

*FALL 2020*

# MODULE TWO

CLEAN YOUR WAY TO CLARITY

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\*Smudge Stick (gift)

\*Write & Burn Kit (gift)

\*Turmaline Stones (gift)

\*Meditation (words have the power you give them)

\*Prayer Flag Kit



Clean Your Way To Clarity

# Face Your Inner Critic-

Your faith in part is what brought you here so let's strengthen it a little more. Use your investigative skills to discover "why" you are here in this boot camp searching for more out of life. Together we will pull back your layers and find out what you are made of, what you are afraid of and what you are willing to give up to have the life you want.

Figuring out what you "want" requires you to let go of what everyone else wants for you, parents, employers, friends, spouses, society, religious beliefs and all types of programmings.

Go as deep as is emotionally safe for you to expose the lies and faults program that feed your "Inner Critic." You know the voice that doubts you, makes excuses, finds fault, rationalizes quitting and says terrible things that paralyze you or has you saying things you regret.

Part of my why for creating this Boot Camp is to quite your Inner Critic as I continually quite mine. A big part of quieting the Inner Critic is figuring out who's voice "the critic" really is and what "the critic" came to teach you!

From now on we will use "shadow" and "Inner Critic" interchangeable.

You will be asked to do things you normally do not enjoy doing. Why, so your inner critic will speak up. And you can hear “the critic” loud and clear. We are going to clear clutter out of your life so it’s easier to hear your divine thoughts instead of the Inner Critic that slows you down.

By disarming the Inner Critic life magically gets easier. Your energy and focus align to your thoughts as we clean out those dirty little boogers that tell you that “you are not good enough” and all that crap that holds you back from being your best self.

In this Light-Workers Boot Camp we dive down into your shadow and weed out what no longer serves you, and heal old wounds and programing. We cry. We crawl. Sometimes, I carry you. We support each other. We love each other and we witness each other. We are not here to fix anybody. Non of us are broken. Got it?

We are all a Masterpiece in evolution and part of creating a masterpiece is cleaning our canvas, cleaning our brushes, cleaning our thoughts, and tweak ourselves over and over and over again. We add layer upon layer until you are at peace with your “creation”; aka life as a whole.



## *Do you desire to adapt to ways to live in the NOW?*

Then choose to clear out as much of the clutter/blocks of the mind, soul, emotions, environment, and the physical body in this module and the Full Moons hereafter.

Please be cognitive of the importance of being grounded and establishing healthy boundaries to be safe as you navigate and explore the gifts and beauty of living in the present moment. Many of us loving beings burn out or get sick because of self-care neglect.

*Your first and top priority as a Lutopia Light-Worker is to manage your self-care and well being.*

Be the change you want in the world by shining your light out into the world and show up as your best self by doing your inner work. The rest will flow into place with much less effort.



When you get bogged down with old programs, physical pain, mental “know it all thinking”, trauma, and ancestral blocks it’s impossible to stay in the NOW flow.

When you are ungrounded, it is impossible to stay in the present moment!

Pulling back the layers of deception and pain can take years even lifetimes to purify, so give yourself *GRACE* as we clear out to make room for what you want with these tools designed to quiet your inner critic.

# Travel Back in Time to Reclaim Safety

Travel back in time to contemplate times you felt unsafe (unwanted, abused, neglected, used, hurt, bullied, betrayed, criticized, abandoned, unseen, or unheard). Go back as far as you can remember into your childhood. Your childhood is when you were the most impressionable. The roots of our childhood memories run deep into who and why we have become who we are today.



Please do your best to visit these memories from a kind, objective, observer viewpoint and only stay in the memory as long as it helps you. Brief visits serve as a useful tool to glean what is needed to process and discover your inner critic.

More specifically, go into your childhood and look for three people whose critical act(s), comment(s) or crazymaking stood in your way. What criticism or distractions stopped you from being wildly you? For healing purposes, allow these critics and crazymakers to play your enemy's role, more specifically, enemies of your self-worth and safety.

*“The crazymakers in your life share certain destructive patterns that make them poisonous for sustainable change. Crazymakers break deals and destroy schedules. Crazymakers expect special treatment. Crazymakers discount your reality. Crazymakers pretend you're crazy. Crazymakers are expert blamers. Crazymakers abuse your time and money. Crazymakers create drama- seldom where they belong.”*

These three enemies (possibly more) feed your internal critic. You know the voice that creates doubts and self-sabotage. Here are a few common negative beliefs of the inner critic: **I can't do 'this' because...**

- |  |  |
|--|--|
| 1.) I do not have enough money.                | 10.) I'm too sick.                       |
| 2.) I am not good enough.                      | 11.) Other's needs come before mine.     |
| 3.) I'll fail.                                 | 12.) There is no time to do what I want. |
| 4.) People will think I am crazy.              | 13.) The fear is too much.               |
| 5.) I'm not smart enough.                      | 14.) People won't like me.               |
| 6.) I need a degree/certification/ experience. | 15.) I'll be misunderstood.              |
| 7.) It's too late.                             | 16.) Nobody cares anyway.                |
| 8.) It will upset those I love.                | 17.) I do not have the support I need.   |
| 9.) I could die.                               | 18.) I'm all alone.                      |
|  | 19.) I can't depend on anyone.           |



Part of Lutopia’s schooling is to learn to be agile. To flow into the dark shadows of our pain, then deliberately flow into the light of love and healing with ease. This dance between realms is an art, a gift and takes practice. Give this energy your time and devotion and watch how you transform it into a movement of ebb and flow. Here are a few affirmations of support you nurturing your inner light:

1. I am lovable.

2. I am supported at all times.

3. I am smart, capable and kind.

4. I am creative.

5. I matter.

6. My voice is worthy of being heard.

7. My life matters.

8. I have value.

9. I am valuable.

10. Showing up is enough.
11. I am enough.

12. I am beautiful.

13. I am unique.

14. I am love.

15. I continue to heal.

16. I am happy, healthy and whole.

17. I honor my gifts.

18. I am compassionate.

19. I am fierce.

20. I am free to be wildly me.

## Contemplations

Who are your three enemies who criticized you or disrupted you with crazymaking?


What adjustments, sacrifices, or resentments came because of the criticism or crazymaking?


Use the Write & Burn Ritual to unravel the programming of these three enemies you 'chose' to carry all these years. I use the word 'chose' on purpose. When you own up to the fact that you held onto and believed these lies, it becomes easier to release them. When you forgive yourself for accepting and carrying your enemy’s judgements, another layer of healing occurs as you lighten your load.

Eventually, you see the value in choosing to take your **POWER** back, and almost mysteriously, you change/shift/evolve and aspect of yourself and become freer.

# Right & Burn Ritual

Write your way to a healed heart. You can choose to disempower the inner critic and replace it with KINDNESS in this ritual. The Writing & Burning Ritual is a healthy way to dump your emotions and process your feelings and thoughts. W&B (writing & burning) gifts you a safe place to express the deep, dark, ugly, and vulnerable parts of yourself. A place to release your secrets and unwanted burdens. There are so many ways to W&B, so research additional ways if you wish or come up with your own. Writing & Burning is a ceremonial ritual used in sacred circles and individually for hundreds of years. This ancient tool carries wisdom, healing, and so much more.

To begin your writing and burning ritual, here are the tools you want on hand.

- White candle
- Match
- Blank white loose-leaf paper
- Writing instrument
- Fire-safe container to burn paper like a fire pit, caldron, or metal container with sand.

In this exercise, you are releasing the three enemies chosen for this module. First light your white candle in prayer or in an intention to keep you safe, divinely guided, and protected not to cause any further harm as you purge your emotions and thoughts out onto the white piece of paper.

Secondly, you write a letter to your enemy on the blank white piece of paper. This letter is a stream of conciseness. You do not worry about spelling, grammar, or legibility. In fact, you want to express anger, jealousy, sadness, or anything deserving of processing. Curse words are encouraged. You **NEVER** read or share what you wrote; you burn it!

*Once you finish writing down the page, you do not turn it over. You continue to write over what you already wrote. This ensures the ritual is free-flowing emotions that become illegible. This purge releases, and this release prompts you to step out of your logical brain.*

Thirdly, imagine your emotions flow down your arm onto the paper through your forearm (home of your heart meridian). Allow the words released onto the paper to help you get unstuck, as the energy releases breathe into your heart to let go of the blockages in your physical body.



Finally, find a safe container and place, and with as much ceremony as you can muster, burn that enemy and send all that energy back to Mother Earth. Empower Gia, Mother Earth, or whoever you chose to transmute this energy ritual for all parties involved. Watch your words, thoughts, emotions, and pain be transformed into ash, burnt away, and released. Ashes to ashes, dust to dust, if nothing else, rebirth to stand wildly you.

Now sink into your heart space again. Take a deep breath, fill your lungs with gratitude for being open to learn the lesson this enemy/teacher came to teach you.



You are stronger, more resilient than you previously imagined. Chose to free yourself from your past and live more freely in the NOW.

## Moon Ritual: Clean your way to Clarity!

For best results, minimize your effort with clear priorities & clean your way to your NOT-To-Do List.

Clean your way to Clarity begins literally with cleaning after the Full Moon. We use the Moon cycles as a reminder to clean using the illumines powers of the full moon to see what is otherwise hidden.

After clearing for two weeks, we plant seeds in the total darkness of the New Moon. As the New Moon gathers light each day, watch how our intentions and the light nurture these seeds into full abundance and celebrate at the next Full Moon.

Ancient teachings and contemplations of the divine feminine energy of a Moon cycle (28/29 days) are explored below and within our scheduled weekly calls and Moon circles.

## October, Full Moon Clearing Contemplation

What areas of your life currently hold physical monetary clutter (garage, bathroom, closets, laundry room, kitchen, car, shed, home, or office)?


What areas of your life currently hold mental and emotional clutter (self-worth, value around currency, relationships) that you can clean out during this Moon cycle, review bank statements to see what monthly bills can be eliminated or altered?


What are you willing to "let go" to make room for something new in your life?


What relationships could use some 'cleaning up' or 'letting go' to support your desired growth? Consider your relationship with family members, friends, co-workers, and such. This purging can include setting boundaries or allocating how you use your time or implementing reciprocity?


Create a few affirmations to replace the inner critic voice within you?


What are you grateful for that has transpired in the last thirty days?


This Hunters Moon reminds us to make time for hunting and laying in a store of provisions for the long months ahead. This Aries full Moon asks of us to fire up our leadership skills- What leadership aspirations do you want to add to your goal setting tasks for the remainder of this program?


# Moon & Sun Alchemy

Remembering the significance of the Moon, Sun, planets, and stars as teachers are embedded in history through our Farmers, Priests, Priestess, Shamans, Astrologists, Scientists, Mystics, Wiccans, and Religion as a whole.

In phase one of our Light-Workers training, we honor and work with the Moon and the Sun. Allow the divine masculine Sun and feminine energy Moon within you to enhance the work. Allow the work to be the alchemy that transforms YOU.

In our Moon Circles, we work ancient tools and concepts to clear out and make room for what we want and work to be our best authentic selves. The Sun is the Masculine, Father or "Outer World" influencer. The Sun governs our identity, personality, and ego. Our Sun energy is how we shine our light out into the world. Sun energy is what we use to reboot each morning in our 'Morning Pages'. This fire energy represents a fresh start, to begin anew at Sunrise and release at Sunset.

The Moon represents our feminine, aka, "inner world" energies: our hidden emotions, desires, our shadow-self, fears, worries, and dreams. Moon cycles last about 29 days, and each day she is different. Just as each day, we are slightly different. Allow the Moon to be your guide, your teacher, and work to illuminate your divine feminine energy.

What does divine feminine energy feel and look like to you?

**For me it's compassion, nurturing, loving, kindness, strength through vulnerability, definite boundaries, transparent, seeks resolution, creativity, showing up is enough, being.**

What practices can you add to your daily routine to nurture the divine feminine within?

**Self-Care, Set boundaries, Ground in nature's bliss, Be grateful, Forgive, Cook, Listen, Garden, Pray, Journal, Create art, Meditate, and Do nothing?**

Full Moons are expansive. Our emotions, dreams, and desires become more assessable as the Moon lights up more of us to see. During the Full Moon, tension and friction illuminate your ability to see what is hidden. It is a great time to clear and be grateful for lessons learned and acknowledge what you have created. Own your power and connection to the Moon, divine energy all around us.

**We explore ways to clean to gift us more clarity by leveraging the FULL Moons illumines support.**

In the military, in the corporate structure, and in the household- clean, organized space positively affects our mood, productivity and lessens costly mistakes.

*The Zen way of “cleaning” is a beautiful practice to implement into your daily routine to enhance your awareness, become more mindful, and learn how to declutter your life first and when you are ready to declutter your inner world.*

Chose the areas you want to clean in your space. Take before & after pictures to post in our private Facebook Group. I want us to celebrate our success and vulnerability through this purging, clearing, and cleansing ritual.

Allow cleaning to become a meditation. Clean as a mindful practice. Cleaning can even become a ritual; you perform each day. When you put your entire mind into these tasks, concentrate, and do them slowly and completely, it becomes mindful.

## Magic

While you clean, think of magical ways to include your “life changing intentions” into the work. For example, while you sweep your floor, visualize old programs being swept out of your space.

Use an affirmation while you sweep “with this broom, I sweep away old programs from my conciseness.” As you clean your dishes, visualize the dirty negative yucky energy being cleared and going down the drain into mother earth to be transmuted.

To purge, rid yourself of the old items you no longer use or have emotional attachments that need to go. Donate or give these items away.



*For this exercise,* we will use the garage as an example. Set aside a space for items you want to keep in the garage, items you want to remove from the garage (items you no longer need or belong somewhere else). Allow your mind to connect as you take each item out of your garage and place it in a separate area. Mindfully gather like items together. Once the garage is empty, do a deep clean of the emptied space and clean the items you removed.

Look at the mess that is now in your designated space. Deliberately shift your energy inward, connect with how messy your emotions are going to look when you pull back

your emotional layers and theoretically place them out there for others to see. Feel the vulnerability. Feel what it feels like to be exposed! Breathe some grace into your heart space. Muster up the courage and energy to put yourself together as you organize the garage.

Place these items where they belong with intention into the garage, remind yourself that you, too, will become a masterpiece of your own creation with this new order. When the garage project is complete, celebrate. Relish in the fruits of your labor. Feel the joy that comes from caring for your belongings in this clean environment.

Donate or give away the item you no longer need. Post these before and after pictures for us to witness your growth! Celebrate in your brother and sister's accomplishment with comments and words of encouragement.

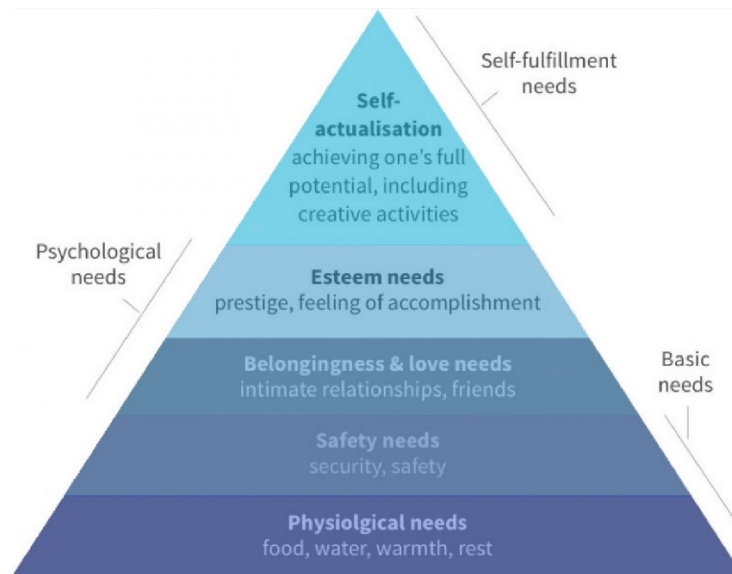
Suppose you or someone close to you is experiencing an illness, anxiety, depression. In that case, life becomes out of balance and uncomfortable. In the imbalance, sensitivities emerge; sensitivities to energy, stress, smells, even noises. Stress affects your mood, energy, relationships, health, and memory. It is hard to find things when you are stressed out. When your environment is unpredictable, you cannot find what you need, or when the environment fills with crazymaking the mind and emotions can tend to shut down or short circuit. Hence why I encourage you to take this assignment seriously and CLEAN up/out your car, closets, under your bed, the garage, shed, storage unit, drawers, files on your computer, your relationships, your spending, and on and on.

Consider designating a special place for items you frequently use, like your keys or wallet. You do not need to organize your entire space these next two weeks. There are thirteen moon cycles in the year, so space it out. Use these Full Moons to illuminate what you want to clear out wisely to get your life in ORDER and bring in CLARITY's essence. Feel free to use the Full Moons influence(s) to allow each month's clearing to be unique and intentional: like I do! October's Full Moon is the Hunter's Moon and in Aries here to fire up your leadership skills.

Now, I encourage you to go a step deeper, look at your personal and professional life. Contemplate the areas that feel cluttered, messy, dysfunctional or downright unbearable. Before we get into strategy, I invite you to choose ONE area of your life you

want to shift and bring forth sustainable change for phase one of your Light-Work<sup>ers</sup> work. Often safety, stress, illness, or lack can drive this decision.

The Maslow Hierarchy of Needs, shown below, is a useful resource; it depicts the levels of how our psyche works and affects our level of awareness. When our basic needs are not being met, it becomes difficult to focus on more than surviving.



For example, in lifeguard training, they teach you ways a drowning person will unintentionally drown the rescuer if given a chance. A lifeguard learns maneuvers to keep the drowning person from drowning them.

We are no different; if we feel threatened, like we are drowning, we hurt those around us. Often, in the chaos, many people are unaware of where to turn, or that help even exists.

**These five pillars of life include the areas most light-work<sup>ers</sup> long to have in an equilibrium flow of experience to feel connected, grounded, and well enough to dive into their life purpose:**

Chose one of the following areas that feels the most out of alignment or the least rewarding in your current state to begin to work on. If you are among the fortunate that are not experiencing any setbacks, then choose an area you want to enhance further.



- **Relationships:** How is your communication, and what role, if any, are you playing in the Drama Triangle? Take each important relationship and observe it for the answer.
- **Work:** What is your relationship around money? What do you value that creates a disconnect to the abundant flow of energy?
- **Health:** Dig deep to find the root cause of the dis-ease
- **Community:** What drives your separateness?
- **Spirituality:** Are you aware, awakened, and self-actualized?

Structure your life according to your priorities—for many of us; we can use a fresh, intentional way to approach our day, week, month, or year. However, in a world full of distractions, it is often not straightforward or easy to know where to put your time, energy, and focus – and where not to.

What is your priority of business in your life right now? We can agree that if your health is compromised, affecting all other areas of your life, so working towards optimal health might be the right TOP priority.

### How do I know what to do and what to stop doing?

The answer depends on your priorities – in other words, what warrants your time, energy, focus, and discipline? They may not be what you think. If you find it a challenge to clarify your goals or priorities, this module helps you find more Clarity through contemplation and clearing. You'll start by taking inventory of the projects, dreams, goals, and tasks you're working on, that are incomplete or pull on your heart strings.

It's important, to be honest with yourself. I'm going to encourage you to take the time to jot everything down; work projects, personal projects, relationship obligations, spiritual practices, health regiments, anything and everything that takes your time and focus. If your answer is anything like mine once was, it's likely excessively many.

It goes a bit like this: we're motivated to make a change or learn something new. We're excited. We set all kinds of big goals. We may even create a plan to make it happen. We purchase tools, books, or memberships to support us. We're still excited. Then we look at our list. Maybe we combine it with another list. The next thing we know, our to-do list is twenty pages long and our list of projects alone goes on for pages. We don't know where to start. We get overwhelmed. **That is when...we get stuck, and we don't do a thing.**

With over 30 years in project management and 20 years as a top executive and consultant, I have learned the value of breaking down goals into tangible, actionable pieces. Effective plans start with a clear vision; you can identify goals and break them down into smaller and smaller actionable components. You benefit from a system that helps us get clear on our priorities and then put our focus on the most critical steps to move toward. That's how results happen. That's also how we avoid doing work that is not getting us closer to our goals to create more space in our days and our lives.

In project management, we do this by defining where we want to go, what the desired project outcomes are, and discussing – as a team – how we'll know when we've reached our goals. Moreover, I have added mindfulness to increase our success in completing these goals as valuable as possible.

Then we make a plan by dialing back and drilling down small tangle goals. Planning is about identifying the work that we know needs to be done and then breaking the work into categories. We then break those categories into smaller and smaller parts until we have individual action items. You make sure you have the team members and the tools — and a schedule for getting those accomplished while staying flexible.

*The planning process is critical in being able to identify your 'to-do' and 'not-to-do' list but is easy to shortchange when you're excited and ready to dive into a new project.*

Do things change as we move ahead? You bet. Do we adjust the course? Absolutely! Do we hit every target? Maybe, maybe not. Expect and plan for change. Be malleable! We work with change within a framework where we are clear on our goals so it's easier to determine the best next steps to move in that direction. Meditation and scheduled breaks are a good addition to your routine to flow with this ever-changing world.

Whether you're leading a business or you're launching a new business, planning a move or you want to get healthier so you can run a 10k race and enjoy it...

*Our visions become a reality as a result of four core components (ACTS):*

1. **Action:** Consistently take the next steps to move in that direction while being malleable.
2. **Clarity:** Get clear on what you want, what you are willing to give up, where you want to go and how you'll know when you're there.

3. **Tools:** Identify the resources and tools you'll need.
4. **Self-Care:** Create self-care practices that support your health, wellbeing, longevity and decrease burnout.

Sounds simple enough, doesn't it? But it's not always easy in practice. Having clear priorities means you know what's most important to you in any given day, month, or year – and you have – or you learn – the tools, commitment and focus to make your dreams a reality.

## GIVE IT A GO!

This exercise aims to get everything out of your head and onto paper so that you can stop thinking about it and begin to organize the computer of your minds data. Then you can take it to ACTION, where the rubber hits the roads!

### Clear the Clutter around you.

List out all of your current spaces in your home, car and office. Now walk around your space and jot down a list of areas that could use some decluttering. The goal is to minimize your life with only the items you use and need. De-cluttered spaces leads to a cluttered mind. IDENTIFY!


### Clear Your Mental and Emotional Clutter.

List out all of your current projects, goals and to-dos. Jot down anything that comes to mind whether it's a project you're actively working on, something that's been lingering on your to-do list or just something in the back of your mind that needs attention and isn't done yet. If you resolved "this" it would bring relief as your brain lets it go. What is "this" unresolved mental or emotional attachment you are ready to face? The Four Agreements is a good tool to support decluttering your communication. IDENTIFY!


**Categorize.**

Now it’s time to categorize. You might include categories such as “Business” “relationships” “Home” “Health” “Social” “Spiritual” and/or “Play.” You can do this by circling each item you wrote previously in a color that corresponds to a specific category. Write each color/category on a separate pieces of paper and organize them. This organization can help you create a sense of order.


**Identify Your Priorities.**

Now you can get *Clarity* on your top priorities. Start by ranking your to-do lists in Step 2 from most important to least important. What are your "Musts" – things you've committed to doing or that drive your business's most revenue, for example? What are your “Wants” – things you want to do but aren’t committed to? Finally, which projects or tasks are really “Ideas” that can be filed or stored for later in a “Parking Lot” or “Someday/ Maybe” or “Dream Box” file? This last category is also where you begin to identify the not-to-do list.

- 1. Musts/Keep

--


2. Wants


3. Ideas (Someday/Maybe)


4. Donate (Gift it to new life)


5. Trash (ready to let go and NOT-To-Do list)


# Bonus: Time Robbers

What keeps you from taking care of yourself and prioritizing your needs/goals (people, environment, responsibilities, clutter, memory, or health...)


Can you ask for help? Who has the skillset or empathy to support your goals? Accountability buddy?


What can you STOP doing?


What boundaries can you set?


What time limits can you set for these tasks? Will scheduled breaks support you staying on task?




# Full Moon Contemplation

[illegible]

# Positive Affirming Statements





## SOUTH DIRECTION

The South direction symbolizes summer and its passion, heat, fire, love, desire, longing, sexuality, romance, joy, strength, leadership, courage, vigor, willpower, rage, anger, danger, malice, wrath, stress, action, vibrance, radiance, and determination.

Souths color is red! Red reminds us of blood and fire!

South is the direction of plant medicine and stone people!

The South is where the porcupine, coyote, and rabbit This trickster energy reminds us to laugh at ourselves. Not take life nor our ego so seriously. Find balance between irreverence and sacredness.

Guardians of the South, fill my heart with love and passion. Show me the way to temper my anger and fire so it may fuel my will to do the work without burning myself or others.

Gratitude contemplation:

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## 4 AGREEMENTS

*This week work with the second agreement. Pay attention yet give yourself grace as you navigate this agreement into your conversations. Choose to support an awareness around how this agreements affect your communication. Make daily journal entries about what comes up especially when your assumptions create unnecessary drams or when you are able to ask questions that clear up the confusion.*

*REmember whatever you hold onto you give power!*


### Don't Make Assumptions-

- Find the courage to ask questions and to express what you really want.
- Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama.
- With this one agreement, you can transform your life.

### SECOND AGREEMENT

Clear Your Way To Clarity

# Sacred Circle



In sacred circle we hold  
space and witness each  
other in love and light.

As we plant seeds/ideas  
and set intentions together  
we watch for our dreams to  
come to life.

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