

Generating Joy

*Release the Struggle,
Embrace the Mystery*

Holistic Tools for Living Your
Most Empowered Life

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About Suzanne ...

No one said life was easy. And that's fine, but sometimes people buy into the concept that all of life is a struggle. You've seen the bumper sticker "Life sucks, then you die"? That's one way to live your life. But there are other choices. And you know that or you wouldn't have this book in your hand.

I help you create more joy and passion in and for your life, whether that means emotional balance, stress reduction, injury rehab, moving beyond the stuckness or blossoming and moving towards your highest potentials. I teach you how to manage your energy. I offer tools to support your journey. And I offer trainings for you to do it as self help or to become a practitioner.

I work with the physical, subtle and/or energetic systems, depending upon one's needs and desires. However, the pathway is the same. It is a path of self-knowledge through learning to connect to your body, releasing the blocks and letting your energies flow more easily. Through your body's wisdom you gain access to health and wellness, emotional authenticity, inner peace and connection, intuitive knowing and a stronger sense of self.

The reason I can do this is because I've been there – wiped out, not knowing how to stand back up, yet knowing that I had to because I was totally committed to raising my kids to grow into the incredible beings I knew them to be. I also knew that there was more to life than what I was living. I was just on the wrong page – or in the wrong book – or something.

So I did what I had to do to rise from the ashes and birth into the deeper truth of who I truly am in order to lead them into the deeper truth of who they are. And it is a journey I am most grateful for and will always be on, for the deeper we go, the more there is.

And, of course, I've gone on to study the dynamics of being truly alive (body, mind & spirit) and choose to live in my fullness. Along the way I've created a valuable tool box and am intentionally living my passion in service to the greater good.

Since 2000, I've taught workshops and professional trainings helping others in their awakening and flourishing process, both through healing and personal empowerment modalities. I hold a Masters Degree in Holistic Health Studies, various Bodywork, Subtle and Energetic Healing Certifications and have been involved in the holistic health field since the late-80's, professionally since the early 90's.

My biggest vision is to live in a loving, dynamic world where each of us shows up as the powerful, creative, brilliant and radiant being that we are, engaged in a fully awakened life.

And to create and sustain rich, deep, inspired and loving relationships with others that are formed inside of a powerful, mutual commitment to support the greatest possibilities of our lives.

Let us all live in our joy and passion! That is my north star, my guiding light.

It is my hope that you will use this book as a starting point to dive more deeply into yourself – for you are an incredible being – do you know that? And you contribute so much to the world whether you realize it or not – so, you may as well do it consciously and with joyful intent!

Introduction

Do you feel like you've handled survival and you are now ready to engage your deeper passions and flourish in your life?

As you awaken from the belief that life is a struggle and you begin to feel that deep inner hunger for more joy and passion, of opening up to possibilities and opportunities, there are shifts within you that must happen.

This takes *courage, commitment, a good sense of humor, a few rivers of tears and a vision, your north star, to keep you on course.* Whether you read this book cover to cover or in a random fashion, you will find tools, questions, resources and musings to help you:

- *Awaken Within – Move beyond the pain, the confusion and the stuck places in your life towards knowing yourself better; your needs and desires, your dreams and intentions. Then sink in more deeply to access your destiny, your individual north star. Know thyself.*
 - *Generate Connection – First with self, then with life for you must connect within to weather the*
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storms of life guiding you towards greater wholeness.

- Find your Unique Flavor of Brilliance – Tap into your individuality to uncover, recover and discover more of who you are. Learn to stand in your core strength and connect with life from THAT place.
- Blossom into the More that You know You are – Standing in your core strength with the wisdom of your experiences, skills and talents is a powerful place to create from. Take a stand to be yourself and share your unique gifts with the world!

Winds of change are in the air. As life's circumstances engage you in change, you can fight it or go with the flow. Going with the flow means living your life from a position of inner strength and wisdom, knowing that life is a gift and you play a key role in how it unfolds.

Challenges are up for each and every one of you. Those who choose not to deal with their issues and attempt to turn their back will find their world getting smaller and smaller as their issues come up yet again in another form. Life's challenges will continue to build. Fortunately many people realize this and choose differently.

You are continually inundated by the on goings of the world around you—the fears, the uncertainties, the challenges and struggles, as well as the beauty, the joy and the opportunities to create a life of your choosing.

Is it easy? Not always and it takes learning new skills and developing new capacities. It will require remaining open and present to the moment, connecting to self and living from there.

The important piece here is that you do not have to do it alone, nor is it even possible, for there are places where you must have a hand to hold. The opportunities for support are endless. It is time to join together in collaborative ways for the greater good of all.

You may choose to show up as the creative, brilliant, dynamic individual that you truly are and generate connections with others to support the full flourishing of one another and of our world.

This is, I believe, the direction we are heading.

Care to join us?



It's not what you are that holds you back,
It's what you think you are not.

~Denis Waitley~

Who are you? Who are you to think that you
can change? Who are you to think that you can
change your world?

You are the only one that CAN change your
world, for it is through your early experiences
that you created false beliefs and they grew
as you grew. As you release the false beliefs,
old stories and traumas, you are free to
experience the deeper truth of who you are and
to live your life in a new way.

How does that feel in your body?

Pause. Breathe.

Read it again, out loud, and see if you can
sense your deep, inner urge to step out and
make a difference. To live with more joy and
purpose.



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Put on some delicious music and dance. Feel the beat, feel the rhythm, feel your connection to the earth, to yourself and your life.

In this moment, know without a shadow of a doubt, that you are a powerful source of creation in this world.

You are a gift unlike another, and what you express can only come through you, for you are unique and wonderful.

You are the only one that CAN change your world!!!



Life is like riding a bicycle. To keep your balance, you must keep moving.

~Albert Einstein~

Life is full of *necessary loss* – the loss of a job, a loved one, an item of *significance, agility or grace* – it can be many things, but whenever there is a *sense of loss* there is some *degree of grief*. Something that was a part of you is now gone.

The *process of grief* has many *twists and turns* and is not a *linear process*, but there are *several stages* that one must travel through in order to fully *embrace, release and move on* from the loss.

The *stages* are commonly understood to be *shock or disbelief, denial, anger, bargaining, guilt, depression, acceptance and hope*.

The *key* is to keep the *movement* – keep riding the bicycle. Allow your feelings to be *expressed*, allow the *natural process of grieving* to occur and trust that the *emptiness within* will *absolutely be filled*. There is no *hurry to fill the void*; it will happen *naturally*.



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In dealing with my most recent loss, I diffused a blend of essential oils, turned on music with a strong earthy beat and cleaned house, pausing to cry as I went along. It was very nurturing and healing and exactly what I needed at that moment.

The one constant in life is change. Life is not stagnant. If you get stuck or attempt to stop by resisting what is, are you not then in the process of losing your balance, falling over and, by default, in the process of decay as you lay there?

Don't wither away by default – find a way up and get the help you need. The world needs you.



What Size is Your Box?

We all have limitations, whether we've created them ourselves or adopted those created by others.

The freedom comes in recognizing that you have the power of choice to live within them or expand them to suit your needs.

For your children, you set the limitations, or boundaries, for them to explore and grow within.

As they mature and begin to accept responsibility for their actions, you expand their boundaries.

In this way, they are able to grow up in a size-appropriate environment to explore their ever expanding world.

As an adult, you create your own limitations or adopt those of others.

Some "limitation boxes" are small and made of steel, others are large with perforated sides so that you can peek beyond their structure,



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but remain safely inside. Some have doors so you can go out and explore but have a safe place to come home to and others seemingly have no sides or walls at all and anything goes.

You create them to make order of your world and to function within it.

And you have the power to change them at any time. It is all simply choice.

How do you feel about what you've created? It is time to reconsider?





Not everything that is faced can be changed.
But nothing can be changed until it is faced.

~James Baldwin~

If frustration and anger are building, first off Breathe!!! (see pages 16 - 17). Then try something that doesn't require quick thinking or decision making like walking or swimming.

If stress and responsibilities are building, go for something that requires concentration to give you a break, such as zumba, archery or circuit training.

If you feel vulnerable, you might consider taking on a challenging activity such as a new class, weight training or skiing to strengthen muscles, mental fortitude and improve self image.

If you feel tired and your energy levels lag, take a break and stretch, walk, dance, sing, close your eyes and focus on deep breathing ... nurture yourself as best you can in that moment.

And if someone in your office stands up and belts out a few lyrics of their favorite song,



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just know it's all about *self care*. Ok, it might be a little *odd*, depending upon your office. But if it **DOES** happen, applaud them!

Or try aromatherapy which can go with you and be used anytime, anywhere. When inhaled they go directly to the limbic system, affecting your emotions, among other things. They can bring you into greater balance and harmony.





Personal Perspectives

A friend of mine asked me to go SUP (stand up paddling) on the river with her; she said it would be fun.

Okay.

So as I looked around town for board shorts (in a town known worldwide for wind & water sports) all I found were clothes for size 7 and below.

A red flag went up – why is it that only small people do this sport??? Maybe there's a reason there are no larger sizes.

And I flashed back to a time when a friend of mine said to me “Hey, why don't you become a WA State Volleyball Referee with me? It'll be fun” and I'm here to tell you that being a volleyball referee is NOT what I would call fun.

All of a sudden “fun” and “personal perspective” loomed in front of me and I realized I didn't know what “fun” meant to Yvonne, therefore I had no idea what I was really in for. Yikes!



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But out we went and as she gracefully stood up on her board and said something about it being easy, I stood up.

You know that wobble when things can either get under control or go totally out of control?

Yeah...I went out of control, bounced off the back of my board and right into the water.

I stood up, tried again (while Yvonne was doubled over laughing, still in graceful balance I might add) and with wobbly knees we paddled off into the river.

I went down again, of course, but I'm here to say that it was fun and thankfully those boards are very forgiving and supportive.

Perhaps like life.



Sometimes it only takes a moment of being present for trauma to release. It's the resistance that locks it in.

With all of these suggestions, breathe deeply and slowly.

- *Be Present.* Rather than trying to get away from the pain, sit with it, feel it and invite it in to see what it has to show you. I have a friend who invites those uncomfortable parts to “come, sit, have tea and let’s talk” to open the dialog more deeply with her Self. You can sit in silence or journal your communications. You may be surprised at what you learn as you open this connection.
 - *Dance with the Edges.* Any kind of gentle, safe movement that goes to the edge of the pain, but doesn't force its way in can unlock the trauma. Yoga, slow meditative dance or gentle jiggles can all be effective. When we are fluid, it is nearly impossible to be pushed over. Keep the movement, the fluidity, go with what feels good, and allow the body to let go of what it longs to release.
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- Bypass the Physical. Bypassing the physical structures and going deeper into the subtle and energetic fields and pathways create opportunities for release.

Know that trauma will release when it feels safe and when the opportunity arises. It is simply in lock down for one reason or another. The body will naturally choose movement over non-movement when given the chance.

Release the blocks, allow the flow, express the self.





Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.

~Joel A. Barker~

When you stake your claim in what you stand for and begin to steer your life towards your north star, your life will change. It has to.

As you claim responsibility for your actions, thoughts and false beliefs, your life will change. It has to.

As you question old habits, behaviors, interpretations of events and become curious as to what the deeper truth may be, your life will change. It has to.

As you become present with what is, reconnect with yourself and become more transparent, your life will change. It has to.





Who said job hunting wasn't fun... Finding a place that has new things to teach you as well as embracing what you already know... It's like picking a school to go to that's gonna pay you...

~Micah Barnott~

We always choose our response to the situation at hand – always. Most often, however, we run off of automatic pilot and respond in automatic ways, based on old stories and beliefs, without even thinking about it. So think about it.

If your automatic pilot is taking you to places you no longer want to go – outdated attitudes, behaviors, relationship patterns – then it is time for a replacement. A new pilot with a new direction, a new path and a new crew.

You're in charge – is it time to shift from mindless old patterns of behavior to engaging the mystery of what could be?

What is it that you wish to experience in life? To create? To express? To contribute? Do that. Be free!

Make choices and take action consistent with
the vision you are standing for in your life.
~Feminine Power Mastery~

As we are all connected, let us agree to be
more responsible with our thoughts,
words, actions and emotions.
~Peggy Phoenix Dubro~

You are so much more than you can possibly
imagine. Take a deep breath, sink into the
moment and consider what might be behind
your door. Open to the possibilities. I invite you
into the journey of self discovery, and I promise
you, you will not be sorry.

Namaste and safe journeys.

Suzanne

Instructor, Practitioner, Student, Artisan, Author,
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Amusement among other things.

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