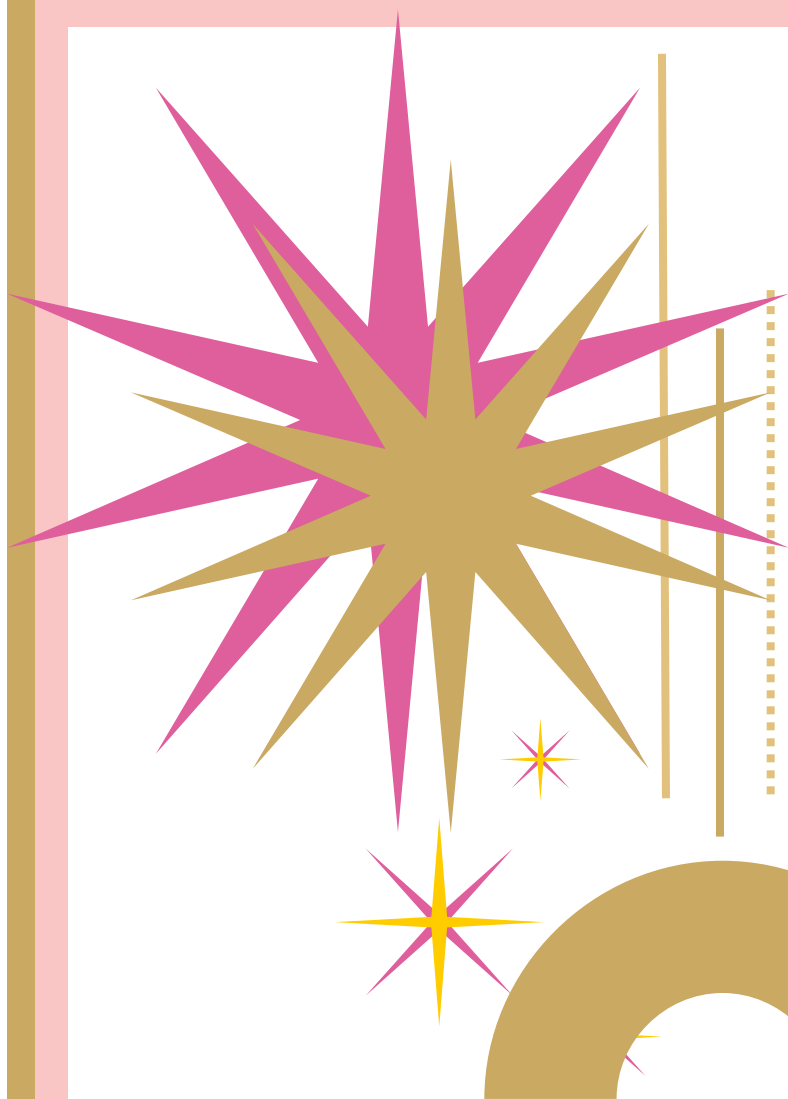




THE BOOK OF
conscious expansion



A Book of Self Discovery
&
Awakening

buddhabella.com

THE BOOK OF CONSCIOUS EXPANSION

A Book of Self Discovery and Awakening

KNOW THYSELF & AWAKEN TO YOUR TRUE POTENTIAL

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CONSCIOUS EXPANSION

Are you ready to remember?

Come back to who you are, an infinite free human with the power to live a life of meaning and passion

There comes a time in life where we may start to question ourselves, we may ask, "is there more to life than this"

What are we really asking for?

"is there more than what I am, can I serve a greater purpose". Can I live better?

Now is the time to take responsibility, to know that you are the only one who has governance over your life.

Now, what is holding you back, keeping you from the life and person that you truly are.

You manifest from who you are, know this, know yourself, resolve what's in the way and align with consciousness itself.

An empowering daily habit to establish is one of self-reflection and awareness, this is the path to alignment.

If there is something in your life that you don't like, if there is something about yourself that doesn't serve you then this is a time for self reflection, for taking responsibility because you are the only one who can

Welcome to this transformative journey

HOW TO USE THIS JOURNAL

This is a digital E book and cannot be filled in electronically. Please find yourself pen and paper or a nice lined journal to write in, which will also be a benefit for future self reflection.

Join the private facebook group to connect with like minded souls:

Welcome to the journal of self-discovery and awakening where you will explore and awaken to who you truly are....so where do you begin.

To fully know yourself I suggest you start at the beginning but ultimately it's up to you and the curious person will want to explore.

This is a part of life, a way for us to learn about ourselves and no matter what, you are going to come across obstacles that you need to resolve, and when this happens go to the section that you need.

- Do you have a mind that is full of noise and distraction, then start in the section, What do I want – to get clear.
- Do you know what you want but need focus, then start in the action section – get the ball rolling
- Do you know what you want but there's something stopping you and you're unsure – start at the beginning.
- Do you want to understand what manifestation is and why it's in this journal – start there.

Your life and journey is unique to you so have a bit of fun, explore through the pages and begin in the section thats right for you.

You are life itself and you are here to remember who you are, to live in alignment and with meaning. Life takes time and so do you, so explore what comes up, explore your fears and live a life that is true to you.



POWERFUL RESPONSIBILITY

I am fully responsible for all that I do, think and feel.

This is the moment when you become the master of your life, the pilot, the driver, the person who takes control and leads the way to transformation.

You are the only one that has the power over your own life, to make choices and to have an influence on every outcome.

You have the ability to be self aware and to recognize your beliefs, behaviors, emotions and thoughts and in awareness have the ability to choose a direction.

For much of our life we can take a passive role and see it as something that happens to us, blaming others for our feelings and actions and being a victim of the world around us.

When we know that we are the only one who can change it and the outcome is solely dependent on us then we can choose to take action and this action will be in alignment with our authentic self.

You will own your actions, thoughts and feelings and take conscious control with healthy boundaries.

Personal growth is your priority and the only way we grow is to be here, be present, know ourselves, acknowledge the role we play, take action and be the driver at the wheel.



The Creation of Personal Responsibility

Ultimately if you were living at your highest form of consciousness there would be no personal responsibility because the conditions required would not exist, but you are living the human experience and as such those conditions will always exist.

What do I mean by this?

I will use the example of the personality trait of impatience.

Impatience in itself is just a label and beneath this label is a set of conditions or symptoms – behaviors, thoughts and emotions.

When I say that “I am an impatient person”, I am saying that I exhibit patterns of behavior, emotion and thought.

This is all coming from me, within me, not from an outside source.

If it is coming from me I am therefore responsible for the outcomes from this, no one makes me impatient, forces me to be that way or has the choice of whether I act that way or not.

I can become aware of these behaviors, thoughts and emotions which I call impatience, I can feel the emotion (process), acknowledge the behaviours and thoughts and then choose to not participate or choose a different course.

In doing this I process and integrate these aspects of myself, impatience no longer exists and therefore nor does the responsibility to it.

You may not have been aware when this behaviour was created
but you are responsible for the conditions you now create

How do you view personal responsibility and do you need to reflect deeper into this for greater understanding within yourself?



CONSCIOUS INTENTION

Living with intention in your awareness is a powerful tool for transformation. We are normally living in a habitual way, going about our life, doing but not being.

When we bring intention in we direct ourselves in a more conscious way.

Intention becomes a disruption from our habitual patterns. We become aware of a behaviour, a thought or an emotion and want to do something about it. "What is my intention for doing this, thinking this"? "Where does this get me"?

We are then able to move to a more central focus of creating an intention for what we want instead, how we want our day to look like and how we would rather behave.

Intention is powerful Define your intentions for doing this self coaching journey, what do you intend to accomplish, how are you going to transform and what will you let go of. OR
Use intention on a daily basis - what is my intention today?



WHY ARE YOU HERE?

Today, I want you to reflect on why you are here? What is it that you want for your life and for yourself?

How do you want your life to look?

How do you want to be as a man or woman?

How do you want to live your life?

How do you want your relationships to be?

What have you always wanted to do?

We can be in the habit of focusing on what we don't want and don't like about ourselves and our lives, but when we want true change we instead have to focus on what we do want.

Why are you truly here, what do you want to see in your life and who do you want to be?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

QUESTIONS FOR SELF AWARENESS

Here are some questions for self awareness. Every now and then choose a question that resonates with you at that time and reflect on it or write it down.

- Am I creative & passionate, how?
- How am I taking responsibility for my life?
- The role or persona I relate to the most/the person I try to be?
- My confidence is directly linked to authenticity, when I'm being inauthentic how does that affect my confidence?
- What person could I be more of in the future?
- What personality characteristics are important to me?
- In what ways do I not embody these characteristics? Why
- Am I pushing myself to be someone I'm not?
- Do I conduct myself in a certain way because others expect it from me?
- How do I want to be seen by others? How does this affect how I behave? Is this truly who I am?
- Am I afraid to show my authentic self to others? why?
- What do I have to believe about myself to be pretending to be something I'm not?
- When I experience failure how do I talk to myself? How can I better manage this?
- What do I need to change the way I think about myself this year?
- What do I think about the way I communicate with others?
- Is communication important to me and how can I improve the way I communicate with others?
- The relationships I have are a direct reflection of me, what can I learn about myself through my interactions with others?



THOUGHTS

The Lens from which you see yourself

Buddha Bella

PROGRAMMED THE ILLUSION

From the time you come into this world you are being unconsciously programmed from everything and everyone in your environment, taking everything in and absorbing the world around you.

You learn about the world and yourself through your experiences and the patterns that you see and hear and you unconsciously make assumptions about everything that is happening and if it feels true then it must be.

To you during this time there is only curiosity, action and consequence and this is how you navigate and learn.

This is how your behaviours and personality develop, going through the world, testing the waters and learning what works and what doesn't for you. You are at all times adapting and trying to fit in.

You believe this is who you are, this is your personality, you can't change it and you justify it by defining yourself and attaching to labels and idealistic points of view.

Where does our programming come from:

- Observing the way people behave - parents, siblings, friends
- Television, radio, movies, news
- people's opinions and beliefs - parents, family, friends
- Institutions - school, university, medical institutions
- social media - attach to ideas & algorithms feed it.
- Government/Politicians

Where else can you think of?

Take a little time to contemplate and reflect on how you've been programmed by everything external and reflect with these questions.



How much of yourself do you believe is fully you, how much are you programmed?

My beliefs and values, where have they come from?

When I speak, do I sound like my mother, father?

Who and what has had the most influence on my life?

Do I just believe what I'm told without inquiry, why? or why not.

What have I become aware of that wasn't me - adopted beliefs, values, fears, behaviours?

What does, to know thyself, mean to me?

Growing up, what messages did you receive about success, love, money, emotions and failure?

How were these messages learned - observation or spoken by others?

Finish these sentences...

Good people always...

Successful people...

I should...

I'm not allowed to...

People like me...

Money is...

Love means...

WHO ARE YOU -

IDENTITY & SELF CONCEPT

Who do you believe yourself to be?

This may come as a surprise, but the person that we believe ourselves to be is probably not the person we truly are.

We define ourselves beginning with 'I', "I am this, I am that", "I can't do this, good at that" etc. We've been this way for so long that we can't remember when we weren't.

Most of us become trapped and attached to this identity believing we can't be another way.

Your identity is not fixed or concrete, it's fluid and ever evolving just like all aspects of life but we become attached because knowing we are this person feels certain, safe and significant

The person who you have believed yourself to be has been unconsciously created and because of this truth can also be consciously chosen and recreated.

The personality that you believe yourself to be is a repeating set of habitual patterns. Patterns that you developed as an adaption to the environment around you.

(of course this is not who you are fully, don't forget the divine spark and essence within)

Patterns that you have been unconscious of until now.

What repeating set of patterns are you aware of? Hint - you could say, "I am an impatient person" - this is not who you are, it's a repeating pattern that hasn't been resolved.

STORIES

Our lives are filled with stories so what is yours?

We are story telling beings, we tell them everyday about many things without even thinking that it's a story, we assume it's the truth, but the biggest story you tell is about yourself.

Here you will write your current story, the story you tell yourself about who and how you believe you are, what is your life about, why are you like this, what are you capable and not capable of? So many questions.

On this page, write the story of your life so far. Who are you, how are you, what is the story of your life, career, money, relationship? Focus on the area/s you want to work on. e.g. relationships

This is the story of my life so far... I describe myself as...

The roles I identify the most with...

My greatest strengths are....

The challenges I currently face are....

The story I tell myself about my past is....

The story I tell myself about my present is...

The story I tell myself about my future is...

I believe I am capable of...

I struggle with....

I believe I deserve...

I believe other people are....

Life is....

If my life were a book, the title would be? why?

The main lesson I am currently learning is?

Review your story, which parts are facts...

Which parts are interpretations.....

Which beliefs empower me....

Which beliefs are limiting...

If I was writing the next chapter what would I immediately change...

HOW DO I LABEL MYSELF

Write down all the labels you give yourself and as you complete this journal reflect on if this is really you or just what you believe. What are these labels stopping you from or keeping you in?

[illegible]

LIMITING BELIEFS

What are limiting beliefs? Limiting beliefs are deeply ingrained thoughts that we hold about ourselves and the world around us, most of which we are unconscious of.

Hiding in our subconscious without our awareness, our beliefs keep us restricted, influencing how we view ourselves and the world around us.

The beliefs that we have come from many experiences in our life, from the people and environment around us as well as cultural and societal influences.

Our limiting beliefs will prevent us from pursuing our goals and will create limitations on who we are and what we are capable of. Beliefs are our stories.

Stories that were mainly developed at an age when we saw the world in a very different way, and they stuck.

When something is holding us back you can bet there's always a belief lurking in the background somewhere telling us an untrue story.

There are many beliefs you can have and most you will be unaware of. One of the most prominent beliefs that just about everyone has or has had is, "I'm not worthy", it seems to be an easy one to believe in.

When we can identify our beliefs and look at them from a different perspective we can shift the story being told. We may think that we have evidence of a belief and that it is real, but when we do a little exploration will soon realise it's not what we thought and in fact usually comes from a place of fear

Process the belief and the fear goes with it.

Process the fear and the belief disappears with it

Process the belief and the behaviour dissolves as well.

All are linked to each other.

LIMITING BELIEFS

If you have a problem here is a thought process to resolving limiting beliefs. From the problem or belief.

What is the problem that has been holding you back? Describe

What is it that you want to do/have but the problem is getting in the way?

What specifically about **you** is TRULY stopping you?

What problem is created from this?

When did you first know that this was a problem?

When did you first believe this was true?

Who were other people that were involved?

LIMITING BELIEFS

What do you believe that creates this problem?

What do you believe about yourself?

Say the belief out loud and allow yourself to feel the feeling that it creates. Fully feel it and let the feeling dissapate by itself.

What is the evidence of this problem?

What else could this mean?

Can you see this evidence from a different view point? A different story?

Can you prove this evidence wrong?



THOUGHTS

What Do You Truly Want

Buddha Bella

KNOW THE HEART

To live the life that is yours you must know and be clear on what that is. A mind full of ideas and options is a mind that isn't clear.

I know we always say that life is full of possibilities and they are all open to you but they are all not for you at the same time. What you want the most is what makes your heart sing, what is meaningful and will have you waking in the morning with gratitude.

Knowing exactly what you want to be doing in life allows you to focus and not become overwhelmed by distractions. You will make more intentional decisions about how you will live out your day.

Your highest desire from the heart cannot be known by thought alone, it is also something that is felt and if you choose a path on money alone there will always be something missing.

What is it that you truly want?

Why do you want it?

Why do you want to give this to the world?

How will you feel when you do it?

What will life be like if you don't do it?

If you think about it what you are really looking for is the experience of peace, joy, love, connection, gratitude and all of this is already within you.

When we take away the things that are standing in the way of us experiencing this then we will live our desired life.

What is the experience you want to live?

What is the experience you want to feel?



LIFE WITH PASSION



What I can be the best at?

When I do this I feel great about myself and why?

What makes me want to jump out of bed in the morning?

What is my greatest strength?



LIFE WITH PASSION



What excites me - activities/hobbies

One thing I've always wanted to learn

What skills do I want to learn and why?

Where have I always wanted to go?



LIFE WITH PASSION



3 People I admire the most

What about them do I respect/admire?

What accomplishments am I proud of the most and why?

One thing I want to do on a daily basis and why?



LIFE WITH PASSION



One thing I want to do on a weekly basis and why?

What people do I want to surround myself with?

What do I want to be remembered for?

Ultimately this is what I want in life? Peace? happiness

WHO DO I ASPIRE TO BE?

The person that you aspire to be is the person that you already are, but what is standing in the way of you being your authentic self. In the universe there is an infinite number of pathways all waiting for you, to be expressed by you.

You are the one that determines the conditions for a particular pathway by what you believe, fear, the actions you take and the decisions you make, accepting what you believe to be true.

This is about recognizing the character that you are currently playing and the beliefs and fears that are determining your reality.

The person that you currently believe yourself to be is not the person who will be living out your ideal life, if that was the case you would already be living that life, doing and creating authentically.

By completing the chart (authentic self) you will be able to identify what you are doing now and be aware of and let go of the things that aren't serving you.

We can mistakenly think that to improve our life and ourselves we have to add on to what is, but the opposite is true, we simply have to take away the things that don't belong and then actively participate in the experience of life.

Example: You want a healthy and active life so you place on your ideal list to walk in nature everyday.

In the **ACTUAL SELF** column you write, I only walk once a week.

In the **GAP** section identify what is stopping you from walking every day? A belief, an excuse, a thought/emotion/behavioural pattern? Habits we are unaware of.

Identify what is holding you back, stopping you from being that who you truly are.

Choose an area of life to focus on, e.g. relationships, career and use this to explore further in goal setting.

IDEAL SELF

My ideal future outcomes/results will be determined by

- My vision & goals
- Habits that I implement
- What & who I have the ability to become
- What I choose to accomplish
- The legacy that I leave

Write down all the characteristics, habits and thoughts that the ideal self will embody, **who is it that you have to be to live in alignment with the life you want.**

ACTUAL SELF

This is the version of us that we assume to be true, the belief of 'I am'

In relation to the 'Ideal self' write down who you currently are.

Example: the ideal me gets up at 6am to swim - the current self sleeps in until 9am., The ideal me writes up a budget weekly - the current self does not. The ideal self has solid boundaries in line with my values - the current self is afraid to say no.

THE GAP

When you have written your two columns between Ideal and current self it is time to identify the gap between the two.

What is standing in your way? Is it a belief about yourself or life? Do you have a fear? Maybe there is an environmental factor - distance/resources? which can also highlight a belief, ex I don't have any time.

IDEAL SELF

e.g. Thoughts, behaviours, habits

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CURRENT SELF

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IDENTIFY THE GAPS

In what ways do I not embody these characteristics of my ideal self, what do I need to take away.. What Beliefs & Fears are stopping me?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

MEANING & PURPOSE

What is meaning and purpose? and How do I get this in my life?

What is meaningful to you? Many people live their lives in a way that is concerned with what they think is right or good enough, striving to be able to afford the next grocery bill, rent or buying the things they think will give them a better life but are left in a struggle, feeling empty. Thinking and feeling that there is no meaning to what they are doing.

When we align our values, passions and goals to consciously live an intentional life, the work that comes from it becomes meaningful.

- We know that we value compassion, love and kindness and we also love animals, so we choose to work or volunteer with animals.
- We value community and connection so we create a business around this teaching immigrants culture and language.
- We love sewing so we spend our days designing and teaching other people to sew.
- You healed your autoimmune condition so now you're learning about nutrition and gut health so you can help others.

Meaning and purpose is about living from what is within your heart and soul and expressing it to the outside world and this will always have us living a fulfilled life.

What gives you meaning & Purpose?



Your vision is the story of you and how your life is going to look. Again, focus on the area/s of your life that you are transforming.

Remember that you are the author of your life, you are the one who gets to decide.



EMOTIONS

Feel

Regulate &

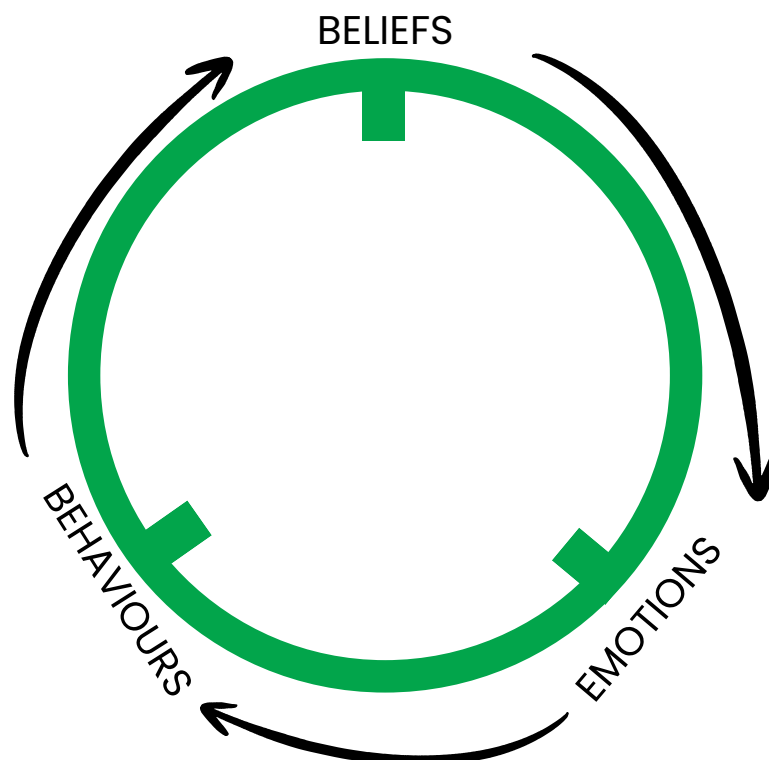
Resolve

Buddha Bella

REPETITIVE PATTERNS

As complex as we like to see ourselves, in reality we are quite simply, layers of repetitive habitual behaviours, emotions and thoughts which we call , me, myself and I, wrapped around our divine spark of consciousness.

At the core of ourselves, we are infinite, abundant with love, gratitude, kindness and creativity and through our experiences of life we limit ourselves to our problems and who we believe ourself to be.



BELIEFS - we have a belief - will always be attached to emotions

EMOTIONS - Link to a belief, how it was formed and why / fuels behaviour

BEHAVIOUR - Reaction/ which creates outcome

If we simplify and take every category, trait, label, diagnosis, etc. and instead see the pattern that it is, we can be clear about what is happening and resolve the problem.

When we label, diagnose and categorise people's problems we not only create another aspect of identity but another layer to resolve.

WHAT IS THIS SHOWING ME?

Can you identify a repetitive pattern within you? e.g. impatience, procrastination, reactive, phone scrolling

What were you feeling just before the behaviour?

What was happening, what were you thinking about?

What is the reward that comes from this pattern? Stimulation, relaxing, avoidance, attention

Now that you are aware you can choose differently, e.g. not to do the behaviour or choose something else more beneficial to you.

Now that you're aware, what can you do to disrupt the pattern?

BE PRESENT

Being present/centred is the natural flow state of life, just like a river flowing downstream or the ebb and flow of the ocean, we create problems when we try to resist and go against the flow.

This is the case no matter how big or small our problems are.

What is disrupting this natural flow state?

You, by simply experiencing in the world.

We experience life and are constantly taking information in through our senses – input.

One day we hear a word or see something or maybe feel cold and this triggers something within us, something we are not aware of.

We then feel emotions, have thoughts, feel more emotions and the wheel keeps turning, the present state has been disrupted.

We become angry, annoyed, upset, scared and may blame something or someone external to us.

We have become disconnected from ourselves because we believe the source of our suffering is external.

But the source is within, a belief, a fear, a thought an emotion and the only way the problem can be solved is to be present.

You are simply in resistance to what is, you are in resistance to something within yourself.

What is taking you out of your present state? Notice what takes you out of being present and choose to let it go.
Choose not to be attached.

FULL OF MEANING

Every time something happens in life we are interpreting it with our own meaning.

When someone speaks, when we see something, hear something and feel something, we give it our own meaning. This is why there are multiple interpretations to the same thing.

Our partner says something - what meaning do we give it?

Our beliefs, emotional state and programming are all filters through which meaning is derived. We are not using fact, we are giving it meaning from our perspective.

A Path to Awareness - Remember the last time you reacted to something that was said from another person, what was the feeling that came up?

What was actually said? Factually.

What meaning did you give it?

The meaning that you give it and the emotion that is felt is what is causing the problem within (resistance)

Have a look at what was said, what occurred, what you saw and look at it in a factual way, take the meaning out.

It is in simple processes like this that we develop more awareness and inner strength.

Everything is energy, from the earth itself to the smallest molecule of life. If you can imagine yourself standing on the sand facing the ocean, watching the water ebb and flow. Listen to the sound of the waves, in and out, lapping the shore.

Feel the energy within your body, feel the ebb and flow within you.

Breathe it in, expand and then surrender as you breathe out.

Fully relax and surrender into this motion, the natural rhythm of life.

Emotions flow like the ocean waves, rise and fall. Allow the energy within you to also rise and fall without interference.

Allow it to be felt but not hindered, welcomed but not held onto, to have full control you must surrender.

Here is a fact that is not well known, emotions have to be felt. You may think this is obvious, but how many of us truly feel what is happening within our body?

The body experiences emotion, feels emotion through sensations and expresses that emotion. When we go through something that we find traumatic we have a tendency to 'hold onto' the feelings, to not allow the full process to occur and because of this, the feelings become part of our programming, not only having an affect on our mental state but physical as well.

So if this is the case what do you think would be a simple way of processing our problems? Could we fully feel them?

Exercise 1: Pay attention to the sensations within your body, when you get annoyed, angry, sad, frustrated and even when you experience joy.

- Feel the sensations, where do you feel them in your body?
- Describe the sensations, heavy, hot, jittery, vibrating, etc
- Relax into your body, fully sink into and release tension
- Allow yourself to fully feel without judgement until the emotions dissipate naturally.
- Start practicing on the small everyday happenings at first and the bigger stuff will become easier.

Our brain wants to know what's going on, to find a solution, recognise the patterns and figure it all out – we just need to know, but your thoughts are not your emotions and the logical, rational mind is only going to confuse and create more problems.

Thoughts are only interpretations of what is happening based on our perceptions, underlying beliefs and fears and are not required to process our emotions. We don't need to talk about them.

On the other hand, when we allow ourselves to be fully present and to feel what is happening within us, a thought/interpretation/belief/memory may come into our awareness to express where this has come from in our past.

To Release Emotional Blocks related to memory/beliefs/fears

Exercise 2: Feel the Experience

Sit somewhere comfortable, relax, close your eyes and be present.

- Visualise the memory/fear in your mind
- **Keep up the visualization while the emotions are being felt in the body**
- Allow yourself to fully feel, allow to become stronger and then to dissipate naturally.
- **when this happens a belief/thought or memory may come to mind, this is to show where this has come from**
- You may also, just cry, have a big sigh or may want to verbalize what comes to mind – all ways of release.

To watch the video go to: *Emotional Blocks Video*

REFLECT

Reflect on the experiences you've had while fully feeling your emotions.

[illegible]



FEAR

Buddha Bella

The Fear doesn't have to be there, it can be resolved

Is there something that you really want to do in life? Why aren't you? What's stopping you?

We can make every excuse in the book but I'm going to let you in on a little secret.

BELIEFS AND FEARS

At the core of all your problems are unconscious beliefs telling you big fat stories that aren't true, causing you to live a reality that is not authentic to you.

What if you could do that thing that you really wanted to, be that person who you truly are, how different would your life be?

Our fears can be the greatest teacher, showing us the way through, we can either close the door of all possibilities or open it and flow with it.

The choice is up to you.

FEAR - OUR GREATEST TEACHER

This is a simple mind shifting exercise to help you to open up to the possibilities beyond your fears.

Once we become aware, our fears can be our greatest teacher.

What is your normal reaction when you feel fear?

FEAR

Do you automatically think it's something you have no power over or it's just who you are?

Are you afraid that if you resolve your fear, then you'll have to do what you're afraid of?

This simple mind shift exercise will show you that it's not who you are and you can resolve this fear – not by resisting it but by being present and moving through it.

OUR FEARS WILL SHOW US WHAT NEEDS TO BE RESOLVED

FEAR IS FELT

Our first exercise is focused on feeling the fear (and not doing it anyway), but just allowing ourselves to sit with the feelings.

Why this works. Fear is emotional, it's a somatic response to a perceived threat, usually from something that happened in your past.

Something in your environment has triggered this somatic response in your nervous system and you unconsciously react to the threat.

FEAR IS FELT

Regardless of what exercise you choose to do, if something is emotional it should be felt so come back to this exercise, learn to sit with your feelings and develop the habit of allowing what we feel to dissipate naturally.

If you have anxiety, it is advised that you don't use this exercise where you are highly anxious, instead start with the thought process and smaller felt emotions and seek counselling if needed.

Somatic shift 1

Sit somewhere comfortable, close your eyes and take a couple of deep breaths and relax through your body

This is not a time to think or analyze so free your mind of thoughts other than you visualizing

when you are relaxed allow yourself to visualize the scenario which scares you, e.g. getting in the car to take your son for a driving lesson.

While you visualize you will become aware of emotions being felt in your body, stay fully relaxed

Keep visualizing while the emotions become stronger. Allow your emotions to become stronger and deeper

Emotions (emotional energy) rise and dissipate naturally, allow this to happen. 1 - 2 minutes

At some point a thought, statement or memory may pop into your mind, this will be what the fear is linked to.

Where did this fear originate? How much has the fear lessened?

Shift 2 – A thought process

When fear comes up do you choose to suppress or fight it? This will only create more of what you don't want, this exercise will help you to see the problem more clearly – fear brought out into the open.

These questions will help you to see your fears more clearly, but please still try the 'fears are felt' exercise as this will benefit all areas of your life.

Fear isn't logical or rational, so voice or write your fears from the childlike sense that they arise from.

Name it

- What exactly is the fear, write or voice it
- What am I afraid will happen?
- Where does this fear originate from?
- When was the first time you experienced it?

- What does this fear represent to you? Uncertainty, lack of safety, conflict, etc.
- Write this sentence, "I'm afraid that....."

Step 2

- Is this fear a fact or what could happen?
- What evidence do I have that this is true?
- What evidence says that it's not true?
- How can I see this in a more balanced way?

- Write down what the fear is, e.g. If I voice my opinion to my loved ones, they won't like it, so I don't
- This fear can also be seen as the belief, so you now have the ability to resolve this.

THOUGHTS OR FEELINGS

In the last two pages you were given two exercises of processing your fears where the first exercise is the most preferred method, this is because....

Fear is emotional and emotions sit in the body and need to be felt. We are so used to ignoring and suppressing our emotions when it doesn't feel good, we may even believe it's wrong to be feeling it.

Our emotions are healthy expressions that need to be fully felt to be processed but if we've lived our whole life suppressing we may not even know how to fully feel.

Emotions can be seen as waves of energy, rising, becoming stronger and dissipating, to fully process we have to allow this to happen.

EMOTIONAL LINK

Emotions are a link to what is happening now in the present and what has occurred in the past and when we feel we react, manifesting behaviours we may not want.

When we learn to be present with what we are feeling we can get out of that reactionary state and instead choose to act differently,

Emotions, behaviours and thoughts are all habitual patterns - we can develop awareness and change the outcome.

FEEL THE FEAR AND DO IT ANYWAY

**When fear comes into our body what happens?
Do we tense up? become rigid? Want to flee? Get
angry/defensive?**

There is a perceived threat and our body gets ready to fight or flee, our heart rate may increase and we then may take actions, overreacting.

Feel the fear and do it anyway is suppression, the opposite of what we want.

Our body is tense, the fear is still within and we are holding onto that feeling because it's a false sense of safety.

We are not letting it go – next time it will be there still, so feel the fear and let it dissipate.

OVER RIDING WITH POSITIVITY

Changing a fear or belief into a positive to use as an affirmation is not dealing with the fear, it's trying to override with a thought process.

Instead you can choose a more accurate affirmation.

e.g. Growth is learning and finding what works and what doesn't.

Failure will just show me what doesn't work and clear space for the new.

ALL IS A REFLECTION

As above so below, As within so without

From the depths of the universe itself to the smallest of molecules, life is a continuous repeating set of patterns and your external world is simply a reflection of within.

Can you even imagine it? Imagine yourself as a ball of consciousness and attached to this vibrating ball are layers of patterns of emotion, thought and behaviour and this is who you believe you are.

These patterns of behaviour, emotion and thought stemming from your beliefs and fears and shape how you interpret the world around you and how you interact with others.

As I said, all is a reflection of what is happening within and knowing this gives you the opportunity to become aware of and observe your behaviours and then to see what this reflects from within you.

If I have a problem and I'm aware of the repetitive pattern that I'm in I can then understand that there is something within that needs my attention. This is empowering

What will this insight give you?

Life does not happen to you, it happens with you, through you.

- What are your beliefs? what are you in resistance to? What are you allowing into your life? What are your external conflicts?
- Your inner state influences how you see, respond and interpret.

What was the last thing that happened that I reacted to?

What emotions was I experiencing?

What was the trigger?

What was this showing within me? Belief? Fear?

Now it's time to surrender - let it all go. Feel it - Resolve it.

WHAT IS THIS SHOWING ME?

What is my problem? Describe

What is this showing me about myself?

What am I able to do, think & feel to resolve this?

Have I fully surrendered to this problem and how does it feel?

ALL IS A REFLECTION

What is it that you are searching for externally in the outside world?

Begin to have a look at what you have a constant desire for in your life.

Life is pretty simple if we stand on the outside and observe what's happening, but when we're in the thick of it, it seems to be complicated.

A person may be on social media, putting up posts saying I have this problem, that problem and always being dramatic. You look at them and say, " they are always seeking attention"
I wonder why? so within – so without

A person wants to buy expensive items they don't really need and don't have money for and then they are always showing people their expensive items for validation.
Why do I seek validation and significance externally?

A person wants to earn a 7 figure income because they say, "if I earn that much I'll be happy", what is it that they truly want?
The money or to be happy? Why aren't they happy now?

A person checks the locks on the doors 5 times before they leave the house and refuses to cross that chain bridge, these things are so **uncertain** and **unsafe**, is he identifying these things externally because this is what's within?

Our external world will show us our world within and if we choose to observe, we can then understand and let go of these things that don't serve us.

Explore a behaviour of your own with the questions on the next page.

10 QUESTIONS FOR REFLECTION

- What does this behaviour help you to avoid, protect or achieve?
- When do you notice yourself doing this most often?
- What are you feeling just before you act this way?
- If this behaviour could speak, what would it be trying to say?
- What need would this behaviour be trying to meet?
- What belief about yourself, others, or the world might be driving this behaviour?
- How is this behaviour serving and limiting you?
- Can you remember an earlier time in your life when this behaviour was useful?
- Who are you when you don't need this behaviour?
- If you fully trusted yourself in this situation, what might you do differently?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.



ACTION

Be The Author

Buddha Bella

VALUES

Values are the beliefs and principles that guide your decisions, actions, and relationships. They reflect what matters most to you and influence how you choose to live your life. Examples of personal values include honesty, kindness, courage, respect, family, health, growth, and integrity.

Knowing your values is important because they provide a foundation for making choices that align with who you are.

When your actions align with your values , you are more likely to feel a sense of purpose and meaning in what you do and confidence in doing it. When your choices are in conflict with your values you can end up feeling the results of being out of alignment – dissatisfied, dissapointed in yourself and feeling like something is missing.

Take the time to identify the values that matter most to you. Then ask yourself: Do my daily choices reflect these values? When you live according to your values you don't need to be perfect, it's more about bringing your life into alignment with the person you want to become.

My 3 most important values are and why?

-

-

-

BE THE AUTHOR

Every person has their own story but may not realise that they have the power to shape how it unfolds.

When you are the author of your own story you get to decide how you will be living your life and you intentionally choose the path you will walk.

From this moment on your life is in your hands.

When you author your own story you take full ownership, you no longer need permission or the right circumstances, because now is the time.

You are now the participant in your life.

It's now time to re-write your story. Use, 'your current story' as a reference to what you can write.

Choose words of courage over fear, growth over comfort, and hope over doubt. Use present tense language and reach out of your comfort zone, you no longer need to play small.

The pen is in your hands, and the next chapter is yours to write.

[illegible]

- _____

SHORT TERM GOALS



My short term goals will get me to my long term goals. Be specific, reach higher and define the steps to get you there.

GOAL

STEPS

●

●

●

●

●

●

SHORT TERM GOALS



My short term goals will get me to my long term goals. Be specific, reach higher and define the steps to get you there.

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STEPS

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SHORT TERM GOALS



My short term goals will get me to my long term goals. Be specific, reach higher and define the steps to get you there.

GOAL

STEPS

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REFLECT

What is working – expand on this. What is not working – time to adjust.
Go with the flow and have fun.

[illegible]



ACTION Empowering Habits

Buddha Bella



EMPOWERING HABITS

Turn your dreams into manageable habits

Your habits are an important part of your goal setting journey as small repeated behaviours will create momentum and make your progress feel achievable.

Consistent habits create routines that keep you moving even on days where you may not feel like it and will bring about the transformation in your life that you desire.

Successful people set habits that make achieving their goals a part of their everyday life, not just something they occasionally think about.

In the Identity section of the workbook you detailed your ideal self, the person who you need to be to live the life you desire.

Exercise: Look through the list of the ideal self and select the most important aspects of the list that are going to make the most impact in your life. You don't want to choose too many because doing too much at once can be overwhelming and you can lose momentum. 1 or 2 at a time and see how that goes.

WHY?

Your why is important - Choose what habits you want to implement and write why these habits are important to you.

ACCOUNTABILITY

We can either hold ourselves accountable or share our goals so other people can aid us in this accountability.

When you are first starting out in your goal setting and manifesting journey there may still be things holding you back, unconscious fears and beliefs that you still have to work through and this may create setbacks. If this is you, someone to help in your accountability may be beneficial.

Who in your life can help you with that?

Is there a group you can join with like minded people?

What can you do to hold yourself accountable?

Can you post to your own facebook page to let everyone know what you will be doing and update regularly?

It's not just about holding you accountable as there is also support and guidance within these areas. Sometimes we get stuck or we just need some advice and it's great to have other perspectives to hear.

Who will give me support and help me in accountability?

[illegible]

30 DAYS OF HABIT

Your new ideal self will be easier to implement if you understand that behaviours are habits learned. Make the new you a daily habit. Want to change the world, the new vision of the world begins within.

DAILY INSIGHT

MONTH: _____				
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



MANIFEST & ALIGN

Buddha Bella

MANIFEST WHO YOU ARE

“It is they who manifest themselves truly, since they are in that true and eternal life and speak of the perfect light filled with the seed of the father, which is in his heart and in the fullness, while his spirit rejoices in it and glorifies him in whom it was, because the father is good. And his children are perfect and worthy of his name, because he is the father”. **The Gnostic Bible**

Life is moving through you and manifesting into the world as you. We are all manifesting who we believe that we are into the world but most of us are unconscious of this process and subsequently manifesting a life that we think is out of our control.

Life itself is a process, and our thoughts, emotions and actions are like a signal, emitting an energy frequency into the world. With our beliefs we say who we are, our emotions give energy and power to the belief, and actions bringing this into the physical world and making it real.

If I have a belief that says, “I don’t have enough money”, every time you go to spend money how do you feel? (heavy, sad feelings) What do you think? (I shouldn't be spending it). What are your actions? (Do it anyway). After you spend it what do you think, (“I’ve lost it”).

All of this process is about Loss and Lack, all fear resulting in a pattern of buying to feel better but ending in remorse.

I don’t have enough isn’t really about money, it’s a reflection of how we feel about ourselves and then we place that meaning onto money, because at some point we linked money to that story. Money is just a reflection of that, a projection of you.

When we manifest consciously with intention we are consciously aware of this process of life, we understand that our thoughts, emotions and actions are generating an outcome and we choose to actively participate. **MANIFESTATION IS ACTIVE PARTICIPATION**

- I know what I want
- I know the person that I have to be to make it happen
- I ask, "whats stopping me from being this person, beliefs/fears
- I am willing to resolve whats stopping me
- I focus on what I want with certainty, with the feeling that what I desire is already here
- I take action and live the experience
- I surrender to the process, to life itself

The three phases of thought, emotion and action/behaviour have to be in alignment. Your beliefs have to match the feeling and the actions will come naturally.

If something is not in alignment you will know it, you will either feel it or think it or you may easily give up or avoid what you want.

If you notice that something is not right then it's time to explore the resistance that is showing itself and time to resolve it. The more you do this and surrender to this the more that energy signal will come into alignment.

This is something many people do not realise. Manifesting into life is the process of life itself and wanting to manifest what we desire will ultimately show us what we need to see within that needs healing.

FREQUENCY

How do we raise our frequency? To raise, you do not need to add anything to yourself, you need to take away.

When we have limiting beliefs, emotional issues and behaviours that we don't like, these are all quite heavy in energy, weighing us down and keeping us small. We have to identify these aspects of ourself and resolve them so they are no longer there and our frequency will naturally rise.

IDENTITY

What is your identity but a repeating set of patterns that you believe are you, created from past experiences that you adapted to.

You defined and labeled yourself so that you could fit into a box, so that you can belong and feel worthy, but you don't need any of it.

Identity is important because what you believe about yourself is how you will respond and act in the world and therefore manifest.

You are a divine spark of consciousness who has made themselves believe that they are less, but you are so much more. If you look at how you define yourself and take away the things that don't belong you may begin to realise that identity is not fixed, it is not set in concrete.

Your identity wants to change, to evolve – so what's stopping you? Identify the problem that's stopping you – the fears, the beliefs, programming – resolve them and your identity changes.

Instead of believing you are the person that you don't want, be the person that you truly are, be the divine spark.

WE MANIFEST FROM OUR IDENTITY

Who is the version of you that will manifest this into your life?

We manifest our desire into reality from who we believe that we are – our identity. If you want to manifest money into your bank account you have to be that version of yourself that does, the one who knows you can.

Maybe you spend time visualizing, believing, and feeling but then during your day you stress about the bills and get annoyed at the amount you spend on food. This is showing a direct contradiction.

You're trying to embody abundance but your days are filled with lack and fear.

You have to become the person first before your outer world reflects it. What you manifest is about you – the money is secondary.

If you want to manifest money in the bank, don't wake up every day saying, "where's the money" and being disappointed that it hasn't appeared.

Instead wake up and know, who is the person? How am I going to act, think and do? It's not actually about the money itself, it is about the person who produces the money, the manifestation is about you and the money is secondary.

Take your focus away from the money and bring it back to yourself and embody who you genuinely are.

FEEL IT

If you want to manifest who you truly are into this life that is yours then beliefs, emotions and behaviours have to be alignment. So if you are looking at your emotions, how should you be feeling?

This is very simple. If you have negative beliefs about yourself, in turn your emotions will be negative and actions will reflect this.

If on the other hand you predominantly have positive ones then these emotions will be apparent and so your actions.

This means that the feelings that you have to predominately (but not perfectly) feel are positive.

Positive can just mean, it feels good, certain, a fulfilling feeling. It doesn't mean that you have to be ecstatic and filled with joy at all times as this isn't realistic and true to life.

EMOTIONS ARE THE PROGRAM

Emotions are the language of the subconscious mind and when you feel something repeatedly this programs the subconscious to believe that it is true. This is how our beliefs were programmed into us in the first place, now we must reprogram in the same way.

Our emotions also drive our behaviours, so when this is our natural state of being, taking action in the area of choice will be effortless.

When beliefs, emotions and actions are working in conscious alignment then you will be embodying your true authentic self and manifesting what you desire.

VISION

When you envision your desires while in meditation or just before you sleep, remember that feeling you must feel.

See the life that is already here, already yours and live it within your mind and body. Fully sink into that feeling.

See this vision on a daily basis and fully relax and surrender into it, embodying the life that is yours.

When you do this do not see yourself and your life as distant, as if you were watching a movie, instead be the person that is in the vision, doing what they are doing.

FOCUS

Where your attention goes, your life flows. What is most important to you now?

If we have a life filled with too much noise it's hard to focus on what is important and that is why we have to get clear on what we want and resolve the aspects of ourselves that aren't serving us.

You will find that the more this is done, the more effortless your focus becomes. So if you find it hard to focus, ask yourself, 'What is creating the noise and taking my attention'

Focus is strength and with it you will move in the direction of your desires without force.

BEHAVIOUR/ACTION

Your actions are a direct link to what you manifest and are more easily identified. Remember, you manifest into the world as who you are, so how do you behave?

Whether we have positive or negative (or something in between) behaviours we can easily see the outcomes from this.

If we react angrily - what is the result?

If we listen and respond - what is the result? It is a choice.

Most of the time we are not aware, especially if we just believe it's our personality or our actions were justified, but regardless, we can see there are consequences, outcomes or manifestations.

In conscious manifestation, we take daily actions that will produce the outcomes that we desire. We actively participate in our life. Action has to be taken but will be effortless when your beliefs and emotions are in alignment.

If you find yourself in resistance, procrastinating, not wanting to take action you will then know that something within you has to be seen and let go of

SURRENDER

Our mind naturally wants to control, dictate, examine, pigeon hole, force, rush and fight but our natural state of consciousness is surrender, a pure state of rest, and this is where manifestation occurs whether we are aware or not.

To surrender, let go of your goals and what you desire and let go of the expectations of receiving. I know this sounds counter intuitive, but you have to remember that manifestation happens with no force. If you become frustrated or have the need to control or force, recognise it and centre yourself. Hand on chest – Relax – I am here – surrender.

If you have the need to chase and make it happen it is very likely you will go off track, question yourself and even take the wrong path. But....the path is already here. So whenever you are finding yourself in resistance to anything, including your problems always remind yourself to surrender – life takes time and so do you.

Life will turn up when it's meant to, not when you force it to. How long does it take to manifest? There is no time. It may be 1 week. 2 months, 2 years. Manifestation is not a magic trick, it is reliant solely on you.

LIFE IS EFFORTLESS

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