

SPIRIT NEWS

LIVING BOLDLY AND TAKING RISKS ~Fauzia Burke~

When you push through fear, exhilaration lies on the other side. Worrying about an outcome or feeling a loss of control about a decision is normal. You have to normalize fear. You can feel it (that's normal), but you can't let the fear of uncertainty stop you. Because exhilaration awaits on the other side. The chances that you take may not always go as planned or expected. Successful or not, every risk comes with the reward of a vital learning experience. Change happens to all of us. By being bold and pushing through fear, we actually grow and gain some control over the changes that happen to us. Every change helps us realize our full potential.

There is time for planning and time for action. Don't get caught up in planning. Not everything is going to go smoothly, no matter how much you plan. Sometimes the best research comes from getting your hands dirty and taking action. Make a plan for sure, do your research, but give yourself a deadline so you can stop planning and start acting. If we wait until we feel comfortable to take a risk, we will never leap. We are never fully ready for change. Taking risks is challenging because it is new and no amount of research can change that feeling. **ACT.**

Take the first step. There is never a right time to take a risk; there is just right now. You either jump or you stand by hoping and wishing. If you think you are not ready or worry you won't be good at it—try it anyway. You

are more ready to step into your light than you think. You can always change course without regret. If your dream feels overwhelming and you don't know where to start, just take one step forward. Break big dreams down into small steps. Have faith that the little steps will bring about big things for you.

Don't get attached to outcomes. Staying safe puts the life you want at risk. So direct your sail and see what happens. You'll learn something important no matter what—but try not to get attached to any single outcome. This is difficult, but it's also liberating. Sometimes we can't see the true outcome of our actions. Sometimes our thinking is not big enough. Often our actions lead to unexpected benefits. Allow for that flexibility. Don't limit yourself by becoming too attached to outcomes. Instead of controlling, try observing. Surrender to the unfolding of events in your life. You might love what's behind curtain No. 2 or what Plan B has in store.

Be smart. Taking a risk doesn't mean gambling with your future. It means you follow your intuition and bliss but in a way that does not burn bridges. If you leave a job to start a business, make sure you leave on good terms. Often the people around you will be your first clients. Save money if you are not sure about your income prospects. Take smart risks. Use smart grit. Don't take risks you can't recover from. **BE SMART WHILE BEING BOLD.**



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*If you see it, you can
say it and create it.*

~Tabbatha Mays~

Live With Intention ♥

OUR DEEPEST FEAR ~Maryanne Williamson~

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

We ask ourselves
Who am I to be brilliant, gorgeous,
talented, fabulous?
Actually, who are you not to be?

You are a child of God.
Your playing small
Does not serve the world.
There's nothing enlightened about
shrinking
So that other people won't feel insecure around you.

We are all meant to shine,
As children do.

We were born to make manifest
The glory of God that is within us.

It's not just in some of us;
It's in everyone.

And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.

LET'S TALK

TAKING A LEAP OF FAITH ~Stacy Michelle~

For those of you ready to take your own unconventional leap of faith but are scared out of your mind, here are some words of wisdom. Hopefully they can support you in taking your own path of joyful courage.

1. Listen to the voice in your head. Your inner voice has some very important things to say. In a society where we tend to look to outsiders for advice, we tend to ignore our inner-voice. When you have a gut instinct about something, trust it and follow it. What big bold move is your inner-voice telling you to take?

2. Practice daily self-care. When we take the road less travelled, it can be stressful which is why it's so important to stop, breathe and nourish your body and soul in whatever way works for you. Give yourself a detox bath, do some restorative yoga, practice meditation or go for a long walk in nature.

3. Replace fear of the unknown with a sense of desire for what's to come. Being in the unknown can be ex-

tremely scary, but try to replace your fear with desire for the passion you are pursuing! Take 5-10 minutes every day and visualize it. What does it look like? What does it feel like? Who is around you? When you can stay in that beautiful energetic state that is desire, you are more likely to cultivate your passion with ease.

4. Let yourself be supported by like-minded people. We can't take courageous journeys alone. Find a community of people who are taking a similar leap of faith (i.e. your Spirits Landing family).

5. Quit comparing yourself to others around you. It's easy to get wrapped up in timelines and compare yourself to what your peers have already cultivated. Everyone has their own respective journey of what they're manifesting in life. Focus on your desires, and trust that if you pay attention to what you want, it will happen exactly as it's supposed to.

6. Celebrate what you've manifested to date. Think of the pursuit of your passion as a treasure hunt. The path is never clearly laid out, but we get clues along the way that give us assurance that we're not out-of-our-minds for pursuing our dreams. Celebrate your clues, celebrate what you cultivate along the way and use it as a reminder to not give up when the end result isn't happening as quickly as you may want it to. Stay in gratitude.

7. Remember, you are fabulous no matter what's in your bank account! We often look to our bank accounts as a symbol that we are prosperous. Remember that you are love, you are joy, you are fabulous no matter how much debt you have on the books or how much you may need to withdraw from your savings to pursue your dreams.

If you can be patient, stay focused and hold onto how abundant you are despite your lack of material abundance, eventually what you need will flow in your direction.

ANGEL ACTIVITIES

SISTERHOOD SATURDAY

They're back.....

Sisterhood Saturday's were created to give the angels/ladies of Spirits Landing the chance to socialize and develop long-lasting, positive relationships.

Date: Once Monthly
Location: TBA

If you have any suggestions for activities that we would enjoy, please send your ideas to:
bridgett@spiritslanding.org

WOMEN'S SELF-DEFENSE CLASS

Every Sunday
10:30am-11:30am
Location: Pakua Studios
120 E Alameda Ave
Burbank, CA 91505

The cost per class is \$22.50
No sign-up required
Please dress comfortably

NEW LEADERSHIP ACADEMY Class of 2019

Stay posted as we **WELCOME OUR NEW LADIES** as well as **UNVEIL OUR NEW SPIRITS LANDING HOME**
Coming Spring 2019



WOMAN OF WORTH

MICHELE OBAMA ~The White House~

When people ask Michelle Obama to describe herself, she doesn't hesitate to say that first and foremost, she is Malia and Sasha's mom.

A product of Chicago public schools, Michelle Robinson studied sociology and African-American studies at Princeton University. After graduating from Harvard Law School in 1988, she started her career at Sidley Austin, a Biglaw firm in Chicago. She earned a big salary, bought a Saab, and paid down loans. Unfortunately, the work, while mildly interesting, wasn't meaningful — yet Mrs. Obama felt that with all those benefits, she should be happy — plus, she didn't want to disappoint her parents who'd devoted everything to her education. So she stayed as long as she could.

After taking the time to assess her strengths, Mrs. Obama took a leap of faith and left her life as an attorney to pursue her true calling - working with people to serve their communities and their neighbors. She served as assistant commissioner of planning and development in Chicago's City Hall—where she met mentors that would prove life changing for both Mrs. Obama and her husband.

She took another leap (which included a pay cut) when she became the founding executive director of the Chicago chapter of Public Allies, an AmeriCorps program that prepares youth for public service.

In 1996, Mrs. Obama joined the University of Chicago with a vision of bringing campus and community together. As Associate Dean of Stu-

dent Services, she developed the university's first community service program, and under her leadership as Vice President of Community and External Affairs for the University of Chicago Medical Center, volunteerism skyrocketed.

Not a fan of politics or being in the lime light, she took another leap of faith when she decided to support her husband in his endeavors to pursue politics. With her support, her husband was elected to the US Senate and went on to be elected as the 44th president of the United States.

Mrs. Obama stayed true to her strengths and continued her efforts to support and inspire young people during her time as First Lady.

She implemented several programs. Let's Move! Let's Move! had an ambitious goal: to solve the epidemic of childhood obesity within a generation. The Reach Higher Initiative, an effort to inspire young people across America to take charge of their future by completing their education past high school, whether at a professional training program, a community college, or a four-year college or university. She also worked with her husband to implement Let Girls Learn, a U.S. government-wide initiative to help girls around the world go to school and stay in school.

Taking those leaps throughout her journey allowed her to work on the issues close to her heart — supporting military families, helping children lead healthier lives, and encouraging all our young people to fulfill their boundless promise.

REJUVENATING YOUR SPIRIT, MIND & BODY

SPIRIT

Download ThinkUp
ThinkUp offers you a simple way to build a positive mindset through positive affirmations and self-talk. All you should do is to **SELECT** your affirmations, **RECORD** them in your voice, **ADD** your favorite music and **LISTEN** to it on daily basis.

MIND

Read Michelle Obama's "Becoming."
This intimate, powerful, and inspiring memoir by the former First Lady of the United States is a must read. Warm, wise, and revelatory, Becoming is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations—and whose story inspires us to do the same.

BODY

If your body is in need of a little pick me up, look no further than this Rejuvenating Orange and Fresh Cranberry Smoothie.

1 cup fresh cranberries (preferably frozen); 2 oranges, peeled; 1 frozen banana; 1/2 cup coconut water

Pop all ingredients into a high-powered blender and blend until smooth and creamy.