

A person is holding a woven basket filled with purple flowers and green leaves. The basket is decorated with a red and white striped fabric ribbon tied in a bow. The background is a soft-focus image of the person's arms and torso. A dark blue rectangular overlay with a white geometric border contains the title and subtitle.

Soft & True

WORKBOOK 4: THE RESOURCING

ACTIVE SOFTENING:

- RAIN
- Up to me/
not up to me
- Stay with
yourself

WOOP



THE GATHERING OF RESOURCES AND SOFTENING OF RESISTANCE

MODULE 4



Let's not lie to ourselves and say that the path so far has been easy breezy. There is a reason so many don't live their truth, settle for way beneath their standards and in some ways give up. ... but that's not you, is it? You're really in this. So let's power up, because we're still just getting started.

This week we're fully meeting our inner worlds. We're softening. We're nurturing. We're caring for all that has come up so far. Not passively, but actively. And we're powering you up for the path ahead. Because most of all, YOU matter. And that's what this is about: YOU, soft & true.

RAIN

MODULE 4: THE RESOURCING

By saying no & raising your standards, you've done some incredibly important work. Now, it's time to take exquisite care of yourself as you stabilize at the new level. Shame, fear, anger, irritation, desperation, doubt are quite common visitors when we uplevel. The trick is to love and nurture yourself without giving into believing the thoughts that accompany.

What to do

(1) When you can, in real time as things get uncomfortable:

Recognize: Become aware of the discomfort.

Allow: Choose not to numb the discomfort.

Investigate: Notice the sensations, emotions & thoughts that accompany it. Ask gentle questions.

Nurture: Try to take care of this part of yourself that's comfortable without believing its stories.

(2) Do the "RAIN" meditation



RAIN

RECOGNIZE

ALLOW

INVESTIGATE

NURTURE

UP TO ME / NOT UP TO ME

MODULE 4: THE GATHERING

A life that is soft & true is a life that constantly reinvents itself on the edge between:

Trust, surrender, letting go
and

Empowerment, control, action.

What to do

Practice dividing your to do list into two columns. (After you've ditched what you decided to ditch last week).

Take charge of the "up to me" column. Soften around the "not up to me" column.

None of it is really up to you.
All of it is actually up to you.

Both can be true at the same time.

Do this on paper and in your head in real time.



EXAMPLE:

Up to Me

- Carve out an hour for my healing work & practicing RAIN

- Rent a cottage, with the intention of creating quality family time

- Having a conversation with my husband about what I'd really like to do next in my life

Not Up to Me

- Healing or a breakthrough occurring

- My kids wanting to be available for it.

- Him liking or agreeing with it.

STAY WITH YOURSELF

MODULE 4: THE GATHERING

This is the most important lesson this week and possibly the most difficult to implement.

What to do #1

Stay with yourself.
Stay with the feelings.
Stay with the desire to numb.
Stay with the difficulty.
Stay with the lack of clarity.
Stay with the irritation.
Stay with the desperation.
Stay with the loneliness.
Stay with the despair.
Stay with the rage.
Stay with the love.
Stay with the yearning.
Stay with the appetite.
Stay with the self-pity.
Stay with the confusion.

Stay with yourself.
When you leave, welcome yourself back.



What to do #2

Use the meditations on the page.

They will build your energy and your capacity.

For loneliness? Do the safety & connection meditation.

For general healing or confidence building? Work with your inner healer.

For triggers? Do the inner child meditation.

For resentment & confusion, do the heart healing.

W O O P

MODULE 4: THE GATHERING

You identified an area that doesn't rise to your standards, but you're afraid to approach.

No pressure here, we're going to start building your resilience around it. These are the things that our brain can go into catastrophizing about. Be careful not to believe those thoughts.

What to do:

Journal:

(1) What is the wish behind this admittance? What is the desire?

(2) What might it be like to have this desire become a reality in your life?

(3) As you start moving towards that, what obstacles might show up?

(4) How will you handle each obstacle? Create a simple "if-then" plan for each one.



W O O P

WISH
OUTCOME
OBSTACLE
PLAN.

SOFT & TRUE | MODULE 4 | THE GATHERING



DEEP HEALING IS REQUIRED OF YOU
THIS WEEK. DO IT WITH LIGHTNESS &
SOFTNESS AND YOU WILL BE
REWARDED.

INGE BROER