



The Badass Butterfly Spiritual
Life Coach Mindset Training Program

Unit 2 Week 2.

BADASSERY

How to Be a Spiritual Badass



Who is The Spiritual Badass?



The Spiritual Badass recognizes that everything is Source Energy. She taps into that Energy and consciously directs it with skill and grace. Anyone can be a Spiritual Badass! I LOVE my work as a Badass Butterfly Spiritual Life Coach; I get to share with others how to utilize their connection with Source and their own emotions to manifest the life they desire!

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How to Be a Spiritual Badass

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How to Embody Spiritual Badassery?

In order to be a Spiritual Badass, you must have a deep connection to the Divine. Your Divine Connection IS your superpower, and it's the only thing you need. To embody Spiritual Badassery, you will take each of the following steps - Intuition, Drive, and Action - many times on your journey, as if you were dancing a waltz. The dance is cyclical, not linear.

Step 1: Intuition & the Divine Feminine

The defining feature of a Spiritual Badass is their intimate relationship with the Divine. Badass Butterfly Spiritual Life Coaches are experts at receiving messages from Spirit and using our observations to inform our life choices. Intuition is one way the Universe constantly speaks to us. By internalizing Divine Feminine principles of receptivity and creativity, Badass Butterflies listen to our hearts and heed our gut instincts, which we recognize as direct communications from the Divine. Some techniques for sharpening those skills are:

1. Stream-of-Consciousness Journaling.

Observe your thoughts without judging them and de-clutter your mind, making room for Spirit to speak to you. I suggest that you use paper journals for those times when you want to feel tactile and sensual, and electronic ones for those times when you're out on the road, walking the dog, and you need to express yourself immediately. I've been using Evernote for over 10 years, and I love it. It doesn't matter what media you use. Just use it regularly.

2. Create!

Letting your imagination run wild gives your intuition permission to come out and play. Any creative pursuit empowers more freedom of expression. Art, poetry, and dance are just a few examples. Practice allowing your heart to speak its truth in a way that feels right for you. Practice this consistently. After a caterpillar transforms into a butterfly, it goes around laying eggs, the symbol of creation. Your job, Badass Butterfly, is to create.

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How to Be a Spiritual Badass

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3. Dream Journaling.

Observe the themes and messages from your subconscious. Write down any patterns or predictions that emerge. Writing down your dreams is a great way to get deeper meaning into your life and why you do what you do. **WRITING IS BETTER THAN JUST REMEMBERING.** The act of writing unlocks what's hidden inside you. So just write or type out all the details that come to mind. Decipher them afterward. Look for those themes and patterns. Be a detective uncovering clues to your own psyche and the mysteries of your Spiritual Guidance Team who are all intertwined in your dreams.

4. Quality Time With Yourself.

Take time to “just be” with your feelings. Notice the physical sensations in your body when you feel pleasure, sadness, joy, etc. Badass Butterflies, especially when we follow the path of professional healers and life coaches must be experts on the subtle energies in the bodies and the flow of emotions. I personally am a master at this with my clients because I am a master of this in myself. Practicing mindfulness, self-awareness, and meditation will help you develop your relationship with yourself, and your Spirit Guides, who love to reveal themselves when you are giving yourself high-end quality time.

5. Tarot, Astrology, & Other Divination Disciplines

Facilitate direct conversations with the Divine. Approach with curiosity and an open heart. Buy some Tarot cards. I wrote [a guide on choosing the right Tarot deck](#) if you need help. Tarot provides you with archetypal images that tell you stories and unlock hidden aspects of your mind, bringing them to the surface of your awareness for you to deal with. Astrology is your [Soul's blueprint](#) for living in this lifetime.

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How to Be a Spiritual Badass

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Step 2: Drive & Divine Life Purpose

Once she sharpens her ability to receive spiritual guidance, the Spiritual Badass is driven to carry out her Divine Life Purpose. The Soul of a Badass Butterfly Spiritual Life Coach incarnated to become an expert at healing herself and a guide for others on their healing journeys. She knows her purpose from communing with her Soul. The Higher Self is the part of Self that never loses touch with Source, and the Soul is that part of you that holds your wisdom and gives you your earthly imperatives.

Your Higher Self holds all your good energy, your strength, and your power. It is your perfect, godlike monad, and it holds all your potential. Your Soul governs the potential of you in this lifetime. When you feel a particular need to do something, or you feel a particular connection to something, that's coming from your Soul because your Higher Self holds ALL connections. Your Soul is about you in this lifetime, whereas your Higher Self is about all of the aspects of you (Quantum Theory) in all of your lifetimes. You probably feel more connected to your Soul than to your Higher Self because your Higher Self is so perfect. Your Soul is like that working partner that's down in the trenches with you suggesting you go left or right, and feeling your pain, while your Higher Self is above it all, loving you unconditionally. If this is confusing in any way, just leave a comment about where you want clarification and I'll address it happily. Just know that it's your Soul that's in charge of your Divine Life Purpose.

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How to Be a Spiritual Badass

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Here are some techniques for communicating with your Soul:

1. Meditate Regularly:

Learn to distinguish ego-based thoughts from the inner voice that comes from your Soul, your inner wisdom. You can also do meditations to connect to your ancestors, your past lives, or even with nature. You can also do meditations to connect to your Higher Self.

CONSISTENCY IS KEY; 5 minutes a day alone or 2 hours per week with a group is preferable to 10 days in a row, once a year!

2. Shadow Work:

Believe it or not, the parts you like the least about yourself are also reflections of your Soul. EVERYTHING you feel is valid, even when it hurts. Spend time with your pain to discover what lessons your Soul came here to learn. And of course, ask me about shadow work exercises to help you grow.

3. Practice Non-judgment:

If the truth about your Divine Life Purpose is hidden from your awareness, it might be afraid of judgment from yourself or others. Notice when you think judgmental thoughts about yourself or others and replace those thoughts with compassionate ones. Eventually, your Soul will open up to you.

4. Play!

Your inner child still knows what your Divine Life Purpose is. Revisit activities that brought you joy when you were younger, see if they have the same effect on you now.

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How to Be a Spiritual Badass

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Step 3: Action & Manifestation

Spiritual Badasses have badass dreams! We work smart, AND we work hard to achieve them with skillful, disciplined effort. Manifestation is a practical application of spiritual inspiration, mental focus, concrete action, and emotional management for the purpose of making our desires real. I will briefly describe the Cycle of Manifestation below.

1. Inspiration:

Your Soul expresses desire through your body. Feelings will tell you what you want to manifest.

2. Focus:

Your mind maintains focus on the desire and makes concrete plans on how to achieve it. Re-mind yourself to refocus when you get distracted.

3. Commitment:

Consistent daily actions show the Universe that you're seriously committed to your desire and bring you into alignment with the final result.

4. Energetic Alignment:

Emotions are "Energy in Motion," so to be in energetic alignment with your desires, align your emotions with achievement and success.

5. Resolve Resistance:

Conscious and subconscious resistance can sabotage manifestation at any stage. Acknowledge, validate, and integrate the parts of yourself that hold you back until they cease working against you from the shadows.

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How to Be a Spiritual Badass

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A Spiritual Badass is someone intimately connected to Spirit who knows how to translate Divine messages to guide her emotional and material life. In this waltz, we are dancing with Spirit. The dance begins whenever you take the first step. It only ends when you stop dancing, and you can always begin again.



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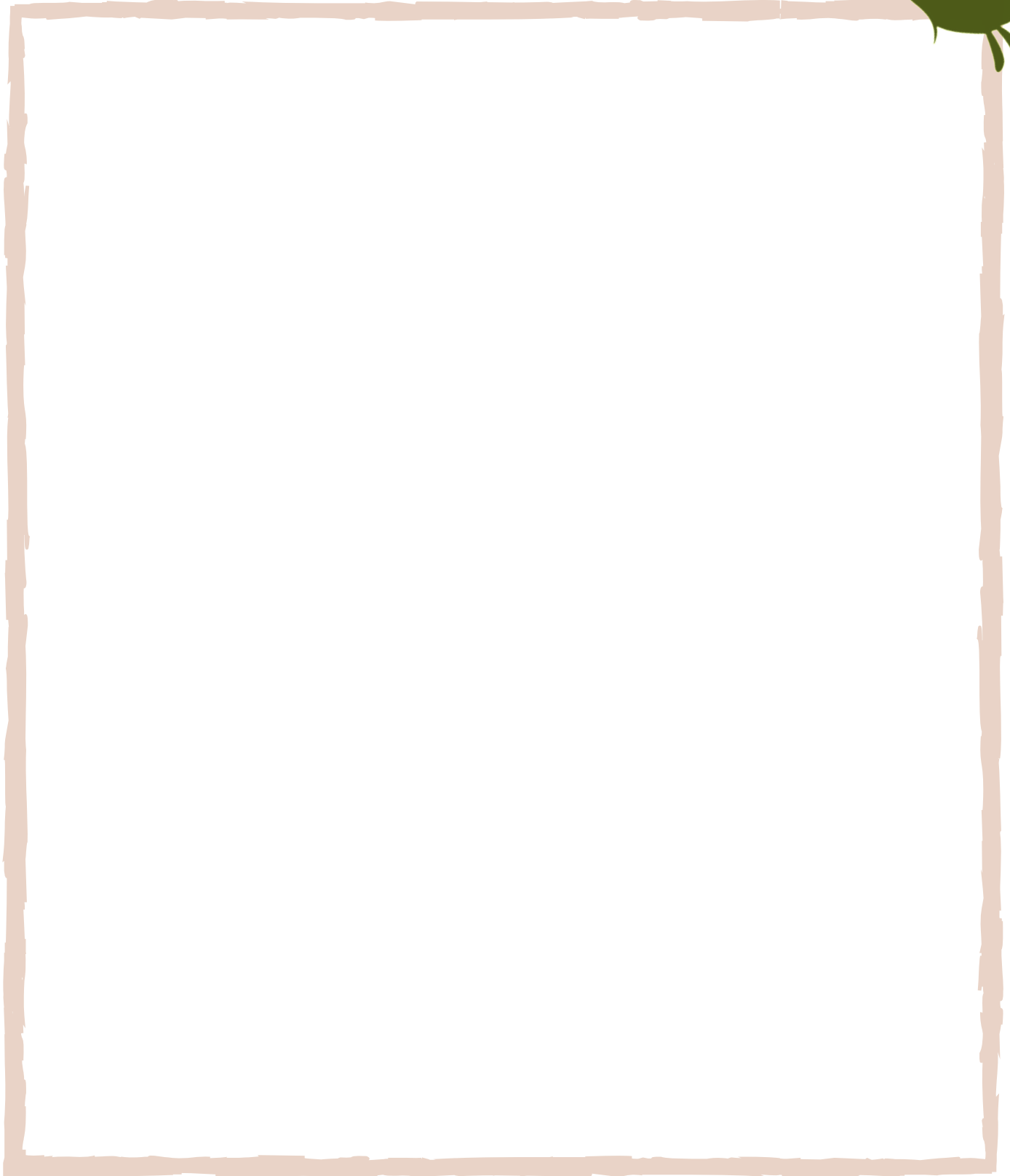
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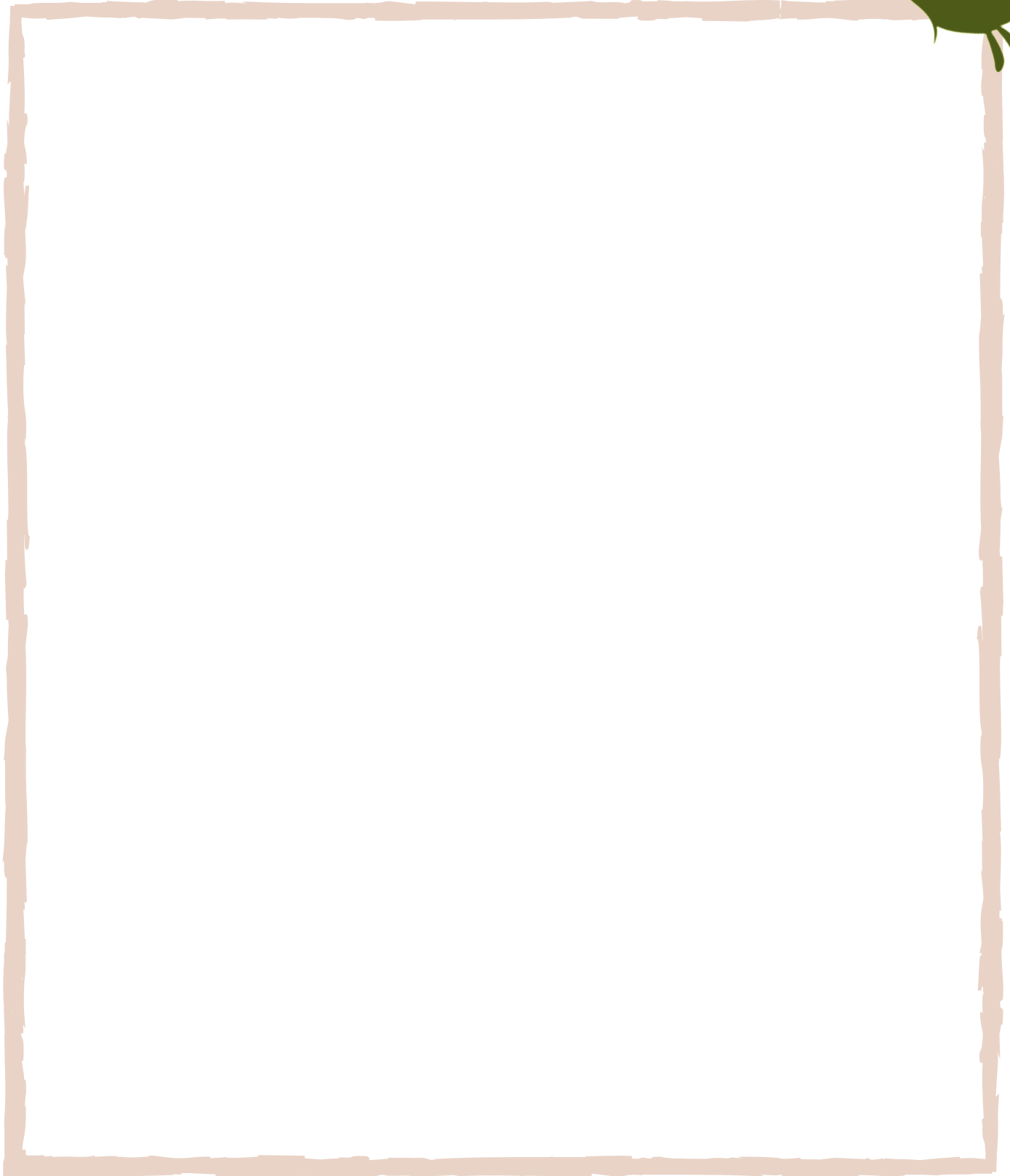
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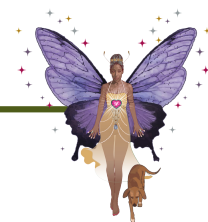
Are You An Emotional Badass?



Butterflies amaze me for SO many reasons. They're obviously beautiful, yet free from ego. They're industrious and wise, instinctively locating nectar and nourishment to fuel procreation. Within a species, chrysalises are practically identical, yet no two butterflies look exactly the same. Badass Butterfly Spiritual Life Coaches are similarly multi-faceted and magnificent. Like the insect, we are not born into this lifestyle but we grow into Emotional, Material, and Spiritual Badasses after our version of a metamorphosis.

Emotional Badassery is the ability to hold space for yourself and guide others through the process of emotional healing and transformation. The Emotional Badass has an intimate understanding of the spiritual philosophy guiding her actions. She moves from a place of True Authority, informed by personal experience that proves her philosophy works in the real world. She alchemizes pain into peace. This combination of knowing, being, and doing allows Emotional Badasses to balance self-care with coaching others in a responsible, holistic way.

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Are You An Emotional Badass?

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KNOWING You're an Emotional Badass: Your Spiritual Philosophy



Everything begins with Spirit and is translated into the material world, including our feelings and emotions. According to my spiritual philosophy, observing the physical sensation of feelings and experiencing emotions as “energy in motion” (without mentally labeling or judging them) bridges the connection between the Higher Self and the human experience. SO much of the work I do and the way I live my life is directed by this principle.

That is one part of my spiritual philosophy. Now it's your turn. What is your spiritual philosophy?

Know exactly WHAT you believe, WHY you believe it, and HOW it works to build the skeleton of your spiritual philosophy. Write about it OFTEN, in your journal or on your blog, to flesh it out. A solid spiritual philosophy will guide your actions towards the life you desire, and help you explain exactly why you're such a badass at handling your own and others' emotions.

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Are You An Emotional Badass?

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BEING an Emotional Badass: Street Cred. & True Authority



Your spiritual philosophy can be as solid and valuable as a golden goose egg, but without credibility and authority, you're the only person who benefits from that knowledge. Before my client testimonials, I demonstrated my "street cred" by letting my lifestyle speak for itself. The tangible results of consistent practice support my spiritual philosophy's validity. Through my blog, videos, and face-to-face interactions, people get a sense that I know what I'm talking about and that I believe in what I do because it works. I'm living evidence.

For some, discussing philosophical ideas is less challenging than talking about how Badass they are. If this is your experience, move towards that discomfort. Engage in Shadow Work to discover and heal the parts of yourself that shirk away from boasting. Then, add that to your Treasury of Boasts! You have SO much to offer, but how will anyone know if you don't tell them? Here are a few practices to get you started:

- Treasury of Boasts Exercise: write down literally EVERYTHING you can do that is of value, from rocket science or parenting to reading or typing really quickly.
- Document Your Journey: write a memoir about yourself, FOR yourself. Practice recounting your story of transformation until it feels natural.
- Treasury of Triumph Over Trauma Exercise: list all the challenges that you've overcome, how you coped with or healed from them, and the results of your actions.

I find it helpful to set a timer for 10 minutes at a time, revisiting the exercises as needed.

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Are You An Emotional Badass?

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DOING Emotional Badassery: Alchemizing Pain into Peace



The ability to alchemize pain is the Emotional Badass's not-so-secret weapon. She recognizes pain as a partner in her spiritual expansion, not a burden to bear and suffer through. In her work as a Badass Butterfly Spiritual Life Coach, she helps others to see that healing and transformation come from integration: raising a feeling's vibration until it matches the frequency of peace. Let's explore some simple steps...

Step 1:

Awareness ~ To heal, we must feel.

Step 2:

Experience the Pain ~ Resistance only prolongs suffering.

Step 3:

Validate the Pain ~ With practice, acceptance and tolerance become validation and integration.

Step 4:

Repeat ~ A regular practice of objectively observing your feelings is strength training for Emotional Badasses

continue reading... →



Are You An Emotional Badass?

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Death & Transformation



Caterpillars do not energetically perish in their cocoons, yet they are completely transformed into something different. In Tarot, the Death card – representing change more often than a literal death – shows us three vastly different and equally valid responses to change. As Death marches steadily forward, the Adult resists it and suffers. The Child is fearless, curious, ready to learn. The Elder reaches out to embrace Death, knowing it is not an ending, but a transformation.

The Emotional Badass isn't afraid to transform. She knows that change is the only constant quality of the Universe. Specifically, the Emotional Badass does not cling to or run from her feelings. Instead, she rides the waves of pleasure and discomfort as they come to her, maintaining her perspective that everything is temporary. If she is also a Badass Butterfly Spiritual Life Coach, her Divine Life Purpose is to show others how to do the same.

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Are You An Emotional Badass?

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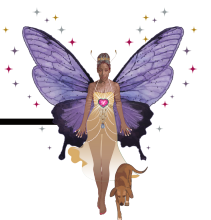
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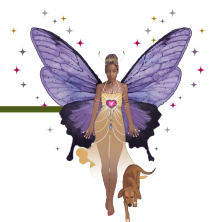
Rocking the Material World Like a Badass



The Badass Butterfly Spiritual Life Coach facilitates emotional and spiritual healing, guiding others on a journey towards personal transformation. In addition to internal and energetic work, her clients experience tangible improvements to their material lives. The Badass Butterfly Spiritual Life Coach must first “walk the walk” of Material Badassery in order to guide others down the path of worldly abundance.

A Material Badass is someone who thinks big and shows up big for her expansive ideas, she employs the Divine Masculine to structure and maintain her goals, and she commits to a Badass Butterfly Lifestyle.

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Rocking the Material World Like a Badass *continued...*

Think BIG & Show Up BIG

Expansive beliefs, thoughts, and emotions are the roots of a materially expansive life. To rock the material world like a Badass, you have to Think BIG and Show Up BIG.

As children, we could imagine literally anything, and we felt EVERYTHING. Over time, authority figures, society, our knowledge of “scientific facts,” and more clouded our imagination the way grime builds up on a windshield. Logical thinking is a useful skill, but generating Badass goals requires expansive, LIMITLESS thinking, as well as the ability to feel deep positive emotions for a sustained period of time. What you think and what you feel determine your vibration. So thinking and feeling positively most of the time are going to keep your vibration shiny and bright so your creations can find you.

The hardest part of thinking BIG and staying rooted in upbeat, positive feelings is getting out of your own way. A daily meditation practice trains the mind to observe thoughts without judging them, including the judgmental thoughts! So, do your work to heal any resistance that you encounter when brainstorming about the life you want for yourself.

Here are some practical tips to practice thinking BIG about your goals:

- Create and consume visual art.
- Go for a walk, run, or bike ride in nature. Leave the headphones at home!
- Listen to instrumental music and see where your mind takes you.
- Visit a place you’ve never been, even if it’s just around the corner.
- Try anything new that’s outside of your comfort zone.

Honor your ideas by Showing Up BIG for your goals, meaning you make sure that you are a vibrational match to your big, Badass dreams. Do what you need to make align yourself every day with what you desire, and then honor the process by taking consistent, practical, rational actions to make them real.

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Rocking the Material World Like a Badass *continued...*

Employ the Divine Masculine



You're a Spiritual Badass, and you're super connected to the Divine Feminine. Well, how do you take all that awesome Divine Feminine inspiration and actually do something with it that benefits the world? How do you rock your Divine Feminine superpowers in the material world like a Badass?

You Employ the Divine Masculine!

To bring your very awesome Divine Feminine ideas and downloads out of the realm of imagination and into physical, material space, you must Employ your Divine Masculine qualities of logic, leadership, and action to support your creativity and construct systems in which your ideas can come to life. After opening up to the Divine Feminine to receive what your Soul is called to do, think logically about the concrete, specific steps required to achieve your goals. Take the lead in your life! Plan and structure your time to take the steps you've laid out for yourself. Then, commit to your plans and see them through.

For example, if the Divine Feminine has downloaded you the idea for a book, employ the Divine Masculine to create the outline, gather the research, and sit down every day to consistently write. Look at your BIG goals objectively and rationally, then deconstruct them into small, achievable steps. Make time in your schedule to do a little bit each day, and DO THE WORK.

continue reading... →



Rocking the Material World Like a Badass *continued...*

Badass Butterfly Lifestyle Commitments

To rock the material world like a Badass, you need a Badass lifestyle. So let me ask you—what does it mean to be a Badass Butterfly in every facet of your material life? That’s a BIG question, and the answer is unique to every individual.

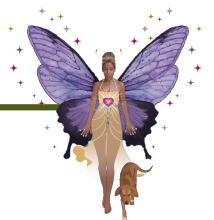
Personally, I took a deep dive into this and I found 11 specific categories to guide you in defining for yourself what “living your best life” looks like for YOU:

1. Spiritual Connection
2. Emotional Wellness
3. Intellectual Expansion
4. Physical Soundness
5. Time Wealth
6. Financial Freedom
7. Personal Relationships
8. Social Structure
9. Community Involvement
10. Earth Ascension
11. Unconditional Love

Stick with me to learn more about what I mean by this. But for right now, here’s a brief overview to help you start thinking about how to use this handy list to start rocking your lifestyle like a Badass.

To attract material abundance, you must embody health and wealth within yourself. Spiritual connection and emotional wellness are the defining features of a Badass Butterfly Spiritual Life Coach. Intellectual expansion and physical soundness enable her to interact with the spiritual, emotional and material world. Daily practices like meditation, shadow work, mental stimulation, exercise, and proper nutrition ensure that the Badass Butterfly has an abundance of the internal resources she needs to show up for herself and others as her best self.

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Rocking the Material World Like a Badass *continued...*

The Badass Butterfly gets to decide what is best for her. Time wealth and financial freedom refer to planning your lifestyle around your unique biorhythms and setting financial goals that are inspired by Spirit, not ego. Personal relationships, social structure, and community involvement are how you decide to take an ACTIVE role in your interpersonal life, while Earth ascension and Unconditional Love refer to your global impact, ecologically and energetically.

Again, you set your own standards. From the micro to the macro, DECIDE how you want to show up and COMMIT to participating fully in every aspect of your life. Set realistic, attainable lifestyle goals knowing that as you evolve, so will your ideals.



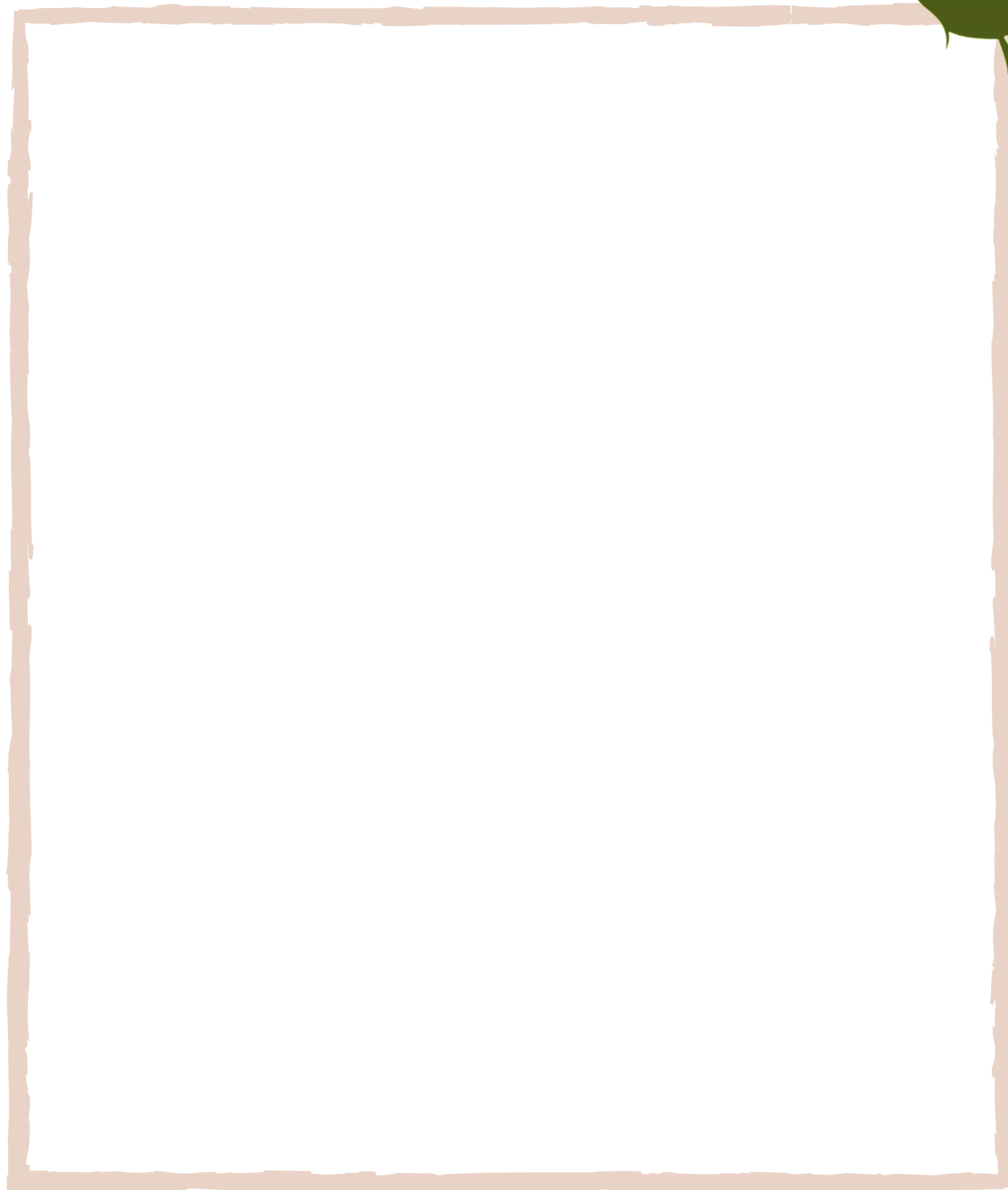
You Are The World

Imagine dancing confidently in the sky, at one with the elements. Also, you're naked, but who needs clothes when you have TWO magic wands? When you embody Material Badassery, you are the World card, the final step of the Fool's Journey through the Tarot. This card is about unification between your Higher Self and your external world. A thick, victorious laurel wreath surrounds you in the shape of a zero, reminding us that the end of every cycle is the beginning of another; as the world turns, dawn and dusk happen constantly, simultaneously. Celebrate your achievements now, knowing there are more around the corner!

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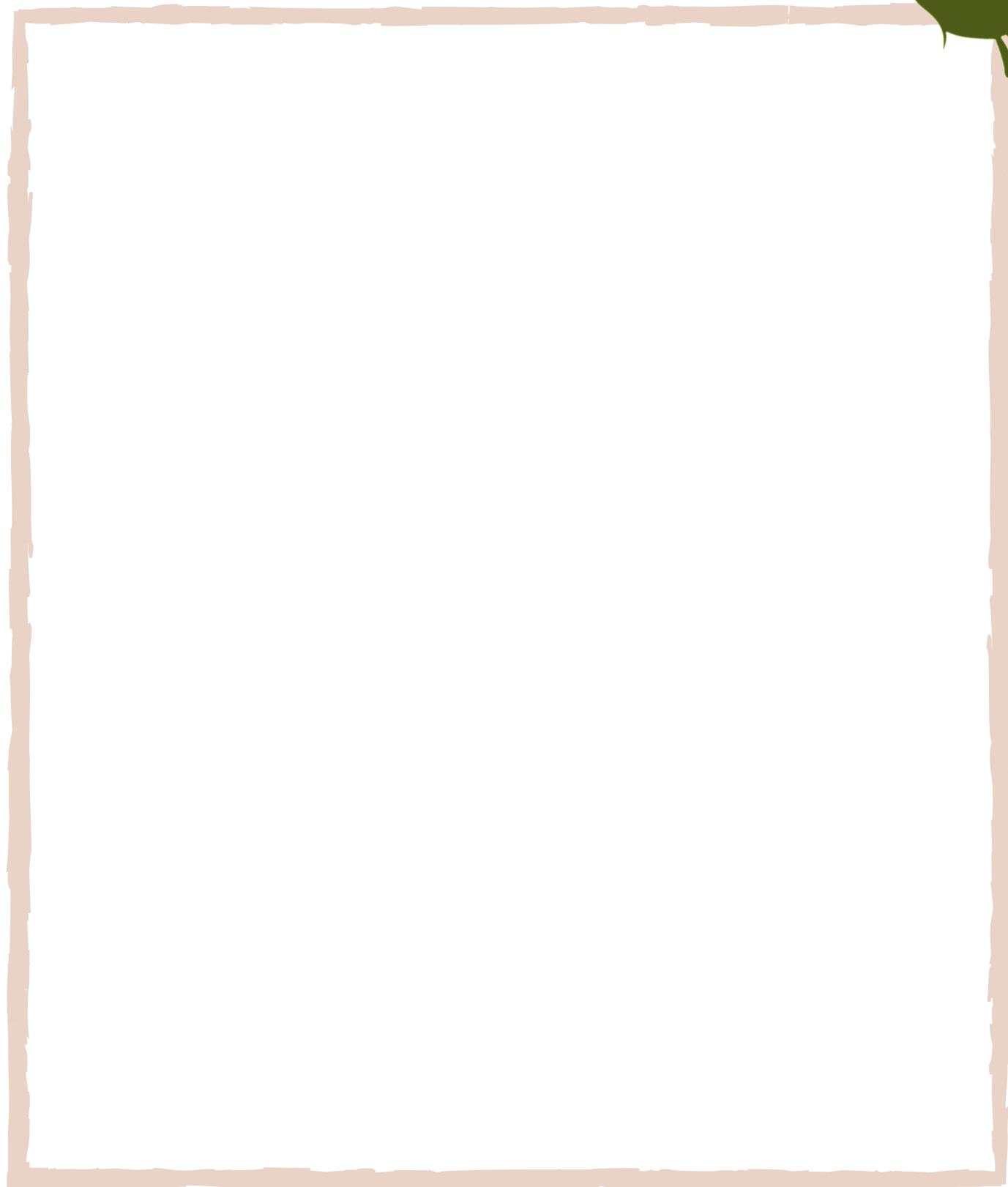
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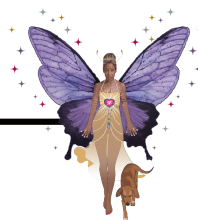
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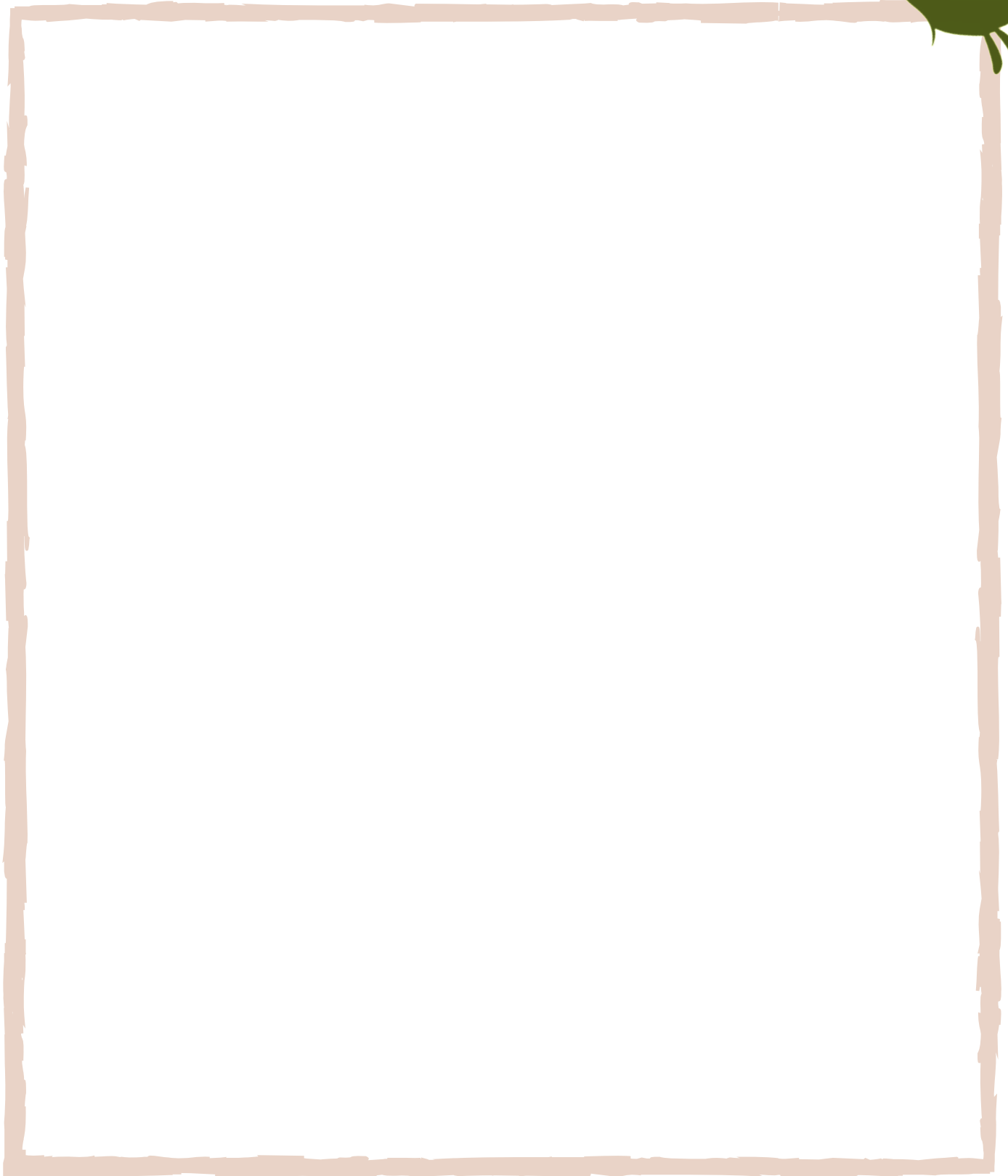
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Thank you so much

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.](#)

