

# ALIGNED

## Transformational Program With Rony Reingold

### WEEK 6 – Express & Embody

Okay. Hello everybody! Thank you for your patience. I had a little bit of a technical issue with my internet, suddenly getting online here tonight. So thank you for waiting for me. Welcome! This is Rony and I am excited to join you in week six, of our ALIGNED course. It's pretty amazing that we're already in week six. It's incredible. This week is all about express and embody.

I'll just share with you guys on a personal note here. As some of you know I took a trip, last week to Jazz Fest in New Orleans. It's an annual trip that my husband and I make, with our friends every year. It was just so wonderful! I'm totally jazzed up, no pun intended, full of music, dance and shared experiences. All part of my fertile foundation, that really fill me up.

I'm sharing this because, my going there was an act of creating an in-between moment. As I shared with you guys last week. Really giving ourselves permission, to insert those things that fill us up and keep us energized, smack dab in the middle of life. So that we can stay alive and stay nourished. So please know, that as I was gone, I was still holding a space for you and holding a vision of your highest fulfillment and truth. Even while I was on vacation. You guys are totally rocking it. I'm really excited to see all that's happening and all that you're sharing. I am just really excited to be sharing some SUPER rich content with you, over the next two weeks.

This week is Express and Embody, as I mentioned. We're going to talk about how to have real, juicy, and aligned conversations. We're going to talk about expressing your truth, and how to walk your walk and get into your body so it can serve you on this path. I'm going to get you guys making some noise together, a little later in our call, which will be really fun and it may be possibly healing for some of you as well. This is going to be a really nice call.

# ALIGNED

## Transformational Program With Rony Reingold

Before we begin and before we do our centering, I'd love to just open up the lines as we always do. In the spirit of feeling each other's energy, of saying hello and being held and supported, by this incredibly powerful group. In the spirit of expressing ourselves this evening, I'd like to invite you to really give a full bug hello, to your community of ALIGNED members and peers. Really extend your heart and your energy to them, in your hello. Letting them know that you're here standing for them, receiving their stand for you.

Okay, everybody is unmuted. Give yourselves a big fat HI.

(Various Hellos)

Let me really here it! HI!

Thank you, wonderful.

Let's shift into our centering together, so that we can continue to feel the power and the safety of this sacred learning container, that we've created. As we grow and stretch ourselves. So if you're in a place where it feels safe to do so, I invite you to close your eyes. Give yourself a nice, deep breath.

Breathing all the way down into your hips. Releasing any tension from this day. Opening to your deeper knowing, to your light and to the perfection that exists in you at this very moment.

This first candle we light in honor of all that's being born in us. This truth, this light within, that we are giving more and more attention, focus and energy to. We light it, in honor of all that we are intentionally creating, and generating, and birthing in our lives.

This second candle we light in honor of all that we so courageously and vulnerably let go of. All that is dying within us, all that we are shedding that no longer serves.

# ALIGNED

## Transformational Program With Rony Reingold

This third candle we light in honor of our truth. That which has always been and will always be. That which we are aligning more and more to every day. That which we are open to. Letting yourself feel, how you are indeed opening to your truth inside, that longs even more to come out now. Opening to offering it, expressing it, sharing it and sharing ourselves and our light with others. Feeling the possibility for the ripple effect, that we can have. For the release and the healing that is possible for us. For the joy that awaits us and inevitably comes to us, when we express what is inherently ours from within. Allowing ourselves to be seen.

For this we say yes. So it is, and so it shall be.

Go ahead and give yourself another deep breath. Roll your shoulders back. Open your eyes, and just come back to the present moment.

So welcome again everybody! If you're just joining, please take a moment and center yourself. Welcome to week six of ALIGNED. It is just blowing my mind, that we are already in week six of this class. We are really in the home stretch. You guys are doing such incredible work, truly. I really, really want to emphasize and acknowledge what you're up to.

In our society, we're trained from a young age, to approach things in such a linear fashion. We're trained to be extremely end result oriented. What that does, it has us completely overlook these triumphs that we experience along the way. It has us forget, that we are actually on a path that is totally non-linear, that is up, down, left, right, backwards, and forwards. That is the nature of the journey of self-actualization that we're on, of this deepening, evolving and aligning with our truth.

So I want to mention that, to remind you that you're exactly where you need to be. To keep your focus on the overall upward trend, and positive forward movement that is happening for you here. Overall, you're moving forward, you're growing, you're applying, you're stretching, you're opening, you're becoming more clear and comfortable, you're taking risks and accepting yourself and your dreams. Within that, you're

# ALIGNED

## Transformational Program With Rony Reingold

claiming something here. I wonder if you can feel it, what's being claimed. This is what we're celebrating. It's important to keep that on your radar. It's going to help you to shift even further.

It doesn't matter if you've completed every homework assignment on time in this class, or if you've never done a homework exercise yet. Obviously the homework is going to help to propel you forward more quickly. I really want to reassure you guys, because you've been reaching out to me about it, even just showing up for this class and applying what you hear on the calls or the recordings, is going to bring your life further into alignment with your truth.

So please don't get hung up on the linearity or the step-by-step nature of how I'm sharing this information with you. It's really yours to make your own. That's part of living in alignment. You want to integrate this stuff in your life, in a way that works for you and represents you.

I'll just share, that one of you this week reached out to me in email, on how you were falling behind in the course. It almost gave me a chuckle. You were really concerned about missing the last week and not being up to speed on the homework. But, when you shared what is happening for you, I almost fell out of my chair. I was blown away by the shifts that are happening. You're clearing clutter, and you're really starting to have this major realization on how you've been stuck. How you've been in a lack mentality, how there's been a lot of dead energy in your home and in your life. You realized that you're surrounding yourself with people who are stuck. You've taken an enormous bold risk, to let some of the relationships that are holding you back in your life go.

This is HUGE you guys, this is huge. That is an example of that person's COMMITMENT to their truth, that we spoke about last week. It's an example of aligning with your truth. You're allowing yourself to evolve beyond the status quo, beyond this shrinking yourself to fit into a mold, that's been established and been tended to. You're choosing instead, to honor your truth. That's beautiful.

# ALIGNED

## Transformational Program With Rony Reingold

So really, I invite you guys to just keep focused on what's working for you. You're actually making so much more progress than you realize you are. It's like with a lot of my own clients, or even my own coaching that I received: most of the breakthroughs happen between sessions. Because that's where we go off and apply it to our lives in some way. So be aware and even celebrate, that you're integrating things in your way and your time. Allow yourself to just keep integrating.

I love speaking of integrating the learning. I love how Ayelet from Israel, this past week took what may have seemed to some of you like a pretty small step, but it was actually enormous. She introduced herself on the Facebook page. I imagine this was a big deal for her, it sounds like it was. She truly honored the woman that she's becoming, her future self. It was just this triumphant moment, that allowed her to forge a new way. To forge a deeper groove in a new path. It builds this muscle memory, when we can take these little steps, these tiny triumphs. What it did, was it allows this ripple effect to occur. By her practicing living in alignment, as her future self, it called the rest of us forward to witness her, to hold her and to celebrate that. This is a ripple effect, that I'm going to talk about later in our call today, when we talk about expressing our truths.

I do want to cover a couple of key points from last week. Last week was really powerful for some of you. I want to talk about commitment. Like real, true, through and through commitment to your truth here. The truth is, you guys are living pretty good lives. Like I imagine that most of you are not in the deepest, darkness of your lives. If you are, that's certainly okay. In that case, I truly applaud you for being here.

But for most of us, our lives are decent, in this class. Here's the thing. Decency and okay-ness, are not necessarily alignment. Sometimes even good, is not alignment. If it was alignment, then you wouldn't have signed up for this course and invested in your growth. What we're talking about, the conversation that we opened last week, is really about living our ULTIMATE lives. Going from that 70 to that 100, as Kiana so beautifully put it in week one. Living out that inner peace, this fullness and this wholeness of our dreams actualized.

# ALIGNED

## Transformational Program With Rony Reingold

Self actualizing takes courage to do. It takes this follow through. So it's really about ,being relentlessly committed to your limitless life vision, to your values, to your fertile foundation, to your truth, to your light. I'll share a story with you. In the depths of my own physical healing process, the depths of my darkness and struggle, I hired a life coach. My whole world had been turned upside-down. Suddenly major systems of my body suddenly didn't function like they used to. I literally had to relearn how to live in my body, at that time. It was REALLY overwhelming, so I hired a coach to help me deal with the emotional aspects of that.

It just so happens that one of the things I had to do, was really restructure the way I ate. My nutrition become this VERY critical part of my healing process. For those of you who know me, know I'm REALLY strict with what I put into my body now, and how I eat. It just so happened, that the coach that I hired (I didn't know this) used to have a history with food addiction and emotional eating. She had gone to FA, I think that stands for Food Addicts Anonymous, or something like it. It's a twelve step program, to heal addiction to food. They have a motto that she shared with me, that literally changed my life.

The motto goes: my food is in black and white, so my life can be in color.

My food is in black and white, so my life can be in color. This changed my whole perspective, on how strict I needed to be. How COMMITED I needed to be around my nutrition in my life. It was absolutely accurate for me. While I didn't have issues with food addiction, I needed to be black and white about the basic foundations of my health, so I could have the energy to have a colorful life. It opened up a whole new world for me.

Not only did it give me my body back, but it became this incredible and unexpected sorting tool. With dating, with friends, with jobs, this was my new standard, my new commitment to myself. What was and still is true for me. If someone had a real problem with that, then they probably weren't the best match for me. I started to realize. Not in a mean way. Not in a way, when we are committed a 100% black and white,

# ALIGNED

## Transformational Program With Rony Reingold

relentless. Relentlessly committed to our truth, and our commandments, and our standards, then it's not about being mean. It's not about being better than them, squashing them, or ignoring other people.

It's really about saying, hey here I am. I'm vulnerably and courageously choosing a path that is different than most. Actually it's really great for me. It's actually opening me up to way more energy, fulfillment, connection, purpose, joy and color. That's really important to me. I'm going to keep putting that first. If it's not possible for you to work with that or be around that, then we're probably not a match.

So you can have this type of internal or external discussion, with potential mates, with friends, with a job, with an opportunity, with a coworker, with a home, or whatever it is. This is when life begins to align with you. This is really where the magic is. I really want to emphasize this point. When you practice being courageous and loving enough with yourself, so that you're following through or aligning with your commitments to yourself. When you're aligning to your decisions and your choices, your energy and aligning all that to this full YES, by saying NO to some things. Here's the magic. The universe is going match you instantly.

You're going to start to see MAJOR positive changes in your life. You're going to feel this enormous sense of relief, this levity, and freedom and peace. This is the money, how the universe is going to match your level of commitment. Now sometimes, be warned, because you're so committed the universe might align with that and your new higher vibration of commitment by clearing out those things that are at a lower vibration or are no longer good for you. Let that happen. Those NO's, that clearing that happens in life, is opening up room for a major YES. I'm going to talk about that a little later in the call.

This is your time guys. This is your time to be relentless, really be relentless. People are afraid to say NO to things, but it's your time to do so. We're afraid to turn down potential clients, potential dates, jobs, opportunities, whatever it is, because we're afraid that something better won't come along. If this is how you're operating, then you're residing in



# ALIGNED

## Transformational Program With Rony Reingold

a consciousness of scarcity or lack. The truth is, when we become so clear on those things that we're committing to, and get super specific and set that standard for our yes, then it actually gets really clear for others. Suddenly they can recognize you. It actually draws in WAY more than you have now.

Suddenly that recruiter, that job recruiter can say, oh yes there's my perfect candidate. Or your soul mate can say, oh wow, there's that person with that high vibration. Gosh, she's got so much self respect, I respect that. This is the person I've been longing for. Because they can see you. It's like you become this beacon, a very clear, solid, aligned light that stands out and emerges from the fog. When we're wishy-washy on the other hand, with our commitments to ourselves. We don't have the cojones to follow through and say no, then our lives are going to be wishy-washy as well.

That's that 70 that Kiana's referring to. That's what had you guys sign up for this course. We're all familiar with that wishy-washy energy. You can feel it. I literally feel it in my body, when I say those words wishy-washy, my shoulders slump.

So it's a scary thing to start aligning yourself to. But you really want to bring it into play. You want to start applying it and aligning in all the big and small ways that you can think of. I'll give you an example of this. I just wanted to spend a little bit of time emphasizing this commitment stuff, because it's so important. Then we'll move on to embodying and expressing.

Some of you in this group, as an example, are coaches, are healers, personal trainers and entrepreneurs. You get to set your own schedule, as I do, which is very fun. But I can't tell you how many times I've seen professionals of this nature, compromise their needs and their truths, for the sake of having a client. Let's take personal trainers as an example. I know personal trainers who compromise their own vitality and their physical wellbeing (which they believe in) to work with that client who says they need a gym workout at 5:00 or 6:00 am.



# ALIGNED

## Transformational Program With Rony Reingold

These personal trainers are getting up at 4:00 or 5:00 am, going against what they know they need, in order to have this client. That's living in a lack mentality, that's living out of alignment. So I invite you to shift into trusting in your life more. Trust yourself, your inherent, beautiful, gorgeous gifts. Trust that the universe is here to support you and your every move, to mirror your every move. Because of that, it's safe for you to have a higher standard of your ten commandments, because the universe will match that. People will actually respect you more, when they see you living in your truth. They're going to be drawn to you and inspired by you. They're going to want what you have.

I'll share with you, that I only work actually very specific hours and days. I do this, so that I can be the most full, juicy, inspired, available version of myself. So that I can be of the greatest service to you, as a coach. We don't actually want to be with people that we have to force to get into alignment with us. The whole point of living in alignment, is that it creates this beautiful effortless experience, that we can float through life with.

That feeling. It's exhausting to go against our true nature and try to CONVINCE people to date us, sign on with us, or whatever it is. So your ten commandments can be, this way for you to easily, gracefully and courageously approach your life so that it flows. So that you get to shine and celebrate who you are.

As I side note, I go on and on about this. I just want to mention, that this is actually a really wonderful example of somebody talking about their core values. One of my biggest core values is living in alignment with our truth. I created a whole class around it. I just want to pause and demonstrate that this is the energy of a core value at work here. You can really feel it. I am very passionate about this topic. I'm passionate about being relentless, to committing to ourselves, and what that can do for ourselves and for others.

The bottom line around all of it, is just tune in. Tune in to the subtleties, because life is going to hand you some really awesome maybe's. Right? Life is going to give you very nice, successful, good people who on paper

# ALIGNED

## Transformational Program With Rony Reingold

seem like a right fit for your needs, whatever they are. But, you know deep down, or even not deep down, that's it not a right fit for you. That's your opportunity to practice on following through on your commitment, and your ten commandments to yourself. If you haven't done this exercise yet, this is one that I REALLY invite you to do. It's one of the more impactful and powerful exercises that's offered in the course. It makes a HUGE difference in my client's lives. I really encourage you to check it out on the homework page. It really will not take you that long, it can change your life.

Now last week, we also embarked on a sweet little journey to encounter your future self. I hope that most of you were able to meet this special person. Your future self, can truly be one of the dearest friends and confidants on this path. If nothing came up for you during the meditation, then you can simply just center yourself, quiet yourself and take a few moments to tune into who you are becoming.

We can do that now. Just close your eyes. Take a deep breath. If you're moving around, just pause for a moment and stand still. Feel into who you are becoming. Who is this person you long to be in a couple years from now? In a year or six months from now? Just take that in. If you've met your future self, just invite them in now. Allow them to be here with you. Notice them. Their demeanor, their energy.

What's this person up to? How do they communicate or dress? You can go ahead and open your eyes now. I'll share that I remember the first time I met my future self. I was most struck by her clothing actually. It was flowing, she was embodying her spirit. She was so grounded and full, like this full woman. She had this joyous kind of flowy thing happening to her. When I did the meditation to meet her the first time, I actually remember. I was in a class and I was wearing skinny jeans. They were so tight and restricting. I realized that I needed to go out and buy some flowy clothing.

What that meant, was that it was time to connect to this goddess within me. Not just the woman who was capable of accomplishing a lot. The person who could be rich and full. I'll share that I actually now coach

# ALIGNED

## Transformational Program With Rony Reingold

from my future self, a lot of the time. I get in touch with this full, flowing, free place. It's allowed me to change my entire business. Allowed me to really offer and share my truth with others. Hold this very rich space for other people to explore themselves. Just my tuning into the clothing of my future self.

So there's a lot of richness here. Before we move on to expressing and embodying. I just want to check in. We do have a Q&A call this Friday. But just let's do a one minute check in, to see if anybody has a question or a really phenomenal share. Okay, Isabelle says hello. I'm ready to rock out this evening, bring it on. Awesome.

And Lorena, asks a really great question. What about the flexibility versus the rigidity in the ten commandments? Such a great question. It's a fine line. We're not here to be rigid people. We're here to be flowing people. Just like the waves in that ocean, there's an energy to us, it moves through us. It's up to you, to navigate that line of rigidity versus flexibility. The way that I like to look at it, is I'm relentless in my commitment to myself. While being open to others, opening myself and moving beyond what I've known before. Relating and connecting to others, in ways that I haven't before. This is part of the work. It's part of navigating what is really true for us. Always coming back to the work of week two, which is deciphering between false belief versus the deeper truth that's here for you.

So absolutely, it's a really great point, Lorena, that the ten commandments are not designed for rigidity or contraction in life. The opposite. They're designed to give us structure, in the face of a complete non-structured way that we've known before. So that they can serve as a touch base and navigation tool, to bring us towards a lot more richness. I hope that answers your question.

I see we have another question here. I think this is Ilisa.

**Ilisa** – Hello, hi. How are you? This is Ilisa.

# ALIGNED

## Transformational Program With Rony Reingold

**Rony** – Hi. How are you? Good to hear your voice. What would you like to share?

**Ilisa** – I wanted to share that I'm moving a lot slower than a lot of people in the class. But your course and all the people in the class have really inspired me. Within this last week, I found a place for really low rent. I'm in the process of moving. I got rid of eight boxes of stuff.

**Rony** – Wow.

**Ilisa** – I'm still getting rid of some more stuff. It feels like the mental energy is not as draining. I'm so excited to move out of my parents house, once and for all.

**Rony** – Woo-hoo!! I'm sending you virtual high-fives! High-five's.

**Ilisa** – Thank you.

**Rony** – Awesome! I can REALLY hear the levity in your voice. Thank you so much for sharing that Ilisa.

**Ilisa** – Thank you.

**Rony** – We'll have more time on Friday to go into it deeper if you want to. I really appreciate your sharing. That's great.

**Ilisa** – Thank you.

**Rony** – Thank you. Awesome.

That's a perfect example of the freedom that comes, when we start to align. Nobody is behind anybody else, or in front of anybody else. You guys are all exactly where you need to be. You're taking that stuff, that is meant for you, you're receiving it. Some of you are going to get huge insights from certain exercises, those same exercises won't phase others of you. So you're exactly where you need to be, just remember that.

# ALIGNED

## Transformational Program With Rony Reingold

Okay, so thank you both for sharing. Feel free to keep submitting your questions online, for those of you who are listening online and otherwise.

We're going to shift now into week six. The E in ALIGNED stands for Express and Embody. This week, we're looking at what it means to express and embody our truth. This is one of the MOST rewarding and gratifying parts of living in alignment with your truth. You've started to do that, as Ilisa has, by taking action. That's a form of expression. You can hear in her voice, she's on cloud nine from doing that.

On tonight's call, I'm going to share with you the following: we're going to talk about having empowered conversations, how to communicate in a way that aligns with your truth. I'm going to share why saying no, and setting boundaries, actually serves to create more richness, love, purpose, power, all of it in your life. How it can take you to your dreams. I'm going to teach you how to retrain people in your life, to become aligned with the person you are becoming. So your relationships remain authentic, fulfilling and empowered. I'm going to talk about strutting your stuff. At the very end, which is very fun, which is letting your light shine.

We're also going to engage in a REALLY powerful and fun healing technique that I use regularly and with my clients. To raise your vibration, that's going to allow you to shift your energy instantly. I'm also going to extend to you guys, an exclusive invitation to embody your truth and play in nature with me this summer. I'm really excited about that. So by the end of this week, you're going to feel more free and powerful using your voice. More comfortable with that. You're going to feel more fully expressed. Feel that you know now, how to be authentic, and how to represent yourself authentically.

You will have explored your life's purpose. Created a safe and meaningful context, through which you can live and share yourself. You're going to be able to raise your vibration and shift into your intuitive body instantly. You're going to be empowered to be, once again, the generative pioneer in your most important relationships. You'll start

# ALIGNED

## Transformational Program With Rony Reingold

to deepen your relationships and strengthen the joy of living in your body.

Why is it important to express and embody our truth? What does that even mean? To express means to share, to release, to offer, to put into form or into words, to give something energy or life. To embody your truth means, to live in it. It means to walk your walk and actually have it be a part of you. Have it live inside of you. Incidentally the name of my business is called: Embodied Truth Coaching. Because I believe we're here to LIVE our truth, not just talk about it.

Why is this an important part of living an aligned life? So far, we've been talking mostly about doing this inner work. For the first half of the course. In the last couple of weeks, we've started to talk about making decisions and taking action, from this place of truth. Now what we're doing, is we're taking it to the next level, because we're talking about SHARING your truth. This is an act of being generative and it's hugely generous as well. It's an offering. It's an extension of you. So were talking about taking this truth within you, and extending it out into the world. Not only so that the world can respond to you, because they will see you and what you have to offer, you'll be able to interact with that. But, also for the sheer joy and the healing nature of birthing this thing, that is within us, this truth. Sharing and offering that.

I don't watch too much TV, but I feel compelled to tell you guys, that one thing I've grown to like. This is an embarrassing guilty pleasure. In recent years, I've come to like some of these singing shows, like American Idol and the Voice. It's because I like to sing. There was something that happened on the X Factor. There was this woman, after her audition, they were debating whether to put her through or not. She started crying and said to Simon Cowell, who's the main judge. She said, Simon, I don't want die with this music in me.

I'll never forget that. She was at this point, where she had to get it out. She HAD to express and birth this truth that was within her, through singing, through her voice. So we cannot not express ourselves. It will kill us.

# ALIGNED

## Transformational Program With Rony Reingold

It will squash our inner light and our life force energy. Keeping silent and holding back, holding it in, it shrinks us and keeps us stagnant. It's going to dull your truth. We were each born with inherent gifts and a divine light of authenticity, that you are awakening to. It is your responsibility, it is our work in this lifetime to share that light and those gifts, in some form with others. It doesn't have to take the form of your career. It can, which would be enormously rewarding. We're talking about aligning all aspects of your life with your truth.

But it can also just be sharing yourself, in a real way with people. Being loving, compassionate, practicing generosity and kindness that truly comes from the heart in our own way.

So really allowing yourself. Embodying your truth, means allowing yourself to be seen and heard by others. I love, love, love how Debbie posted her ten commandments on the Facebook page. She posted it for the sake of witnessing. That word – witnessing, to be witnessed, to be validated and acknowledged, just by being seen. Really what she did, is she allowed us to witness her. It was a very generous act of sharing herself with us.

As I work with more and more people from around the globe, I'm noticing everywhere. What I'm awakening to is this deeper realization, that more than anything, people long to feel seen and heard. It is so rare in our society, that we truly see one another. Some of the most transformative moments for my clients, in our coaching together, is when I simply listen and bear witness to their truth. It has brought numerous clients of mine to tears, to a place of deep healing simply by being seen.

So when we practice expressing and embodying our truth, living it, first and foremost it allows us to see ourselves. When we acknowledge what is true for us, then we acknowledge ourselves. This is what we've been doing in the first three weeks of the course. The more we see ourselves and the more we practice living that, the more others get to see it. To see us and our truth. We have the courage to share ourselves and allow



# ALIGNED

## Transformational Program With Rony Reingold

ourselves to be seen. To me, this is truly a sacred act, that requires at time great bravery and vulnerability too. But it's one of the most gratifying, and rewarding, and validating experiences you can have.

When we share ourselves authentically, unabashedly and joyously, we claim what ours in this world. It lets us leave our mark and share our gift, and grow way beyond the confines of the old hiding way. Your expression can be loud and fierce, or it can be quiet and humble. It doesn't matter. It's what's true for you. It's here. It's in this context this week, that you're being invited to share it and pay it forward. To experience the ripple effect that can occur when you practice expressing yourself, just for the sheer joy of it.

Think about who you become when you let yourself share what's real inside. Just as Michelle shared on the Facebook page this week, that as she shared in her group. It transformed her to share. Then you get to show up and be this person, who is a more illuminated parent, partner, and coworker. We get to start to touch people around us, just by the sheer joy of sharing who we are.

So there is a homework assignment this week, that's going to let you find your life purpose statement. I just want to mention, your purpose does not have to be your career. I actually think our purpose is something way bigger that we're up to, then our career becomes an expression of that. I just want to mention that before we get into the technicalities of expressing ourselves. I don't want you to feel that this discussion is just about career. It's about really showing up authentically. So you can check out the homework assignment, if that's something you're curious to find out. I will work with you on the Q&A or on the Facebook page with you.

So how do we actually express and embody our truth? We can do it through our words, conversations, through our bodies and gestures. We can allow things to move through us and release. We can be creative. Even how you dress can be an intentional form of self-expression. By walking your walk and not just talking it, it really allows something to move through you. You shed the old way and embody the old way. I'm

# ALIGNED

## Transformational Program With Rony Reingold

going to share with you a fun technique at the very end, on how to kind of walk your walk and strut your stuff, to have fun with it.

The first thing I want to share with you, is how to open up your voice. So many of people feel, that they don't have a voice and that they don't exist. This sounds straight forward, but I really want us to look at this for a moment. I can't tell you how many clients of mine have told me, that they feel their words are stuck in their throat. Or, they feel completely overlooked, misunderstood, or invisible in their lives. This is incredibly disheartening to feel that. But since a young age, we've been told effectively to behave, to sit quietly and to speak only when given permission only when you raise your hand. It's just so disempowering, to feel that you don't have a voice or that you don't exist. As an aside, if you're feeling this way, then it's actually a great opportunity to go back and revisit the work from week two. Explore some of the false beliefs that you may be standing in from earlier in your life.

I want to unpack this concept a little more. First and foremost, everybody has a voice. We are shattering this illusion and this myth that you do not have a voice. Every single one of us, has the ability to make sound. From your throat, from your mouth and actually, I'm going to argue from your whole body. The first thing we do when we entered this world is we wail, we cry, we've vocalize, we express. And as children we're very comfortable expressing our emotions. In fact it's normal at a young age, to express what's true for you at any given moment. It's the only thing we know. We enter this world in complete alignment with our truth, in that way. As we get older, we start to get conditioned.

These conditions, they place limitations on how and when we use our voice, or if we even allow ourselves to feel that we have a voice. Right? We need to be polite. We don't want to offend. We're told to be quiet and appropriate. We're told don't talk back. For some of us, we're given the message and the conditioning that expressing our emotions is just absolutely not okay. I would imagine, that there are a few of you on this call, that grew up in homes where it was not okay to cry. Or, where

# ALIGNED

## Transformational Program With Rony Reingold

talking about difficult subject matter, family “secrets”, sex, larger life questions, shame, all this stuff was just not allowed.

No wonder you feel like you don't have a voice! Right? We can think about what is even shoved in our mouths (I'm talking from a societal level) from a very young age to “pacify” our “negative” emotions. You get a pacifier, or a piece of food, whatever it takes to stop the crying or to distract from the emotion that is being expressed. I'm not in the business of bashing our parents. I don't want you to take it that way. I love my parents, I admire them. For those of you who are parents on this call, I applaud you for doing the most important and meaningful work on the planet. What I am getting at, is the fact that most of us, all of us, are conditioned and trained to believe, at some point that we don't have a voice. Or, if we do have a voice we are terrified to use it.

We are terrified that we will be rejected, ridiculed, laughed at, dismissed or worst of all, this fear that we're not going to be even heard or understood. So we quit using our voice. We quit singing or singing in public. We quit speaking up. We quit standing up for ourselves. We quit inserting ourselves and taking up space. We don't allow ourselves to take up space in the room.

Some of us experience the opposite, that we had too big of a voice. We were told to hush it down. So you may be shrinking yourself, afraid that you may be taking up too much space.

There are a couple things to shift this old story, that we don't have a voice. Some of you know that I'm getting certified right now, in something called Yoga of the Voice. I'm enormously passionate about it. It's a practice that's based largely in sacred chanting and sound healing. It allows us to use the vibration of our voice, and our sheer ability to make sound to get out of our own way. To shift beyond the critical mind, to access more of a divine energy, a larger life force energy that can move through us.

By releasing and freeing our voice in this way, we allow life force energy to move through us. Essentially our voice no longer becomes our own, it

# ALIGNED

## Transformational Program With Rony Reingold

becomes something else. A more primal or more divine is able to come through us, guiding us. I'm going to share with you some teachings and a couple fun techniques, from my studies in this arena of yoga in the voice. It's going to help you give voice to your truth. It's going to open your voice or free your voice. So you can simply begin to express yourself more freely, feel more confident, and start to have more fun with using your voice in conversation or however you need to use it.

I'm also going to talk to you, in a bit, about reclaiming your voice. So that you can have access to your truth and sharing that with other people, in conscious and aligned conversation. It's super critical on this path, to communicate effectively and authentically with others. If you're a human that breathes, I can guarantee you that at some point you're going to need to relate to others. You want to be able to represent yourself authentically. We'll talk about that in a minute.

Let's first interact with this thing we've been calling our voice. Once we've freed it up and we've loosened up a bit, then I'll tell you what to do with it in your relationships and your conversations. So instead of singing. First off, instead of even saying that we need to use our voice. Instead of thinking of singing, communicating or expressing. I want you to think about your ability to make sound. Just think of your ability to make sound. We can all make sound. I'm making sound right now. When we unmute the lines and say hello, we are making sound. So I'm going to invite you now, as a group, to make a sound together.

In a moment Brianna, I'm going to ask you to unmute the lines, so we can hear each other's sounds. In these two exercises that we go through, I guarantee you that you will look and sound foolish. Okay? So this is not about sounding cool, at all. Or looking cool. This is about beginning to free up some of that terrified stuck energy in your voice. So that you can actually start to use it to empower yourself and others. Okay?

So what we're going to do, is we're going to take a nice deep breath together. I'm going to invite you in a moment, as we inhale to raise your arms WAY up above your head. Then we're going to exhale. We're going

# ALIGNED

## Transformational Program With Rony Reingold

to make an audible sound and let our arms drop down to the sides of our body again. By audible sound, I just mean a sound. Let it come out.

So if Briana, if you will unmute the lines. For those of you listening online, feel free to make sound in your world as well. So everybody is unmuted. I invite you now, wherever you are, to take a REALLY deep lovely breath in. Fill up your whole abdomen, your lungs and raise your arms WAY up above your head, stretching up. Hold it, hold it. Now release and let me hear your sound!

Awesome! Awesome! You guys did it. Let's do it one more time. Just inhaling. Giving yourself a nice awesome full breath. Arms up, stretching up. Then releasing your whole day in this sound.

That's so nice! You guys did great!

So just that proves the power of your voice and of sound. Isn't that amazing to just make that Aaaaaaaah sound and release? It totally shifted my body. I bet it shifted yours as well. This was a silly little two second sound that we made. Look at the effect that it had on us.

Now what we're going to do, is we're going to take it a little bit further. I'm going to share with you guys, one of my favorite, transformative, easy sound healing techniques. I use it regularly on myself, I use it also with my clients and different workshops. It's going to allow you to shift your vibration, literally. It's going to get you into your body, and give you access to your intuition within moments.

This technique is called the body scan. Or the sound scale. Essentially what we're going to do, is we're going to use the different sounds we can make, a whoa sound, a high sound, to create almost a vertical line or vibration in our body and our energy field. We're going to start scanning way down below at the bottom, bottom sound, and go all the way to the top, top, top. Then we're going to take a breath and go from the top, top all the way down.

# ALIGNED

## Transformational Program With Rony Reingold

It's a great technique to balance the chakras, for those of you who are into that. The different energy centers in the body. You can also use it to gauge where one of your chakras might be stuck. I'll walk you through this step by step process. But as we scale or scan from down below to up above. From our root chakra which is at our hips, to our crown chakras which is at the top of the head.

Notice if you can make one sound in one breath that's smooth, all the way from the bottom to the top. If you cannot, it's fine. This is a no judgment zone, obviously. What it will tell you is that, wherever you kind of skipped or jumped over a certain part of the fluid movement, that represents a chakra that is a little bit unbalanced for you. So if you're like way down below and start at our hips, we scan up, up, up. Something jumps from your belly to your throat, you skipped over your heart. So your fourth chakra might be a little bit stuck, it gives you an opportunity to do some work there. Just a fun aside.

I really invite you all to participate here. Again, we are under the assumption and under the invitation, to look and sound foolish for the sake of opening up our voices and raising our vibrations. So wherever you need to be, so that you can do this, I invite you to do it. If you have to take your cell phone into the bathroom for some privacy, this is the time to do it.

Right now I invite you all to stand up. Stand shoulder width apart. Keep your knees loose. Put your hands down near your hips. What we're going to do, we're going to make the lowest sound that we can possibly make.

This is the most I will ever ask you guys to vocally participate. Just know that you're rock stars already. So making the lowest sound, on the count of three, that you can possibly make. Way down in your hips. Feel if you can even feel it, down in your pelvic area or in your legs.

So 1...2...3...whoooooooooooo...

See how low you can go.

# ALIGNED

## Transformational Program With Rony Reingold

Awesome. Awesome guys. Beautiful.

Now, raise your hand WAY above your head. Stretching as if you were trying to reach the stars. We're going to try to make the highest sound we can possibly make, using the vowel E. So on the count of three, highest sound.

1...2...3...Eeeeeeeeeeeee.....

Beautiful, beautiful.

Now we're going to try our first scan. Okay? What we're going to do, is we're going to go from low to high, in one breath. What I invite you to do, is use your arms to guide you as if they were an elevator. So start them way down at your hips. As your sound goes from low to high, just raise your arms and let them go gently across your body. Until they go all the way up. Okay? We're going to stop there. We're going to take a deep breath, then we're going to go from high to low. Okay?

So here we go. On the count of three, starting super low and taking a really deep breath in.

And 1...2...3...whoooooo....let me hear those low sounds...start raising them....whoooooo....going higher, and higher, and higher.....eeeeeeeeeeeeee...

Perfect! You guys are nailing it. Now going from as high as you can, to as low as you can. Using your arms as a guide again. So on the count of three, deep breath in and high

Eeeeeee....we're going down....whooooooo.....low, low down....oooooo...

So what you can do, is you can start to go from low to high breath, to high to low. Do that a couple of times. You'll start to notice you may be out of breath right now. You may feel a little bit of heat in your body. This will generate a lot of heat and energy, as you start to repeat it. If



# ALIGNED

## Transformational Program With Rony Reingold

you do this three times in a row, you will feel a substantial shift in your energy and your body. It will wake up your mind.

If you wake up super groggy, and you need to access this intuition and truth that's within you, this is a brilliant exercise to utilize. Or, if you're stuck in this spinning mind, just the monkey mind chatter and you need to ground yourself. You can start at a really high place. From the high note, all the way down into the bottom. Picture your energy going down beyond your legs and into the earth. This will bring you from your head, into your body. It will literally help to center your energy, so your energy becomes aligned. So you can start, from that place, tune into decision making.

I have a client who started to do this in the car, on the way to job interviews. She had forgotten about it, on the most important job interview, on the way over she was like, oh yeah the sound scale. She did it and was offered the job on the spot, because she was so pumped up and connected to her truth. Just by doing these very simple sound scales. This is an awesome thing to do before bed or in morning. I invite you to start doing it. Do it in the shower, notice how it connects you to your truth.

The next thing I wanted to talk about is super important. This is conscious communication. Having generative conversations with others. As we know, we all have to relate with other people. We can't live in alignment by ourselves all the time in the confines in our home. We have to take this alignment into our relationships, if we want them to support us. To become part of the foundation that catapults us forward to the full, flourishing of who we're meant to be in our lives. We want these conversations to truly be an extension of our truth in that way.

Being an empowered communicator means a couple of things. First, it means that once again, you are the pioneer that takes initiative. Most other people, you need to know, are not going to initiate empowered conversations. So it's really up to you, to set up these conversations and put them into motion in your life.

# ALIGNED

## Transformational Program With Rony Reingold

The second thing of what it means to be an empowered communicator, it means that you have to take radical responsibility. Again, under the assumption that we are the only ones that can save ourselves. That ultimately it's up to us, it's our responsibility to be our own superhero here. To speak up in honor of you. So this doesn't mean that you have to mean or aggressive, to how you assert yourself onto other people's radars. It simply means taking responsibility once again, come out of invisibility and share yourself. To be seen and heard.

I'm going to teach you a couple of tricks. There's a document on the homework page, so you don't have to take notes. Your work is to start practicing and applying these techniques in your conversations. Start with somebody you trust and who it's safe for you to do it with, then branch out and do it with the trickier conversations. Start with what resonates most with you. You may just want to apply one of these techniques and master it, or you may want to play full out and master all of them.

So the first important tool from empowered communication with others, is to use eye language. So instead of pointing the finger at the other person. Which is really easy to do, especially when we're triggered. Using words like, you're making me feel -blank-, or you're doing this, what you want to do, is you want to shift into that radical responsibility again. Keep the focus on you. In essence, it's actually inaccurate that they made you feel anything. You've chosen in that moment, to feel what you're feeling or to be consumed by it. You've gotten triggered and reactive. Right here I'm using "you" language, ironically. That's not how I mean it. You guys know.

Instead, what you want to do, you definitely want to start tuning into the work from week two. Are you in a false belief, false identity, or are you in a consciousness of deeper truth. You want to be really, really real with the other person and within yourself about that. Take responsibility. Use instead "I" statements. Words like, I noticed that I feel -blank-, when this occurs, what I realize is this happens to me, I'm really upset about that. Wow. Do you see the difference of how that's on you, instead of blaming? How that wouldn't escalate an argument?

# ALIGNED

## Transformational Program With Rony Reingold

Secondly, you want to be generative in your conversations. What I mean by this, you want to state in a tricky conversation with somebody, you want to state your intended outcome. So state the intention, just like we practiced in this course, why you're bringing something up with them. Right? So for example, my goal in talking to you, is that we deepen our relationship. I really long to feel closer to you. Wow! Can you see how that would set up a conversation to move towards that goal?

As opposed to, here are my complaints, one, two, three, four. It's like, wow, okay my intention is really to spend more time with you and get to know you better. Or, my intention is for us to have more intimacy, so I want to share these things that are a little hard for me to say. I'd like to say them anyways, in hopes of us becoming closer. So being generative and stating your intention.

The next thing is to be the pioneer and show others the way. So don't wait for others to initiate, what you wish you could say. Instead, you need to initiate it yourself. So stating your desired outcome, your need, or whatever. Really focus on the end result, not how they're going to get there or how you'll get there.

For example, I had a client who is about to give birth. I have a client who in two weeks is going to give birth. Her sister is coming to visit. She was very distraught that her sister wasn't offering support. What we explored, was that she needed to be the pioneer to say to her, look I'm feeling really vulnerable or really scared right now. I'm about to have a baby for the first time, I really need your support. We need to remember that people give support in their way. Being grateful for the way that THEY know how to offer support. It might not look like how you would offer support. Again, being the pioneer, not waiting for others to guess what's on your mind, but sharing that.

You also want to practice being totally honest with yourself and others. Like really, really being real. This is the scariest part, but it makes the biggest difference. Identifying to yourself and potentially to others, when you're in the consciousness of truth or false belief.

# ALIGNED

## Transformational Program With Rony Reingold

Lastly, one of the most important elements of empowered conversation, is to practice listening. I mean really, really listening. Allowing the other person to be seen and heard. If we want to be seen and heard, we owe them the opportunity to be seen and heard as well. So really listening of what's up with them. What's it like to be in their shoes in this moment. Whether you agree with it or not, simply honoring that. Allowing their truth, even if you don't agree with it, allow their truth to exist.

When I mean listening, I don't mean planning your next response while they're talking. I don't mean thinking about the laundry, while their talking. How you look in your jeans while they're talking. Really, truly tuning in and listening. If you start every important conversation simply listening to the other person. Allowing them to vocalize what's true for them, it will completely up level your relationships and what's possible for you.

So I suggest that you just start trying this. Be totally real in your conversations. One of the best books I ever read, was by this woman Susan Scott. If somebody reminds me, I will post it to Facebook. It's called Fierce Conversations. She talks about being absolutely real all the time, even with the guy from the corner store down the street.

The other thing I want to mention, is before you have these conversations that are empowered. This is profound work that you're up to, I don't want to trivialize it. We are letting go of relationships. Some of us need to say major No's. We have major no's in our lives. We have to say no to people, jobs, money, all these things that are masquerading as a yes, but we know are not a yes. This takes courage and guts, to navigate and communicating appropriately, so that we can be totally supported and setup here.

As you do this, I invite you to lean upon your fertile foundation. So before these hard conversations that you may need to have. Before any generative conversation, even if it's not a hard one. It will become way easier. Actually I really enjoy these conversations now. Set yourself up

# ALIGNED

## Transformational Program With Rony Reingold

before with something from your fertile foundation, take care of yourself afterwards with something from your fertile foundation.

You're going to flail a bit at the beginning. You're kind of like, oh my gosh, you're going to fumble and screw up. Just let yourself. That's totally fine. You don't have to be graceful, you just have to practice on being real.

The other thing I want to talk about is boundaries. Boundaries are about drawing a line in the sand. They're how we communicate our limits to other people, either through our words. Or really, as we're talking about in this course, is through our actions. Having a boundary is having a strong no. I invite you to open yourself up to the idea, that no, N-O, can actually be one of the most positive words in your vocabulary.

Having a solid no, doesn't mean that we're angry at people, yelling at them, denying or discounting them. Instead, having a solid no, means that we're giving parameters, we're creating structure and a foundation to our interactions. So that both of us can really stand solid, on solid ground together. It means that we're giving form, to something that would otherwise be completely undefined. Having this courage to have a no in your life, means to have the courage to define things for yourself and other people.

The truth as you began to see through your work last week, starting to define your ten commandments. Is that when we say no and set a boundary, in a sense we're actually opening the door for a WAY bigger yes. There's a very interesting relationship between no and yes. When we say no to one thing, we're effectively saying yes to another by default. So when you say no to wearing a skirt, you open a door to saying yes to wearing your jeans. Or, the reverse is also true, when you say yes to wearing jeans, you're saying no to wearing a skirt.

So where do you need to start, to say no in your life? So you can align yourself with this ULTIMATE, this Y-E-S yes that you're after? What are the boundaries that you need to set? What are the toxic people or the stuck environments, that it's time for you to say no to? By saying no to

# ALIGNED

## Transformational Program With Rony Reingold

the clients who insist on working with you at 6:00am, you're saying yes to your health. You're saying yes to being an example, to somebody who embodies the path of self care and self love.

Do you feel the difference there? How rich it actually is? That WAY bigger yes? There's way more fullness. By saying no to that guy or that gal that you've been seeing and feeling lukewarm about, you create the space to say yes to a deep, authentic, intimate connection on a soul level with your true partner. By saying no thank you, I would love to deepen our connection my good friend. However this evening does not work for me, because I need to rest. Whatever it is. In effect you're saying yes to being well rested and being energized, so you can actually connect with your friend next time.

So I invite you to start taking the risk of setting boundaries. To shift out of this small and contracted energy of guilt and obligation. Guilt serves nobody. It doesn't help the other person, when we feel obligated to them. It feels like crap when somebody says yes to us out of obligation. We have all been on the receiving end. Maybe, is not yes. This is where you get to practice being bold and being loving to yourself. Being generative, to create a way more powerful YES in your life, by saying no. Have fun with it.

This is also where you get to start practicing retraining the people in your life. So some people are going to be pretty unhappy or uncomfortable with your no. You need to just be aware of that, that's going to happen. Some may fall. Some relationships are no longer meant to be, as you raise your vibration. You will navigate that. I trust your inner knowing on that.

What you can do, is you can start to practice putting your responses to people. First of all pause. Tell people you'll get back to them. Think about it, consider it, get clear within yourself. Start responding instead of reacting. When you respond, put it in the context of your yes. Emphasizing your this yes, when you say no to them.

# ALIGNED

## Transformational Program With Rony Reingold

Over time as you practice being generative in that way, in your conversation and setting your boundaries, you're going to retrain the people in your life. This may terrify some of you. When we talk about retraining, we're not talking about manipulating or controlling others. I want to be super clear. That is a terrible energy to engage in. Actually controlling others is impossible, it doesn't work. What we're talking about is sharing our new way with them. It's about educating the people in our lives. That we're changing. Now we're trying out new ways. Hey, I know we've done it this way, but I'm actually realizing that I need to do it this way now. We're changing, we're asking them to support us in our new path. That's what I mean by retraining.

So don't let it scare you. The truth is, we're actually really good at training people you guys. We train them in the first place. There's that radical responsibility again. We train them to expect that we're always available, or that we'll support them in any time or any way, that we'll put ourselves last and them first. We train them to overlook us. We trained them, that we accept their inappropriate or demeaning behavior towards us. We trained them that we'll go out for a night, even though our bodies are begging us to rest. Whatever it is.

The good news here is, you're actually really good at training people. Now you get to retrain them. This is done through conscious conversation. Simply letting them know. Bringing awareness to them, just like awareness has come for you.

This can be very scary, but I invite you to just play with it. Start doing it in a safe way. Start to engage in this ability to use your voice. Even if it comes out in the smallest peep. If you accidentally have the loudest, ugliest, most abrasive roar the first time you do it. Remember that we're allowed to fail. Tada! We're allowed to fail. We're failing for the sake of trying and building this new muscle, making it a natural part of our existence.

There are a couple of more things I'm going to just briefly tell you at the very end. Before I do that, I really am excited to extend an invitation to you guys that is totally relevant to what we've been talking about today.



# ALIGNED

## Transformational Program With Rony Reingold

It is entirely exclusive at this point. I'm not offering it to anybody else yet. So I'm excited to share this with you. What I want to let you know, that all of these techniques like the sound healing techniques, getting into our bodies, expressing ourselves and letting things move through us, integrating living our truths are techniques that I'm going to be sharing at my transformational summer retreat this August.

I created this retreat because I ABSOLUTELY love the energy of an in-person group. Where you can really feel one another and create a true container for support. What happens is that when you have experiences together at a retreat, removed from your daily life, you can actually have experiential learning. You can feel it in your cells. The learning clicks, as opposed to just intellectual learning. It's like when we talk about being in love, which would be intellectual. Versus, we actually are in love, it's experiential.

I wanted to create a retreat, so that we can create community here. We cannot walk this path alone. I'm going to be talking about that next week. Having friendships and community of cheerleaders and support, who are also engaged in this work together, meeting each other, sitting next to each other, and feeling each other is a totally different path to walk. Then when we do it on our own, behind the computer screen or behind the phone. It's really fun to do it together.

Also what happens in these processes of transformation and growth, is that every 90 days we kind of putter out. We need to hit the refresh button. I kind of created this retreat for you guys, and for a broader community that I'll open it up to later. For now it's for you, to come and press the reset button. On the homework page this week, there is a link to the information page for the retreat.

The retreat takes place August 23<sup>rd</sup> through 25<sup>th</sup>. It's Friday night to Sunday afternoon here in northern California. At the most gorgeous and serene retreat space, called the Still Heart Institute. It's nestled up in the gorgeous hills of Woodside. We are going to get you guys fully expressed and embodied with sound healing techniques, and Tibetan chanting, yoga, Chei Gung, meditation. Coaching workshops that I'm going to do

# ALIGNED

## Transformational Program With Rony Reingold

out on the trail in the elements. Sacred ritual. You'll have a ton of personal time. There's a beautiful pool there. Lot's of places to just relax. The place is just totally Feng Shui'd, which is cool. The food there is amazing, it's all organic and seasonal.

So you're going to leave this retreat with a full integration, a revitalized energy, and a community of like-hearted people. This page on my website is not yet public. I'm actually not going to be publicizing this retreat until June. That is because I want to give you guys first dibs to join me at this special, sacred and really fun excursion in nature together. I am limiting the number of spaces, because I want it to be truly intimate. Look for the link on the homework page. It's also going to be in an email that's going out to you this week. I would be more than honored, if you wanted to join me and play with me there. I will be talking more about it, if you want, on the Q&A call.

As we recap tonight. I invite you to stay for the last few minutes, if you can stay for a few more minutes with me. Thank you for that. I want to reinforce how it's so important to be expressed in this life. If you don't do it for yourself, do it for the sake of those around you. I invite you to do it for yourself. I invite you to start sharing what's yours to share. It will help you claim what's yours. It will bring in this sudden power, grace and energy into your body. It will center you and bring you completely alive.

Part of my physical healing occurred because I started to express myself. For fun and through my singing, also through my life's work and through my career. This is your time to take this truth that you've discovered in the first half of the course. To take the practice of being in action. To really offer yourself and extend out. This may be an expression of, hey I need support because I'm overextended. This is not about overextending, this is about sharing what's real for you in this moment. Again, with grace, with vulnerability, with courage and with fun.

There are lots of ways you can practice expressing yourself. We're made of energy, just like that ocean that we talk about. Those waves come and

# ALIGNED

## Transformational Program With Rony Reingold

go. We receive and we give. We put in and we take out. We literally block off our own life force energy, if we do not express our truth. It's like trying to keep those waves from moving.

Our voice, our body, our artwork, our clothing, our car you can express in so many ways. There are two elements to recap here. There's what you express to others, that interaction with others. Then there is the sheer joy of expressing yourself, regardless of response you get. Think of when you sing in the shower or the car. It feels so good to do that and let loose. It's time to sing and dance like no one's watching. It's time to let our light shine as brightly outside, as we're starting to see that it does outside.

We have taken a process guys, we have condensed it into seven weeks. I know I'm throwing a lot at you right now. It takes a lot of time to integrate. So be proud of yourself for all that you're doing. Stay connected to you vision, stay connected to your intuition and the essence of how things feel for you. Then have fun. Have fun with it. Practice being unabashedly honest with somebody. See what happens. People aren't used to it, they might freak out. Wouldn't that be cool? Play with it. Play with it.

The homework for this week, is going to help you just integrate this stuff. There's a beautiful and simple exercise around setting boundaries, by saying no to -blank- I am saying yes to -blank-. You and just take notes throughout the week, gather some data and evidence for your life. See what's shifting for you.

There's a sheet there that reminds you of the different ways you can express. You don't need to do anything with it, but to simply start to expressing and embodying.

There's a recap sheet around the empowered conversations. So just recapping the different steps and tools that I use, that you get to start practicing. There's an exercise there around your life purpose. That is totally not required. For those of you who are craving really getting clear on that. It feels like a piece that's fundamental and missing for you,

# ALIGNED

## Transformational Program With Rony Reingold

I wanted to give you the opportunity to explore that. Just know that is a statement, a life purpose statement, is usually something that takes a lot of finessing over time. So you don't have to nail it the first time. It took me quite a while to nail mine. There are plenty of examples on the sheet.

Again, you can reach out to me on the Q&A call this Friday. On the Facebook group, I will help you get clarity around what your life purpose is.

Lastly, I also want to mention a bit of administrative stuff. That this week, we finally, finally get to hear the brilliant, talented, and lovely, fabulous Kate Winch. Kate Winch is an EFT practitioner. EFT stands for Emotional Freedom Technique. It's an energetic healing technique, where you tap at very specific points on the body. It allows you to release old fears, because you tap and you speak. You release what's no longer working. Then you tap in the abundance and positive affirmation, to bring in everything that is working for you.

So enjoy that audio bonus from Kate. Kate is amazing. I've done work with her before, she's truly lovely.

Lastly, I just want to remind you guys that we have our second Q&A call this Friday at 12:00pm PST. I am here for you, to ask any question or to honor any triumph that you want to share.

Before we wrap up, I just want to acknowledge a couple of things being said on the web here. Lorena asks again about the ten commandments. You know Lorena, I would love to answer this question. I'm going to answer it on the Q&A on Friday. If you could chime in or I will answer it there, because I will give a somewhat longwinded response. I want to honor people's time.

Yes, here is to embodying, here is to really letting your truth live within you and flow out and spill out from within to touch others. Notice the ripple effect in your life. Notice what it does for you.

# ALIGNED

## Transformational Program With Rony Reingold

I thank you for your time. I thank you for spending a little extra time with me. I'm excited to connect with you guys on Friday. Have a beautiful night. I will talk to you soon. Thanks and bye.

End of Audio.