



Living on the Edge

The Power of Surrender in Times of unpredictable Challenge and Change.

Is anyone else here coming up against their deepest fears and most limiting stories these days, especially those that you thought you had already dealt with and uprooted for good, never to be suffered through again?

If so, please know you're not alone, and no, you're not a failure! These are intense and potent times astrologically speaking, globally as well as individually.

A Personal Story

For me personally, the past 3 years or more have been intensely cathartic, scary, unsettling, unpredictable and confrontational, as well as hugely exciting, inspiring, transformative, expansive and deeply healing and rewarding. Many of my natal planets & placements have been activated, challenged, scrubbed, rubbed and picked at ad nauseam, and will continue to be so for the foreseeable future...not always fun, to put it mildly.



It's getting personal...

In this time of intense release & renewal, I've been taking Leaps of Faith, uprooted and moved from the Pacific North West to Sedona, AZ, lost my home & savings several times, phased out of my old profession & embraced a whole new pathway in alignment with my Soul's Calling; I've started my own business and braved the step into full-time self-employment; I've questioned my old stories, uncovered deep fears and patterns of resistance, leaned in closely to better hear the whispers (and shouts) of my Dreams and Visions emerging from beneath the detritus of so many

compact layers of personal, ancestral and societal narratives; and I keep seeking & finding the courage to follow the whispers and to untangle myself from limiting beliefs. And the journey continues...

... and continues! Just when I think I've found some stability on my path, in comes Life with other ideas and pulls the proverbial rug out from underneath my all too real and physical feet.

A few months ago, I very unexpectedly lost my main source of income, literally over night, due to unannounced contract changes. This month, just as I was starting to get back on my feet financially, my body came down with the flu and I had to cancel all appointments for two weeks straight.

Back to square one (ie, "**SURVIVAL MODE**"...).

We're all on this Journey Together!

I am sharing this because, from what I hear from friends and clients, so many of us are going through similar challenges, as we are collectively waking up to what no longer works for us & decide to step forth onto a more deeply fulfilling Soul Path in alignment with our Inner Calling.

And because I have been getting some very valuable insights from coming up against the Fear of Survival, Fear of Failure, Self-Judgment, feeling stuck and powerless so many times over. It's been showing me where I can still dive in so much deeper into my Inner Work, to embrace my Truth and Teachings ever more intimately. To Walk my Talk ever more authentically.



I am learning how to be more present and real in my current fears and stories, to gently hold myself in those places where I feel so utterly alone and ineffective and meaningless at times. And as I am leaning in to my experiences more and more willing to show up vulnerably, I am finding an incredible Strength and Resilience within me, a profound Wisdom and Compassion that keeps emerging from all of Life's experiences, and a surprising sense of Bliss and Trust and Joy and Love as I connect ever more intimately with my Spiritual Guidance and Being.

The Miracle of Surrender

[Read my blog post,
"True Surrender"](#)

It's exquisite. And I can tell you quite honestly, it hasn't *always* been. Even just about a year ago, in yet another cycling of the same old themes of loss, financial stress, uprooting, insecurities etc, my whole nervous system was on high alert in fight or flight response, my thoughts & emotions tumbled around frightfully in their roller coaster dance of spiraling into the existential abyss of projected darkness and doom and blame, or else tried to cope through my favorite stand-by: *avoidance*. It took a lot of vigilance and effort to keep coming back to center and into a more helpful state of attraction & creation, over and over.

This year, as these same themes came back for yet another round of deep-layer transformation, I have found a surprising sense of ease and Trust, as I deepen my embrace of Surrender and Acceptance of What Is, seeing the positive

potential from a higher perspective - not because I am trying to cope & bypass, but because by now, this has become a natural state of being.



Because I've been here before, so many times. And because I have learned that this state of Surrender and Allowing is the space where Miracles happen, naturally, in perfect timing; because I have learned, the hard way, that I am really never, ever in control of my life anyway, so what good does worrying do?

I am learning to listen to the deeper messages inherent in my experience, to take them to heart and to keep growing and expanding and surrendering, one step, one breath at a time.

I am gaining an even deeper appreciation and respect for all the Inner Work and all the Tools that I have gained on my 30-some year Spiritual Journey, the Work that I am now sharing with my clients. And I am seeing how I can always deepen my practice and healing, no matter how far I think I've come & how much "work" I have "done" on myself.

And you know what? It gets to be so much more fun, after a while. I mean this. Am I still scared at times, feeling lost and directionless and alone? Absolutely. Does this mean I have "failed", or that these treasured "tools" of mine don't really work? No, it doesn't. It's just what is. The growth & the healing just keep going deeper as we work through the layers. I am learning not to take it personally or to let this experience I am having define me. I am learning to hold my human experience lovingly while inviting in and embracing my Spiritual Aspects & following that Inner Guidance that so easily gets drowned out by the incoherent voices of projected expectations & fears.

I am committing myself ever more deeply to this Human Experience, this Ascension Journey we are all on, to making it real and tangible and more and more fully embodied.

Through this, I am gaining a much more nuanced understanding of **WHAT** I am here to share, and **WHY** this work is so important and special to me. I am

seeing and feeling the Gifts that this experience holds as an offering to me, to all of us.

We don't have to walk this Path alone!



If you are in a similar place on your personal Journey & feel a little stuck or lost or lonely, scared & unsupported, please reach out to me. Doing the Inner “Work” is essential at this time if we want to be able to re-write the story for our lives, personally AND at large.

I am currently still offering Package Discounts for my Session Bundles designed specifically to assist on this Journey, to become aware of our old

programming & stories, to re-write them, to gain clarity on our Soul Purpose & Mission & to fully step into a new version of Self & Life.

You can find my Coaching Sessions & Bundles at

<https://www.awakenedhearth.com/check-out>

To that end, I am currently creating a 4 or more module Course, “The Journey”, which will include an online portal community - because in my experience, it’s so much easier to move the energy when doing this work together.

If you are interested, stay tuned - more information coming soon!

I sincerely wish that all of you are feeling safe, healthy and optimistic, if not downright thrilled, with where life is taking you and where you are taking life. This is supposed to be a Dance of Co-Creation - may you be on your toes and swept away by the Romance of it all, until your inner Soul-Dreams are reflected and supported by the Life you are living.

Big Heart Hug,

Brighde Jo-Aellynn

www.awakenedhearth.com

brighde@awakenedhearth.com

Text: 541-525-2872



We are all on the same Journey - let's support one another as we are walking each other Home.

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