

Let's Get Started with a Clarity Check

In this e-book, you'll unlock the power of intention and choice so you can move toward greater freedom in your Life!







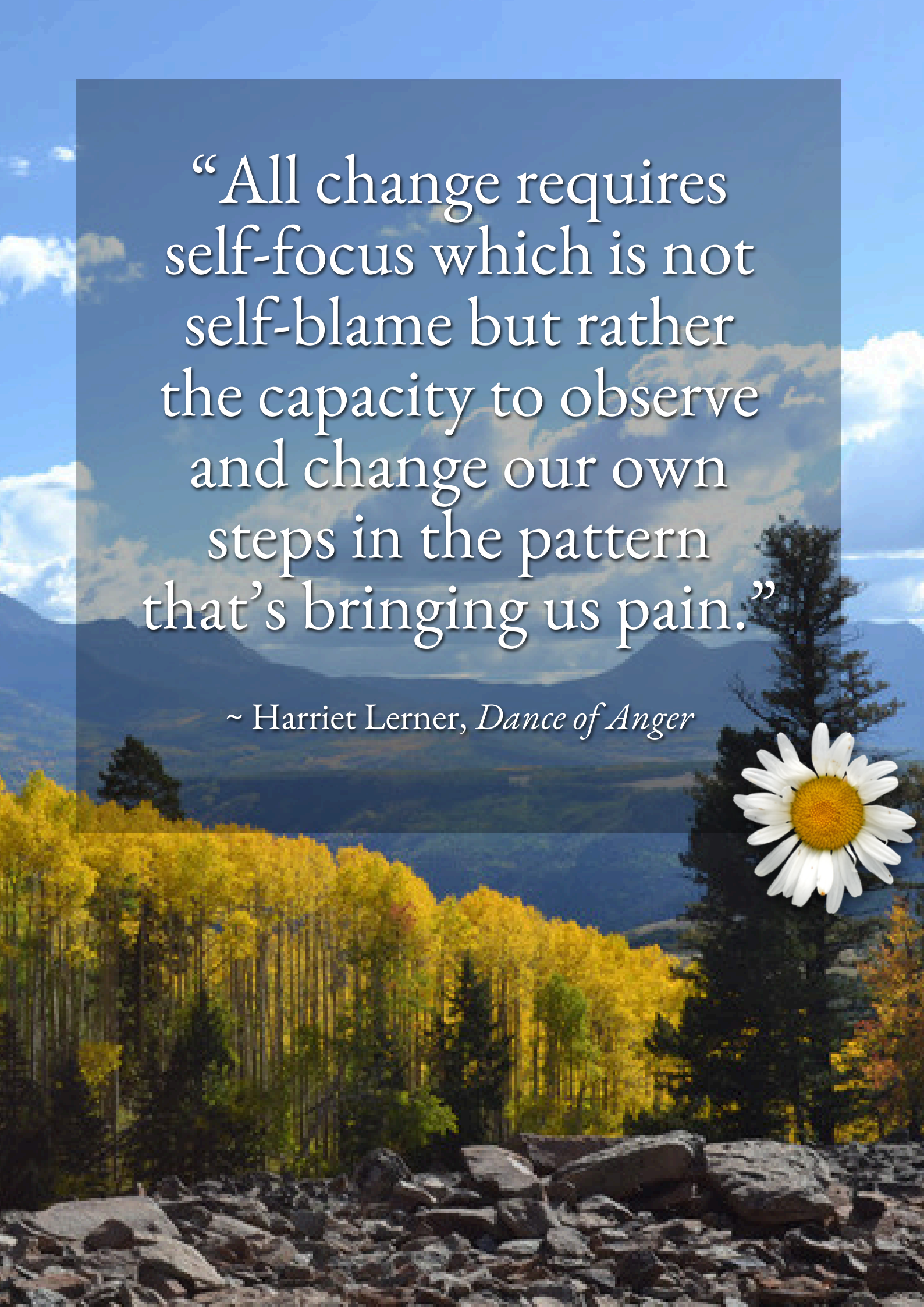
Hi, I'm Jani.

I believe that Life is meant to be a joyous celebration! I am fascinated with personal transformation and the journey inward towards self discovery.

My passion is helping others to reconnect with their true self where they consciously live their Life's purpose. With compassion and intuition, I engage the experience and wisdom of my own transformational journey to inspire and encourage my clients to become their greatest self.

Love & Light,
Jani

LET'S DO IT!


"All change requires self-focus which is not self-blame but rather the capacity to observe and change our own steps in the pattern that's bringing us pain."
~ Harriet Lerner, *Dance of Anger*

Clarity Check ✓

The Eagle & The Wolf

There is a great battle that rages inside me.

One side is the soaring eagle.

Everything the eagle stands for is good and true and beautiful, and it soars above the clouds.

Even though it dips down into the valleys, it lays its eggs on the mountaintops.





The other side of me is the howling wolf.

And that raging, howling wolf represents the worst that's in me.

It eats upon my downfalls and justifies itself by its presence in the pack.

Who wins this great battle?

The one I feed.

~ Author Unknown



THE WOLF

... is that part of us that lives in a constant state of trying, wanting, and needing. It operates from a feeling of fear and defensiveness.

Its primary purpose is to protect us and keep us safe when we feel threatened. And we feel threatened to some degree, every time we try something new or step into the unknown, the unfamiliar.

Our Wolf attracts negative, needy, greedy energy. This attraction comes from its belief in lack and a need to justify itself.

Think of your Wolf as “the weeds” in the garden of your consciousness.





THE EAGLE

... represents the truth of who you are. It is the sum of all your parts, the One Authentic You ... your highest and best Self. Your unconditioned Self, the essence of your Soul — ***your unique spark***!

Your Eagle is the center of your intuition, imagination, and creativity. Your true nature is loving, allowing and accepting.

It is the whole you that exists in the present. It is the source of your passion, your humanity, and your compassion and love.

With every Life interaction, event or situation, our free will chooses how we respond. Conscious or not, we choose our focus.

THE GOOD NEWS:

Once you become aware of this, you can consciously make a different choice.

Take Time to Ponder:

Read out loud one question at a time. Ponder your Life experiences for a moment. Now, write out in a journal, the answers that come to you.

Notice which memory surfaces when:



You had a need to justify your position in the pack?



You struggled with a situation yet held your values intact?



You wished you hadn't sold yourself out for a worthless golden idol?



You moved forward into something new, yet sabotaged your success with self-doubt?



You listened to your intuition and experienced a great sense of satisfaction and fulfillment?



WHICH ONE WILL YOU CHOOSE TO FEED?

What did you notice happening in your body as you asked yourself these questions?

Which of these questions intrigued you?

Made you feel uncomfortable?

Did you discover you have a tendency or pattern to “feed your wolf” much of the time?

WOULD YOU LIKE SOME HELP TO CHANGE THAT?

LET'S TALK!

TESTIMONIALS

"Jani McCarty was an incredible guiding force in my life when I was seeking direction. She helped me to navigate my feelings, needs, and patterns. She taught me productive ways to consciously choose my actions vs reacting out of habit and discomfort.

In our time working together, I found a job that I love and started to develop a new relationship with myself. She was intuitive, empathetic, and insightful, while holding me accountable to my higher self and greater good. I am eternally grateful."

- Jennie B.



"Jani taught me tools to positively change my perspective and to grow in my awareness. She helped me to discover my highest true self! She guided me home to a place where I could love and accept myself.

I am now more open and free to extend that love and acceptance to others. Working with Jani helped me to change my life in immeasurable ways."

-Elizabeth S.



THANK YOU AND AN INVITATION!

Let's explore if we're a good fit to work together and see how I might empower you to choose your own forward movement!



Schedule a complimentary 45 minute session with me now!

CLICK HERE TO START

with Love & Light,
Jani McCarty