



## You as a Business Owner

This month, we're giving ourselves permission to show up as the Business Owner we're capable of being. Beyond giving ourselves permission, we'll be cultivating our ability to embody and show up this way. If "business owner" doesn't resonate for you, use "professional artist", "successful designer", "renowned speaker" or whatever speaks to you. **This is such a big topic, that we're going to spend two months on it.**

As a key part of this, we'll be embracing the energy of discipline – especially of the mind – along with specific practices to increase our energetic strength.

**The archetype of the warrior is a great example of the energy of discipline.** The warrior is very different from the soldier. The soldier's focus is on following orders. Her emphasis is on *doing* whereas a warrior focuses on *being*.

The warrior knows the value of discipline, practice, strength and *flexibility*. This applies to her body, her heart, her mind and her energy system. The warrior is dedicated and acts with integrity. Her stance is grounded in purpose, and she fully inhabits her body, moving with full reach and full expression.

The warrior flows with the energy of Life, moving in response to the opportunities that arise. She's present in each moment, both relaxed and alert. She knows the importance of rest so that she's in top form. She knows the value of play, which keeps her agile and vibrant. She's quick to laugh and gracious to others, confident in her abilities, worthiness and knowledge. She is a leader.

What do you feel in your body as you read that? What emotions are you experiencing?

### Discipline – what it is and isn't

Many of us have some negative connotations about discipline, so I want to start off by being clear about what it is **not** in this context.

- ⊗ **Rigidity**, which is rooted in fear. Rigidity is a sign of tension, and of shutting down energy to parts of your body and brain. This includes rigidity of thought as well as of muscles.

- ⊗ **Pushing the river.** This is a bit of a tricky one. There are times when we need to push ourselves through old patterns, fears and discomfort, what I think of speed bumps. What we don't want to do is to try to force things that aren't in flow with Life.
- ⊗ **Strictness.** While consistency in practices makes a huge difference, stay present to yourself. If your Wise Self is giving you other instructions, follow those.
- ⊗ **Punishment.** Developing discipline is very different from being punished. Punishment is inflicted on you to limit you and your expression. Discipline is something you're *choosing as a pathway to greater expression and creativity.*

**Discipline here means developing mastery** – mastery of self, not of anyone or anything else. We're teaching, coaching and guiding ourselves. This discipline is based in love and acceptance – of ourselves, our situations and others. Dedication, surrender and grace are components of this discipline.

**Presence is vital for this type of discipline.** Awareness of internal motivations and constant course-corrections will be needed. Clarity is one of the most important attributes of the warrior. A lot of pain can be saved by recognizing when you're being driven by fear, a desire for achievement and recognition, an attempt at perfection, to please others, for your own comfort, sense of safety, or sense of being in control.

## Here Comes the Judge

What most often gets in the way of our embodying our warrior selves is, of course, our Safety Self. The Safety Self can speak with different voices. The most prominent and ubiquitous voice is that of the Judge.

The Judge voice is that voice that tells you what's wrong with you, someone else, or your situation or environment. It comes from the mind, not the body, though you may notice physical responses at times to what the Judge is saying.

**The Judge can be extremely harsh**, berating you and telling you that you're worthless and don't deserve to have a successful business, and that what you do isn't important. It can **also be extremely subtle** and sound very reasonable, but with the same effect of keeping you small and unsure.

Knowing that the Judge is trying to keep you safe doesn't mean that the messages feel any better. Good intentions don't always equate to positive outcomes.

**Part of disciplining our minds means not letting the Judge have her way.** We don't want to get angry at her and fight against her, because that gives her strength and perpetuates the struggle. It's also part of her subtly because getting angry at her means your judging the Judge, which is also giving her voice.

Instead, we can do two things:

1. **Do practices and exercises to build up the neural pathways that connect us with our Soulful or Wise Self.** This wise voice is located in a different part of our brain, and is strongly connected with our body, especially the 2<sup>nd</sup> (Sacral), 4<sup>th</sup> (Heart) and 6<sup>th</sup> (3<sup>rd</sup> Eye) chakras. Building the circuitry in the body supports these connections. *Disciplining ourselves to do the regular practices is key here.*
2. **Become more aware of the voice of Judge and don't let it drive the bus.** By interrupting the rantings of the Judge and not allowing it to go on and on, those neural pathways begin to weaken from lack of reinforcement. *Disciplining our minds to maintain focus is essential.*

In essence, we're working to rewire our brains and nervous system.

## Practice, practice, practice

This month, we're going to focus on the preventative practices, the ones that build your circuitry and strength. Next month, we'll look at pattern interrupt practices.

So much of what we've been doing over the past months falls into this category, such as:

- ⊕ **Power Pose**
- ⊕ **Listening to Refuturing Process recordings**
- ⊕ **The Central Channel Breath** (breathing up and down a channel just in front of your spine that connects all the chakras)
- ⊕ **Future Now**
- ⊕ **Meditating**

One new one I want to share is called the **Solar Plexus breath**. This one is important because the solar plexus chakra is the seat of your personal power. It's also associated with the mind. Focusing the breath in the solar plexus builds strength and clarity of mind. The solar plexus and the heart are deeply connected because the solar plexus gives strength to our expressions of love. You can see why it's so beneficial for what we're working on.

### Instructions for the Solar Plexus breath.

- Contract mula bandha (like doing a Kegel exercise, these are the muscles you'd squeeze if you were going to the bathroom and wanted to stop the stream).
- Contract the muscles below your navel, pulling them toward your spine.
- Contract the chest muscles and draw the shoulder blades together and down.
- Focus on your solar plexus (the area above the belly button and below the ribs; if you were hit here, you'd lose your breath).

- As you inhale, push the solar plexus area out, making it expand to the size of a grapefruit. Try not to let your lower abdomen or chest move – only the solar plexus. It may help to put a hand on your solar plexus to focus your attention.
- As you exhale, contract the solar plexus to the size of a baseball.
- Practice this until it feels comfortable (or at least doable 😊).
- When you're ready, add it into the Central Channel Breath. To do this, breath up through mula bandha into the solar plexus, then exhale up through the channel and out your crown. Then inhale through your crown and down the channel to your solar plexus, then exhale down the channel and out mula bandha.

**Are you ready to explore this topic for yourself? Let's get started.**

*How I've seen self-discipline (structure, self-guiding, mastery) in the past:*

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*What I see is possible for me if I cultivate self-discipline based in love, acceptance, dedication, surrender and presence:*

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*My "why" – the reason I do what I do in my business, the reason I have a business:*

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*The **one** practice I'm going to do every day to build my strength and circuitry is:*

- Power pose** (which could include the Warrior poses from yoga)
- Central Channel Breath**
- Listening to Refuturing Process recordings**
- Meditation** (including a focus on feeling the energy of victorious warrior)
- Solar Plexus breath**

As you do the practice of your choice, feel or imagine that you feel strength and a bright light filling your body. You may experience them as pulsing, steady, increasing, warm, neutral, or something else. Whatever you feel, it's just right.

*I'll do it at this/these times:* \_\_\_\_\_

The way I'll remember to do it is: \_\_\_\_\_

My Safety Self's Judge voice gets triggered when:

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When my Judge focuses inward on me, it/she's most likely to say things like:

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When my Judge focuses outward on a person or group, it/she's most likely to say things like:

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When my Judge focuses on my situation or environment, it/she's most likely to say things like:

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When I put my attention on my body right now, I notice:

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**Do an energy or power pose and say aloud:**

*I give myself permission to show up fully as a business owner/ professional artist/  
successful coach/ healer/ teacher/ designer....*

Feel or imagine yourself feeling that in your body, as though every cell is joyfully,  
victoriously filled with it.