



Class #3

Access Your Soul's Power

Instructors: Narayani Gaia & Jen Currie

PART 1. Claiming Your Vision

What is your intention to be in leadership?

Write this and hang it up on a sheet of paper for you to look at everyday.

PART 2. Dismantling Fear & Stepping up

Where do you feel afraid to step up?

- With friends?
- With family?
- With opposite sex?
- In public?

PRACTICE

Choose 1 more of following:

- Do a clearing
- Hire a coach
- Meditate for guidance
- Practice being loving and open and more communicative in public with people

PART 3. Breaking Through to the Other Side

Do you feel stuck and the doors are not opening up in your life?

HOT TIP: How to get unstuck

- Even if it is uncomfortable, you are nervous or afraid, decide on one new committed action step so you can move forward in leadership,
- Breathe
- Listen to the loving voice of your Higher Self within your own intuition
- Choose what you know is your powerful choice.
- Ask for help from people who can help you.

Thank you for taking the time to do the inner and outer work to lead with love!!!

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Got questions? Email NarayaniGaia@gmail.com