

ALIGNED

Transformational Program With Rony Reingold

WEEK 5 – Naturally Now
April 16th, 2014 - 5:00 pm to 6:15 pm

Hello everyone! Welcome. It's Rony. Good evening, good morning, good afternoon, wherever this finds you. Welcome to week five of ALIGNED. As always, I am delighted and honored to be here with you. I am impressed and in awe of you. You have crossed the midway point in our journey here. Congratulations. You are showing up, you are checking it out and you're starting to get a feel for what this work is all about. This is how it happens by rolling up your sleeves, and jumping in and using your entire life as an aligned playground. I honor and celebrate all of your effort and the fact that you're putting so much energy into embodying your truth and transforming yourself. Congratulations.

Tonight towards the end of this call, we're going to have a commitment ceremony. If you haven't already, I'd just like to ask that you take a moment if you can and print out the no/yes document from the homework forum. Brianna also posted this on the Facebook page. If you haven't printed it out that's fine, just have a pen and paper ready for this commitment ceremony that we're going to do a little bit later on.

I'm going to talk about nature a bunch on this call. Actually, the most natural thing we can do is to grow, allowing ourselves to keep moving forward through each growth cycle, through each new layer. This is what keeps you in alignment with your truest nature and all of nature itself. We're going to be tapping into that on this call.

Let's get ourselves centered so we can open to our truest nature even more this evening. If you're in a place where it feels safe to do so, go ahead and gently close your eyes and let yourself just sink into the chair, the floor, wherever you may be. Just give yourself a couple of good deep nourishing breaths, releasing your day up until now. Letting go of everything in life that brought you to this moment. Becoming present as I light our three sacred candles.

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The first candle as always we light in honor of everything being born in us. Everything that you're generating, building, creating, working on, everything that's blossoming and coming to life for you, all the awareness you're having.

The second candle we light in honor of everything that is dying in us. All that we continually release and allow ourselves to let go of because it no longer serves the truth of who we are. It no longer serves our path of alignment. Shedding away those old patterns and that old debris on every level - the fear, the clutter.

The third candle we light in honor that has been and all that will ever be within us - our truth, our light, our intuition, our deepest inner knowing and joy, our captain, the part of us that can generate life from this deeper wisdom within. We light it in honor of all that we are aligning with and all that we are really bringing forward in ourselves and committed to growing within ourselves even more at this time.

For all of this we say, yes, and so it is and so it shall be. Let that all sink in to yourself, and open to the possibility here that's available for you. Give yourself another good deep breath, roll your shoulders back and gently open your eyes.

I'd like to begin this call by stressing how perfectly okay it is to be wherever you're at in this process. Wherever you are is perfectly fine. I encourage you wherever you're at, to dive into this work for yourself as much as you can. This is your opportunity to take yourself to a new experience of your life. We are committing to your ultimate life on this call.

This is your opportunity to stay on your growing edge. It's not the time to be lazy. This is a time to keep going, to keep reaching out, stretching out of your comfort zone and intentionally pioneering towards that alignment with your ultimate truth and your dreams. This is the time to keep getting curious and keep exploring.

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My greatest deepest invitation to you is to have the guts to unabashedly do what resonates with you most in your life. Just like I mentioned in week four of this course, we are in the business of honoring and following through on our truths. Where there is energy, there is truth. Where you are lit up there is truth. I invite you to follow and honor that no matter what.

Aligning your life with your highest self, what this course is all about, it's actually pretty straightforward. The first half of the class we emphasized getting in touch with this truth inside of you and differentiating between what's true and what's not, and awakening your intuition.

Now we're really practicing making choices that are congruent with that. I really want to dumb it down and say this is actually on some level very very simple. Now it takes a lot of practice, and we're coming at it from many angles because we're multi-dimensional, and I'm giving you a lot of tools that you can put in this knapsack of yours that you have on this journey.

With all of that being said, it's still pretty straightforward. However you integrate this learnings into your life is perfect for you. You're going to have insights throughout the course and after the course. That's a really good thing. All of us on this path, all of us have triumphs and we all have failures. One of you reached out to me this week about falling off the wagon. I love that you did that. We're in a process here. When you fall, it just means you're going for it, that you're stretching. You're in this totally new land and you're getting your bearings here.

In week four we touched briefly on this scale of conscious competence. How in the beginning we don't know that we don't know things. Unconscious incompetence. At the second and third steps of this growth process that you're in, we become conscious of what we don't know and what we do know.

That's where you are right now. You're very aware of what you do and do not know. That's uncomfortable. It can be. That's why I

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acknowledge your courage here because we're constantly evolving. I'd like for you to give yourself some credit and acknowledge yourself for stretching and flailing all over the place and staying on that magical growing edge. It can feel like a really uncertain place to be.

You're going to take a few steps forward and you're going to take a step back, and you might cave and fall back on your old pattern. It's totally fine. You may take really bold leaps and you may fall flat. Whatever happens is totally okay. Keep coming back to your center again and again and again. That is what we up to here. This is a process of returning home to ourselves and to our wholeness again and again and again, and remembering that.

I want to introduce you to a little trick that I use that comes from my coaching community. The bottom line is actually I don't believe in failure. I don't believe in failure. I believe that whatever we experience we have, whatever experience comes forward for us, that is our teacher. It's impossible actually to fail. When you feel like you failed in some way, then what I'd like you to do is literally stand up with your arms in the air and say: Ta-Da! Just proclaim that to everybody. Put it on the Facebook page. "Ta-Da!" What it means is that you've grown beyond your status quo. You've played a bigger game in life in a way that's courageous and vulnerable and in a way that you get to be proud of. That's what you're up to right now in your life.

A little recap from week four here. Your fertile foundation can be used in an almost magical way to get you back on track when you've fallen off course. It will get you back to that center really quickly. Living in alignment basically comes down to clarifying your truth and following through on it moment by moment. You'll notice that when you engage with your fertile foundation regularly, even in the smallest ways, that it really does start to change how you experience your life. Suddenly you have capacity to make bold choices. You have this fuel. You can continue to be this powerful person that you need to be to speak up, to stretch yourself, to rearrange things in your life and make it happen.

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Suddenly your tanks are full, like really really full. Maybe for the first time ever in your life. You get to be excited to give sincerely from your heart to others. You have the fuel when we use our fertile foundation to explore yourself with that ultimate vulnerability and bravery to be that sacred warrior and go to those darker hidden places. You have the tanks for that, and you'll have the patience, thanks to your fertile foundation, to just sit and be with all of who you are.

You've practiced engaging in these simple activities this week, and you can continue to do so throughout the course of your life now that you've identified what fuels your truth. It's really cool actually once you know some of these key fertile foundation practices. You can use these to set yourself up and take care of yourself before and after a challenging situation that you know you need to go into. Like having a conversation where you really need to show up and express your truth, or before giving a speech, or before you go on a family trip where you know your buttons are going to get pressed. Your fertile foundation, it gets you into your power place and it connects you to your center and gets your tanks full right away.

Let's say that walking outdoors and breathing in the fresh air is part of your fertile foundation because it connects you to your core value of freedom, for example. Before this challenging situation where you got to show up fully, get out there and go for a walk in nature that morning and breathe in that air, sing in your car, look at the moon, whatever you do that gets you in your fertile foundation power zone, so you can walk into this challenging situation feeling fully alive. It will give you a totally different experience of navigating that.

Then consider what you need to do on the back end of this challenging scenario to bring you back to your center. Oftentimes what happens in these scary moments where we really are bold and we step up to the plate and we risk, right afterwards our saboteurs come in right after we've triumphed. Right? Like the first time you do something really big, you feel amazing for ten minutes. You're totally excited and proud of yourself. Suddenly all the doubt kicks in. Have you ever had an experience like that? Have you ever taken a test or something like that?

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Like you feel triumphant and then later at home that evening you start the creep crawler, monkey mind doubt starts to come in. You want to engage with your fertile foundation after these big moments where you step up so that you can reconnect to your truth and power and come back to this center.

This can be as simple, again, as stepping outside, spreading your arms out, looking up at the sky, taking a big breath. It can be calling your captain in, or calling a good friend, a cheerleader or someone who's always there for you. It can be taking a bath or dancing for five minutes. Whatever part of your fertile foundation is going to reconnect you to that source within you and have you live your core values once again, that's what you want to do. This is how the fertile foundation, these little moments really help us to stay on track and it's going to support you over the whole course of your life.

I know personally that every time before I give a talk to a large audience or before I need to enforce a boundary, which can be uncomfortable sometimes, or share a hard truth, I engage my fertile foundation so that I really remain centered and generous in my offering. It's a total game changer. That's why it's really important to take the time and clarify what these little practices are for you and how they connect to your specific core values so that you can be more whole and live in your amazingly fulfilling core value filled life on a regular basis.

Last week in week four, we also spoke about being generative and taking the intuitive to be the pioneer in your life. This is so critical you guys. Most of our family, most of the people that we grew up with are not the pioneers. None of us were trained. We're getting that training now. It's not just about releasing what isn't working and focusing on your limitless life. You really must take that aligned action to bring about, to generate these changes, these deepenings, these connections that you're after. It's not about doing everything on your "to-do" list or doing things by yourself, actually quite the opposite. Being the generative pioneer can really be about taking initiative to reach out for support and letting others in. You can be generative in conversation,

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pioneering a new way of honesty and vulnerability in your conversations.

You can take initiative and bring yourself closer to that state of being that you're ready to reside in more regularly. By taking initiative to generate the outcome that you desire doesn't mean that you're being selfish or manipulative. Okay? Rather it means that you're aligning with your intention and you're taking radical responsibility to generate growth in your life around that intention through your thoughts, your words, your actions.

Last week I also introduced the concept of where you're focusing your energy and your attention. Notice how often you're talking about what you don't want or what you're trying to get rid of those things that frustrate you. Your work now at this phase of the process is to shift 180 degrees around to reorient yourself towards what you do what, towards what is working for you. This is not about orienting yourself away from what you don't want. See how we're still focused on what you don't want there?

This is about focusing on what you do want. It's not about cutting off one of arms, it's about recognizing that you've got this other arm, and putting all your focus into lifting the dumbbell in that hand, strengthening it so it becomes more familiar for you. I really invite you to notice how generative you're being with your language and what you do want or what your experience IS rather than what it is not. Very, very, very powerful and simple tool to integrate.

Lastly, we also spoke about in week four, Feng Shui. This is just a fun and a powerful tool for you to use on your whole life path to help you stay connected to your intention and your vision at any phase. Feng Shui can really be used as a way to put your intention into generative action in your life and have a constant reminder, physical structure of that intention on a daily basis. I invite just to have fun with it. This is a time in our course for you start having big fun, to go play with all of your life and have it be delicious and enjoy making these changes and taking these risks.

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I want to emphasize that this process takes time to fully integrate into your life. This course is really an introduction to a deeper lifelong practice that my private clients and I engage in one-on-one together regularly. It's a process they go through in depth over time. In that sacred space of our one-on-one coaching, we get to hone in on your life specifically and explore the nooks and the crannies of your unique process. It's gorgeous; it's very collaborative, beautiful unfolding that happens over time as my clients integrate these insights and all of the tools that you're collecting in this course. I require that my work with one-on-one clients be for a minimum of six months because it takes time to sort through the different layers of growth and to integrate these practices that you guys are learning so they can really become real and become a natural and empowering part of your lifelong term.

I invite you to start thinking about how you can take this work and these practices, all of these tools that you're learning further into your life and integrate them over time. Obviously, you're invited to reach out to me about one-on-one coaching if that's something you're curious about doing after the course. I'm actually going to talk about that in much more detail in the coming weeks. The bottom line is to give yourself the time and to find the right avenues for you to integrate all of this gorgeous material in your own authentic way and in your authentic time.

Let's now jump into week five of the course. The N in aligned stands for naturally now. This is a great opportunity to memorize the acronym of aligned. The acronym itself will help you stay on course and remember all these tools that you're gathering.

The A in aligned, as you recall, is for Access and Awakening your truth.
The L is for Letting go of all that is not alignment with your truth.
The I is for Igniting that Intuition in yourself.
The G is for Generating Growth in your life.
The N this week is for Naturally Now.

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Then we have this ED. The word ALIGN is powerful in itself, but the ED really takes us home. Next week, week six.

The E in the aligned is for Express and Embody your truth. Very powerful and necessary.

The D in aligned, which is our final week, is Discipline for the Dream.

What does it mean to be Naturally Now? This week is about utilizing the power and the teachings of the present moment. Really being in the now. It's about embracing and following through on your true nature in this moment. True nature, Naturally Now in this moment.

We going to talk about moving at the pace of nature. We're going to talk about being out in nature so it can serve you in your process of becoming aligned. We're going to talk about who you are becoming and how to be that person now. This is so important. Later never happens and we want to utilize this present moment. Even though we're making big plans for the future and we have our beautiful intention and limitless life vision, what about today? How do you experience all of that starting right now? What do you need to seize or shift in this moment? What do you need to generate in this moment so it takes you to that future that you're wanting to experience?

This week I'm going to cover four key things with you.

1. I'm going to share the magic and the power of the present moment with you. Really awakening to what's truly here for you and how you can utilize that to align yourself with your true nature.
2. I'm going to share with you why being in nature is a critical part of becoming aligned.
3. You're also going to meet your future self, which is so fun. You're going to start focusing on being that future self and taking action from their shoes now.
4. Lastly and very powerfully, we're going to engage in a beautiful, sweet and powerful commitment ceremony towards the end of this call. This is one of the highlights of the course and it will empower you.

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By the end of this week, you're going to have more clarity, focus and confidence. You'll see yourself come even further into alignment with your truth, knowing that the decisions that you're making are taking you exactly where you want to be. You're going to have more tools to connect with yourself to be generative and to be grateful in your life. By the end of the week you will have authored your own personal list of ten commandments of truth, I call them, so that you know exactly how to navigate your life in any given situation. Allowing you to be even more empowered, connected, open, confident, and really experiencing life with more love, more purpose and meaning and freedom - all of these things that you're up to.

Let's begin by getting present. Take a breath and get present for a moment. Getting present. Let's face it. Most of us are pretty consumed with the past or the future. Really think about that for a moment. Consider how often are you thinking about what you could have done? That shoulda, coulda, woulda, in the past. How often are you thinking about what you need to do. Your to-do list, it dominates our lives. It consumes us and it keeps us stuck in the future. We're off daydreaming, we want to be somewhere else, we long to be someone else. While we're putting a lot of focus on where we want to go in this course; it's so important to have that clear vision and keep it as our North Star because it paves our way, we must remain connected to this present moment in order for it to be impactful.

Our power really only resides in this present moment. You cannot be at choice in the past or the future. I'll say that again. You cannot at choice in the past or the future. This is a new way to look at things. It changes things. Suddenly it makes this present moment very, very important. Each moment is your opportunity to choose and follow through on your truth. You are at choice every moment around your thoughts, words, decisions, beliefs, actions, all of it. This is the only place where you get to change your mind and course correct that present moment. It's the only place where we get to choose instead to be grateful for all that's working now and where we get to choose instead to take a risk to be open, to share ourselves. It's the only place ironically where we can

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heal our past and where we can actually influence our future. Pretty powerful.

It's important to give most of our waking attention to this moment right now. I imagine that many of you are familiar with Eckhart Tolle's book, "The Power of Now". In his work, he uses a symbol of a cross or a key to illustrate the difference of the power of the present, the energy of the present, and the energy of the past or the future. What he says is that most people live on a horizontal plane. Imagine that horizontal plane of the cross. It's the past and the future, and you can see how it takes you way out to the left or way out to the right, and way off your center.

Instead, it's the present moment that is this vertical line of this cross. He invites us to live up and down instead, and actually this is the same energy of living in alignment. Very powerful to be tuned into that vertical energy running through your center at any given moment. That's what we're talking about here. When you start to live in alignment, you get this power that runs through your body vertically.

What's here for you right now in this moment? What emotion is here for you as your teacher? What do you feel right now? What's true for you right now? What do you need right now in this moment? That's what it means to honor our truth. Living in the present becomes a doorway for us to live in alignment with our truth.

It also allows us to swim in gratitude for everything that we have in this moment, even though we're in a process of working up to bigger things. This present moment reminds us that we've actually got a lot going for us right now.

I'd like to share with you a little trick right now that I taught one of my clients in Amsterdam. She uses this trick to help her stay connected to her power in the present moment. I call it "Creating In-Between Moments". What happens for many of us is that we get into this rhythm throughout the day. Right? We get focused, we're consumed at the computer, we're running errands, going through our list. We forget to be present to ourselves, to our experience, to our needs. We just plow

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right through. Instead, what you can do is create an in-between moment. Literally creating a moment that's in-between everything else going on in your life. My client in Amsterdam literally in-between life, in-between everything she's doing, she decides to insert a break. For her what she does is she takes a two-minute pause. She gets up from her desk at her demanding job, and she drinks a cup of water. She was noticing that she plows right through her day, and that she's so thirsty and she needs water and she never gives to herself. So she gets up, creates an in-between moment, takes a breath and gives herself a little break with water. This is her in-between experience.

This is where you can insert something from your fertile foundation in-between everything else in your life. In-between in this present moment, insert your truth. What this does is it wakes us up and it will course correct you and bring you present to what's up for you right now in this moment. Throughout the day, you get to choose again, and again, and again, and again to stay present with yourself and what you're really up to. This is living in alignment. Set your timer on your phone and every hour on the hour just pause, put your hand on your heart for a moment and check in. Create that in-between moment; get present to what's here for you right now.

What happened for this client of mine is that once this became a regular practice of hers, it ended up completely transforming her working relationships with a couple of her difficult colleagues. What it did is it put her into the practice of putting herself first. In-between the feelings of obligation and this and that in life, she started to take a risk in honor of herself. It allowed her to be more generative. These little tools are game changers.

I invite you now to engage in a really simple and nice exercise with me. You'll need two objects for this. It can be two pens, it can be a pen and a cellphone or a piece of paper, a key, anything you have around you at this moment.

I invite you to stand up and standing shoulder-width apart, place one object slightly to the left of your left foot and the other object slightly to

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the right of your right foot. Take a moment. Just get yourself set up here. I'm going to be standing with you. You've got these two objects now standing shoulder-width apart. If you're in your car or something listening to this, please drive carefully. You might want to pull over to do this or do it later at home. If you're not in your car and you're someplace where you can't stand for whatever reason, you can do this sitting down and simply lean yourself from the left to the right side as needed. We're going to be switching from the left object to the right object and leaning to either side.

Take a moment. Give yourself a good deep breath here, shifting into a presence within your body. You're welcome to close your eyes or keep them open. Whatever feels right. Shifting over now bearing weight on your left foot and the left side of your body as you shift over to that object on the left. Think back to where you were one year ago today. April 16th, last year. Just remembering what were you up to? Who were you with? What kind of space were you in one year ago today?

Now shifting over to the object on the right side of you, or leaning way over to the right side of your body and thinking forward to exactly one year from now. Where might you be one year from now? What could you be up to? Where are you going to be working? Who you going to be spending your time with? What are you longing for one year from today?

Now shifting back to the left and recalling where you were one month ago today. What were you up to? Who were you one month ago? Just remembering that. Beautiful.

Now shifting over the right and thinking forward. Where might you be one month from today? What are you going to be doing? What's going to be up with you one month from now? Great.

Now shifting back to the left side and recalling where you were one week ago. One week ago today, at this time what were you up to? What were you doing? Who were you being?

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Switching over to the object on the right side. Where you going to be one week from now? What might you be up to?

Now shifting back to the left side and thinking where were you an hour ago, just before this call began? What were you up to one hour ago from right now?

Shifting over to your right side, where you going to be one hour from now, right after this call? What are you going to be up to?

Shifting back to the left side, where were you one minute ago? What were you doing a minute ago?

Shifting to your right, where will you be one minutes from right now? What's going to happen to you in one minute?

Now finding your center, standing straight. Not moving to the right or to the left, just being. Right here, right now standing tall, awakening to what's present for you and what's true for you in this very moment.

Feel the difference between being present, standing tall being centered, and not this energy of getting pulled to one side or the other. Feel your energy. Feel what's possible for you right here right now.

I wonder: What are you grateful for in this moment? What are you present to? What's the gift in this moment? I notice how grateful I am to have two feet to stand on. Beautiful. Beautiful work you guys. Feel that. Let yourself be in this moment. Take a deep breath here and soak in this very moment of your truth, this moment of your life. It's a blessing.

You'll have a homework exercise this week that will help you stay connected to the now simply by asking yourself some easy questions. It's pretty powerful stuff. It's really amazing when we get present what changes for us. You can probably hear my voice has shifted. I dropped into my body completely there. I hope you did as well. Beautiful. Give

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yourself a good breath and come back to our space. This is a beautiful segue-way to talk about our true nature.

Our true nature resides in the present moment. Not yesterday or tomorrow, it's here for you right now. When we talk about being naturally ourselves and being natural beings as we are, it involves talking about nature itself. There are healing elements of nature that allow us to embrace our own true nature in this moment. First and most obviously, for many of us nature can provide us with a silence or a simplicity that we long for within ourselves. By getting into nature, we can become still within ourselves more easily.

Nature also has this beautiful ability to hold our emotions. You can go tell your troubles to a big huge redwood tree that's been around for centuries. You can release your fears or your grief into the ocean. Just like that anger ritual from week two, if you happened to partake in that. Nature can handle it. It's big and it's so much bigger than we are. It's humbling in a beautiful way to be in nature. It really puts things in perspective for us. Nature is expansive. It's like our limitless life vision reminding us of what's possible.

One of my favorite teachers is Angeles Arrien. She's an anthropologist and she's now in her mid-70's and she teaches that the pace of nature is medium to slow. I love that. It's not fast like most of us. It's medium to slow. Notice your pace; creating these precious pauses throughout the day so we can stay connected to ourselves. Literally pulling yourself away from that daily grind and the old habitual patterning, and stopping, disengaging, getting back to earth's nature. This is going to help you connect to your true nature.

This is a great week to walk around barefoot too and feel the power of nature below your feet. There are healing benefits to nature. You might be familiar with negative ions. Negative ions are molecules that exist in nature that neutralize pollution and toxins within us. They have an enormously powerful effects on our health and they help us absorb more oxygen and can feed the brain to help us to become more alert and

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have more mental energy. They can also improve our mood, and even contribute to pain relief and improved sexual drive. It's pretty amazing.

Negative ions can be found when you touch nature physically. When you walk barefoot on the grass or when you literally hug a tree, you ground your energy truly. If you've ever gone out into nature and stepped barefoot on a beach or walked beneath a waterfall, you can feel how alive that is. You can feel alive you become there and how your energy sinks into your whole body so much deeper than just your mind, and it grounds you. Right? It makes us take a deep breath and take in the air like air of the mountains. Because these mountains, the beach, the ocean, these waterfalls, the grass, all of it contains tens of thousands of negative ions. Much more than the average home or building that we spend most of time in.

Nature allows us to become vibrant in this part of our process. In week two, we did some heavy stuff. We looked at some hard patterns. But right now we're giving ourselves permission to become fully alive, to evolve and just plug in and become fully alive. When we are living in alignment with our truth, we become as vibrant as nature itself. We are vibrant and alive. That is our true nature. As we feel when we're with these negative ions or walking barefoot, etc., we get to bring that alive in our process of becoming aligned as well.

What is natural to you? What makes you naturally shine and become vibrant? What brings you alive? This is the power of your truth and I really invite you to start tuning into it and start engaging with it.

This week you're also invited to get out into nature. Spend some time out there totally alone. No music, no phone, just go for an hour and sit. Sit on a rock, touch a tree, feel the earth, the grass with your hand, and breathe in all of that nature air all around you. Get still. Get as still as nature. From that place, tune in. Tune into nature's medicine. What's it telling you? What medicine or guidance is being offered to you through the trees, the birds, the animals that cross your path? What insights do you have when you're out there?

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This is one of the best gifts that you can give yourself in a process of change and in a process of maintenance over time. I would imagine that part of your fertile foundation involves getting outdoors in some fashion. I'd love to hear from you this week on Facebook about your experiences in nature. Get out there. Take a picture there if you like and post it on the page. Start to connect to that true nature inside of you.

I'm going to shift gears here now a little bit. We've been talking about the power of the present moment. Very very powerful. What's funny is that I actually want to introduce something from your future here, ironically. It's a really fine line. We want to honor the present moment and we want to honor what's true for us at any given moment. What I mean by honor is following through on that. That's the active part of being aligned. Truly if I was going to sum up this whole class it would be follow through on your truth at every moment. That's it. We're done. You can go. That's the key take away.

Now we want to also become conscious of who we are becoming and really work with that. I like to call that being our future self. When you honor and follow through on who your future self is, it will literally pull you forward like a bridge into who you want to be. It's going to pull you into this life that you are creating much more quickly than if you don't engage in this.

I'm going to give you clarity on the you that you are becoming in a moment and how to be that person now. It's actually really nice. Because later never comes. It's always dangling out there in the future, that later. It's a huge huge risk to put being that person that you're meant to be off until you're actually that person. It's actually impossible. You need to start being that person now so you can become that person in the future. I hope that makes sense.

If your future self is in a loving relationship that has quiet, healthy conversations, where you're grounded and you actually talk to your partner about what's wrong and your vulnerability, instead of arguing and escalating with one another. Then right now your work is to quit escalating and yelling when you get triggered. To catch yourself in your conversations and practice pausing. Practicing checking yourself, and

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sharing courageously and vulnerability what's true for you. Being generative to be that person right now.

This is truly one of THE most important tools that I use on a daily basis, daily basis to heal my body, to magnetize my soul mate, to manifest my dream career, to create a gorgeous radiant home life and community. Really becoming this future self now. Who am I being? Oftentimes we're not being that person that we want to be later on. This is what keeps people stuck and out of alignment.

One of my favorite examples of this is people who want to be married with kids and really settled into a beautiful home life with your partner but right now they're always traveling. I know a couple of women who every time I talk to them they're traveling, they're talking about finding love and wanting to be at home and have this house and everything with their beloved, but in the same conversation they're telling me how next week they're going to Belize and then they're going to Bali. If you're constantly traveling, you're not turning into that person who likes cozy nights at home and has this space for love in your life to the future self there.

I have a client who's a professional photographer. He's a very successful commercial photographer, meaning that he shoots advertising photography. In our work together last year we tuned into his truth. What became very clear to him is that he longed to be a fine art photographer, where he could have the freedom to express his creativity authentically. This is one of his core values. He was so afraid to put some of his commercial work, his bread and butter on hold in order to engage in this fine art work that he was craving because he thought he might lose clients and all of that.

As we explored this predicament in our work together he realized that his future self was doing both of these types of photography. It was bringing him great joy. The future part that was a fine artist was actually fueling the creativity of the part that made the bread and butter.

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He took this massive risk and he put his regular commercial work on hold for a while to learn how to really master a very complicated form of artistic photographic development that only a few people around the world have mastered. It's incredible. What's amazing is that becoming his future self and incorporating in-between everything else, inserting this passion of his into his life, he suddenly became really sought after. Not only for his commercial work, but now he teaches this kind of rare fine art photography technique in all kinds of workshops. He's making t-shirts with this fine art stuff. It like opened up this whole other avenue for him, and it's feeding his creativity across the board. He realized that he needed to start doing those things now from his future self in order to become that person he wanted to be. By doing it now, he literally pulled himself into his future.

This is what happens when we take radical responsibility to be generative and to bring our future life into our present reality. It takes us to where we long to be right now.

I'd like to invite you now to go on a little journey with me to find your future self or the you that you are becoming. In my one-on-one coaching with clients, we do a lot of work around this. It's one of my favorite things to do. Very powerful. I'm going to give you on this call just a little taste of connecting with the you that you are becoming. Whatever comes for you is perfectly fine.

I invite you to close your eyes again if you're in a place where it's safe to do so, and giving yourself one of those good nourishing deeps breaths, settling in, get comfortable. Opening yourself to go on a guided journey with me and handing yourself over to the part of you that knows how to go inside and have a deeper intuitive wisdom. Good.

Imagine yourself now on the most pristine beautiful beach. You're the only one on this beach. This is a sacred beach. It's totally safe, it's just for you. Let yourself enjoy it here and take in the sacred safe place, this beach of yours. Feel the sun. It's the perfect temperature out. Let the sun gently kiss your cheek. Feel the perfect breeze brush your arm.

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Smell the ocean, feel the sand in-between your toes. Just taking it all in. Whatever is here for you is perfect.

Let yourself walk along this sacred beach feeling peaceful and safe. As you do you can start to sense that way down the beach coming your direction is this person that you're really drawn to. Let yourself with curiosity continue to walk forward closer to this person that you're really curious about.

As you approach one another, you realize that this is your future self. This is you that you are becoming. This is who you're going to be in the next year, two years, five years. Whatever comes to you is right. Identify how far out this is for you.

Allow the you that you are becoming to come fully into focus now. Just stand before each other on this sacred beach of yours and take in this future version of yourself. What do you like? What's their body like? How are they dressed? What's their energy like? Just basking in their energy, in their pure nature, in the truth of the you that you are becoming.

Now find a little place up the shore where the two of you can go and have a comfortable chat, a place to sit down comfortably for a couple of minutes. Sit down now and settle in for a couple of moments with the you that you are becoming and ask them as you sit down, what's the most important thing I need to know that's going to take me to where you are? Listening for whatever answer, anything that comes is fine. Ask them who do I need to be now so I can become you with ease, clarity and joy? Who do I need to be now? Take a moment and ask them anything else that you need to ask them at this time, knowing that you can always return to this beach. You can always meet up with your future self, the you that you are becoming at anytime.

Feeling their energy once again, allowing that to seep into your pores, feeling them in you now. Taking a moment to have gratitude for this connection. Thank your future self at this time. Your time together for

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now is coming to a close, so just thanking them, saying good-bye, and allowing now for each of you to go your own way.

Let your future self walk down the beach behind you in the opposite direction, and you are going to keep going your way being grateful for this encounter. Grateful for the insight. Knowing that you can visit your future self again at any time in the future.

Starting to come back to my voice now, returning to the present moment, giving yourself a couple of nice deep breaths. Feeling your physical body again. Rolling your shoulders back and opening your eyes when you're ready. You may want to just take a moment and jot anything down either now or at the end of the call. You can do this meditation on a regular basis to get guidance from this future self.

This is the person that you are becoming. This is the person that I'm inviting you to be right now. My invitation to you is act as if you're this person now today and to make decisions from their mindset. From their shoes. If your future self, the you that you are becoming, is wildly joyous, what choices do you need to be making right now to be wildly joyous right now? Or if the you that you are becoming is a pregnant goddess, or a successful illuminated industry leader of some kind, what do you need to be doing right now to be that? Who do you need to be today to experience more excitement, success, illumination, goddessness, whatever it is, in your life? That is YOUR radical responsibility to create that right now.

The thing is with meeting your future self there's a lot of possibility here. You can feel it. So much is open; so much is available to you. Even if you didn't meet somebody on this beach specifically, just tune into your limitless life vision and who you want to be and bring that forward now and allow it to be a part of your daily life right now. This is the bridge to your limitless life. Give yourself permission to walk down that bridge now and be your future self today. He or she is going to pave the path for everything that you desire. I guarantee you.

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We're going to shift now into our ceremony of commitment because this is important. There is a very big difference between the land of possibility that you just touched on, the land of opportunity where so much is available to us. There's a big difference between that and the land of commitment, where things actually happen for you and things actually become real. This is the moment.

This is the moment where I'm asking you take a stand for the person that you are becoming. To commit to yourself and to become that person now. Otherwise, you will remain in the land of possibility. You will not reside in the land of committed action, truth, and results. There is a worksheet on the homework forum called the no/yes document that I mentioned, that hopefully you've printed out. If you haven't, you can just use clean sheet of paper and a pen here for our commitment ceremony. We're going to get clear are what you are saying no and yes to in your life.

From the place of your future self, from their shoes, and all that they are, all that they are up to, what do you now need to say "no" to in your life? What are you done with so that you can be that person right now? What is it time to "no" to that's holding you back from being your future self now? Maybe it's saying no to compromising or shrinking yourself. Maybe it's saying no to being invisible or to engage in a pattern of fixing yourself instead of residing in your wholeness. Maybe it's saying no to dating people that you know deep down, or not so deep down, that they aren't for you, or job opportunities. Right? Maybe it's saying no to those lucrative job offers that are going to keep you suffocated where you're going to end up, pardon the language, prostituting yourself for the money and losing your truth, shrinking. As your future self, what are you now saying "no" to?

I invite you now to list three things that you are 100% with conviction and with the support of this community and with my standing for you, 100% saying "no" to in your life from here on out? Just take a moment and write those three things down. First three things that come to mind are perfect. You can enhance this later. We are really asking that you take a stand here for yourself. That you take a stand for your future self

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and for the life you are creating. We are taking a stand at this moment for your intention, for what you're capable of, for your limitless life vision, and for all that is your divine birthright to experience and create in your life right now. Be bold. What are three things you're saying "no" to now?

Just a quick line or a couple of words on each one. You can embellish later if it feels right.

Now write down three things that you are saying 100% "yes" to right now. When we say no to certain things, we open up a door of yes to so many other things. What are your major yes's, like capital YES, yes? What has your future self already said yes to in his or her life? I don't mean with wishy-washy: Well you know if it came my way. Yeah, okay probably. No. I'm talking about full on yes.

I once stopped dating a really great guy, poor guy, who was really into me. I stopped dating him, I told him because he was a medium yes and I was after a big yes in my life, and he understood. By saying no to him, I was able to say yes to my husband for real. More than that by saying no to mediocrity, I was able to say yes to true love in my life.

What are you now 100% committed to take a stand and say "yes" to? Take a moment and jot those three things down. Beautiful.

This is where it's going to get fun you guys. I'm going to ask you now to stand. This is an energy. The energy of commitment is not one that can be contained in a seated position. Wherever you are, standing now. This is a process of claiming your truth, of committing to yourself, shifting out of the land of possibility and into the land of reality, of total unabashed, empowered alignment.

Stand up. What I'd love for you to do is put an object on the floor in front of you that will create a horizontal line of some kind. It can be a pen, anything that will just signify a line in front of you. What we're going to do when I give you the signal is to proclaim your commitment out-loud to the universe. I will say out-loud, and you will say with me, I

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commit to myself and to my truth. I am saying "no" to A, B, C, and you'll state out-loud your three no's. Then I'm saying "yes" to A, B, C, and you'll state those out-loud. I will give the signal and we will cross the line together and give a big fat "Wooh-Whooh!" for stepping over into the land of commitment.

If you're in a place like your office or something where you feel that you can't say this out-loud, I really invite you to participate and say it even quietly to yourself. There's something about vocalizing here that's very important in a process of claiming. Later when you're home, go crazy and reclaim it out-loud to yourself, to the universe, really owning it. Take on this posture in your body right now of your future self. Standing tall. Here we go. On the count of three say with me: I am committed to myself and to my truth. Then proclaim your no's and your yes's. Here we go.

1, 2, 3: I AM COMMITTED TO MYSELF AND TO MY TRUTH. Now go for it. Proclaim your three no's. I am saying no to (blank). I am saying no. I am saying no.

Here we go proclaiming your three yes's, owning it. I am saying yes. I am saying yes. I am saying yes. Beautiful.

On the count of three, we will jump over into the land of commitment. Ready?

1, 2, 3: CROSS OVER! WOOH-WHOO! (I'm clapping). WOOH-WHOO! Give yourself a good pat on the back. Put your arms up in the air. This is the land of commitment. Absolutely stunning. You can feel the excitement and the energy of your commitment here.

Within this place, I promise you, you will see massive, massive results in your life. When you now follow through on this commitment every day in the in-between moments, being your future self now, you will in fact experience right now the life you crave. Congratulations. Stunning.

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I invite you to please post what you are committed to saying "no" and "yes" to on the Facebook page. During our next life Q&A coaching call, we will do a big fat Wooh-Whoo! Together for this moment. Gorgeous.

Part of your homework this week is going to take this commitment and it's going to drive it home even further for you. This is where it really starts to take shape you guys. You can feel the energy of excitement in my voice here for you. Part of your homework this week is to create what I call your list of ten commandments. To honor what you've just done, this commitment to yourself, this clarity that you have, I invite you to go celebrate tonight. Go out to dinner. Go into nature. Light a candle. Do something that really signifies your commitment here.

In that place get really, really, really clear with yourself. This is time to have a conversation between you and you, and bring your future self into that conversation. Ask yourself what are you committed to? What is your personal code of ten commandments that you will now abide to for yourself, for your truth, and for your gorgeous limitless life that is yours? These top ten commandments in your life that are really going to give you the framework on how to navigate from this point forward so you become your future self now.

I want to tell you, this changed my life when I did it. It is a dramatic process of shift, profound shift for my clients. I have a client who I worked with a couple of years ago and we did all of the work that you guys are doing. We wrote her ten commandments. Actually, she came up with 15 for herself. All she wanted in life more than anything was to find her true soul partner. Like really have that full connect and create family and a life around that. She got clear on her ten commitments and I'm going to read a few of them to you right now to give you an idea of how you're going to take this further for yourself. This is your code of your honor. This is what she wrote:

I commit to respecting and honoring what's true in my heart and my body.

Next commitment - I will only be intimate when I'm in a committed relationship.

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I commit to feeling secure and full in my own happiness.

I commit to removing doubt and embracing my dreams.

I commit to a daily personal meditation time to nourish my inner light and knowing within.

I commit to only allowing my inner light and intuition to guide me every day.

I commit to speaking my truth with everyone in my life.

I commit to engage only in those activities, and invite only those people into my life and heart that fill me with happiness and fill my spirit with goodness.

I commit to never giving up on myself, to always believing in what I feel in my heart to be true.

Powerful. This is what you guys are invited to do now. I'd like to share with you that this client of mine married her soul mate within one year of writing these commandments, these ten commandments of commitment for herself. Actually, they're in the process of starting a family right now, and obviously, she's over the moon happy. She was so committed. This is not about kind of sort of aligning with the life that you want. This is about being all in. This is what it takes right now. I am standing for you. Everyone in this community is standing for you to be committed on following through who you need to be boldly, vulnerability, with risk, with trial and error and practicing all of it and making it happen for yourself - the time is now.

This was completely revolutionary in my life when I became relentlessly committed to my own code. When I became relentlessly committed to being my future self. It's still something that I do regularly. At each new phase of my growth, I call in the me that I am becoming and I ask her to guide me. It's the thing that allows me to slide into that next new place that I want to go to and experience the depth, the joy, abundance in life that I welcome in.

Start matching up with the vibration of your future self. I'll share that the first time I did a future self-meditation; I called in a woman who was an elder. She was wearing this really flowy clothing. I noticed about myself that all my clothing was tight and constricting. One of the things

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that I did is I went out and I changed a few key elements in my wardrobe to dress like my future self. It literally put me in her vibration. Very very powerful.

Watch yourself. Are you matched up with the vibration of the you that you are becoming? Watch your words. Watch how much you trust yourself. Continue to be generative, expanding beyond what you've known so far to become this person now, and infusing it into your present. Being grateful for all that's here now.

For the homework this week as we wrap up - I want to share with you quickly just to give you some insight around this. You're going to do your ten commandments list. I call this your ten commandments. You can call it your ten commitments. For those of you who are Jewish, it's perfectly aligned with Passover coincidentally. There's obviously a play on words here. It's going to become your bible. It's going to become your written code of honor, like your code of living. Just get super clear on what that is for you and your agreements with yourself now at this time to pull you forward. That's the first part of the homework.

You're also going to start to notice the now and the present. This can be a very fun experience. You're going to get out into nature, start to connect with your natural way of being. Right? We're aligning with who we really are. We want to bring forward our natural way of being. If you're naturally goofy, this is your week to have full permission to be a total goof ball.

Also, this week we're going to fill in the next section of the Tree of My Truth document. This is really exciting part of the document to fill out. We're done the fertile foundation and we've done the core value. That's everything below the surface, everything within us. Now we get to the third section of the tree, which is the Trunk of My Truth. This is the section above the earth line and it's all about who you are being.

The way to fill to this in is to answer the question about who you are being for yourself and others. When you're practicing your fertile foundation and living your core values, who are you being? Maybe

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you're being your captain. Maybe you're being calm or creativity when your life this way.

One of my clients wrote down that she becomes a mischievous angel of delight in this section of her tree. When you live in alignment with your values, your fertile foundation, whatever it is, maybe you become inspired, maybe you become a savvy businessperson. Whatever it is for you.

You also want to consider who do you become for other people. Maybe you become really loving. I have a client who when he practiced living his core value, he became the calm within the storm of his life. He realized that he became a hero for his family and his children. It brought him to tears when he discovered that in our session. It was so validating for him. I'll never forget it.

Who do you become when you live this way? I invite you to fill that in this week and reach out to me on the Facebook page with any questions. That wraps up this week of being Naturally Now. Very powerful.

I want to completely, completely celebrate your amazing commitment to yourself, to the life that you're creating, to your truth. I want to empower and remind you that you have permission to say no at any time. We're going to be talking about that a lot more next week as we learn to express and embody our truth. You have permission to say no. By saying no, you open up a yes in your life. A massive, massive yes. Remember that each no is a doorway to a yes for you. You open up this possibility, this commitment actually to stand in your truth. Obviously, you have complete permission to say yes with all of your heart in your life now too. You have the most permission for that.

I invite you to stand tall this week, embody this stance of commitment in your legs, in your chest, in your whole body. You're doing incredible work. It is truly amazing to witness you cross over into your new way. I applaud you. I take my hat off to you. I bow to you. Please post on the Facebook page. This is the time for all of us to stand for one another in community and support and share our commitment. Your time is now.

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I wish you a beautiful evening, rest of the day, and exciting week. I wish you all the best and I will talk with you very soon. Blessings and Good-Bye.