

# Building Your Council

Create your own council of advisors, teachers, mentors & healers.

I envision my council as a panel of experts who show up for me when I need advice and encouragement. My panel includes visionaries in my field like Martha Beck, Danielle LaPorte, & Richard Bartlett. I also have mythical figures like Merlin the Magician and a medicine woman who allow me to access magic and esoteric knowledge. My father, who is in Spirit, is on my council and always gives great advice and is an enthusiastic cheerleader. I also have my Spirit Guides who gently steer my focus and stand beside me.

For each of the energetic qualities you've determined to be essential to becoming the vision you hold for yourself, choose a celebrity, author, business person, friend, or relative who embodies each trait? Choose one or all of these people to sit on your personal advisory board.

## Leaders, Mentors:

“Success leaves footprints”

Consider the qualities you will embody. Who are the leaders in this field? Who has created exceptional success or demonstrated extreme mastery? How can you begin to feel connected to this person? Do they have an autobiography, YouTube videos, podcast interviews or articles?

The goal is to begin to feel a connection and a sense of understanding of who they are.

## Soul Sisters & Brothers:

Who you know personally that exemplifies one or all of these qualities? Are there specific examples of when you have seen this?

These can be people you know from afar or interact with every day. It's okay if you don't agree with or want to emulate everything about them. You're adding them to your council for a very specific purpose.

For example, you have determined that you need to be assertive and speak directly rather than sugar coat your words. Your Mother in Law just happens to be someone who has NO PROBLEM asking for exactly what she wants and telling you just what she is thinking. Is she a good candidate for your council? Maybe. Can you think of someone else who embodies the same qualities but doesn't leave a path of destruction?

## Spirit Guides:

If you already work with your guides, fabulous! If not, you will begin to get a sense for them. Open your mind to their existence and let go of attachment to what a relationship with a Spirit Guide should look like. It could be anything! A rock, turtle, princess, color... anything!

We will all have an hour of coaching time and this is something we can explore together if it feels important to you.

## Consulting Your Council:

Now you've got them, what do you do with them?

Here are some suggestions:

**Automatic writing~** sit down in a quiet space, take a deep breath and write or speak, "I open myself now as a channel to the guidance of my council." Write your question and then start writing the answer. It will feel like you're making it up but allow yourself to keep writing for at least several minutes and see what comes through.

**Shamanic Journey~** Put on a shamanic journey meditation or journey drumming/rattling. Allow yourself to be carried into the journey. You can hold a question in your mind or simply set the intention that you will be met by someone from your council.

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**Go Direct~** Choose someone from your council and set the intention to connect energetically. Close your eyes and imagine yourself in a special place (mine is a hobbit house with a cozy sitting room) and when you're ready, open the door. On the other side will be your guest.

Allow this to be what it is. You may see them in your mind's eye or feel them give you a hug. You may feel "nothing". Allow whatever shows up to be fine and enjoy their company. Get a sense of their personality. Ask questions. Notice how you feel sitting in the same space with them. Can you feel a resonance with them? Is the quality you chose them for expanding within you?

**Ask For Help~** When you're facing a situation, conversation or experience that feels overwhelming, go ahead and ask them to be with you. Before you walk into the interview, invite your confident and well spoken mentor to accompany you. You are not alone! Ask for what you need and try not to hold expectations about how it shows up for you.

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