

# ALIGNED

## Transformational Program With Rony Reingold

### **WEEK 7 – DISCIPLINE FOR THE DREAM**

**Wednesday, April 30<sup>th</sup> 2014 5:00pm PST**

Hello and welcome. This is Rony. I am so deeply honored and grateful to be here with you and to welcome to our final week of ALIGNED. We have reached week seven of this incredible journey. It's amazing. We are at Discipline For The Dream. We are going to give structure to your gorgeous dreams and your truth so that the river of your life can flow smoothly. What a beautiful journey this has been so far. You've opened your awareness, your heart, your life and your truth is now available to you like a center of a flower that's blossoming. You are awakening, you are claiming more of yourself, you're practicing living as YOU from your center daily and allowing your light to shine.

This is going to be an informative and a heart-felt call as we close this particular chapter and prepare for the next phase of your larger journey.

Let's being as we always do with our centering meditation and shifting into our sacred learning container together. If you're in a place where it feels safe to do so, go ahead and close your eyes and give yourself a couple of really good centering deep breaths. Just releasing the day up until now, releasing any tension you find in your body. Letting yourself slow down. As always, I'm going to light three candles to set our sacred space.

This first candle we light yet again in honor of everything that is being born in us. All of these seeds that you have beautifully planted that are starting to burst through the earth and take form in your life. All the growth that is happening for you, all that is coming alive within you.

This second candle we light in honor of all that you have shed and all that is dying in you that's no longer relevant. All that you are gently placing down because it no longer serves the path of living in alignment with your deepest truth and your brightest light.

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This third candle we light in honor of that which has always been and that will always be your unique truth, your greatest inner knowing, your brightest light, your highest self. Opening to recognize that your authentic truth is your divine birthright and that living in alignment with and from your truth not only serves you because it allows pure life energy to flow through you, but it also impacts those people around you and all around our world. Feeling the possibility here as you breathe deeply into your body and feeling that you are alive and you are indeed whole at this very moment.

From this place, I simply invite you to open to the light within you; to the limitless possibility that resides inside of you and to the safe and courageous foundation that you have created for yourself as you catapult further into the full expression and knowing of who you are.

For our time together, we are deeply grateful. We open ourselves to all of life and we say: And so it is, and so it shall be.

Taking another good breath, rolling your shoulders back, wiggling your toes and fingers and opening your eyes.

I'd like to start this call off by acknowledging how far you've come. You have stretched yourself in tremendous ways here. I celebrate your willingness to move beyond the old small way and your status quo, and I celebrate your perseverance, your commitment as you step into a new territory of deeper authentic truth, power, connection, fulfillment, joy, all of it. I acknowledge your curiosity and your courage for investing in yourself and claiming your life at this time.

We are shifting into complete integration now. Everything I've shared with you in this course is here for you to tap into throughout your entire life because you are a pioneer on this journey, and you're forging your own path and I have supplied you with a treasure chest of tools that you can use as you keep growing and self-actualization. All of these tools are here for you to make your own. You are enormously capable and skilled.

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Life is dynamic, as we know. You will receive unexpected gifts that are going to come in the form of challenges, sometimes massive ones that might knock you down. They're going to call you forward into a new level of growth and wholeness. These tools, these gems, are your secret weapon that you get to pull out of your knapsack and use as the sacred warrior of your own experience. As you master these tools, you'll know which ones to use when. Each one is a treasure for you.

Before we talk about the content of week seven, Disciple For the Dream, I'm going to open up our ALIGNED treasure chest now. We're going to take a look at all of these gems that are here for you to carry in your knapsack. This is going to be a review and an integration of everything we've covered so far. Then I'm going to tell you how you can take it all further and create the disciple and the structures that are needed so your practices pay off long term. And so that these gems become part of embodiment of who you are.

As I recap these gems, as I take each one out, I invite you to hold it and feel its sacred power in your hands. Really, let this recap be a celebration of everything that's growing inside of you now and let it affirm what you're made up and how you're exactly where you need to be.

Our sacred journey began back in week one when you were introduced to the gems of Accessing and Awakening. You're now able to access where you're at and where you need to go at any given point in your journey. You have the wheel of life and "what's working" exercises for that, but you also now have the ability to pause and connect with your deeper inner wisdom, to evaluate your body's messages to determine your truth. You were given the power to awaken your vision and the limitless life possibilities that exist for you always. I encourage you to remain awake and to continue to bring your dreams to life so that you can taste them and so that they can shine as the ultimate North Star on your journey.

You've also by now awakened to a very critical part of your truth, which is your core values, the DNA of your truth. These values run through

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your veins and aligning your whole life to these values is going to bring you the fulfillment and really the results that you desire. Let your unique values, this amazing gem, let them inform you. Let them inform your relationships, your career decisions, your schedule, your lifestyle, your home – they are at the crux of everything.

In week two of the course, you were empowered with the understanding, the gem, that you can evolve beyond your old limiting beliefs. And that you can self-parent yourself now and shift into a consciousness of deeper truth that is rooted in your present power. You possess the sacred tool of being with your experience and feeling it. You are now the ocean that holds all of the waves. You carry in your knapsack now on this journey the ability to identify with your truth instead of with your emotions. This is enormously powerful. Perhaps one of the most powerful gems in this entire treasure box is your ability to hold your own experience from a consciousness of truth and from a connection to your truth.

You likely noticed by now that when you practice being with your emotions, that something magically begins to shift and you can breathe a little more fully suddenly. There's an opening and it allows you to access your deeper truth once again. Here's the key. When we do this, it allows us to take action from that consciousness, the one of our adult truth, as opposed to the story of the wounded child or the propaganda of the saboteur. This is what helps us forge our new way. Keep practicing that. Keep taking action from your truth instead of the reactionary fear based smaller place inside. Keep coming back. Keep self-parenting and shifting back to your adult center.

Our greatest power is our inner peace; this ocean that we can become that holds all of our emotions and allows us to be the curious observer and to walk through life as the sacred warrior. Really, we're able to handle anything that comes our way from that place. When you stray from your path, you now know that you're being called back to return again and again to your sacred center. I invite you to keep releasing and making as much room as you can in your home, in your heart, and your entire life for your dreams to take root. Let your dreams become your

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new roommates. They're moving in and they need space for all of the fabulous new things they're going to bring you.

This work, this work of letting go – such a sacred tool. It opened the door for you to access your intuition. That's what's brilliant. The more we face our fears and the more we set with that potentially uncomfortable act of being with what is, suddenly the uncomfortable emotions dissolve. What's left is your intuition, this deep inner wisdom inside of you. Your intuition is your biggest ally on this path.

You now have access to a spectacular gem that's made up of deep and inherent wisdom that already exists within you right now. You can use your body to distinguish between fear or that feeling of when we compromise ourselves, and the feeling of intuition. Your body is your guide. You found another guide on this journey and it gives you messages.

Remember that when you're in your truth, your body will feel simultaneously relaxed, yet alive. When you're stuck in fear, you're most likely going to feel some pain or some constriction somewhere in your body. Start listening. That deep listening exercise. Listen to your soft belly. Listen to your open heart and to your throat as it feels free. Listen to your legs when they're strong and to your face when it's relaxed. These are all whispering to you and calling you forward into your truth, showing you the way. Beautiful gem.

Along those lines, we spoke about the importance of self-care on this journey. We need self-care so that we have the capacity to actually engage with this intuition that's here for us. When we're tired or burnt out, our intuition is going to become murky or it's going to get faded and we won't get those clear messages that we're looking for. Really having full permission to nourish yourself on every level so you can walk this path.

You have now also the divinely illuminated tool that is your Captain. This is the part of you that is inherently wise and can handle any sea. You want to invite this part of you forward to steer your ship often. I'll

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share that when I lead these calls or when I coach my clients, I do it from my captain. When you have to step up in a big way, when you have to rise to your own occasion, let your captain be in charge. This is not a path of simply always being positive or happy. This is about drawing on that part of you that you know can pull you out of your own darkness and bring you back into the light. That part has always been here. That part signed up for this course and it is your captain and it is by far the most powerful and loving part of yourself.

In week four of this course, we switched from the gems of our internal landscape to now applying our truth and taking it out into the world. One of your most valuable tools that you now carry is the power to be Generative. Taking radical responsibility to proactively initiate the growth, the changes that are going to bring you fully into alignment. More so, really pioneering the way for yourself and for your loved ones through conscious communication and that generative action.

You now also know about the sacred gem of Feng Shui. One of my favorite gems in our treasure box. Hopefully you've become to play with this in your home or office now. I'll share that in my own life. I rely heavily on Feng Shui to gauge my alignment at any given moment and to bring your life back on track with my North Star if I've fallen off the path a little bit. You're gifted with the vision of understanding here that your outer environment represents your inner landscape and vice-versa. You can now use this tool of shifting either one of those, either your outer environment or your inner landscape to impact the other. Very, very powerful.

In week four, you also discovered the gem of your fertile foundation. Let me tell you, if you walk away from this course only applying your fertile foundation regularly in your life, I promise you it will change the way you experience things. Hands down. You will be more full, happy, inspired, you're going to be available to yourself and to others. This is super, super important. Very key here. I really want to emphasize how important it is to know yourself in this way. To know what your unique core values are and what your unique fertile foundation is. It's like knowing where you come from.

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The invitation here is to engage with this fertile foundation of yours regularly, not just when things are bad. But also throughout the course of the ups and downs, so that you're prepared when something goes bad and that you're rooted in your truth so that you don't topple over, and you don't have to dig yourself out of a really deep hole. Also then, having the stability and that foundation that keeps us grounded even in the highs of life.

Knowing that your fertile foundation connects you to living your specific core values and really being committed now to practicing that foundation regularly so that you are always shining so it sets you up to win and to take risks and to be supported and to be balanced. Give this gift to yourself and give it to your loved ones. Meaning engage in your fertile foundation for the sake of your loved ones, for the sake of your business relationships, all of it.

One major shift that I want to emphasize here is that by being generative you can now welcome in taking risks. We simply cannot evolve ourselves if we're not willing to take risks and step into this new land of "I've never been here before" of the land of "I've never done it this way" or the land of "I have no idea how it's going to turn out". I really, really encourage you, I beg you to keep practicing taking risks. Make that part of your fertile foundation. Even engaging in a tiny new risk each day is going to catapult you so much further into this ultimate life that you desire. It's going to shift your vibration. You're going to end up loving taking risks because it calls you forward, like an initiation, at each turn. Have fun with the risk taking.

Now as we progressed through our sacred journey, you encountered the gift of the present moment being Naturally Now. Let's take a breath here. Naturally Now. Even saying it makes me shift. Realizing that our true power can only exist in this moment right now. We are only at choice in the present. In this moment, we're able to connect to our body. In this moment, we are able to choose to be grateful, to focus on what's working. Major, major gem in your knapsack here. Focusing on what's working right now. You're on the most delicious path of being you.

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Right? You really want to keep remembering to lift your head up and focus on that. Focus on the temple that's here instead of the trash that's on the ground.

You have the tool of saying things in the positive. What do you want? Where are you going? What are you creating? What is coming together? Really noticing your internal language and noticing the language you're using with others or even in your e-mails, and shifting it to be generative, to reorient your focus towards what is growing for you.

Along those lines, in week five of the course, you also met your future self, this version of you that is living the life that you're now creating. There's so much power here with that, this ability to bring your future into your present experience and to take on the posture and the mindset, the choices of the person that you are becoming. I invite you to embody that posture now. Let your future self listen to this call from now on.

When I started to do this, to really live as my future self – total life changer for me. When suddenly everything changed because of this practice, I was able to make so many of the things that I'd only really dreamt about a reality right now. Tuning in to who you are becoming. What's their essence like? What does their courage look like or their vulnerability look like? How do they dress? How do they eat? Who are the people that surround and support your future self?

Your work is to make all of those things part of your reality right now. Begin making decisions from where you're going instead of where you're at.

In addition to all of these gems in your knapsack that I've touched on, you now carry with you a beautiful scroll that lists your ten commitments to yourself, these Ten Commandments. You've identified and you've committed to a new code, to a new standard of living, you're becoming clear on what you're saying no to and what you are claiming the full yes in your life. You have crossed over now from the land of possibility into the land of commitment. I found for myself and for my clients that creating the list of the Ten Commandments is one of the



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most empowering and aligning exercises that's available to us. Being super clear and choosing in accordance over and over again to your commitment to yourself. This will radically up-level your life. It's going to shift your career, your relationships, all of it. It becomes one of our most powerful sorting tools to discern what to let go of and what to keep. You will have clarity on all those people, all those things that are not aligned with your highest truth. And, it's going to make all of those things that are aligned really obvious for you.

This brings us now to Expressing and Embodying our truth, which we covered last week, in week six. We've covered a lot of ground here. Really, you can see how much you've done in just the past six/seven weeks. That's why it's so important to refresh it at the end of this phase of our journey and really to celebrate all that you're up to here.

I'm curious to know how you started to express and embody your truth in the last week. I wonder if you are speaking your truth more with people or maybe you're singing in the shower. I'm curious how the body scan exercise is working for you. Please do share this with our community on the Facebook page. Let's have fun with this, because after all living in alignment is really fun. It's the whole point. It's actually quite effortless to live in alignment. It's so much easier than not living in alignment. Once we really wake up to our truth and we start to actively rearrange the various parts of our life to align with that, suddenly it becomes so engrained in us and it becomes easy. Then you likely will experience or you may have already, this enormous desire to get your truth out into the world to express it.

It's a crime to keep our truth hidden within. At this point in the game we simply cannot hold back any longer. We reach a place where we must show up as who we really are and express and embody our truth and really let ourselves shine.

There is full permission here. I want to remind you – full permission to be you, just to be you for the sheer joy of it and for the health it will bring and for the impact it's going to have on your life and on so many people around you.

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Now each of us has a voice that is ours and here for you to reclaim and for you to free. It's very important to embrace our voice and to give it life. As you experience the freedom and the glory of your true voice on your path, you are also called now to speak in a way that is yet again aligned and generative. It is really a sacred honor to take radical responsibility to pioneer your relationships in this way. Relationships are such rich territory to practice all of these sacred tools because they're going to challenge you. There's going to drive stuff up. When we're aligned in our relationships, then these relationships can catapult the full expression of who we are even further.

The invitation is really to embrace the practice of empowered conversation consistently. I remember that when I realized that it was up to me to be the pioneer of these conversations with my family and friends; I started to appreciate these people so much more actually. The more I honored my own truth and spoke up, the most space was actually created for their truth to exist as well. We all came out of hiding. You don't have to be the star of the show or be loud, but you do need to give voice to your truth. You need to be willing to take up space in the room, to claim what's yours and let yourself be seen and heard and be willing to be truly witnessed and honored by others.

I know that this may be very different for some of you and uncomfortable. But I promise that as you familiarize yourself with being seen in this way, vulnerability, courageously, that you are going to feel validated. You're going to feel empowered, more honored, respected. You'll be inspired. It's very, very validating to share who we are because when we don't share ourselves then we never have that opportunity to actually be received. When we do share it's the only chance we get to be fully welcomed and witnessed.

One of the most important hidden gems in this special knapsack of yours is the practice of setting boundaries. We touched on this last week. Boundaries give us form and they give us structure and definition so we can bring our dreams alive. I invite you to say "no" more now. Say no to all those things you feel obligated to – the people, the

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environments that keep you shrunken and small, and trust that by saying no you're actually saying yes to all that you long for. I've noticed actually the more successful I've become with my coaching business, the more I need to say no now, the more I'm called to honor my "yes" with full integrity and trust.

I hope in the last week that you have become to make some sounds, to free your voice, to awaken your body, and remember also that you have this jewel that is the body scan exercise. Very powerful and simple healing, sound healing technique that can shift your vibration and your entire outlook on your life in two minutes. You can use it as an invocation calling your captain or use it before you take a big leap of some kind. I encourage you more than anything to simply start expressing yourself and to see what shifts for you. See what moves through you when you express and embody your truth.

As we wrap up this course, we are experiencing a form of closure on some level. This might be sad somewhat for some of you. I actually see this call as more of a beginning right now. You have a bunch of information, all of these beautiful gems and tools and you're standing on the brink of a new path. You get to decide how to take all of these gems out into your life. I want to ask you, what are you going to carry with you as you continue your journey this year and way beyond? I'd like you to consider how are you going to extend this learning and this living of your truth out into your life for the long term?

This call is about disciple and about sustaining your growth and your embodiment for a long time. That's the whole point. Right? We want do it way beyond this class. It's really the whole point is to live this daily and to incorporate it and have it be of who we are so that it frees us. Whether you end up joining a longer group program of some kind or support system or whether you work with me or somebody else, whatever it is, how are you going to keep refining your truth? How are you going to strengthen these muscles over time? This is an important conversation to have with yourself.

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Some of you have reached out to me about wanting to know more about we can work together one-on-one. As we're talking about discipline and how to take it further, I'm going to share with you right now how we can work together one-on-one. I want to give you this information now so that those of you who feel drawn to it can be fully informed and can sit with this as we cover all of the material of Disciple for the Dream over the remainder of the call.

Working with a coach one-on-one is especially valuable when we talk about discipline because when we work together, when I work with my clients, they receive consistent accountability and support. When you work with me, we take everything that you've learned here over the last seven weeks and we apply it specifically to the dynamics of your life over time. This is really important because there are times when we soar, we're limitless, and there are times inevitably being human that we're going to face challenges and disappointments. In the coaching relationship we get to work with all of it, your entire landscape so that you learn to trust yourself, trust your ability to navigate through all of it with confidence, being assured and with fun and with meaning and with this deep, deep inner peace that we cultivate together.

You really are the star of the coaching show. I hold the space for your answers to naturally come out. I believe that you know your truth better than anyone else. As I draw that out of you, I serve as a mirror for you, just like I have in this course, reflecting your light back to you. In the six-month coaching process, we get to track your progress and I give you fun little homework assignments just like in this course that are specific to what we discover in each session.

For those of you who feel the need to have that container and to have the consistency of one-on-one support in your journey. As an aside, I actually have this support as well. I have an agreement with myself that as long as I'm coaching other people, I will be coached. I see a coach once a month. This type of partnership can be really impactful for you if you feel that you need that kind of support.

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In a six-month commitment together, we're going to fully integrate everything from this course and we're go completely beyond because this really is the tip of the iceberg. When you sign up to work with me, I jump in there with you. Seriously. You jump, I jump in right with you and I am supporting you, cheering you one. I am challenging you and calling you forward at times. I am with you at every single turn.

What happens over time in this process is that suddenly your life will start to change. Not just the various elements of your life, but the way you're experiencing your life. There's this amazing before and after that happens for my clients. I love when this happens. They cross the line, some kind of invisible line during this process. Something changes and there's no turning back. It's like the old way just simply no longer works in this process and it becomes a part of you, your new way. It's effortless and it's easy and that's what I love about this work. Life becomes so easy when we're aligned.

My clients are expressing to me feeling this aliveness and this freedom, this ease, and really at the same time this very quiet strength inside that they can rely on. It's stunning work and I feel very humbled and honored to work with people such as yourselves in this way. Obviously, I would be honored with any of you in this capacity, especially because now you have this course as a jumping off point and you've already begun to truly invest in yourself over the seven weeks of being here.

I'll go into logistics from a moment and then we will go into our content tonight. This is going to probably be a longer call, probably 90 minutes because there's a lot to share here this evening.

I don't coach most people like other coaches who charge and coach by the hour. When you work with me, you sign on to work with me for at least six months. In that six-month period, you really get me for six months. Like I said, when you jump in, I jump in. I'm totally committed to you. You don't just get me an hour every other Wednesday or something like that. I'll explain.

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What this means is that initially in our six-month coaching program, usually the first four to eight weeks we're meeting weekly depending on your needs. Everything is completely customized to you. At some point, we switch over to every other week because people usually need time to integrate everything they're learning. But more so, this is the most powerful point in our coaching when we switch to every other week at some point because it's when you learn to trust yourself and to turn inwards to yourself first before reaching out to me in a crisis. Very powerful moment. I teach you how to do that.

Each of our sessions are an hour. I coach by phone or by Skype or in person in my San Francisco office. In this six-month program with me, you also get unlimited access to me through e-mail, text and phone. Seriously. I text with my clients all of the time. You also get five spot coaching sessions I call them. These are 15-minute kind of emergency check-ins, an opportunity to touch base quickly and shift something quickly when something big comes up. I'm with you over the entire six months holding a space for you and navigating with you going way beyond just our hourly sessions.

You also receive in my six-month coaching practice a VIP Discovery session. This is a longer session that is the first session we'll have. It's usually two hours long. It sets us up to really win. In that session, you receive a beautiful welcome packet from me as well.

All of this, our six-month commitment, all of your sessions, the homework assignments I give you, me being there with you, the texts, the e-mails, the welcome packet, the discovery session. Also, I forgot to mention, once you're in as a one-on-one client, you get access to join a lot of my workshops, and get my products for discounted rates, and sometimes for free. Okay? You get all of these things that really give you ultimately the life changing transformation within and without, taking all of this stuff from ALIGNED further. All of those things that you get over the six-month journey with me costs \$4,500. Since I love you and adore for being a graduate of this aligned journey, I'm going to discount \$200 off of that and offer this transformative opportunity to you for \$4,300.

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At this time, I am deciding to honor my own truth and to only open up two slots in my next coaching schedule because I'm very dedicated to the people that I work with. I've got room for two of you. I know that a few of you have asked, and I'm really looking for people who are ready and who this feels like a big YES to. Really going to dive in here. If you're curious about this or you're getting a big YES, whatever it is for you, then I've set up a bunch of slots in my calendar over the next two weeks so we can do a 30-minute consultation together for free where you can ask me questions. We'll discuss your specific scenario and design a coaching program that's right for you.

You're going to get an e-mail after this call with a link to sign up for the 30-minute free consultations with me. I'll answer any questions you have. We can talk about any concerns about moving forward in this way, whatever is here for you. There's also a link on the homework forum to set up this 30-minute conversation with me if you're starting to get curious about one-on-one or if you feel a full yes, that that is something that's right for you.

I'm going to do something now that is a little bit different than the norm and I'm going to invite somebody very special onto the line here to share their own experience of graduating from the ALIGNED course and moving forward into the six-month private coaching program with me. I feel that having you listen to somebody who has gone through this transition will give you a direct sense of how this work is truly the tip of the iceberg here, and what's possible for you. I'd love for you to hear that from one of your peers. Whether you end up working with me or choosing another avenue that's best for your long-term growth, it's just nice to hear how you can take all of this further.

So Kiana, the beautiful Kiana is on the line and I'm going to unmute you.

**Hi Rony and everyone.**

Hi Kiana. Thank you for being willing to chime in and share your experience here. I appreciate it.

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**It's an honor. Thank you.**

I wonder if you could share with everybody briefly, how did the coaching work that we've done together deepen the work that you did in ALIGNED?

**When I started out, I started ALIGNED. Everything was, I would say, okay in my life. I owned my own business and I had a really flexible schedule and I had friends living (I've had friends since I was 12-years-old) and I had a loving family, and everything was good. I felt this longing for something more. I felt like I was always searching for an answer. I'd been in therapy for several years, just constantly searching outside for an answer and kind of running from activity to activity trying to find what made me happy.**

**One day I heard Rony speak, and something in my intuition told me to sign up for ALIGNED. So I did. The best analogy I can come up with is the weeks I spent at ALIGNED were great and I really felt this opening. It was like diving into this pool, and diving into the deep end. When I started the coaching - I did six months of Rony, and I found this so useful that I signed up for another six months. It's like scuba diving. I felt like instead of being in the deep end, I was now at the bottom of the ocean but with tools - with my mask and all my equipment, and actually know how to breathe under water and how to look at the pretty fish while also being uncomfortable. That's the analogy that I think about the coaching.**

I love that. No one's ever used that before. That's beautiful. Scuba diving at the bottom of the ocean is a really peaceful and rich experience. What's been the biggest shift or transformation for you that's come out of our coaching?

**There's so many. I think the biggest one is I used to constantly look to the outside for answers. Ask my friends or talk to Rony or talk to my therapist or whatever. Even though I was confident, but through the work, I have really been able to deepen my connection**



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**with myself, so that when I am unsure of something or anything comes up, I have such a stronger sense of self and can really turn to those questions and know what's right for me. Of course, I still have Rony and my friends and all that, but it's not the first place I turn to. I would love to get a little deeper. I think the most difficult part of this spiritual journey for me has been some of these self-sabotaging beliefs that are the most painful.**

**I always thought I was fairly happy confident person but these self-sabotaging beliefs would pop up every now and then, or a lot actually. I never really learned how to address them. We talked about that in week two when we just scratched the surface of the self-parenting exercises. To give an example, with Rony I would literally go through the exercise, have the deeper truth statement in my pockets, excuse myself to go to the bathroom, work on it. At first it was all very, very difficult. Then I noticed when negative emotions pop up or a self-sabotaging thought pops up, over the months it gradually became way more, I would notice it, and I would intuitively remind myself that's a self-sabotaging **0:48:21.2** I believe, and that's not me. Really, have the tools to connect with myself and feel a negative emotion and let it through me and see it as an opportunity for practice.**

I'll just chime in. What I'm really seeing in your Kiana is a true mastery of your own experience and being able to hold your own experience and let it evolve through you, or evolve through it to the other side much more quickly and really just demonstrating great mastery. I'm also seeing in you that you're starting to have a lot of fun. Will you briefly just say one last little thing about what you're just loving in your life right now? I saw you today actually and you're so full of life and recreating things based on your core values. You have this radiance about you that's beautiful. Will you speak to that briefly?

**I'd love to. Like I said before, I've always been really active and tried out a bunch of things like dancing and singing and a triathlon and all of that. But I always did them from a place of searching for something. With my work with Rony I really, really delved deeply**

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into what my core values are. I stopped doing any activity for several months. Then I started to reengage in life, but it was more from a place of curiosity and openness. Things that I always thought were things that I never thought about doing being popped up. For example, I have recently realized how much movement and dancing and singing are a huge part of my life. I don't know if that would have happened for me if it hadn't have been for the coaching.

I used to do yoga a lot. I developed this arm injury. I was so focused on I can't do this thing that I love because of this arm injury. What I learned through my work with Rony is what I really love about yoga is not so much the stretching, which I love, also the physical aspect, but I loved being in a community of other people doing something that I find movement oriented, that has to do with breath and spiritual. All about this connection with others mixed with spirituality and body.

From that, I started experimenting with – things would just come up. I went to a drumming event and I liked it. Then I went to a singing class and I liked that too. Recently I discovered this dance called Five Rhythm, and I've been totally into it. I discovered it two weeks ago, I've gone a bunch. While I'm there, I feel pure moments of bliss where I feel this ease of movement and living. Those are also some of my core values just using my body connection with others. I now have this wonderful activity that gives me the exact, actually even more of a connection with others I think than yoga did. Instead of being so focused on what was wrong, it's really thinking about what was important about the yoga and then exploring things have just made me have a lot of fun with this.

My relationships with my friends have totally changed in that I've always had pretty deep connections with them, but really understanding that what's very important for me is this real authentic intimate connections with others. It's really allowed me to deepen my relationships with my friends in a way where I'm really enjoying them more, they're enjoying me more. It's a completely different landscape.

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That's beautiful. I mean you really describe what it's like to live in alignment. That's what you're doing. It's just such an honor to witness your blossoming. You've just blossomed. You're living from your deepest heart and really building this life that brings you so much connection and joy and meaning. I just see so much freedom and life emerging from within you. I just really thank you and bow to you in this process and just honor your willingness to go recreate your life in this way. Thank you so much for sharing your experience of what's possible when we have the foundation of this course and where people can now go with it. I really, really appreciate you coming on to do that with us.

**I'm grateful you. Thank you.**

Thank you Kiana. It's beautiful to witness you. We'll talk to you soon. Bye. Okay, thanks. Thank you. I could have spoken about that and asked Kiana questions for hours, but we have the rest of our call to keep moving forward with.

Bottom line, know that you have a partner in me always, and if you are feeling a full or a partial yes around potentially doing this work together, then just sign up for one of these 30-minute phone conversations with me and we'll chat about it and really figure out what makes the most sense for you. More than anything, I simply return to the question for all of you. How are you going to take this further in your life? What is the right path for you to take all of these concepts and make them stick and have them become a natural part of who you are? That is what we're up to here. We are up to living and shining brightly in alignment over the course of our whole lives.

That actually is a beautiful segue to our content for this week. The D in aligned stands for Disciple For The Dream. How do we live in alignment? How do we embody all of this with ease and power and joy over the long term? What does that require? On this final section of the call, I'm going to teach you how to stay on track and navigate this path long term in a way that keeps you fully alive.

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In the next 35-minutes of so I'm going to share with you:

1. Why discipline is important to living and embodying your truth and how to have it.
2. How to create foundations of support so that you're not going at it alone.
3. I'm going to share with you the map. We're going to talk about the how finally, and it's going to take you from A to Z and allow you to reorganize your to-do list in such a way that it's aligned with your truth.
4. We're also going to talk about the payoff of aligning with this truth and how sweet the fruits of your labor are.
5. I'm going to touch on the secret D in aligned. This is new content, which stands for Discernment.

At the very end of our call, we're going to have a closing circle. I encourage you to stay on until the end. After integrated this module, you'll be able to connect to your dreams through the daily ups and downs. You're going to know how to make your truth practical and viable and you'll be empowered even more to live your truth and shift more deeply into the land of true appreciation.

Let's talk about discipline. It's a terrible word and it brings up the heebie-jeebies for most of us. It makes us cringe and it makes us think that we have to commit to doing something we hate. What I'd like for you to consider is that being disciplined around aligned being with your truth actually keeps your life very rich. It helps us stay on track so that we get to experience this juiciness that we're connected to here.

Think of your core values. These are so juicy and alive. Discipline helps you experience that vitality, that yumminess on a regular basis. I like to think of discipline and structure in this process as the banks of a river that hold the river in place so the river can gloriously flow instead of turning into this undefined marsh that has no boundaries and no foundation to hold it together. I'd like you to consider yourself at the end of your life and picture yourself there and ask yourself what do you owe yourself more than anything? What am I going to regret at the end

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of my life if I don't follow through with it for me? Very important question.

When we look at living an aligned life from this perspective, then discipline becomes a bridge that takes us to this gorgeous land of self-accomplishment, of being proud, of being fully alive and having no regrets. Your work is to connect to this thing that is so important to you and to commit to living your life in honor of it.

Personally, on my journey for me it was this vision of my new life still. Now I have an even more full version of that that I haven't reached yet. This is so important to me. All these things I've always dreamed about, and I won't pass them up. I knew that I needed to be disciplined around it. I still am. I align with my vision regularly in honor of that.

You might have been in a situation in the past where you've lost some weight, or maybe you know someone who has lost 10-20pounds, whatever. What's common is that when we reach our goal we suddenly feel we've got the breathing room, and we let ourselves slack and we have a cookie or two at the party. Before you know it, suddenly cookies are part of your regular daily activity again. Because you lost weight, you can afford to have a cookie. By accident, you've gained all the weight back. Right? We've all been there.

The key to being aligned long term is to keep engaging in the practices that took you to reaching your goal even after you've reached it. This is why our fertile foundation is so important and why on this path you want to remain connected to your daily alignment practices consistently over time so that they're behind you, they're underneath you holding everything up and strengthening you regardless of what's in front of you in life so that when you reach your major milestones on your journey, you want to keep engaging in the practices that got you there. This is going to allow you to dance with life's curve balls and to navigate with joy even in the face of unexpected disaster.

We are ditching the mindset of deprivation here because your values are so rich. You are going to have so much more fun but in a way living

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in alignment with these and being disciple around them. You're also going to experience more self-respect and being more intentional that you're really honoring yourself and following through. So keeping an eye on your big YES and being grateful for that. Really allowing yourself to feel the richness that you are creating and cultivating it, basking it now – there is no deprivation whatsoever.

One of the keys to long-term success, another one, is consistency. That's what we're talking about. This path is a marathon. It's an unfolding, it is not a sprint. It's not about over there. It is about consistency, not intensity. Really slow and steady, moving beyond the false highs and lows of drama that can sometimes be seductive. You want to come back to your limitless life vision over and over again. Every 30-days, every 90-days check in with yourself. See, am I on track? What's off? How do I come back to my center? How do I realign with what I owe myself? Always giving that to yourself. Enormous self-love here.

As you integrate all this more, you'll see that you come back to your center more quickly. Now when I stray, before it used to take me weeks, sometimes months something would nag at the back of my mind, but now it takes me hours, minutes. If it's something really substantial, it might take me a day. Literally, within seconds now coming back to the center. The reason for that is the discipline. Discipline here now becomes a beautiful part of honoring yourself and staying connected to this juiciness of your truth.

It's also critical on our path to have support systems. If we're going to shine long term, we really need support systems. While it's our responsibility to do all of our own work, radical responsibility, we don't need to live in isolation in order to really make all of this happen for us. In fact, quite the opposite. It just isn't going to work honestly if we are not connected to other people who are aligned with the same things on our path.

This is where you get to choose your cheerleaders. There's a great exercise on the homework page around this that I encourage you to do because you might be surprised to learn who your real cheerleaders are.

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We all need cheerleaders. We'll not too cool for cheerleaders. This is not about being so independent and self-reliant that we isolate yourselves.

I would like you to think of an athletic. Think of an athletic. What if nobody was in the crowd for these athletics? Could you imagine that you're at the Olympics, and you're going to the Gold and there's no one there to encourage you to keep going, it's silent? Nobody would succeed to the extent that they do. They need coaches, they need fans, they need peers, they need people who are really standing for them.

What's important to have awareness around is that our cheerleaders are not necessarily the people who are closest to us. In fact, sometimes the people closest to us can be the most draining or the ones that we actually inherit our limited patterns or behaviors from. Your Aunt Edna, or your mom or your oldest friend for childhood, even though you love them very much and they love you, just because you're close with them it doesn't mean that they understand the sacred work that you're up to first hand. In fact, your choices of bravery and following your intuition might even scare these people. We are not in the game of convincing others to understand us. We are in the game of living in our truth and having space for other people to live in their truth as well, and generating deeper relationships from that place.

Most often, your cheerleaders are going to be the people who pull you up when you fall. A lot of times, our true cheerleaders are those people who are a little bit ahead of us on the path or they are also engaged in their own personal or spiritual work. Actually, studies have shown that we become like the five people that we spend the most time with. Who do you want around you and who's going to build you up and whose going to remind you to look up and whose going to mirror your light back to you?

This brings us to the secret D in alignment, which is Discernment. Discernment is really about mastering the subtleties, differentiating. Remember these subtleties; they are one of your biggest gems, one of your biggest tools in your knapsack. Really taking radical responsibility

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to carve out the time to make that space to create the circumstances in your life that are going to allow you to deeply tune into yourself and discern who drains and who lifts you up. Discern between something that might be flashy but toxic for you and something that is illuminated and that creates deeper peace or fulfillment. Making these important distinctions and taking the risk to follow through on what is best for you.

Part of identifying our support systems and taking these risks is really about willing to ask for support. Many of us feel vulnerable doing this. It's not a sign of weakness to ask for support or to thank somebody for helping you. It's not dangerous. We are all interconnected. When you practice discernment, then you can reach out to the people who will stand with you and you can trust them and rely on them.

There is no way that I could stand in my truth before you and to create hours of inspirational effective content here from my deepest truth if I did not have support. It really requires that we let people in and that we dare to allow people to take a stand for us and with us as to the degree that we do with ourselves. Really looking at who is capable of walking beside us on this journey and who is going to light you up on that path.

I'll share the first time I offered the ALIGNED course, my husband sat in on every single call simply to stand with me. It was gorgeous. I asked him to do it. You want people around you who are going to remind you of all that you are made of.

That's our relationship with discipline. I want to talk about getting practical with it now. This is the big fat HOW of our course that some of you really might have been waiting for her. I'm going to share with you a map that I call Discipline For The Dream. This is your manifestation map. It's how to get from A to Z. I like to picture the lifestyle of living in alignment like double helix of a DNA thread. There are two ropes essentially and they intertwine.

One of them is all about who you are being, your inner work, your core values and your limitless life vision, your captain, your dream, everything that we're bringing alive inside of you. I like to call that the



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“What”. It’s the “What”. In the beginning of our journey, you might remember that I said a statement: How kills a good What any day. This is absolutely true when you’re in the dreaming and awakening phase.

But at this stage of the journey you’ve already identified your dream and you have your limitless life vision and you’re already becoming the person you need to be to pull all of this off. You’re now in a perfect position to welcome in the “How”. The second strand of the double helix is all about the practical. How do we get from A to Z while we are being this person and what steps do you need to take to have a striving business or meet your soul mate or get the new home or whatever it is?

This map is what you can use to organize the steps that you need to take to make your dream happen. It’s also a great way to reorganize your to-do list so that it becomes part really supporting your limitless life vision instead of just overwhelming you and having no context.

When you think about it, it’s actually pretty obviously how we get from A to Z. We have this clear vision and we can break it up into big chunks and then we can take bits out of those chunks. Just like you break your food into three meals a day and then in each meal, you chew it up until it’s complete. That’s what we’re going to do with your dream.

I encourage you to bring your future self into this exercise and stay connected who you are being as you put the “How” in place. There’s a homework exercise called Discipline For The Dream that outlines all of this so you do not need to take notes on this.

Here’s how it works. You’ve got your limitless vision and what you want to do is capture it in a couple of sentences at the top of this worksheet. Simply notice within that, what are the big obvious chunks that make up your vision? I call those your major milestones. These are the big steps or the leaps that you need to take.

For example, I have a client right now whose vision is to own a karate studio and to be a life coach. She’s flushed out her vision. It’s beautiful. She’s connected to the “What”. As she’s taking action now to build this

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dream and make it a reality, one of her major milestones is to become a certified coach. Another is to find a karate studio.

If your limitless life vision for example involves you moving to Arizona and opening up a flower shop, then one of your major milestones is going to be selling your house in California so you can move to Arizona. These are the big steps that are going to need to happen to actually make your limitless life a reality. These major milestones can take weeks, they can take even months to achieve.

Then you've got your tiny triumphs. Each milestone is made up of lots of little steps. If one of your milestones is to sell your house, then your tiny triumphs are going to be made up of all the little to-do's that you have to do in order to sell your house. It might involve finding a real estate agent or searching online, telling your friends you're moving, repainting your living room, whatever. Each of these tiny triumphs takes about ten to twenty minutes. Really, whatever small action, all the small actions are going to add up to you accomplishing your major milestone. Basically, we're just breaking things down.

You can feel how practical the energy is in this. It's different that the limitless of your dream. It's really an organizational energy. This is very important because otherwise without this structure we're just going to live in the land of being. Nothing will get done and we won't move forward. We need to really balance the being and the doing - the double helix of your DNA of truth.

Start to notice also what parts of your general to-do list are aligned with your dream and what you can let go of. This is going to help you reorient and reprioritize your to-do list so that it now aligns with the larger life that you're stepping into. One of the best tips I can offer you here is to delegate or to get rid of anything on your to-do list that is not aligned with your most illuminated dream or vision. Let someone do it for you.

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The discipline here is to do three tiny triumphs each day. If you do that, then simple math, you're going to get way closer to your dream much faster. This is all described on the homework sheets.

One of the worksheets that we've worked with a few times over the course is the Tree of My Truth. We now know that the bottom half of the sheet is where our core values and our fertile foundation lives. When you engage and align with those, it allows you to become a certain person. Right? To live in a certain way. We explored that in week five where you filled out this section that's just above the earth line of that document that's called the Trunk of My Truth.

This is all about when you live in alignment with your core values by practicing your fertile foundation daily, then who do you become, who are you being for yourself and others.

Now in week seven we get to bring it all home. You get to identify and to enjoy the fruits of your labor. What are the blessings, what are the gifts that you are experiencing because you are living as this person for yourself and others? Perhaps it's connection. Perhaps you receive and you experience more confidence or more purpose. Maybe you have more money. Maybe more intimacy. Whatever it is, really becoming aware of that and allowing yourself to bask in this realization, in these juicy delicious fruits. Really eat them up. Savor them and swim in gratitude for all that is coming your way right now, all that you're experiencing simply by living in alignment with who you really are and by being disciplined in your fertile foundation around that.

You want to shift in eager anticipation for what's coming your way here with patience, but really shifting into feeling everything coming. This path is not about being there and having it all figured out in the future. It's about how we navigate, who we are being, who we are becoming and how we put that into action with a loving heart and in a way that is aligned.

Realize that you might now always choose the path that is aligned. Right? Friendly reminder that you're human and that you're growing

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and that we are changing constantly. Inevitably, you're going to fumble. Inevitably everything is your teacher. Your mistakes are your teacher when you fall down. It's all here to give you more information and to remind you to celebrate the fact that you're trying and that you're course correcting and stretching and figuring things out. I invite you to dance through all of it and to focus on what is working.

You're going through the motions and you're applying all of this stuff daily and I promise you that one day you're going to wake up and suddenly it will have hit you that massive shifts in your life have occurred. Suddenly things are easier and they are becoming more nature. You're not even going to notice all of these practices that are so intentional for you now because they're going to be part of your second nature. You might even get bored with some of this work. I invite you to celebrate that moment. It is really a beautiful place.

Have faith in yourself and in your life and in your ability to manifest. Radical responsibility, by nature it implies that we are amazing manifestors and that each of our external lies is a reflection of our internal landscape. We can now see just how much our circumstances are created by us whether or not we take radical responsibility. The good news that we have the power to better our lives and to evolve these circumstances beyond what we've known thus far by continuing to evolve yourself. Keep your eye on that North Star and return to these tools again, and again, and again. That is what's beautiful about them. They reside in your knapsack.

I have thrown a lot of information at you on this call and over the last seven weeks. You are applying it. You may be seeing shifts; you may not be seeing shifts. The consciousness, more than anything, that I'm inviting to stand in is one of faith and belief. Really trusting that as you keep doing this, as you go to the gym and you lift that dumbbell in your arm over and over and over consistently with discipline, that one day you're going to wake up and realize: Wow, my muscles have really formed here. That's what you're up to. Really celebrating that now.

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A couple of administrative points before we do our closing circle. Friendly reminder that I've set up 30-minute consultations for those of you who are interested in exploring how we might work together more deeply. In addition to these coaching consultations, I'm really inspired to offer each of you a 15-minute coaching session with me or a check-in just to give you the opportunity from my heart so that you can ask any lingering questions about any of the material, to get more clarity, to connect one-on-one a little more closely. These 15-minute sessions are also going to take place in the next two weeks. Those can be done through Skype or phone as well. You will be getting an e-mail on how to sign for those.

This is just my gift to you from my heart to yours. I really want you to get the most out of this experience and to have an opportunity to ask me anything you need privately if that's the case for you. It's really just an opportunity for us to honor everything that you're up to.

The Facebook page is ongoing. It is here for you to cultivate community. There will be more people joining this community over time. This community is your support system. Everybody here is your cheerleader. Everybody in this community around the world is walking this path with you and for you. I really encourage you to stay connected to all of your peers and I encourage you to support others on this path as well.

The homework forum will be live until June 15. Please do take time before then to download everything you need. This is very important. There will be a new password for the homework forum beginning tomorrow, Thursday May 1. That is going to be e-mailed to you as well.

One last logically item. Thank you for bearing with me through all of his information tonight. We have also added to the homework forum feedback forms. I would be so enormously grateful if you would spend a few moments giving me your feedback. It can be anonymous if you like. It's going to help improve this course for others. This is the whole point, for us all to be empowered and supported. I would love your input on how to make to things better, what you loved, what didn't work, what worked, all of it, whatever it is for you.

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We've also created an opportunity to offer a testimonial so that you can speak directly to the people who are considering doing personal work of this nature for themselves in the future. You can let them know in your words what to expect from this journey and the rewards of this experience. This is a profound opportunity to share your truth and it really, really pays it forward so that you can build community and invite people into this sacred process in your own words. It would mean so much to me if you would offer a testimonial. Thank you for considering that.

We are now going to shift into our closing circle. This is a sacred, sacred space. As we do this I invite you feel the global circle of cheerleaders and peers who have taken this course, who are holding a space for you and who are courageously doing their own work just as you are doing yours.

Allow yourself here to simply close your eyes once again and feel the sacred support of our aligned circle. With your eyes closed now, I invite you to reconnect to your dream. Connecting to the longing that had you sign up for this course in the first place. Feeling the energy of your limitless life vision. Feeling and inviting in your future self here, the person that you are becoming. What are you opening to? What do you know that you must do? Who do you need to be moving forward? What are you ready to receive? If your dream was going walk through that front door next week, which it may very well, how would you need to prepare?

Letting all of this gorgeous information seep into yourselves and really letting it become a part of you even more now. Beautiful. Feeling that with each passing day, with each choice you make, every risk that you dare to take, every time you open your heart more, feeling that all of this is available for you right now. That it already exists inside of your inherent wholeness. Knowing that you can come home to it again and again at any time. Really standing in the posture of alignment here. Standing, being in full integrity, full permission, full partnership with yourself.

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I invite you now to open your arms out to either side wide. As you stretch them out, feel how expansive you truly are. As you stretch your arms out feel every other person in this global circle. All of us standing in alignment in a great big circle that moves around the world.

Now wrap your arms around your chest giving yourself a hug, a gesture of commitment to yourself. Allow this hug to also be from all of the other outstretched arms in our community. You are part of a sacred movement. Letting yourself feel here the massive YES that you have stepped in to. Giving yourself another good deep nourishing breath, coming back to your body and gently opening your eyes.

I'd like to leave you with one of my favorite poems written by poet Derek Walcott. It's called "Love After Love".

The time will come  
when with elation,  
you will greet yourself arriving  
at your own door, in your own mirror,  
and each will smile at the other's welcome,

and say "Sit here. Eat".  
You will love again the stranger who was yourself.  
Give wine, give bread, give back your heart  
to itself to the stranger who has loved you

all your life, whom you ignored  
for another, who knows you by heart.  
Take down the love letters from the bookshelf,  
the photographs, the desperate notes,  
peel your own image from the mirror.  
Sit. Feast on your life.

I want to thank you from the depths of my heart and the depths of my truth for being present and participating in your own authentic way as much or as little as you did during this course. For creating an

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incredible global community of support, of truth, authenticity, of passion, of heart, of joy. You are a shining light. You are a shining light. I encourage you to shine your light as brightly as you can, to walk proudly living and embodying your truth out on the streets of your life and out in our world.

I wish you many blessings. I am deeply honored and grateful to be a part of your journey. I am excited to stay in touch with you in whatever way is right for you. Please know that I am always here for you. I am an e-mail or a phone call away. I am standing with you and for you. I am envisioning the full actualization and manifestation of all of your dreams. I see the full glory of everything you are in this moment. I am humbled and I am awe of you. I bow to you as a sacred fellow traveler on this path.

Please, please do stay in touch on the Facebook community and sign up for your 15 or 30-minute conversation with me. I would love to support you in any way that I can. I am standing with you as everything you are becomes aligned. Thank you so much. Much light, many blessings, and Good Bye.