



Women's Value & Empowerment Roundtable©

January 10, 2017

A Chat with my Soul and Three Irrational Facts

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A Chat with my Soul

Imagine your soul being a purple ribbon.

How do we lose pieces of our soul? Is 'being blocked and having no direction' connected with it?

Know that parts of one's soul can vanish when we experience trauma such as accidents, illness, or the death of a loved one; also divorce and repeated emotional and physical abuse cause that loss. These parts of your soul disappear for your protection, and usually don't come back without assistance.

Imagine Your Soul- the lost parts of it are represented by knots, tares and holes and you're trying desperately to smoothen out the ribbon and mend the holes? Now imagine yourself knowing how to mend the tares, close the holes and straighten out the ribbon so it can sail in the wind of your breath, and on the energy rays of your life's melody. Imagine it!

A Tare	experience	Mended
A Hole	event	Close
A Knot	happening	un-knot



Three Irrational Facts- that can make Your Life miserable-
So, let's ditch'em!

1. **Fear** The belief that you do 'not deserve it'
2. **Habit** The notion that you 'have to' change someone or a situation
3. **Belief** The Lack of skills on how to 'remove' yourself from negative surrounding

Let's take a Look -

Recognize that you deserve the Best, that you are not a victim, that you will not carry the responsibility for others' despicable actions. Know that your self-power is stronger than others' destructive energy. Remember, it's only about you!

Accept that you cannot change a situation or the behavior of others; therefore, it is completely beyond your power and your own actions/situations. Remain guided/influenced by your truth and clarity which is the positive force changing you and your situation. Remember- it's only about you.

Release all unwanted, let go- overcoming challenges is using thoughts and actions that conquer feelings of inadequacy and frustration. The notion or belief that you must bring change is fruitless, remove yourself when your encouraging influence and/or power has ceased. This is the ONLY path to emotional freedom, to self-empowerment and to high self-esteem.

After all, I AM the most important person in my Life.

Q & A to the three Irrational Fact: Fear, Habit, Belief

FEAR	
HABIT	
BELIEF	

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