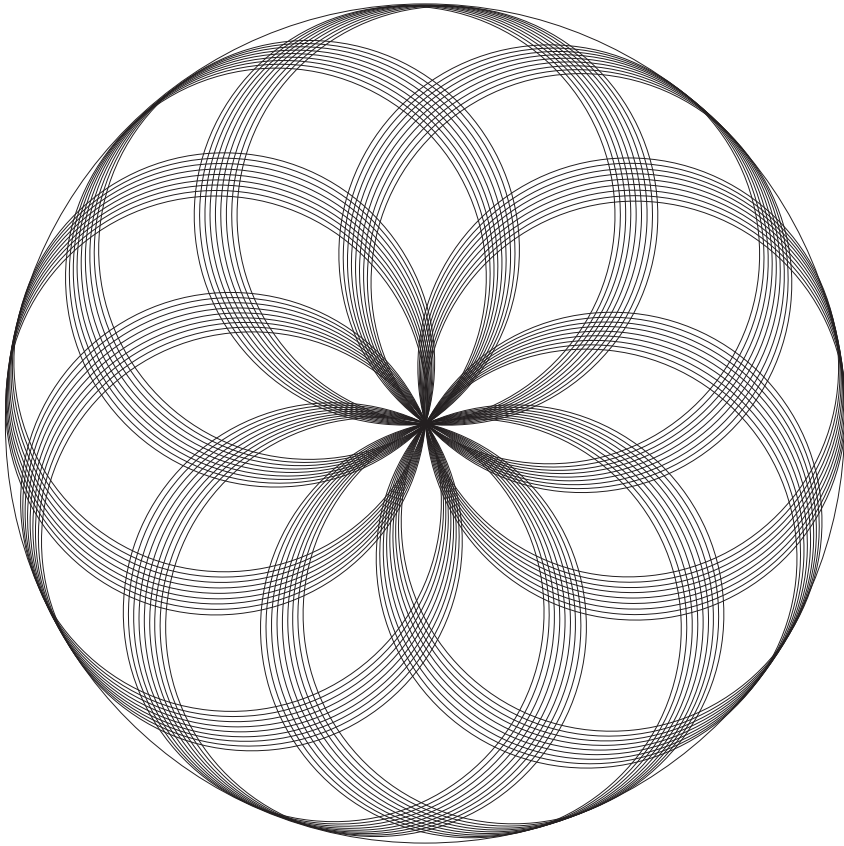
What if you already had that?

What if you already have a council and you just didn't know it? Enlightened advisors who give you multiple options so you can decide your next steps...

Building our businesses and our lives...THESE ARE INTERNAL JOBS.

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.



My journey began with

Nine circles...

Nine seats...

Nine warriors...sitting in council, each an aspect of myself.

As we sat, I saw their strengths in my life. I sat in the center of them all—in the tenth seat—and turned to hear each one's voice.

Each of these guides that live inside of me.

The challenge of writing this book wasn't intellectual, it was more challenging to dismiss the intellectual side of me. It required me to dive into self expansion. I had to lean into the Spiritual Warriors who sit in my Council and together we learned to trust and love my inner voice more.

The unity of myself with the wholeness of source—that's the good stuff.

That's the **BIG GOAL**...

To be able to use all the aspects of myself that hold my gifts and talents and turn the dial up in my business, my relationships, my life. That's awesomeness.

Inside each and every one of us is a direct link to Source, God, The Universe, Spirit—whatever you want to call it. I will call it many things...replace my words with whatever words feel good to you.

These members of my Council are the parts of myself that I lean on. ALL powerfully direct me and my vision. When I'm feeling constricted, they inform me and when I'm expanding they support me.

They are not definitions.

They are not containers meant to pigeonhole me or any of us into a type.

They are also not beings outside of myself.

They are in me and around me, waiting for me to tap into their wisdom.

I can embody all of them or none of them at any given time. Feed them, and I grow and thrive. Starve them, and I feel lost and alone.

They are the expression of my highest self, and they hold my stories, my blocks, and my super powers. They reflect in perfect harmony my own expansion and contraction.

Their voices resonate as my own. Their mission is precise and loving.

We each have Inner Councils waiting to engage in powerful conversations.

This is where we're going because Your Council is in session right now. The more you get to know each of them intimately, to know what they each need to fully expand the more you will learn to trust and rely on your own inner voice.

Everything we need to live the most beautiful life, to create love and freedom and inspiration and just general awesomeness is available in this board room inside of us, the wisest of the Universe sitting there waiting for you to ask them to help.

Join me. Take your seat. Meet your Inner Council.

*I am a Warrior, a Priestess, a Goddess.
I am powerful, beautiful & whole
I hear doubts and fears, but I know that they do not serve me
and I set them aside.
In battle, I cannot be distracted by weakness or anything less than love and FULL
presence, confidence, and knowingness.
I am patient.
Rushing in means defeat.
Watching. Observing.
Waiting for the right moment to strike.
Allowing events to unfold around me and intuitively knowing when to move,
instinctively responding to what is being created.
And by pausing, observing with all of my senses,
I become the true essence of a Warrior Priestess,
changing that which is against me, and molding the world into beauty...created
by the magic that flows around me and through me.
I am a Warrior, a Priestess, a Goddess,
intimate in the fierceness of what it means to be a woman and
the beauty of what it means to mold the magical force of life itself.
I am a Warrior, a Priestess, and a Goddess.
Powerful.
Beautiful.
Whole.*

When I first wrote these words I was lying in the dirt—literally on a pile of dirt, in my jammies, dust gradually covering my fingers and toes until they were ashen, the smell of fresh soil that only morning brings hanging around me, wafts of fragrant flowers coming from the grapefruit groves.

I was on the brink of a breakthrough, and my whole world was rocking—literally rocking. Like a weeble-wobble, I felt as if I were very grounded at the base but the further up my body I went the more I rocked like a boat, to and fro.

So I asked for advice.

My friend Allison messaged me ‘go lie in the dirt and allow the sun to charge you and see what comes to you.’ So I got up out of bed and abandoned my morning coffee to cool on the nightstand. (You know I was desperate if I left my coffee untouched.) Out I marched onto my property, dogs looking at me questioningly.

The pile of dirt 50 yards out looked about right. I settled into it like an arm chair and attempted to meditate. The sun warmed me through my whole body, the rays piercing through my eyelids, greeting me with morning grace. Little flecks of the broken granite and clay wiggled between my toes and fingers, finding their way down the back of my neck.

“Meditate damn-it!” I say to myself. Breathing, trying to release the spins, I realized that it wasn’t working—why did I think this would work?

Resigned to the fact that a deeper state was eluding me, I sighed. Still rocking and now filthy, I opened my eyes and sat up. There at my feet was a rock shaped like an arrowhead. Being a bit of a natural rock hound I in-

stinctively picked it up. A smile crept onto my face, for holding that rock I felt balance for the first time in a days.

In my head I heard, “this is a path of a warrior, are you ready to be the Warrior Priestess you have always been?”

I stood up feeling grounded and powerful and marched myself right back inside and into my bathroom (I wasn’t getting back into bed with dirt all over me...) I wrote that poem, “I am a Warrior Priestess.”

Then I hopped in the shower and I heard the doubt in my mind...WTF is a Warrior Priestess and who the hell would want to read about that? It’s like woo-woo to the max, and I certainly can’t show that stuff. And furthermore I’ve never been into the whole warrior thing, let alone Goddesses and Priestesses. This is something I know nothing about. What would make me write something so lame?

And the spins came back.

And this time they were even stronger. I held onto the wall in my shower to make sure I didn’t fall over, feeling like I had been here before—wobbling at the edge of change.

Opening and closing the door on myself. I was expanding into a new version of me—that next level. Once that previous self started to diminish and I leaned into that more connected space inside of me—well, that sense of self wasn’t there any longer. So if I wasn’t that and I’m not fully connected, where am I?

Wobbling.

And then I heard “When the energy comes through, allow it to come through.” It is uncomfortable to restrict the flow of energy...Do I want to play full out and be open or do I want to control the flow...opening only between the hours of 12 and 2 when it’s convenient?

My energy was bottlenecking.

And the more I expanded, the more apparent it became that I no longer needed to control the process. But this is what I had been doing for so long. Controlling the process to keep me normal and safe.

DON'T BE WEIRD

I remember as a child I was painfully shy, preferring to watch rather than interact or speak. I was always happy on my own, free to read or create mansions for my Barbies out of paper and cardboard and any other small items I found around the house. I had this area in my room between my bookshelf and my dresser where I would squeeze in and sit as small as I could so that I could read without anyone finding me, happy in what appeared to be my isolation.

I never felt alone. I was never in doubt that I had a cosmic support system. People may have scared the shit out of me but my guides were always there to protect me.

I just had this fear of telling anyone that they existed.

I was weird. Quiet. Empathic. I had guides who told me when to turn left for the best spot and what book to go grab. What I mostly learned growing up was that the only way I could fit in was to not talk about any of it, even to myself.

As an adult I dove into self development, surely there was a socially acceptable way to be a more whole person, right? I had many aha's. I bought an inordinate amount of books and took classes. I meditated and said things like 'I don't want to sound too woo-woo but' and occasionally threw out a snazzy Law of Attraction term. I studied all of the world's religions and read tons and tons and tons. I felt stuck and small.

I wondered what my bigger destiny would be. How to live a more authentic life.

But at the same time I wasn't really truly digging deeply.

Because I kept stopping at the point between Shelf-Help and 'This will make me weird again,' and I just wanted to be accepted. I was suppressing my abilities, my higher self.

The interesting thing is, even though I never trusted my own inner wisdom, I always had huge trust in what I called my guides. My guides were always with me, guiding me, protecting me, making sure I never wanted for anything. Even times in my life when I should have been in desperate need, I wasn't. I always wondered why my life always felt easy, even the times that would have crippled others—being assaulted in high school, losing my beloved grandparents in college, having my first child at 22 as a single mom. I never felt completely alone—misunderstood and not always with the outward signs of having friends—but never alone or on my own.

My guides were always there taking care of me and giving me everything I truly needed.

I'd hear messages and I'd follow in complete trust, knowing that it couldn't be wrong because it came from beings outside of me who cared for and loved me without boundaries. They were like my own Fairy Godmothers, creating an all too easy life.

And then I heard the message...it's time to write our book.

MY WARRIOR CAME OUT

I was tired of looking normal and being quiet. I had to put my big girl panties on and write this book, the one that most scares me. The one that collapsed me in the shower and makes my heart palpitate when I speak of it. The one that pushes me past my comfort zone.

This time felt like something outside of me calling. Must be my guides right?

I imagined myself sitting down, pen in hand, automatic writing, channeling the voices in my head down onto the white space on the page. I practiced each and every day for weeks. What came out was pages and pages of illegible scribble. Literally—scribbles, like an earthquake monitor on a fault line. Sometimes the writing would be long and flat and sometimes the letters would take up half of the page height up and down, up and down. I could hear the words but my body was having spasms the second the pen hit the page.

So, I hired a Spiritual Mentor. As a coach myself I have hired many business coaches, so I know how powerful a coaching relationship can be. I figured that I needed to be able to better communicate with this ‘other’ source so I could get the book done. I needed training.

My mentor is a Channel as well and I have experienced her powerful meditations many times in the past. I figured that she would be the best person to help me deepen my channeling abilities, to help me get past my spiritual blocks so I could embrace the parts of me I had set aside.

And, in truth, my mentor was the best person to help me, but I was wrong about one thing—thinking it was something or someone outside of me who would be doing the writing.

See, the work we did together wasn't to allow me to hear my guides better, but to lift the separation I felt from them. There was them and there was me. And I was little and small and they were oh so wise and powerful. It was easy to trust and believe what they said. If it came from me, well that gave lots of room for judgment didn't it?

So 'their' book would be awesome. Mine would be...questionable.

What we worked on was a shift in perspective. In order to truly bring forth something that was in alignment with me and source, I had to understand that I am always connected with source. In fact, the voices I've always heard, the intuitive nudges I receive, the words and images that flash through me, the empathic chills I get when a miracle occurs...it was nothing outside of me that created all of that.

It was ME tapping into the expanded version of myself, swimming in that ocean of universal super juice. Our inner voices are messages from the divine...we are not separate from them.

There is no singular 'I'. 'I' do not write anything, 'I' do not create anything and 'I' am never alone in action.

The most beautiful things come from a deeper source.

They come from a place where 'WE' write, and 'WE' create. 'WE' is where we finally understand that we are all connected.

Settling in, taking a deep breath and connecting—to my inner voice.

I have seen it time and time again...when my clients start trusting the voice of their intuition their worlds start opening up. They live with more confidence and peace. Calmness.

As I registered all of this and began to integrate it into my being, I started to recognize my guides as my Inner Council, aspects of myself that show up in every situation. Those voices that tell me to turn left or to call someone; they are merely the connected pieces of me speaking in a voice loud enough for me to pay attention. It's not something bigger or better than me, it is a bigger and better version of me.

You see, each one of us is connected. Our guides and our intuition, our Angels or our Guardians, each of these beings are connected by the never ending, never separate source. I have come to understand that our most powerful insights and transformations come when we are plugged into that universal energy flow.

I also understand that each of us has the flow going through and around us all of the time, and that at a deeper level, we can interpret and communicate within the flow. We can drink directly from the cosmic super juice, and our Inner Council—at its very best—is our direct line to the juiciest juice.

This is the book that inspired me, even before I wrote it, before I knew my Council in such detail. It is a book of introduction and beginnings and becomings, and it is sacred to me.

No more wobbling.

I know personally how powerful life becomes when we claim our own Inner Councils. It is our right and privilege to connect with ourselves and tap into the wisdom all around us to create whatever we choose to create.

And I am thankful that you are here with me, to walk this path together. Have fun, linger, play, cry, feel the words reverberate in your heart.

Dig your toes into the dirt, and allow your coffee to grow cold. And when you are ready, Your Council wants to have a word or two with you...

THE NINE

Our Inner Council consists of Nine main aspects. This number is sacred around the world and I'm sure I could add some nine-y stuff, numerology, chanting...just a paragraph or a few lines because I 'should' to enrich the experience for some. But really it doesn't matter, because the Nine aren't part of a rigid personality-typing or a way of identifying you in the world.

The Nine aren't abstract entities outside of you either. They are aspects of your own highest self.

They are ALL inside of you, always. The more we all develop and cultivate the beauty and strength each of them bring to the table, the more complete and beautiful our lives and businesses become.

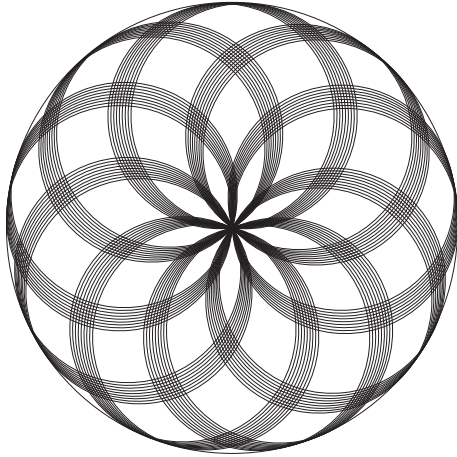
Each of the Nine is equally important in different ways. We can call on the strength of one or the softness of another depending on what is most needed in our life. We demonstrate different levels of expansion with each of them every day. We can embody their bigness or we can lessen ourselves and become the starved and needy version of each aspect. They inform each other of imbalances and support each other all of the time.

Our Inner Council is always loving, and I feel that love when I take the time to connect with them—with ME. There is no separation, just a feeling of being perfectly at peace...at home.

The aspects of my NINE each represent someone who has dedicated themselves to a craft, to a way of being. Someone who is focused and will fight for a cause.

That cause is me.

We have full access to our own unique Inner Council inside of us at all times. Let's meet them...



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A WORD OF CAUTION...don't use this book as another reason to compartmentalize yourself more.

Compartmentalizing ourselves comes up in conversations a lot with me (who the hell do I hang out with that this would be a normal conversation?). It's amazing how much we all divide ourselves into 'appropriate' roles, buttoning up to show our 'good' side, the side that will be accepted and liked, right?

My first session with my spiritual coach revealed something I was all too familiar with—the many faces of Stacy. There was football/tennis mom Stacy, wife Stacy, entrepreneur Stacy, coach Stacy, mother Stacy, daughter Stacy, a whole bunch of others and then at the very end hidden behind everyone else there was spiritual woo-woo Stacy.

I learned very early in life that this last side wasn't one to be worn loudly; that most people don't approve of guide-seeing, aura-reading, thought-reading, emotion-feeling little girls. It made me weird in school. More to the point, having gone to psychic fairs as a young girl experiencing the barrage of energy in the room and what I perceived as a child as those weird, weird, freaky weird people made me want it even less. I shoved her back in the recesses of my mind and only let her out with a sacred few who knew me well, like my Grandma and my mom. They educated this spiritual side of me, reading books and talking privately about new revelations and learning. But still, spiritual woo-woo Stacy remained a silent partner in my life.

As I got older, the pain of being hidden became too great, so I started letting her out more and more. She was still separate however, as if I could control when and where I could be spiritual.

My work with my coach helped me to lessen my control...to allow her not just to come out, but to weave her way through each of my different aspects, to be just as comfortable talking about Source at a rugby match as in a session. It took practice, but the more I let her out the harder it became to control her; to keep her separate from the rest.

Compartmentalizing ME was no longer an option. I still have control issues...it's still a work in progress, as I lean into the next level of expansion, and that first step was to show up as a unified front, whole and strong as one person rather than fragments of self.

So how can you integrate who you are more? How can you bring your whole self to the table each and every time? Where are you controlling your own flow to show up as perfect? How can you release control?

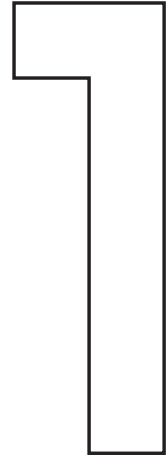
Use these Council Members to create a whole, unified YOU.



CREATOR
— AND —
STARTER

Life is a grand experiment
where we get to create things from nothing

the first seat



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.

Every business on the planet was launched by someone with a strong Inner Creator. Imagine a world without entrepreneurs and you'd have a world disconnected from their Inner Starters. The light bulb was created by a Starter. The telegraph, smoke signals, sliced bread...that spark of something from nothing and the drive to see if it can be real? That's the domain of the Inner Creator.

THE WORLD **NEEDS** US TO **START**, TO **CREATE**.

We need people who will lead the way, who will experiment and try new things. The world needs us to lean into this vibration more and more. I encounter clients everyday who have hidden their Creator behind their fears; who are unwilling or unable to take those first magical steps; who are so focused on a viable outcome that they don't get involved in the grand experiment.

THE UNKNOWN IS THE MOST POTENT FUEL FOR THE CREATOR TO EMBRACE.

It doesn't mean there is no fear, it's just that the tingle of fear is a sign of stretching into something new. It's the excitement of starting on a new adventure, hoping that you packed appropriately and trusting that you can buy more supplies if you need them.

When we lean fully into our Creator, we find the place where we don't just create to create, but we create only the things that we deeply connect with...that feel right. And we allow ourselves to choose a few things to create instead of frantically doing them all, or conversely doing none.

When we are repressing our Inner Creator, we become unwilling to take the first step and then we get stuck. We become unable to choose.

When we don't trust the capability of the Creator, we just keep getting ideas. And when we only focus on the ideas and not the implementation, we get overwhelmed and backlogged.

When the creative fires are set too low, we lose our natural moving state of freedom and we feel the need to fight for everything. Obstinate and unmoving, we hide behind a fierce or even a detached facade to hide our insecurities and feelings of inadequacy. For me that means I become all force and no flow.

I personally need to constantly fuel my Creator by giving myself outlets to create. When I don't do this I become stuck, I don't innovate, and I stagnate. Some days I do it by writing, or doodling or making jewelry. Some days it's by creating a new client or creating a new program for my business.

When our creative fires are lit up on **HIGH**, we understand that dabbling isn't powerful. A creator doesn't just have great ideas. A **BALANCED** Creator puts those ideas into action. A developed and **MASTERFUL** Creator also knows that flow is the most important part of creating powerfully, and when you are in the flow, there is no room for force.

S L O W I N G D O W N

the pace of our Inner Creator and keeping it in balance with the natural ebb and flow of the Universe is key. When we nurture this aspect regularly, there isn't as much pressure to do. The fear of missing out on doing something isn't an issue because we can trust that we will only start the things we are most meant to start.

FLOW VS. FORCE:

CAN YOU LET YOUR INNER CREATOR OUT?

I will **MAKE** this happen by myself.

It was my battle cry. Like an author forcing herself to write gibberish in the “designated time”, or an artist painting just anything so the walls will be filled, or the actor pretending they do not have the flu so the show will go on.

I will **MAKE** this happen.

Even if by forcing, what is produced is less than awesome or inspiring, it will happen. It becomes a creation of the mind, knowing that it must be done at all costs.

I will **MAKE** my business work.

I will **MAKE** my body be just so.

I will **MAKE** my life conform.

All **force**, no *flow*.

When I first started on the coaching path I led with that force energy...I had a posting schedule with themes mapped out. Perfect launch and marketing schedules in place. I was going to **MAKE** this business that was calling to me from my heart and soul. Years of internet and in-person marketing experience behind me, I took the plunge.

At the end of the year I had grossed \$1,150.

Every plan I had made failed. All my graphs and flow charts and schedules and excel spreadsheets were useless. I threw spaghetti ideas out into the world in a desperate hope that ONE of them would stick.

I carried on.

I WOULD **MAKE** MYSELF SUCCEED.

I got even more clever in how I was forcing things along. I started caring less and less about the product while my ego had meltdowns in the background.

Bruised and battered, my Inner Creator started looking for new things to create that weren't just about building my business. My mind and my Creator were in constant battle, coming up with clever plans to MAKE business versus going with the flow of my creation.

Until one day when I literally took every spreadsheet and task list and the cute little color coded "things to do" I had on my wall, and threw them all in the trash.

*I started reclaiming my day.
I started doing less.*

I bought myself a bunch of markers and—in an art journal—started to create for no reason during business hours. I remember those first few pages filled with guilty thoughts like, “I’m glad no one is here to see me coloring while I’m supposed to be working on my business.” I started writing for no reason. I started posting the things I wrote from my heart instead of the slick marketing copy.

*I started doing things that were against
the ‘rules’ of business.*

I showed up in videos without pre-scripted messages. I threw out my business cards. I started making jewelry in between coaching sessions.

The more I created the less force I felt. It became easier and easier for me to feel like I was in FLOW. I was feeding my Creator. I wasn’t inhibiting her and laying down the laws of proper creation. I was allowing her to show up as herself.

Without the separation of flow and business an amazing thing started to happen...The Creator stepped in and helped to CREATE clients from a soul-filled place. No logic or planning, just connected creation. My business started growing. In fact the less I did the more I created.

*I got support in areas that didn't
feel creative and allowed
myself to be the artist of my life.*

I DECIDED TO BUILD A MASTERPIECE.

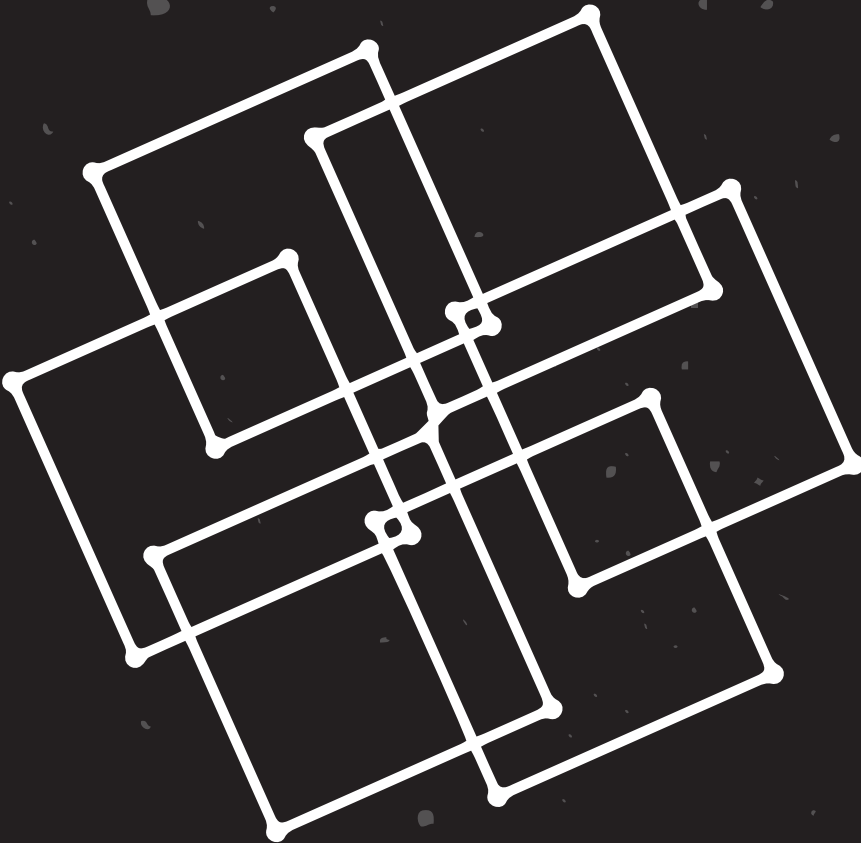
My business as a coach is an art form...never taking the same shape twice, each artist has her own style, her own color preference and medium. The coach creates her own unique brushstrokes on the souls of her clients. It's an expression of our inner selves and who we are and what we bring to the table. Creating paradigm shifts for others requires us to be fully present and fully authentically our own powerful selves.

Up to the point when I threw out all of the spreadsheets and task lists, I had been sitting in a room painting by numbers, copying from someone else's canvas, doing the things I was told I needed to do to MAKE a business. But I wanted to create art.

Art requires passion and dedication and an overwhelming willingness to break every single rule to make a masterpiece. Art required me to pick up that brush over and over again to really be able to feel and smell and see the paint in my dreams. To have it embroiled in my essence.

My business became beautifully crafted, sometimes one color at a time, sometimes by splashing all the colors on the canvas and rolling around in it. It's an art form, a great form of expression and emotion.

Where would we be
TODAY if we had
allowed our Starter to
create yesterday?



I threw away the paint-by-numbers crap and started creating my business like I would a masterpiece.

My Inner Creator **had** to be let out in order to create my powerful successful practice. There was no other way for me...I had to step into the FLOW of creation and out of the mental FORCE of business rules.

Each time I feel stuck or frustrated in my business, I recognize that I have repressed my natural creative energy.

No creativity = no clients.

No desire to start anything (conversations, programs, etc.), no fuel in my creative tank.

Always be creating in unexpected ways.

Pick up the pen and paper and write, or paint, or make something fabulous to eat. Explore the ways your creative juices are fed and allow them to flow all over the place.

LET YOUR INNER CREATOR OUT!

STARTING VS. FINISHING

On paper, I make NO sense.

I am a serial entrepreneur. I get ideas and instantly think 'how can I monetize that?' It was always enough for me just to get things going. But people don't understand that. In fact I found out early in life that people who start stuff are misunderstood. We're called flakes and unfocused.

We live in a society where *finishing* what you start is far more treasured than *starting* anything.

- Finish your dinner
- Finish your homework
- Finish your sentence
- Finish school
- Finish whatever it is you've started so you have something solid to show for it

We are a results driven society. We very rarely hear about the scientist who works on experiments for a lifetime only to show no solid results. In fact, that scientist isn't a very likely candidate for grants or funding simply because there's no clear output, no defined return on investment. We simply don't care about existential questioning that doesn't have an answer or formula for us to categorize and compartmentalize. We want solid responses

and results. We celebrate the scientist who finds a neat ending to his experiment and wraps it all up into a pill to deliver to the world.

Honestly, I've never really been that scientist.

My Inner Creator is strong. She loves to follow inspiration, even when it doesn't make logical sense. When I willingly start new things simply because I can, when I create things from nothing—when I am a STARTER, the independent leader inside of me screams 'I will not follow convention' or sometimes even logic. When I allow that vibration to take over I become a powerful doer, paving a path through the unknown, leading the way.

Sometimes I feel nothing but sadness and regret that I couldn't just be "normal."

Until I realized that the strongest part of me is simply underused in most people. That my Creator is in fact a superhero.

The shame I always felt around being multi-passionate and starting one adventure after the next changed in that moment. I felt as if I finally saw the divinity and perfection of who I was as someone who starts shit. That perhaps I would be misunderstood, that people may not get this drive I had inside of me to create, but that it was right and perfect for me and who I am.

My inability to be "normal" was simply a vibrant expression of that Creator inside of me.

FEED YOUR CREATOR

The ebb. Those times when you have no ideas, you have no desire to create anything. The couch looks perfect...far better than that newsletter you're supposed to write or that book deadline you're about to miss (ahem). I liken it to the doldrums—a ship stranded in the ocean with no breeze to be found, waiting for the breath of God to blow it to shore.

We cannot make the wind blow...
But we can pick up an oar.

TIME TO PATTERN DISRUPT.

Set things aside and do something counterintuitive.

- Jump in puddles instead of sitting inside watching the rain fall.
- Keep a file of awesome ideas to play with when you are feeling no inspiration.
- Draw instead of creating a client.
- Journal.
- Read.
- Go to a party.
- Play golf.

*Your ability to create is in direct proportion
to how **FULL** you feel.*

If you're on empty you won't have anything to create from.

No manna. No life force. No juice.

To be CREATIVE you must fuel your fires.

To create a business you must take time OUT of your business.

To write a book you must take time AWAY from your computer.

To paint a painting you must SEE the world around you.

*You cannot expect to sit down and be brilliant
if you are out of stardust.*

RE-WRITE THE RULES OF GOOD BEHAVIOR

and make the bad decisions that will lead
to the most *fabulous* stories.

S L O W D O W N

Yesterday, I read a book that had nothing to do with self growth, inspirational blah-blah, goddesses or expansion, and would not be trending amongst my friends.

I cuddled and napped with my granddaughter.

I warmed up dinner instead of cooking it.

I took a shower and didn't shave (tmi?).

I didn't turn on Facebook or check my phone except to read my book on it because it was lighter and less work than my iPad.

I didn't return messages or even acknowledge that I had any.

I didn't write in my book.

I didn't schedule appointments or have deep conversations.

I watched two recorded episodes of *S.H.I.E.L.D.* and at least one of *The Voice*.

I checked out, and it felt great.

I allowed myself to just be irresponsible & unresponsive...cocooning was the most restorative action I could take.

I just had a massive energy output in my business AND I had some really awesome projects emerging. And sometimes I forget to pause. To allow the full expansion to really settle into my bones. To celebrate and NOT do. I rush from one creation to the next without fully appreciating what I've done and who I had to become to be able to do it. Always in a cycle of 'NEXT' instead of appreciating a moment of 'NOW'.

That's where the breakdowns are triggered, when we don't allow the contraction to be easy, when we don't slow down enough to really notice, we suddenly wake up, look around and shock the hell out of our egos who decide to run the stories that don't need to be replayed—those stories that judge us and our situation and keep us stuck and feeling bad.

I remember my first assignment from one of my coaches, July 2013, when we were about to hang up. He called me a tinkerer—always tinkering with something new or reworking something existing. Said it was holding me back from really truly creating something powerful. He assigned me the challenge to do nothing in my business for 2 weeks (other than serve the people who were already on my calendar). To shut down everything for 2 weeks.

*The inactivity was more painful
than childbirth.*

AND it allowed me the space to really analyze where I was and recognize where I was out of alignment, on a path that wasn't the one I wanted to be on. I was so filled with 'next' that I was just nexting my way out of my own message. Those 2 weeks of nothing changed everything for me and opened the doors for my internal world to take the reins. I needed space that I had never allowed myself to actually take.

PAINT BY NUMBERS

Being an entrepreneur is an art form...never taking the same shape twice, each artist has their own style, their own color preference and medium. As a coach I create my own unique brushstrokes on the souls of my clients. It's an expression of our inner selves and who we are and what we bring to the table. Creating paradigm shifts for others requires us to be fully present and fully, authentically our own powerful selves.

So why are we sitting in a room painting by numbers?
Why are you copying from someone else's canvas?

You want to create art? Well art requires passion and dedication and an overwhelming willingness to break every single rule to make a masterpiece.

You must pick up that brush over and over again to really be able to feel and smell and see the paint in your dreams. To have it embroiled in your essence.

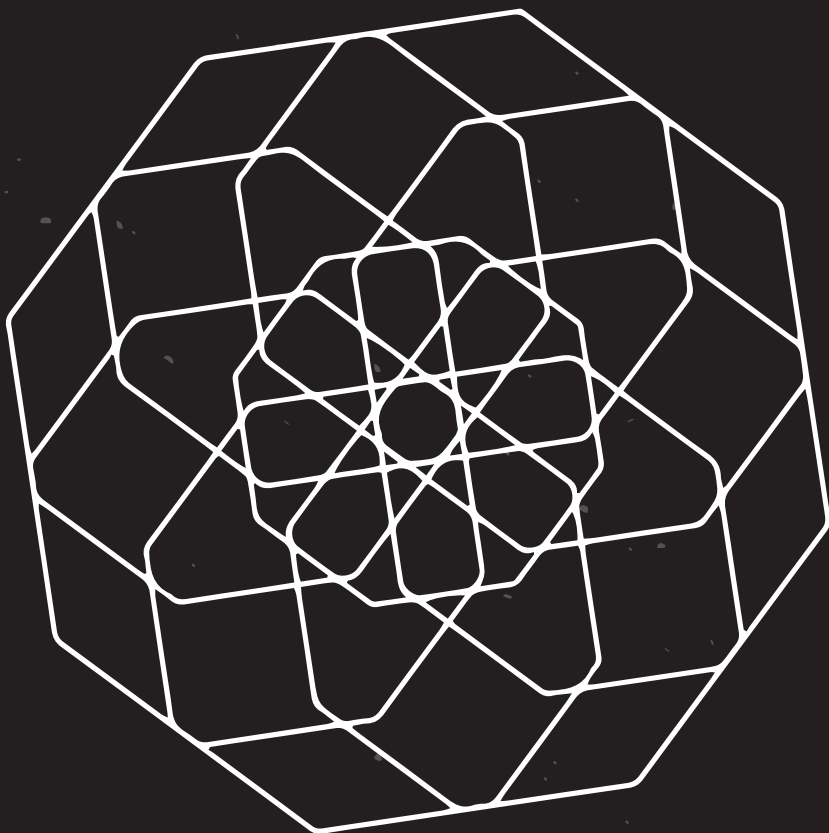
Your business can be beautifully crafted, one color at a time or by splashing all the colors on the canvas and rolling around in it. It's an art form, a great form of expression and emotion.

Create your business as you would a masterpiece.

Throw away the paint-by-numbers crap.

Results aren't important to
the starter.

STARTING is.



WHAT IF THE NUMBERS OR THE LIKES DIDN'T MATTER?

I've had a coaching blog for years...thoughts and rants...what I felt (in the beginning) I was supposed to blog about. I can trace my own personal progression as a woman and as an entrepreneur reading through them.

Someone asked me yesterday how I have posted at least 2 articles a month for years. "What's your secret to writing so much and getting so many comments and likes?"

If you really want to know how to write more, then I ask—how can you not CARE about writing more? I populate my blog with a living record of my own personal progression as a coach, a person, an author.

It's not a tool for my business, it's a tool for my life. I don't care that I have x many posts or that they are optimized for SEO, and I don't care how many hits I get. (I stopped watching numbers years ago and I've succeeded at higher and higher levels since.) I don't get a bunch of comments or likes on my blog.

I don't write for you. Sorry (not sorry).

I don't write for business.

I write to say the things I just feel like saying.

I write because it helps my Inner Creator feel full.

And yes, sometimes I write about a new program I'm launching or a spot on my coaching roster...because I FEEL like it, not because I feel like I should.

And sometimes I just write what pops into my heart at random moments.

I allow my Creator to have free reign, no restrictions or optimization or goals to convert. Just allowing the words to flow out onto the blank screen.

RESULTS AREN'T IMPORTANT TO THE STARTER.

Starting is.

Want to be a better writer? *Write.*

Write horribly. Write with poor grammar. Write nonsense. Write from your heart.

Want to be a better blogger? *Just Be.*

Think of it not as a piece of technology that will get you those magical clients, but as a piece of your soul on display.

Want to post things on Facebook that everyone loves and comments on?
Stop trying so hard.

I've had profound posts that have only had a few likes. And sometimes that stings a little until I realize that the post is about ME not YOU, and then the numbers don't matter.

Want to create a new program?

Create it. Talk to people about what you're creating while you're creating it.

I don't write for likes, I write because I CAN.

The numbers don't matter. The amount of articles don't matter. The number of posts don't matter.

What matters is you, and what creating and writing does for YOU.

IF THE NUMBERS DIDN'T MATTER, WHAT WOULD YOU SAY?

Say that...

IF THE RESULTS DIDN'T MATTER, WHAT WOULD YOU START?

Go do that...

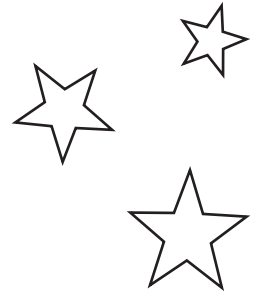
HANDY DANDY

Cheat Sheet

REPRESSED + CONSTRICTED CREATOR

- Too many ideas, no action
- Overwhelmed by the first step
- Stuck in inaction
- No trust in your ability to create
- Lose your natural moving state of freedom & end up fighting for everything
- Obstinate, unmoving
- Feeling inadequate and incapable
- All force and no flow

FOR THE **CREATOR & STARTER**



FULLY EXPANDED & EXPRESSED CREATOR

- Lots of ideas and a focus on one at a time
- The first step is made because it's exciting and fun
- Taking inspired action
- Trusting your abilities to create anything
- Stepping powerfully into the nature of life, by experimenting with new ideas and creations that bring more freedom and space for you
- Curious, flexible
- Feeling fear as an indication that moving forward is exactly right
- All flow and no force

YOUR COUNCIL IS IN SESSION NOW

Thank you for reading this preview... if you'd like to read or learn more about the rest of your council members, you can buy the whole book on Amazon or dive into the video class at stacynelsonunlimited.com



STACY NELSON

is a best-selling Author, Publisher, Coach, Mentor, Multi-Passionista & whatever else she feels like being on any given day. Stacy grants her fellow intuitives & empaths a golden ticket of permission to tap IN and build their businesses and lives from a heart space. She helps THEM create their reality with their own energy and unique spiritual signature.

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