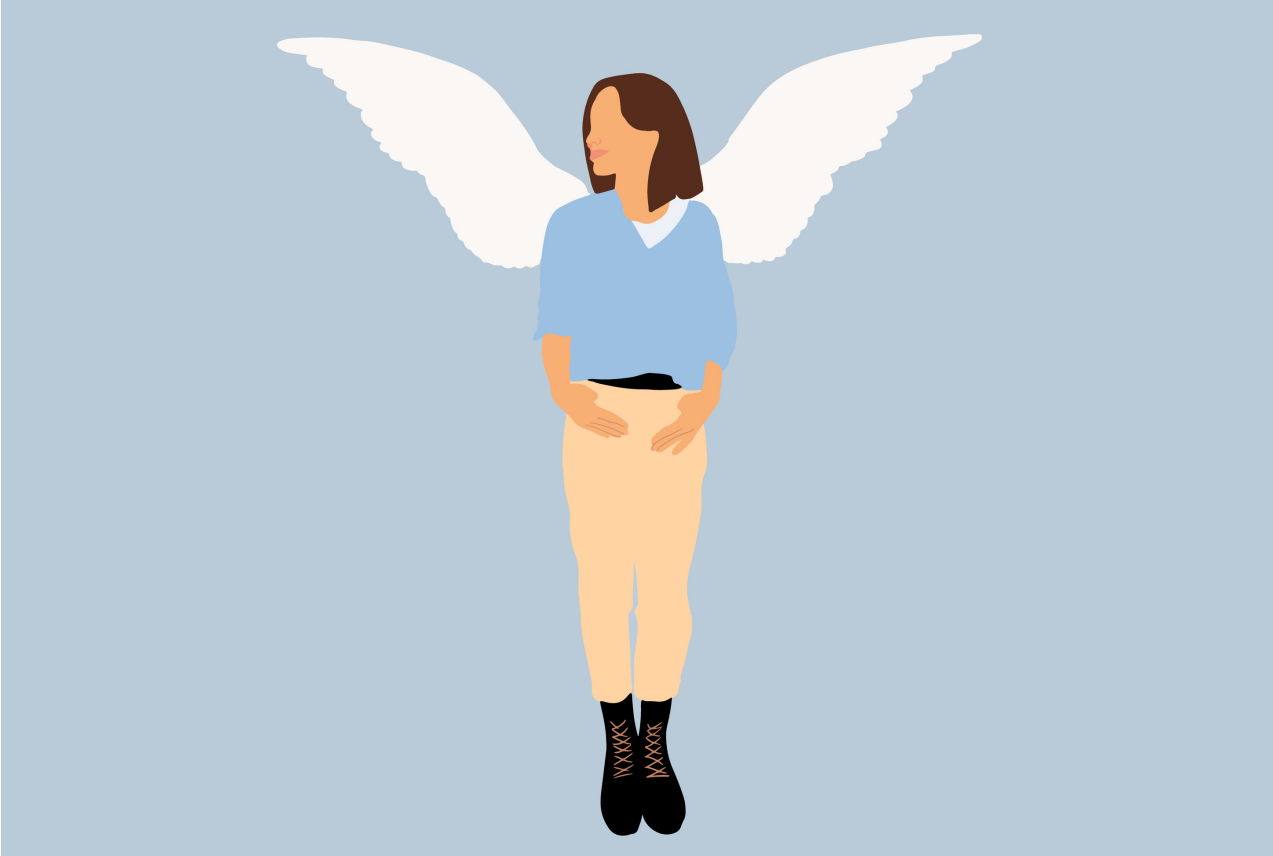




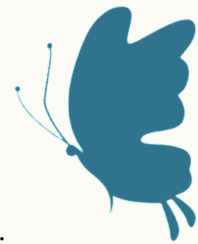
The Badass Butterfly Spiritual
Life Coach Mindset Training Program
Unit 4 Week 4.

True Authority

Alchemizing Your Pain

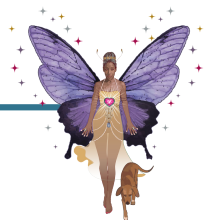


Alchemizing Pain Into Peace



When I think about alchemy, the Temperance Tarot card comes to mind. An angel stands with one foot on fertile land and one in still waters, pouring liquid from one cup to another. The angel's gender and facial expression are intentionally ambiguous, implying balance and equanimity. To "temper" something means to gradually cool down something hot like steel (or chocolate!) in order to make it stronger and more resilient. Essentially, Alchemizing Pain into Peace is cooling down a hot emotion to make YOU stronger and more resilient.

continue reading... →



Alchemizing Your Pain

continued...

Perpetuating Pain

Most of us experience pain as our enemy. It's natural to avoid it, but resisting pain in the moment only makes it last longer. Remember your most recent vaccination? If you're afraid of needles, your suffering may have started long before the injection. You probably gritted your teeth and tensed up your muscles, resisting the needle and forcing the nurse to push harder. It probably hurt a lot, and I'm so sorry if that was your experience!

What if you'd approached the situation differently? If you embrace your fear, you can take steps to mitigate it by asking someone you love to hold your hand, or repeating a soothing mantra to yourself. You can slow down your breathing to soften your body and mind. The pain will still occur, but YOU CAN control how you respond.

Emotional pain functions in a similar way: resistance only prolongs and intensifies our suffering. Alchemizing pain does not destroy or deny your pain; it moves you from a state of resistance into a state of integration with your pain. This changes your EXPERIENCE of the pain. The process of alchemy is: shifting your vibrational frequency from resistance to nonresistance, from nonresistance to integration, and from integration to peace.

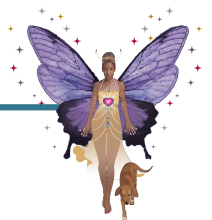
Resistance to Nonresistance

Have you noticed that when you stub your toe, it hurts more when you try to pretend it didn't hurt? Or how about when you knock your shin against the coffee table for the 20th time and it hurts DOUBLE if you're also angry at yourself for being careless? The first example is denial, the second is judgment. Both are forms of resistance, which intensify and prolong the initial hurt. The solution is NOT to resist your resistance. That would be like fighting fire with fire: not a good plan! Take these steps towards nonresistance, instead:

First, NOTICE when you're resisting your pain.

Then, VALIDATE YOUR RESISTANCE: pain fucking hurts, so of course, you'd rather run away than experience it! Observe how validation softens your body and mind.

continue reading... ➔



Alchemizing Your Pain

continued...

If the pain is still present, BE PRESENT with the pain.

Now you can VALIDATE THE PAIN and decide how you want to self-soothe. This process works for painful emotions as well.

If you tend to devalue and invalidate your feelings habitually, validation may require practice. Start with awareness and see if that can evolve into tolerance, then acceptance of your pain. Tolerance and acceptance still view your pain as something “other,” allowing you to validate your judgment. Hey, at least you’re validating your judgment! Seriously, that IS a step in the right direction. Practice a meditation technique that encourages equanimity (non-judgment) like you’re training a muscle for a sport. Your nonresistance skills WILL get stronger over time if you practice.

Nonresistance to Integration

This may seem paradoxical, but pain is not your enemy, it is your ally and a spirit guide, sent to lead you towards expansion, if you let it. The goal of alchemizing pain is to raise its vibrational frequency, not to make it disappear. To alchemize your pain, it must be integrated.

Integration is the act of embracing something perceived as “other” as a sacred expression of yourself and God. Shadow work is really useful here, as it gives you concrete steps for integrating parts of yourself that you typically disavow and deny. In the Badass Butterfly Spiritual Life Coaching program, I teach Emotional Submersion, Mood Melting, and other shadow work techniques in detail, and encourage you to create your own. Most have these basic steps in common:

1. Move towards the pain and keep your focus there.
2. Observe how the pain physically feels in your body (feelings).
3. Observe the more subtle sensations; the energy in motion (emotion) associated with the pain.
4. Continue to feel your feelings and experience your emotions without resistance.

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Alchemizing Your Pain

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Integration to Peace

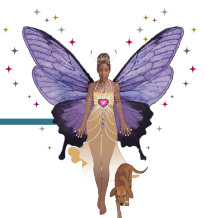
The goal of integration is not to become perfectly healed, but to change your relationship with your pain. Like cooling hot water by pouring it from one cup to another, integration changes the experience of pain, not the pain itself. Alchemists can transmute tin into gold because they understand the divinity and validity of both metals, and allow the tin to align with gold's vibrational frequency. When we know that our pain is valid and sacred, when we are less resistant to our pain, we can allow it to tell us a story about what hurts us and how to heal.



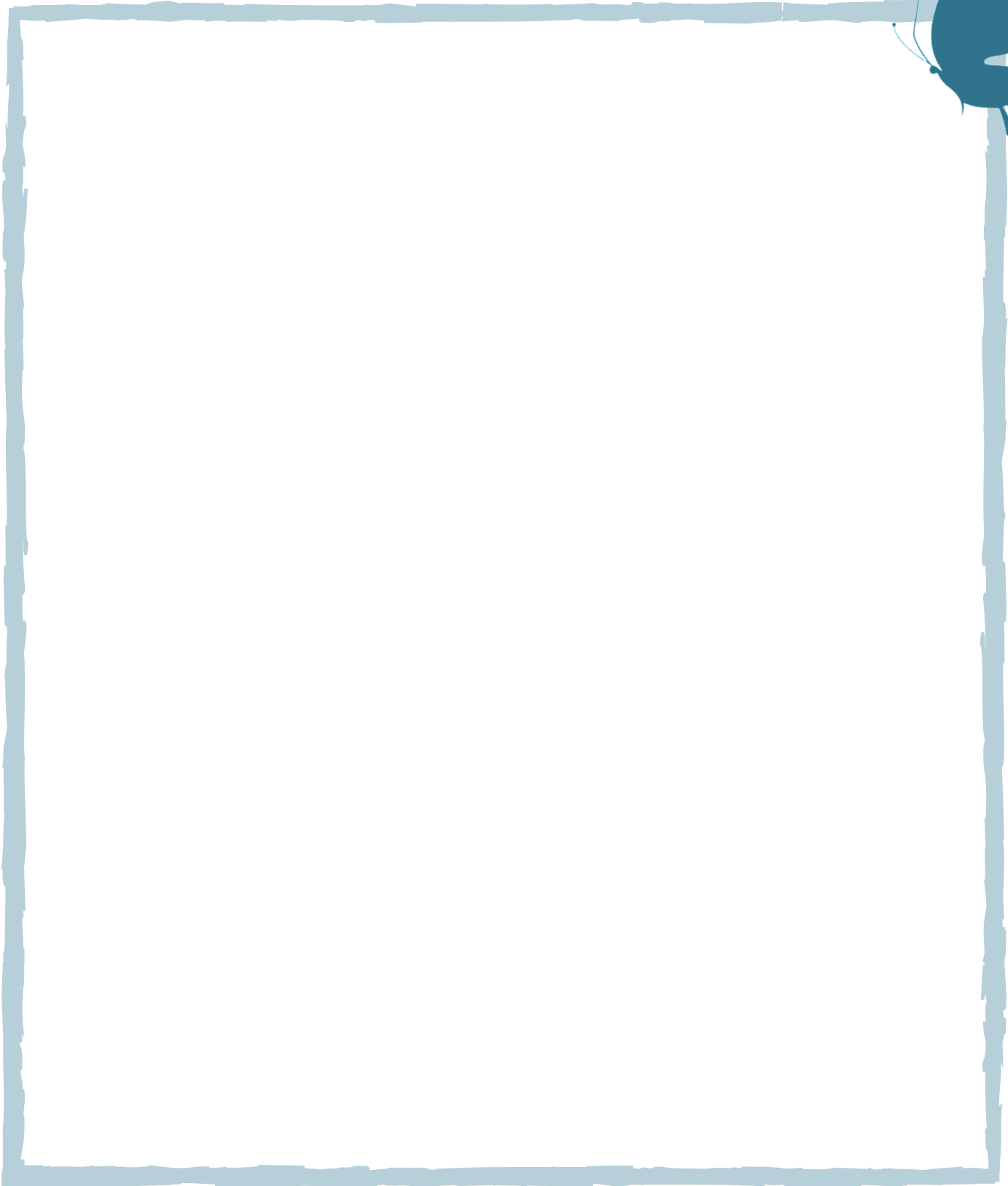
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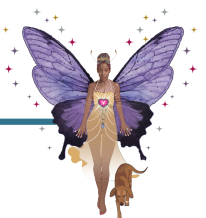
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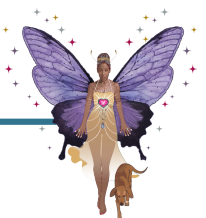
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Writing Your Spiritual Philosophy



What's Your Spiritual Philosophy?



Have you ever written a book report about a book you didn't read? Be honest! I promise I won't go back in time and tell your teacher.

If you're a Badass Butterfly Spiritual Life Coach, those days are far behind you. Because we practice what we preach, we speak about our work with an intimate understanding of the spiritual philosophy that directs our unique path of personal transformation and why we believe in it. To Badass Butterflies, Spiritual Life Coaching is not some 5th-grade book report we can just "phone in." Our clients seek us out for DEEP individualized healing, and so depth is exactly what we offer. Happily, and with pride!

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[The Badass Butterfly Spiritual Life Coach Mindset Training Program](#)

Writing Your Spiritual Philosophy

continued...

Ask yourself the following questions. I strongly suggest you write down your answers in your journal and keep going back to them to deepen them:

- What do I believe causes personal transformation?
- What specific practices and processes lead to personal transformation?
- Where does personal transformation take place (mind, body, spirit, material life, or all of the above)?
- Why do I believe what I believe about healing and transformation?
- How do my beliefs inform my own healing process?
- How do my beliefs inform my Spiritual Life Coaching practice?

You must have clear, concise responses if you expect people to entrust you with their time, attention, and money. If answers aren't coming easily to you, it isn't too late to find them. Perhaps you need to start with the tangible aspects of your healing journey to discover the philosophical principles that guide you. This is where the brunt of my work lies, y'all. I'm here to help you flesh this out. You can post any questions here, or in my [League of Badass Butterflies Facebook group](#).

4 Pain-Free Steps Discover Your Spiritual Philosophy

1. Document your personal healing journey as if you were writing a memoir. This is only for research purposes (even if you decide to publish it later), so don't worry about making it fancy or grammatically perfect.
2. Review the steps on your journey that moved you towards personal transformation. What inspired you to make those decisions? What books, blogs, YouTube channels, or mentors pointed you in the direction that you decided to take? Write down a list of references and be specific!
3. Revisit the ideologies that inform your inspirational guides and write down how they play a role in your present life.
4. Write down your daily, weekly, and monthly rituals that you continue to use on your healing journey, especially the practices you recommend to other people. Write down why you believe they work for you.

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Writing Your Spiritual Philosophy

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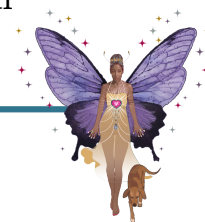
You have probably noticed that quite a bit of writing is involved when you're discovering how to put your belief system into words. This is good news! Eventually, the notes you take can become blog posts, memes, and videos. By privately documenting your progress as you find a way to succinctly describe your spiritual philosophy, you will have much of your public blog written by the time you are ready to publish it. For now, the content of your writing is much more important than the quality.

Knowing why you believe what you believe is only half of the race; expressing those beliefs to other people is how you get to the finish line. When you think you have a decent understanding of the ideology backing up your healing process, practice verbally articulating it to trusted friends, family, and mentors who support you. Let them challenge your spiritual philosophy until you feel confident discussing them with strangers. If you're in the [League of Badass Butterflies](#), feel free to share your spiritual philosophy with us! You'll get the intelligent support and encouragement you need to move you forward.

As a Badass Butterfly Spiritual Life Coach, you are more than a healer and a teacher. You are a Hierophant for your clients, and you should carry yourself with the same level of wisdom and authority. According to Wikipedia, "a hierophant is an interpreter of sacred mysteries and arcane principles." He spends his whole life learning Divine Truths and they apply to life on Earth. In Tarot, the Hierophant (or the Pope) is responsible for disseminating this sacred knowledge to those seeking his wisdom and expertise, exactly like a Badass Butterfly Spiritual Life Coach!

Like the Hierophant, Badass Butterfly Spiritual Life Coaches are deeply rooted in spiritual doctrine. Fortunately for you, giving up your secular life is not required to take up this role. In fact, renunciation of earthly delights will run the risk of alienating you from potential clients. The more you integrate your spiritual philosophy with your Badass Butterfly Lifestyle, the more powerful you are as its messenger. Even without taking your word at face value, people will be able to see the fruits of your beliefs and practices for themselves by observing how well they work for you, as you "walk your talk."

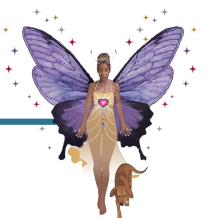
I refer to healing as a "path" because it really is more of a journey than a destination. A solid spiritual philosophy ensures that the steps you take keep you traveling in the right direction. You're already walking the path. If your goal isn't to become a Badass Butterfly Spiritual Life Coach, "walking the walk" is enough. Articulating your spiritual philosophy is how you "talk the talk," which is a HUGE part of being a leader capable of helping other people on their own paths towards personal transformation.



Writing Your Spiritual Philosophy Homefun Pages



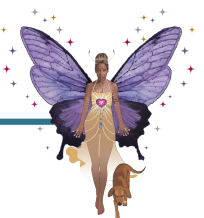
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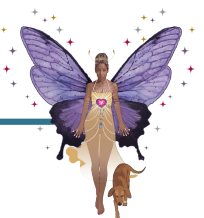
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Evidencing Your Street Cred



Incredible Credibility: Building Street Cred[ibility] as a New Life Coach



Even if you're one of those people who could sell water to a fish, as a Badass Butterfly Spiritual Life Coach, you still need evidence to support your claims if you want people to work with you and pay what you're worth. In this business, the ultimate street credibility comes from client testimonials. If you already have a coaching business, or have clients from other healing modalities, simply reach out and ask for honest feedback about your impact in their lives. If you're new at this, read on to see how you can use your own talents, skills, and personal transformation to support your True Authority as a Spiritual Life Coach.

continue reading... →



Evidencing Your Street Cred

continued...

It can be difficult for people to own their greatness. Yes, I'm talking about you! You may be predisposed to compulsory modesty if you are systematically marginalized for your gender, race, socioeconomic background, ability, sexuality, and intersections thereof. Or maybe you just inherited the habit from someone close to you. Even some of the MOST Badass Butterflies have trouble articulating why we're so badass, but for the sake of those we help along the journey of personal transformation, we practice and improve over time.



Why Do I Need Street Credibility?

Imagine you have a magical cure-all potion. You only make a certain amount per day, so you can't just give it away. Do you go around claiming, "Miracle Cure, \$3500 per bottle!" with no proof? How will people know it works? You can hire actors to sing the praises of your Miracle Cure, but eventually, the townsfolk will discover your deception and run you out of town... not that you would do such a thing!

True Authority comes from the truth. To show that your Miracle Cure works, let real client testimonials speak for themselves. If you're the only person who has taken it, give your own testimonial. Describe your life before the Miracle Cure and how you discovered the recipe through research, trial, and error. Demonstrate how your life has changed, thanks to the Miracle Cure. Everybody loves a story of triumph over adversity! If someone asks what's in the bottle, tell them. Be prudent and concise, but be HONEST.

As a Life Coach, your program is your Miracle Cure. It is SO valuable, but people need to know how and why it is valuable before they will invest in you. Think of the following exercises as a research project of which you are the subject. Treat yourself with the respect, care, and impartiality that you would have for a research participant. Do NOT judge your talents and skills and do NOT judge how you coped with or healed from your traumas. This is a data collection mission, that's all. I provide more details and guidance as a part of my Badass Butterfly Spiritual Life Coaching Program.

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[The Badass Butterfly Spiritual Life Coach Mindset Training Program](#)

Evidencing Your Street Cred

continued...

Treasury of Boasts Exercise (Abridged)

1. Set a timer for 10 minutes.
2. Brainstorm ALL of your talents, achievements, and skills. Include EVERYTHING. Think outside of the box; whether you know how to tie knots (or swear) like a sailor, or fix a car, or clean a kitchen efficiently and well, everything counts!
3. Repeat this process until you run out of things to boast about.

Being able to see your range and quantity of skills makes them easier to remember and talk about when the moment arises. Okay, that's it for the warm-up round.

Treasury of Triumph Over Traumas (Abridged)

For this exercise, it can help to think of your life in three parts: Early Childhood (ages 0-8), Adolescence (ages 8-21), and Adulthood (21+). For each time-period, revisit any physical, emotional, and interpersonal challenges that you can remember. Again, EVERYTHING counts.

1. Write down the answers to the following questions:
 - Identify a challenging event from each of the time periods noted above.
 - How did you cope with that event at the time?
 - How did you heal from that event?
 - What was the result of your healing?
2. Set another timer for 10 minutes.
3. Answer all of the questions above, in any order. You can start by listing all of your challenges and fill in the details later, or you can explore one challenge at a time.
4. Repeat as needed.

This exercise is super important because before you amass a loyal following, your personal story of healing and transformation is an invaluable resource for attracting people who can benefit from your offerings. This exercise will help you identify what's important for your brand.

continue reading... ➔



Evidencing Your Street Cred

continued...



Who Are You Now?

Go ahead and pull out your journal and get to work on these questions...

- How would you describe yourself and your life?
- How has your journey of personal transformation changed your life for the better?
- Do you love who you are and how you live? If so, SAY SO! Your Badass Butterfly lifestyle is completely relevant to the work you do as a Spiritual Life Coach.

Your program is a journey. People you work with want to know what the destination is as well as how to get there. Consider the Skills (Treasury of Boasts) and Experiences (Treasury of Triumph) that inform your Spiritual Philosophy and how you live your life now. Then, practice talking about yourself sincerely, succinctly, and proudly.

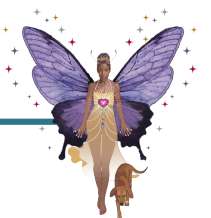
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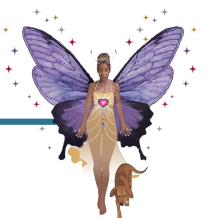
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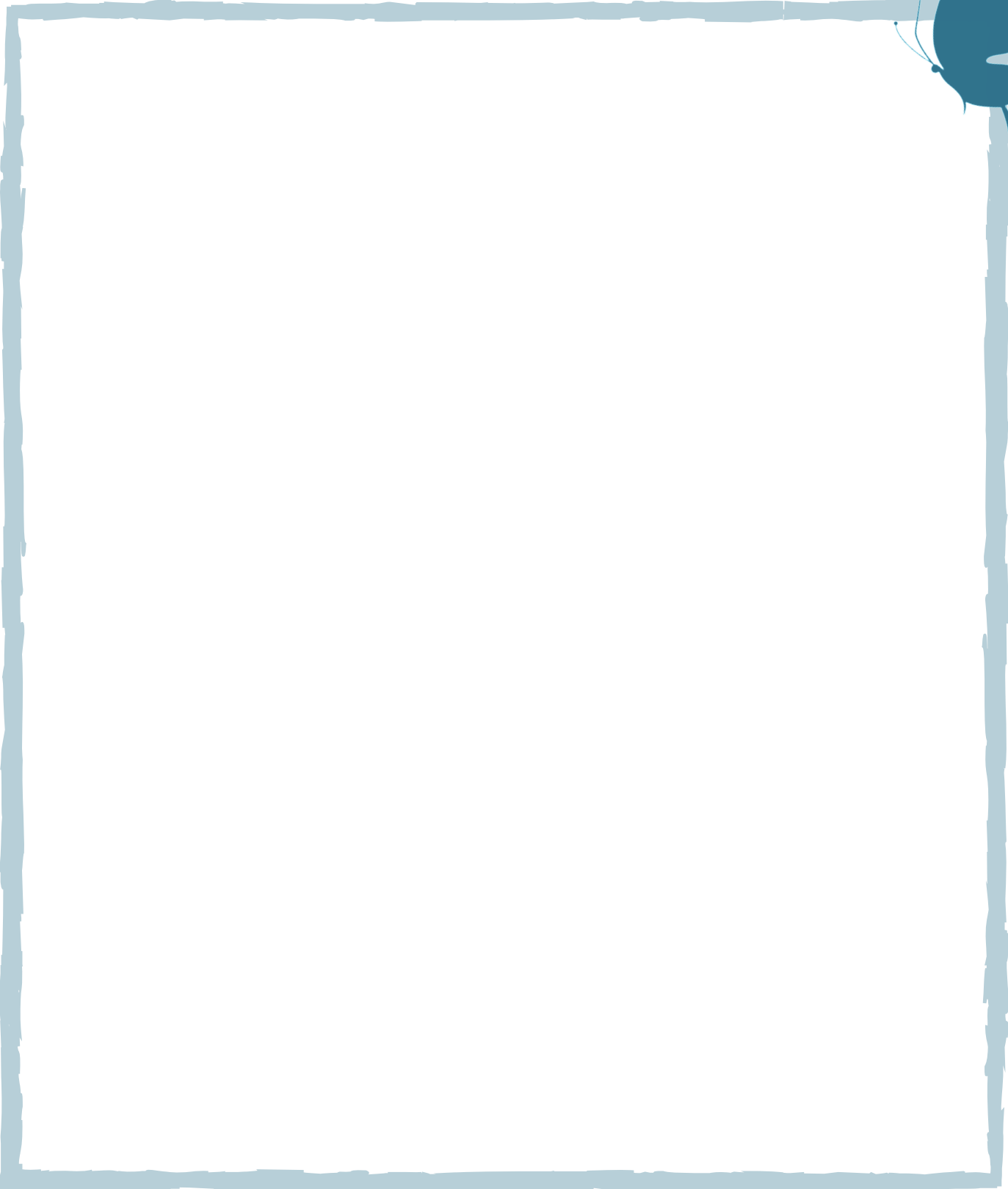
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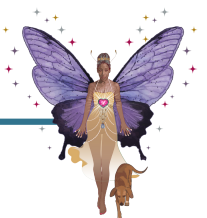
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Thank you so much

for using the workbook!

If you are interested in learning how I can help you become a
Badass Butterfly Spiritual Life Coach,
then [book yourself in for a complimentary Discovery Session.](#)

