

# ALIGNED

## Transformational Program With Rony Reingold

### **WEEK 4 – Generate Growth** **Wednesday, April 9<sup>th</sup>, 2014 5:00pm PST**

Hello. Yet again, hello and welcome to week four of ALIGNED, the mid-way point of our course. This is Rony, and as always, I am honored and excited to be here in this sacred space and on this sacred journey with you.

This is a special week; it's our halfway point. This is where things are going to start to shift because now we're going to go from engaging in the more personal inner work that you've been doing to actually taking your newly discovered truth out into the world and applying it to your daily life. So this truth within you can start to blossom and can begin to affect your life.

This is a powerful part of our journey and a really fun part of our journey. As you shift into taking intentional action and making deliberate conscious truth-based choices to live in alignment this week, it's important to stay connect to the foundation you've built so far and to cultivate that now. Because without that, what happens is we have the possibility of still taking action from the old consciousness of fear, of lack limiting beliefs, or you may take action that is random and arbitrary without any foundation. So to live in alignment means to make very intentional choices as opposed to going with whatever external options are presented to you that happen to come your way that just feel best.

Let's open this special conversation by shifting into our centering and sacred space setting together. If you're in a place where you feel safe to do so, letting yourself get comfortable in your chair if you're seated, and gently closing your eyes, giving yourself a good deep breath.

Just taking a little bit of time to relax your body completely. Starting at the top of your head, just letting any tension that you find at the top of your head letting that begin to dissipate.

# ALIGNED

## Transformational Program With Rony Reingold

It may help you to envision a soft warm light gently filling up your head and beginning to wash over your shoulders and your neck, letting yourself release any tension that you find in your neck and shoulders.

Moving down to your chest and your upper back, letting that relax.

Letting this soft warm light gently move over your abdominal cavity, relaxing all your inner organs that work so hard on your behalf every day. Letting your belly soften. Letting your lower back, your pelvis, your hips, that whole area soften and open.

Moving down into your legs, releasing any tension that you find there, any tightness in your thighs and your hamstrings, your knees, calves, shins, all the way down to your feet.

Feeling your body and your intuition. Feeling this peace that exists within you at all times that is always available, and staying centered in that as I light our three candles and set our sacred space.

This first candle we light in honor of everything beginning to blossom within us. All these seeds that you've planted that are beginning to sprout. We light this candle in honor of the awakenings, the insights, the knowing that you are having everything that you are saying yes to.

The second candle we light in honor of everything that we are gently placing down yet again. Releasing and shedding those things that you've discovered that no longer serve you. All these things we are saying "thank you, but no" to at this time. Everything you're outgrowing.

This third candle we light in honor of all that has always been and will always be within you, your truth, your inner knowing, your inner light, your Captain. We light this candle in honor of the most lovely, most compassionate, most bold part of ourselves. And we light it in honor of living in alignment with that truth and that light within bringing our whole life, our whole existence into harmony with this truth.

# ALIGNED

## Transformational Program With Rony Reingold

For that, we say yes, and so it is, and so it shall be. For that, we are grateful feeling the support of this beautiful community and feeling the support of this sacred space all around us.

Giving yourself a good deep breath. Rolling your shoulders back and gently opening your eyes. Coming back to wherever you find yourself at this time. Beautiful.

From this centered connected place that we've just accessed, I want to go big picture with you for a moment and review this foundation that we've created so far. I invite you to step back and look at your journey so far in this course, everything that's brought you to this very moment.

The whole point of coming into alignment is to be able to live and act from your center. This power, this peace, this aliveness and joy within you, it is the crux of our entire course. It's critical. Action from a place that's rooted in your inner truth is so important that we're actually not going to jump fully into complete action this week. We're just going to dip our toe into the world of taking action from our truth. It's so important to go really slowly here and stay connected to these new things that you've awakened inside of you.

As I mentioned in week three, when we move too fast we accidentally skip right over our inner wisdom and truth. It's amazing how trained we are in skipping over that center. Our goal throughout the course and beyond is for you to keep connecting to your truth again and again so it remains at the root of everything for you. That's what creates an aligned life.

Before we get into the content for week four, let's look at that truth once again. There are a few key elements that make up this truth that you've discovered. We must know our roots, our core values, everything that brings us most alive and that we stand for. We must spread our wings, that limitless life vision that gives us expansive wings. When we become super clear on everything we're after, this becomes our North

# ALIGNED

## Transformational Program With Rony Reingold

Star in a limitless way. I'm going to talk about the essence of your limitless life and the essence of your dream versus the form of your dream a little later on in this call.

We've also seen that your empowered inner landscape of truth is made up now of a series of new belief systems, a deeper consciousness. You're developing a new adult perspective and a new truth consciousness to stand in and agreements with yourself and others that are based on this deeper truth of your adult self, as opposed to the false limiting beliefs of that wounded inner child within. You've seen how important it is to release and de-clutter these parts of yourself so you have the space and the clarity to shift into what's really true for you.

Of course, we now know that intuition is a key player in this game of being connected to our truth. In week three, we started to uncover what your intuition is all about. It's super magical. You got a chance to start engaging in it, and you're intuitive body.

And you're discovering this power that your intuitive body brings to allow you to distinguish between fear and truth. Very very powerful.

You're starting to awaken how potent your body's messages are. Your body actually feels calm, almost still with this inner peace when you're rooted in your knowing space. Yet somehow it's also simultaneously alive and it's strong. People described, often times they describe their inner wisdom as a feeling of strength in the legs and openness in the heart and a soft belly. There's this certainty, a trust, and yet an ease, an effortlessness that somehow immerges from our bodies and this can completely guide us to all of the right places.

As opposed to when we make decisions from a place of fear, obligation. You can feel the different immediately how your body begins to tighten and contract. You feel uneasy or queasy or hot maybe. Something's just off. You might feel anxious or jittery or fronectic.

# ALIGNED

## Transformational Program With Rony Reingold

Your breath might become shallow. Your throat might become constricted. This is not your truth. Perhaps it's your truth telling you something's wrong. Your truth might come in a form of a warning, but it's not going to consume you with fear. You may still feel that something is off, but underneath it you will feel anytime truth is present; you will feel something is also centered and calm. That is the key. Knowing that it's not either fear or truth. The two exist simultaneously. When we are called to follow our deepest inner know, it can be so scary to follow through on that. Yet truth, that inner knowing will be present. When you follow that thread of calm and knowing within you, you're going to access your deepest truth, your deepest confidence, your deepest wisdom. Then it's your job to courageously and vulnerably align with that deepest knowing. We're going to talk about that on this call.

Another part of our truth as you discovered in week three is your Captain. All of us have a captain. This is the part of us that is wise, resilient, ever knowing, decisive and completely loving. It's always been present in each of us. That's the part that somehow when you've been lower than low; your captain is the part that pulled you out of the dark and into the light again. Just when you thought the world was going to end, somehow you found the light. Your captain took you there.

It's important as we prepare to navigate our lives and make bold choices this week that we can chose from the place of the captain. Now everyone's captain is totally different. Some people experience just an energy within. I have a client who experiences a golden rod of light in his chest; that's his captain. Some people's captain take the form of an animal, a person, a character, an object of some kind. One of my clients calls her captain an Anchor and she literally pictures a ship's anchor because it's what keeps her steady and center. That's the wise part of her present in from to her. Whatever comes to you. However, you connect with this part of yourself is totally fine.

It's most important to remember that the captain is already a part of you. It's not a guardian angel or something that is outside of you. We

# ALIGNED

## Transformational Program With Rony Reingold

have many guardians; we have guides, all of that is wonderful. But there is only one captain within you. This is the part of you that has guts and heart and we are simply giving it form so that we can connect to it and bring it forward, call it in easily. It's part of your inherent, your natural God-given born glory and your inner wisdom.

I want to just make a note around the captain. Finding a captain should be an effortless thing. It shouldn't be really difficult to do. This isn't forced where you need to like hunt them down in a visualization. It's just more a process of naturally allowing this part of you to immerge and feeling into it and then giving it form in a very simple way. Let's do that now for a moment. Let's call in our captain. Let's practice that and let's have our captain be present on this call.

Again, take a moment and just close your eyes, getting centered. Now connect with the part of you that's really wise, the part of that knows whether you want to admit it or not, that part that knows, it always knows what's best for you. Just bringing forward the part of you that has the confidence to go for it. Don't worry about the other parts that are afraid. Just bringing forward the bold part of you that asks out of deep self-love and out of complete acceptance of who you are. Feeling that part of you now, let that energy within you immerge. Good.

Now give it form if you haven't already. Anything, whatever comes for you is perfect. Give this energy form. What does it make you think of? If you've already found your captain and named it, just bring your captain forward at this time. Let it be here now. Ask for its name if you need to. Beautiful. Allowing the presence of your captain to be here full on with you today. Good.

Feel free to open your eyes now. You can see how quickly we can connect to this part of ourselves. If you're not getting form, don't worry about it. Just know that this wise part of you exists and make contact with it. Start to be in relationship with that part of yourself.

# ALIGNED

## Transformational Program With Rony Reingold

Some people may get triggered in this exercise to a place of "I can't love myself", "I'm not being wise", "There's no way my captain exists". You might end up being hard on yourself. If that's the case, what's happening is that instead of your captain, you've got a big fat hairy saboteur here. It is not your captain. This a saboteur feeding you doubt of all kinds, all this propaganda that you're captain doesn't exist.

If this is the case for you, you're work is to back to week two and sort through some of those lesser parts. Get curious. What is that really about for you? What's this saboteur that doesn't want you to shine and steer the ship? Then, as you've learned, pause and reconnect to this deeper truth. Get in your body. How old are you now? What's the best thing about being this current age today? Get back into your adult self and self-parent yourself through that back to the consciousness of your deeper truth. Your captain is always present. I guarantee you. It's always been in you, it's always here for you and it's just a matter of us calling it forward and allowing it to be here.

Some people like to call their captain the CEO, or the President of their lives, or their inner Superman, whatever works for you. This is the person who's in charge for you. Beautiful.

I invite you to share on the Facebook page if you have not already who your captain is if you feel called to do so and we will support each other through this very exciting process of discovering this part of ourselves. Great.

We are now ready to dive into the content for week four of the ALIGNED course. The "G" in aligned stands for Generate Growth. This is an acronym. The word aligned is an acronym that you can come back to again and again to remind you of this beautiful process.

This is the week where we start to talk about manifesting. It's like we've been cocoon, we're starting to come out of it, stretching, peeking our head out a bit, starting to immerge and apply this delicious content to our lives.

# ALIGNED

## Transformational Program With Rony Reingold

This is when you are going to start actively working on aligning and feeling up the various aspects of your wheel of life, so to speak. You may want to revisit that wheel of life this week. Just check out where you're most excited to generate growth for yourself.

We're going to rearrange and reorganize, restructure the various areas of your life to match your inner light and this knowing inside. You're going to start to grow that new muscle and generate an aligned life for yourself.

This is where it really starts to get exciting in my opinion. You're going to start to notice some results and you're going to realize what a rich playground you're actually playing in. Your entire life is an opportunity to practice and become aligned. Some of the terrain might be a little rocky. That's fine. You're learning a new way. Over time as you practice, it's going to become second nature to you.

This week I'm going to share the following with you. I'm going to teach you what it means to be the Generative Pioneer in your life so you are in the power center to create substantial shifts for yourself and to manifest your intention.

I'm going to teach you how to identify and integrate your unique fertile Foundation; I call it, of high-octane self-care basics so you can shift to inside out living, as opposed to basing your happiness and success on external circumstances.

You're going to learn a fun ancient technique that's going to help you revamp and re-energize every single aspect of your life while opening the door to unforeseen gifts.

I'm going to share with you what I feel is the number one secret for manifestation. A tool that you can use to identify all the right choices on



# ALIGNED

## Transformational Program With Rony Reingold

your journey. It might surprise you to learn that you've been doing the exact opposite of this for most of your life.

Lastly I'm going to let you know what it takes to get real tangible results, and it has absolutely nothing to do with your "to do" list.

By the end of this week you will have increased confidence, you will have gained evidence of how you're actually in the driver's seat of your life and you'll begin to notice small examples of how your life is becoming or can become more aligned. You'll be empowered with the secret weapon that's going to turn you into an effortless, confident navigator of your life. Your home will have new energy in it, a higher vibration that's going to support your becoming aligned in every way. This is going to be fun.

The first thing I'd like to talk about is what it actually means to generate growth. The "G" stands for Generate Growth in Aligned. What does that mean to generate growth for yourself? And what does it mean to be generative in our lives? According to the dictionary to generate means to create, to bring into existence, to cause to be. So being generative means taking initiative to recognize the role you're playing in shaping your own reality and intentionally shaping your life in a way that brings you closer to your intention. You can be generative with other people and with conversations. I'm going to talk about that in week six. For now, we're talking about being generative with the various aspects of your life.

It comes back yet again to taking radical responsibility and creating our lives from that place. Everything is a mirror. The external is a representation of the internal. We've become to give life to this internal and now we want to apply it out into the world and take an active role in shaping our lives from that place.

This does not mean going back into your hyper doing mode. At the crux of everything is who am I being, how am I being. Being present. We are literally birthing from that foundation.

# ALIGNED

## Transformational Program With Rony Reingold

At this phase of your growth, it means that you are now able to pioneer the growth and change that you desire in your life. This is a really big deal. People do not awaken to this. We're not taught to. At this point, your circumstances are no longer responsible for creating your fulfillment - flat out. You are responsible for creating your fulfillment. You are actively in this moment creating your truth. You are choosing how to decide, how to navigate accordingly, and to take initiative from this center inside. That's what changes our circumstances.

This week I invite you to practice being generative throughout the day. No more being the passive victim. Life happens through us, not to us. This means becoming radically aware of what you are contributing your energy to. Are you contributing your energy towards those things that serve you and align you with that North Star of your limitless life? Are you contributing your energy to those relationships and activities that bring you alive and empower you? Or are you putting your energy, thoughts, etc., food, inner dialog, your schedule, all of your choices or your "circumstances" towards things that drain you?

This means that now you're going to start practicing being generative and taking initiative around your needs. Instead of going into passive victim mode when someone else doesn't initiate doing something for you that you hope they would, instead now by being generative you're going to take responsibility to voice what you need for yourself?

For example. If you're seating on the couch with somebody and they get up and they get themselves a glass of water but they don't get one for you. The victim or the non-generative approach that we're used to from the past would be reactive, and it might start to a create story around why didn't they get me water. Take it personally. Gosh, what a jerk, he didn't think to get me water. And notice how the limited part might get triggered here. Oh, I'm not wanted. No one recognizes me. They don't care about me. I'm invisible. Notice suddenly we are pointing the finger outwards instead of at ourselves.

# ALIGNED

## Transformational Program With Rony Reingold

The generative way to handle that situation would be to pioneer, to initiate speaking up for yourself and voicing what you need. Noticing they gotten up to get some water, taking yourself out of your self-imposed invisibility and simply saying: "Hey would you please get me a glass of water too. I'd appreciate it." That's being generative. Notice how effortless it becomes to put ourselves out there in that way and create the very result we want in our lives. We don't have to go down the rabbit hole of the victim.

Ultimately, we're after the end result. So you want to focus on what you're creating and you want to generate and give energy to that. This requires an awareness of ourselves. Here we are again, this sacred observer of ourselves. Just like we discovered in week two. Noticing where is your conscious attention and keeping it focused on what you want rather than what you don't want throughout the day. I ask people all the time as a coach: "What do you want the most?" I can't tell you how often, how often people respond with what they don't want. It's so common. It's so common. For example, I say: "What do you want the most?" "I don't want to feel tired anymore." See how they just named what they don't want and by doing so, they're giving that very thing they don't want energy - tired. Instead, you want to shift into being generative, giving energy to what you are creating. So if I ask you: "What do you want the most?" You can answer: "I'm ready to feel totally energized and vibrant." See how it pulls you into that new place that you want to go to? Or you can say: "I'm ready to feel more alive, radiant." Whatever it is you can feel the difference.

What part of yourself and of your life are you feeding? Are you going to feed and nourish, nurture the part of you that is empowered, your captain, your intuition, your limitless life vision, your core values? Or are you going to feed and give energy to the part of you that's a victim or to your saboteurs? What consciousness within you at this phase of the game are you starting to cultivate? You want to become really aware of that right now.

# ALIGNED

## Transformational Program With Rony Reingold

There is a YouTube video on the homework forum that shares a wonderful story of two wolves. It's an old Native American fable that outlines this very opportunity to be generative in our choice and to see which part of ourselves we're feeding. I invite you to look at that this week because it illustrates all of this perfectly, and I have a sense you will enjoy it.

What are some of the practices that you can begin to take on to feed the aligned, the illuminated, full tank, captain version of you? I imagine that some of you might need to start practicing speaking up for yourself. You might need to start practicing putting that oxygen mask on yourself first before others, or practicing self-care a little more attentively. I absolutely know that you'll need to start choosing for the long-term results versus the immediate satisfaction of that thing within your grasp that might fill you momentarily and appease the discomfort, but ultimately is not aligned with where your limitless life vision is or where your truth is. This is really important, especially because in week two we learned how to be with these uncomfortable emotions. You no longer need the immediate fix. We are all about choosing on behalf of that long-term result that we want.

This means that this week you might need to start making some tough decisions. If it doesn't give you energy, if it doesn't bring your truth alive, it's no longer for you. To be aligned we need to take generative action to rearrange things, to retrain ourselves, to retrain others, and to re-align the various parts of our life to our truth.

I'm going to be really real with you here. This is where you need to get a little cutthroat. Seriously. This is where people falter and this is where people don't get the results they want. I know so many beautiful, conscious, openhearted, well-intended people, successful healers and coaches who are still not experiencing the results that they crave in their lives. The money, the love, the health, it's not coming into full form because of this one concept. This is why actually I created this course and it is the number one secret to live in alignment.

# ALIGNED

## Transformational Program With Rony Reingold

You have your intention, you have your truth, and now you must be totally committed to that gorgeous, delicious intention and to your most possible limitless life vision. This is where we get to act, think, generate in ways that bring us towards this very intention, vision and truth. I give full permission to be totally relentless in your life around aligning yourself. Actually if you become relentless about being aligned, it will get you the results that you want so much more quickly. Full permission to be black and white at times in your life. No more wishy-washy. Right? The maybe. It's time to claim your ultimate life and your truth. You can feel the energy of that, and you can feel the energy of a maybe. It's neither here, it's neither there. Right? I don't know. Maybe if I give it a chance. It's got some of what I want. I love him. I love him so much so like even though he doesn't want kids and I do. It will be so sad if it ends. I don't want to close the door. What if it does come together? This is the maybe.

We've all gotten sucked into that maybe. It's very seductive. Right? What if I stay in the job for one more year? Hopefully I'll get that raise. I just have to do yoga every day so I can be happy in the meantime. That is not living in alignment. So no more BSing yourself in a land of wishy-washy. We cannot manifest from wishy-washy. These examples are not aligned with the truth. The truth is razor sharp knowing and a gorgeous power within you, even though it's scary.

I invite you to become committed to only those things that truly light you up and take you to where you want to be. You deserve it. This is where you get to be generative, intentional and selective. This is where we up the ante and we practice being generative and aligning our life to the foundation that you've created.

Now, next week in week five we're going to do a really beautiful commitment ceremony around the "yes's" and the "no's" in your life. But for now just keep your focus on being generative, on being that pioneer and cultivating your life from this inner foundation. Start to play with it. This is a beautiful segue actually to talk about your fertile foundation.

# ALIGNED

## Transformational Program With Rony Reingold

The fertile foundation is a really important part of the homework this week and of our process. It's actually such a fun part too. I love the fertile foundation because it keeps us so full, which I'll explain. If you only did the exercise on identifying your fertile foundation this week in the whole course, it would radically change the way you experience your life. So I invite you to play with that.

Now in week one I introduce you to a document called "The Tree of My Truth", where your roots are the tree of your core values. The fertile foundation is just below these core values. It's the soil to your roots. You're going to use that document again this week, as well as a couple of more times throughout the course.

If you haven't seen it, the document is a drawing of a beautiful strong tree. The earth line separates what's below the surface that nobody can see and what's above the surface that people can see and recognize in us. In our work together, the earth line distinguishes between our private inner landscape, everything below that surface that others don't see and our external self or really who we're being in the world that others can see and can interact with. Imagine a beautiful tree. Even if you have the strongest most robust tree, it's the foundation of the soil that it's rooted into isn't nourished then that tree is pretty quickly dry up and topple over and die. It won't sustain over time in dry soil; and the leaves. If we want those leaves to get really green and have strong branches and beautiful roots and all this lovely fruit growing, you better believe we need to take care of that soil of this foundation.

This is your fertile foundation, and it's made up all activities and the little daily practices, little being the operative word, that keep you living in connection to your core values. It's like the nutrients in the soil that feed the roots of the tree.

So your fertile foundation are the little practices and rituals, day to day, that keep you experiencing the core values. They're really your most

# ALIGNED

## Transformational Program With Rony Reingold

basic needs, which are usually part of the fertile foundation, as well as just activities that bring you fully alive.

Part of your fertile foundation can be as simple as looking up at the sky and taking a breath. If that connects you to your value of being fully alive, let's say, then you had better believe it's important. That simple 30-second practice of looking up at the sky throughout your day is going to be a massive game changer for you because it brings you back to the roots, to the core value, to your truth ASAP, instantly.

We forget about these little practices. We step over them because we get caught up in our lives and our busyness, or we feel obligated to other people and we put these things on the back burner.

This week you're being invited to make them top priority and to really incorporate them into your daily life. Once you identify what makes up your specific fertile foundation and you start engaging in those practices daily or weekly, it's going to change your entire experience because it's all the things that bring you alive and connect you to your core values which you bring you fully alive. You're going to love it.

I'm going to give you some examples to distinguish between a core value and something that belongs in your fertile foundation. First and foremost, as I mentioned, the fertile foundation is an activity. An action of some kind. Something you love to do that brings you energy such as eating healthy or dancing. That's an active thing to do. These are the activities or experiences that in week one we asked: What is that activity provide you with? The answer led you to your core value. That activity is the fertile foundation, or part of your fertile foundation.

A core value on the other hand is the larger context or way of living that you stand for that brings you into that energy of your truth. It brings you alive. For example if your core value, let's say, is authentic expression, then perhaps this explains why you love singing so much or why journaling or painting is so nourishing to you. So the value is authentic expression and the fertile foundation, the practice or activity

# ALIGNED

## Transformational Program With Rony Reingold

that connects you to that feeling authentic expression would be singing, journaling, painting, speaking your truth, whatever.

I have a client who part of her fertile foundation is getting in her car and singing at the top of her lungs. It totally brings alive and it connects her to her value of freedom. That specific thing refuels her. For me one of my key core values is space to be me, capital ME, meaning my highest self. A really critical part of my fertile foundation is getting out to the beach and enjoying an expansive view. Why? Because it creates space, which connects me to a central root of my tree, which is space to be me.

So another fertile foundation item could be speaking up. Maybe that connects you to your value of live my truth or radical responsibility, something like that. I have a client right now who has a core value that she's called Savor the Ritual. Isn't that gorgeous? For her looking up at the moon, at a full moon, or eating her dinner consciously, lighting a candle, all of these things end up fueling her so much. They're part of her fertile foundation because they take her into the experience of that core value, Savor the Ritual. It's these teeny little things that can take five seconds, they can take five minutes, an hour, whatever, but they're going to fill you up.

Now there are two key ways to identify your fertile foundation this week. The first is by identifying those activities that you naturally already partake in that really bring you alive and refuel you, or just keep you center and sane in your life. You want to make a list of those and start to ask yourself the magic core value question. What does doing (blank) - meditating, dancing, teaching, walking outdoors, what does that provide me with? See what core value of yours that it connects you to. Maybe it's one you've discovered and maybe it's a new one that you haven't named yet. So what is playing music, fertile foundation, provide me with? It provides me with my core value of feeling alive, or life moves through me. Right? So the core value of feeling alive, fertile foundation is playing music. You can start to see the difference.



# ALIGNED

## Transformational Program With Rony Reingold

The second way to identify what makes up your fertile foundation is to take each of your core values, say autonomy or living life on my terms, and make a short list of all those little activities or practices or ways of being that make you feel autonomous, or make you feel living life on my terms. If your core value is freedom, then the fertile foundation is going to be having down time in your schedule, or singing. Expansive views use all these things. You start to see that these are the basics that keep you cared for, they bring you alive, they bring you centered.

The fertile foundation is also made up of those things that get you into your power zone right away. I know that calling in my captain is going to get me straight away into a really empowered place. Or maybe it's doing ten jumping jacks or risking, taking a bold risk. I have a client who has part of her fertile foundation as risking.

Your homework this week is to identify your fertile foundation and to start integrating these activities into your life. For those of you who are feeling overwhelmed by needing to do all of this homework, this is actually one of the most fun things you're going to do because it really is about engaging and all those things that fill you up. If hiking to that one place that you love is part of your fertile foundation, then this week your homework is to go to that place that you love and hike. If speaking up or standing up for yourself is part of your fertile foundation because it really connects you to that core value of sharing your truth or whatever, then your work is to practice speaking up for yourself and standing up for yourself this week. It's really fun to start to engage that muscle.

As always, I encourage you to share your fertile foundation item on the Facebook page. I imagine that a lot of us are going to have overlap on what our fertile foundation is. You guys are going to start to really inspire one another. It's going to be fun. And it's going to be a really great place on the Facebook page to brainstorm and help one another out.

We're going to shift now to talking about manifesting. That is our goal with being generative. This is fun and I invite you to have a lot of fun

# ALIGNED

## Transformational Program With Rony Reingold

with this because living an aligned life is really fun. That's the whole point. I'm going to talk about something I believe in very deeply, Feng Shui. When we utilize Feng Shui, it can be a powerful tool in helping us generate the changes we need to become aligned. Feng Shui is the ancient art and science of balancing and harmonizing the flow of natural energies in our surroundings to create beneficial effects in our lives. As we know, our internal and external environments are mirrors for each other. This means that our homes or the spaces that we spend time in are actually a representation of our inner emotional landscape. When we make shifts in our homes, we can therefore expect shifts to occur in our lives as well.

Just like our inner emotional landscape impacts our lives, our home impacts our lives as well. If you begin to notice your home, your office environment, you'll notice that it's actually a reflection of your inner consciousness, whether you realize it or not. Our homes are our sanctuaries, and this is where we come back to everyday, at the end of the day, and we completely let go. It's where we feel safe to have a big cry, we don't have to put on a show, we can totally turn off, and what that does energetically, it has us land in our home. Therefore energetically speaking, our homes truly represent what is within us.

The state of our home is the state of the emotional landscape inside and they affect one another. Think about when you have a lot of clutter or a bunch of papers piled up on your desk. That's happened to all of us. It becomes really hard to get things done and think clearly. That's usually because you're in a place of overwhelm, which allows you to have those papers pile up in the first place. I invite you start noticing the energy of your home and get curious. Is it aligned with your limitless life vision? Is it representative of your intention and the purity of your truth?

I know a couple of women, former clients of mine, who really wanted to feel more connected to people and to be in a relationship that was empowering and respectful and loving. Two clients - really be in the kind of a relationship where they could let someone fully into their heart and feel safe doing that. Most of us want that. Each of these

# ALIGNED

## Transformational Program With Rony Reingold

women had so much clutter and mess in their homes that they were actually embarrassed to even bring a date or even a friend back home to their place. Their home was literally keeping each of them from manifesting the connection that they longed for.

One woman told me she never made her bed. Because she never did, she felt so ashamed and embarrassed to have friends over, even her close friends. You feel the energy of that? How closed off and shameful it is. How contracted? Not the energy of that beautiful relationship she's hoping for. So she started making her bed every single day as we worked together. Ultimately, she started caring for her environment more, and of course, lo and behold, her community changed in her life, seriously. She reconnected with old friends, suddenly she deepened friendships, she felt excited about dating, she started dating again. She even brought a guy back to her home. She felt that they connected and she could talk to him and she could see if there was actually potential. She was open.

When we don't intentionally use our home's vibration to support our vision, it can backfire on us. Because if it's not supporting our intention and our vision, then what is it supporting? It's doing something.

So just like you've awakened to the inner landscape of your false beliefs and your deeper truths, and started to be intentional about shifting towards the deeper truth, now we want to start to be intentional about our environment, our outer life coming out. Again, week four, generating growth.

Here's another example of how our home is a representation of our inner environment. This is amazing. There is a married couple that I know where in the relationship the man feels very isolated from the woman, and the woman feels lonely, and actually have different living spaces - two different homes. A few months ago, I was invited to what's called their home; it's actually the woman's home, for the first time for a dinner gathering. Every single piece of artwork in the home, every single one; I went into every room because I started to get curious as I

# ALIGNED

## Transformational Program With Rony Reingold

toured the home. Every single piece of artwork was a painting of a woman by herself. Most of these women looked sad or lonely. The woman in the relationship decorated the entire home. I asked. It was a sure tell sign that something was off in their relationship. Without knowing it her inner consciousness and her inner emotional landscape was literally being placed on the walls all around her, and reinforcing these negative lonely feelings.

When we do the opposite of that, intentional generating the opposite of that, when we intentionally put stuff in our home and rearrange certain aspects of our home or office environments, then it can impact our internal state and it can lift us up. It's Manifestation 101. If you're intentional about rearranging your home in such a way that it supports the life you want to create, then energetically what you're doing is you're telling the universe I'm serious and I'm ready. I'm intentional here. So using Feng Shui can impact every single area of your life. Health, it can improve health, it can bring you money, it can bring love your way, it can help have a baby, it can help with authority figures or the children in your life, it can open up opportunities for travel or moving, it can impact your community, it can enhance your inner knowing, your creativity. So I use this personally. I'm very fond of it. It's played a big role in my own journey of becoming aligned, and this is why it's part of the course because I know firsthand how profound Feng Shui can be.

Now within Feng Shui there is something called a Bagua. It's a grid that's made up of nine quadrants. Each of the nine quadrants represents a different area in your life. This can be applied to any home, any room, in your home, any building, any office, whatever. There's a diagram that explains this on the homework form.

When we are intentional about changing the various aspects of our life through the home, it energetically represents that you are intentional about changing this in your life overall.

# ALIGNED

## Transformational Program With Rony Reingold

If you're looking for love for example, start to notice are things singular in your home, like paintings of single women everywhere? Or are things in pairs? Are they coupled? You want to start putting things in pairs all around your home. If there are going to be two people living in a home, then there had better be two night stands and two toothbrushes and two of everything so that both partners feel they can exist in that home.

I literally used to pair plants together around my house as I was calling my beloved in. Having pairs of items will make your incoming mate feel equal to you. You want to notice in general the energy of your home. Are your plants dead? Do you have an energy of dead life in many black heavy things? Notice your artwork. Is it representative of how you want to feel? Is it colorful? Does it remind you of where you're going? Does it inspire you towards your limitless life? Or do you have things from past lovers or past emotionally heavy experiences placed around your home? Does your bedroom feel like the essence of the relationship that you want to experience from your limitless life vision, or does your office feel the way you want your dream job or your dream career to feel? Are things broken in your home? Not good. Are your closets so crammed full of stuff that you don't even know what's at the bottom of that pile? That represents not knowing the deeper parts of yourself, and not even having access to that within. You can start to see the mirror here.

Feng Shui is an energy-based modality, and when we use the energy of our intention it starts to shift things, and this is one way to do it. This is going to change your life. I invite you to have a lot of fun with it this week. Look at the descriptive worksheet on the homework page. It just so happens that my beautiful and amazing assistant Brianna is a Feng Shui specialist and she helps me pull all of this information. So I want to acknowledge and thank you Brianna.

Start to have fun. Choose one part of your life that you want to work on and go from there. Start to notice how you can manifest a little bit more easily in your life.

# ALIGNED

## Transformational Program With Rony Reingold

As we're talking about vibration and energy in general, I'm going to share one of the biggest manifestation secrets with you. This is to let go of form and stay connected to essence. Let go of form and stay connected to essence. What does that mean? What is she talking about? On this call, we're talking about generating the life and the results that you crave. In the process of attempting to manifest dreams, what happens with most people - we've all been guilty of this, is that they focus on the package that they believe their desired outcome needs to come in. The form that something is supposed to take, or that they want it to take. What it needs to look like, how tall it is, how big it is, the date we expect something to arrive, the timing in which something is going to come fruition, the person, the type of person, the place we want it to be. Most often, what happens is that people start looking outside of themselves for answers in a tangible form when we're focused on form.

You may think that your dream career might take the form of opening up a yoga studio, or that the thing that's going to give you the most passion is going to move to Brazil, or maybe it's Japan, or that the relationship of your dreams is going to be most likely with someone who's in your age range or it's got to be someone as active as you are. You can feel the form here.

In that place when we're focused on form are actually pulled out of ourselves and we're looking externally to see if something that already exists in a certain form might give us the result we're hoping for. Outside in living, the opposite of what we want to do.

What I'm seeing in my own life honestly, and in the lives of my clients is that our greatest suffering is when we are too attached to form. When we accidentally develop an expectation of when and how our desired outcome is supposed to play out, it totally locks us in. The universe is so much more imaginative and abundant than our minds could ever hope to be. Remember in week three, we're in a co-creative relationship with the universe. We get clear on the essence of our vision and then we allow, we let go and allow the universe to deliver it in a certain form.

# ALIGNED

## Transformational Program With Rony Reingold

Essence is the quality of something, the feeling, the texture, the taste, the experience that is provided by any given scenario, any object or event. So form is the tangible element that makes up the scenario, and essence is the feeling of that scenario.

Let's use the example of manifesting your dream career to distinguish between form and essence. Your intention is to get a new job. What's that really about? Are you open to any job? No, I doubt it. What's the essence of what you're really after? Maybe it's feeling like you're living on purpose while experiencing abundance easily in your life. Maybe the essence of what you're after is really having interactions with thought provoking, conscious, like hearted people, as part of a team where you collaborate and you share yourself truly and authentically as you make a difference in the world. Feel that? You can feel it. That's essence. In contrast, the form of that job might involve a certain field. It might be a certain amount of money. These are concrete things. The form might involve a daily commute or working in a gym, as opposed to outside. Right? Feel the difference here? The essence is what brings it alive. That's what we want to stay connected to. As we manifest and we start to generate growth, we want to do it from the place of essence. So part of our foundation of truth as you've discovered, is staying connected to those questions from the limitless life vision. What do you most deeply desire to experience, express, create and contribute? What's the experience you're after? How does that feel in your body when you have a balanced home and you're communicating to your kids in a way that empowers you? What are the subtle layers here? What's the quality and the textures of this dream?

It's like becoming so familiar with a certain flavor of chocolate ice cream that you'll know if someone has given you another brand. That's how familiar you want to be with the essence of your North Star.

This is where we get to retrain ourselves. We're so trained to look at form. You want to notice how often you accidentally attach to the form that you want something to take, or that you expect it should have. Even though we're shifting into the place of action this week, we're

# ALIGNED

## Transformational Program With Rony Reingold

starting to do it from a place of essence. It's not the package that it shows up in that you want to be committed to. You want to be committed to what it's going to feel like when you open that package.

Feel what you assume your intention should look like. Draw that up in your mind. Get the picture of what you think your dream or intention is supposed to look like. Get convinced. It's supposed to be this job. The guy's going to have brown hair. Whatever it is. Right? Now go underneath that and see how it feels. How does it feel to be cozy in bed when I hear my beloved on the phone in the other room? What's the spirit of my new job taste like? What does it bring alive in me? Who do I become when my life is totally balanced and I'm navigating with grace and truth as opposed to being run by my emotions in my life? What are the qualities of the people that I work with or that I spend time with? What are the qualities of the people who drew you into this intention in the first place? You want to stay connected to those qualities.

Sometimes in an effort to be generative, we get stuck on the form that things took in the past. This is really common. Like a previous romantic partner or previous job. I use these examples, by the way, of romance and work a lot because they're easy for most of us to relate to. But obviously, you can apply this to any part of your wheel of life. When you get stuck on how things used to be, you're essentially applying or projecting that old form that something took onto your future. This is extremely limited and it's a lack-based perspective and it's very difficult to manifest your dreams from here.

Let's use a really common example to illustrate this point. Let's say that up until now you've made good money in the corporate arena. Even though you're not happy in your corporate job, you've had a steady reliable income there. So you assume that the only way to make good money moving forward is to find another job in the corporate world that's going to give you a regular income, another job that already exists. You start searching job boards; you talk to a recruiter to see what positions are currently open. Notice the form here. Notice how in this example you've just left your center completely. It's no longer inside



# ALIGNED

## Transformational Program With Rony Reingold

out living. You're not generating from within because you're trying to make a certain form - in other words, a corporate job that already exists that has an opening - you're trying to make that match your truth instead of having your truth create possibilities for you. Very very common to be attached to form in this way.

Instead, you want to take the essence of the job that you used to have, or the relationship that you used to be in, and the things that you loved about it, and you want to get clear that those qualities need to be present in your next work scenario. Notice that it doesn't mean it has to be corporate. It means that maybe instead it's got to have flexibility, you need to be creative, you need to be collaborative. That's the essence. This opens you up. Maybe you start your own business here. Maybe you work in the non-profit arena abroad somewhere. Who knows? Suddenly the world becomes your oyster.

Same with love. If the last person that you were in a relationship with was the first person that you felt you could really be yourself with, that does not mean that they are the only person that you can be yourself with. That's what happens. We get stuck on form and we go there. It means that the essence of what is important to you is feeling totally yourself in a relationship. Then you can apply that essence to a bunch of new prospects and use it as a sorting tool to make an empowered and aligned decisions. Inside out living. Now you get to navigate from your truth and essence and you get to stay connected to that, and then form. Suddenly you get to become wildly open to the form that something takes.

I just received an e-mail from a client yesterday. She was so grateful, and she described to me how her life has become so rich and so, oh my gosh, creative and connected. She's dancing, she's singing, she's doing all these new things because she let go of form. Very very powerful.

So you want to trust - this is where trust comes in - that it's going to happen. Your limitless life is coming to you. It's all happening. You're working towards it. You want to let the universe surprise you. Let it

# ALIGNED

## Transformational Program With Rony Reingold

delight you with the concrete form of the who, what, where, when, how. Just anticipate the arrival of that and be totally open to the gifts you are going to receive. Generating growth requires taking risks you guys. It's new. It's new to be the pioneer of your life in this way and to come out of invisibility to speak our truths, to intentional strengthen this new muscle of making resonate choices that bring you alive.

I have a question for you. If your dream was going to walk through your front door next week, if your dream was going to walk through that door next week, how would you have to step up? What would you have to change? Who would you have to be? This is a brand new way. You're growing here. It's important to acknowledge that as these concepts are still new to you it can feel really wobbly and uncomfortable at times. You're just getting your sea legs here. I want to reassure you that you're exactly where you need to be. To help you with that I'm going to introduce you to the four steps of growth that happen in any transformative process. There's a diagram of this on the homework forum that you can download, and it'll just help support you and make you feel at home in your new wobbly land.

The first step in the process of growth is called Unconscious Incompetence. This is where we don't even know what we don't know. When you're two years old and it doesn't even dawn on you that you don't know how to drive yet.

The second phase of learning is Conscious Incompetence. This is where you now become conscious or aware of the fact of what you don't know. You're 15 and you've just driven a car for the first time with your driver's permit, and you're very aware that you do not know how to drive. Some of you may have experienced this in week one when you filled out your wheel life and suddenly realized how bumpy things were, but you didn't quite know how to smooth them out. In fact, for a lot of this course you will likely reside in this phase of Conscious Incompetence as you learn new things. So welcome that in.

# ALIGNED

## Transformational Program With Rony Reingold

The third phase is Conscious Competence. Suddenly you're aware of the fact that you've learned how to do this thing. You're learning to do it. This is the day that you get your driver's license. Maybe you're not perfect. You're a little wobbly. You still slam on the brakes too hard sometimes, but you can do it, and you're aware that you can do. This is a wonderful place to celebrate yourself. You may find yourself in this process, in this phase during our aligned course. Make sure to celebrate that.

The last phase of growth, which will come eventually for each of you in this class. I promise. Is Unconscious Competence. This is when we don't even realize how much we know because it's become second nature. That's when we drive and we text at the same time. We're so comfortable and we're confident in our driving. It's so second nature that we'll actually pull out our phone and talk to somebody or text while doing it. It's that nature to us.

So generating and aligning your life to your truth inside out living might feel quite unfamiliar right now. That's okay. Be loving with yourself. You're in the second and third phases of this transformative process. Incidentally, when babies learn to walk, when they fall down, that process of falling down is actually what builds the muscles that they need. They need the falling. Be patient with yourself. Be gentle. And let yourself play with all of this generative growth that you're going to start playing with this week. You have full permission to go out there and fail. Get out there. Flail around. Anytime you fail, I want you put your arms up in the air and proclaim TA-DA, because you're actually not failing. You're learning and you're growing and you're strengthening new muscles.

This week is all about taking risks and noticing the subtle messages from within, from you captain, full of integrity, and applying those messages to your life. Being deliberate, pausing. Being intentional and generative. Our whole lives it's like we've had a dumbbell in the right hand and we've been building and building this muscle. Of the other way of fear, of doubt, of playing small, of non-radical responsibility and

# ALIGNED

## Transformational Program With Rony Reingold

victimhood, and suddenly we've discovered a dumbbell in the left hand. Now you get to practice doing some reps over here in this new way, this new hand, and letting that muscle grow.

I invite you to be very very conscious of your use of the word "hard". Notice when you say something's hard; notice how you're feeding a hard way by saying that. So instead, start to say that something's new, or something is unfamiliar and newly familiar as you grow that new muscle.

Your homework assignments this week are to identify and to start to engage in your fertile foundation. No matter what, give yourself a gift of this fertile foundation. It's going to change you. You're also going to practice starting to take risks. There is a wonderful worksheet that's very simple that's going to help you practice taking risks - saying those scary things, being out there on that ledge, saying no, maybe saying yes, being your own super hero. It's so important for us to befriend taking risks.

I used to be terrified of it. I came up with a visual that - I had no idea how to play tennis. I'm terrible at it. So each time I took a risk, it was just like swinging that tennis racket. Swing and swing and swing and swing, until all you're doing right now is going out there and swinging that tennis racket. You're making it more familiar to take risks. Now I love it. I thrive on taking risks and I see opportunities and I go for it and it catapults me forward deeper into my truth and into the full experience and expression of who I truly am. It's profound. So you get to start playing in that land this week.

You also, this week, are invited to practice following the energy. So similar to following your intuition, but a little more dialed in. You really want to follow through on that. Being deliberate on where you're putting your energy in your life. If it's an energy drainer that is now aligned with your values and dreams, then you don't want to put energy towards it. Oftentimes what we need is to see it on paper, which is why there's a little homework page for it, because when we see our energy

# ALIGNED

## Transformational Program With Rony Reingold

drainers and our enhancers side by side, it is really a wakeup call. You start to notice people too who drain or fuel your energy. I invite you to do that exercise and get clear on it and then to follow through on following your energy.

You're also going to have an opportunity to start playing with some of the Feng Shui techniques and applying to these to your home and to your life. Enjoy the beautiful descriptions there and please feel free to reach out to myself or to Breianna on the Facebook page with any question on how to use the Bagua. It's really fun to use it. It's really fun to look at your homes through this new lense and your life through this new lense. There's also on the homework forum a chart for Conscious Competence and those learning steps for your reference, just to see what that's all about and for you to feel supported and normal in this wobbly wobbly land of really getting out there and generating growth in your life in taking risks, and swinging that tennis racket and being bold and authentic and all of it.

I really invite you to have big fun this week out there. Play in the playground of your life. It is beautiful and it's all for you, and enjoy all the new things that you are creating. There's so much to celebrate. I again, want to acknowledge you for diving into the pools of yourself and diving into your life. For your willingness to play around here and to do whatever you need to do to be whoever you need to be so that this course, the ALIGNED course, and also this course, this path, can be the most enriching experience for you. I truly applaud you for that.

I wish you all an amazing week. Please share yourself. Let's continue to build community. There are a lot of you who are doing this class behind the scenes and are not on Facebook. I again, encourage you to come out and play, inspire and support one another. Enjoy generating growth in your life. I will speak to you real soon. Bye.