

Once Cindy has been guided to a deep state of relaxation, her imagination brings up two images, one she calls *Successful Cindy* and one she calls *Action-less Cindy*. She describes how old they are, how they are dressed and where they are standing in relationship to herself. I ask which Cindy wants to speak first. She says *Successful Cindy* wants to speak to her.

*Successful Cindy* speaks the following to Cindy.

*“You are underestimating yourself. You have so much to give and you have the heart for coaching and serving people. Why are you waiting, this is what you’ve always wanted to do! You must learn to trust in the flow. Once you trust, all will be revealed and you will know what to do. The timing will be revealed and resources will flow. Believe in the flow. The energy you are wasting on fear could be channeled toward action. Remember that you are not alone. All you have experienced up till now can be used in service to others. You will know exactly what to charge and it will increase your motivation to act. People will expect greatness and that’s what you will deliver.”*

Cindy then speaks to *Successful Cindy*.

*“You believe in me and you are excited for me. You have compassion for what I am feeling. You want me to give my gifts, to do what I was born to do. I hear the challenge in what you say, and I receive it. Hearing your words makes me less afraid. You are in the game with me, watching over me, so I won’t feel alone.*

When Cindy pauses, I ask what needs to happen now. She says *Action-less Cindy* wants to speak.

*Action-less Cindy* speaks to Cindy.

*I’ve always put other people first, it’s uncomfortable for me to put myself first. I’ve always had self-doubt. I am afraid to let go of the regular paycheck. My children will watch me struggle and feel disappointed in me if something goes wrong. I don’t want to fail in front of them. I want to be a good role model for them. When I think about what might go wrong, I can’t get myself to move.*

Cindy speaks to *Action-less Cindy*.

*When I think about it, my life has been a good role model already. The best example I could be for them is to show how taking risk and going for what you want can work out. If I fail I can model how to get back up and continue moving forward. There will be bumps along the way but that doesn’t have to stop me. If I look back I’ve always been fine, I’ve received almost everything I’ve ever wanted. I don’t know why I’ve been afraid of anything at all. Ever. I don’t know what is stopping me.”*

I ask Cindy if she wants to invite someone she really trusts to join her so she can receive more information and guidance. She invites her guardian angel to appear.

Cindy describes what her Guardian Angel looks like and then asks her *“Why am I so afraid? What is underneath my lack of action?”*

Cindy’s Guardian Angel speaks to Cindy.

*“You are someone who has held great responsibility for all of your life. As a child you took on burdens that were not yours. You are feeling too much responsibility for the fate of your current company if you leave them. You believe leaving your current job would make you irresponsible. You can’t let yourself be irresponsible. You have known all your life serving others in this way is your calling. As a child you loved creative writing, loved being on the microphone. You always received positive feedback. You hear your inner self whisper the truth when you are inhabiting your core genius, when you are giving your gift to others. Believe what you hear, it will be fine. It will be more than fine.*

*There is more for you but you have to open up to the space of possibilities. You haven’t before because you feel so responsible for so many things and you hesitate and keep yourself closed off. When you open up the space we have so much in store for you. You will travel and meet wonderful new people and serve them in ways you can’t now about yet. You are loved and you have nothing to fear.”*

Action-less Cindy speaks.

*“I now see that it is up to me. I need to let go of some beliefs about myself that I’ve had for a long time in order to open up to what’s truly possible for me. The universe has lots of plans for me and I will trust and step into them. I don’t need to be afraid to show I’m responsible, I can actually enjoy this. I can free up space that I’ve filled with negative thinking. I can let those thoughts go. I can use my mind for creativity instead of fear thinking. I can open my inner calendar and fill it with things I really want to do. Angel, I ask for your constant presence in my life, helping with what you know is best for me. I will put trust first and believe that all is possible.”*

I guide Cindy to imagine a new version of her life in the future. She describes what she sees in her imagination out loud.

Cindy speaks.

*“I am making a big transition in my life. I am moving to a new place. I’m in motion, in constant creative flow. People are coming into my life to support my core genius. There are experts who are in their creative flow; a web designer, a marketing expert, a book publisher. I am busy and*

*happy and excited. I am building a successful business and a more meaningful life. I know what to do because I'm allowing myself to be happy and energized. I'm not distracted, I'm very focused. People enjoy being around me and I like myself better. I'm attracting more into my life, more than I knew I wanted. I'm on the right path."*

Interested in knowing how Cindy is doing now? Click [here](#) to return to Reinventing Her.