

# Vibe with Your Vision mini-retreat

## School of the Uncomfortable

This is the first step in creating **internal allies**.

All the voices you've been avoiding and pushing down are like little children trying to get your attention. The more you ignore them, the louder they get.

Here, you're creating a space and a way for them to be heard. You may be amazed to find that, once they feel safe and acknowledged, **they will actually begin to help you**.

This may happen the very first time you do this. It may happen after you've done it several times. Just be patient and do this process with a sense of curiosity and lightness.

**Only spend a few minutes on this.** You can do it as many times as you want, so often the shorter you make each session the more likely you'll do it again.

1. **Mentally create a classroom**, making it as fun as you want it to be. YOU are the teacher. The students are all the parts of you that are saying things that you make you feel uncomfortable or upset - things you may often avoid hearing. Many people call these parts "saboteurs".
2. **Ask the students to share**, one at a time, whatever they want to say.
3. **As they say it, you write it on the imaginary board in your mind**. Repeat it out loud, thank them for sharing, and ask for the next comment.

**Important:** Don't believe, judge or get caught up in anything they say. This isn't about whether they're right or wrong. It's about listening and acknowledging. This is one point of view, one opinion. If it helps, you can think, "maybe, maybe not" after each statement. (See the "Call for Help" section on the next page for more.)

4. **If the tone changes** - if their comments get 'worse' or 'better' - just keep writing them down. You're just listening.
5. **Do this in your imagination** - you don't need to remember the statements.
6. **Look at the board. Acknowledge and appreciate what they've shared.**

7. **INTEGRATE:** Notice what you feel. Wherever you feel tension, pain, sadness, anxiety, happiness, hope, excitement, breath into it - not to enjoy it or 'get rid' of it, but to *make space for it*. Simply stay with it. Sit with it for another minute, then let go.

## Call for Help

If you find yourself getting "hooked in" emotionally or intellectually with the students, you can call in some help. Here's one way of doing it that's worked great for my clients. You might think of another. (I'd love to hear about it if you do!)

Call in a part of you that can be a reporter. You don't have to specify more than that. Someone will show up.

Ask the part to *interview* the student who you're having the hardest time with. Just listen as the two parts talk.

Bring anything that still feels charged or heavy to our next [Vibe with Your Vision](#) call and include it all in the clearings. You'll love the difference in how you feel afterward!



Sara Arey helps entrepreneurs break through the mindset blocks and old behavior patterns that limit their productivity and success. She helps clients go from struggling to a more expanded, empowered expression of themselves. Her clients call her work rich, transformative and surprisingly easy.

Sara's work has resulted in hundreds of creative entrepreneurs in both small and mid-size businesses finally taking consistent, committed action towards their highest goals. Once released from self-sabotaging behaviors and limitations of their past, her clients are able to fully

inhabit the future – and the present – they've always dreamed of.

Sara is the creator and founder of RefutureYourLife.com. She works with clients from all over the world in group programs and VIP packages. Download Sara's free "PowerShift Starter Kit" at [www.RefutureYourLife.com](http://www.RefutureYourLife.com).