

Reclaim YOUR Freedom Online Workshop Transcript

Wrap Up and What's Next

With that, let's have a quick wrap-up here. What's next? Reclaiming freedom is a process. It's not I think I can go to for a workshop for six hours, how cool is that? I'm going to walk out completely liberated, at total inner peace and I'm totally transformed. And guess what? You'll see me walking on water to the next continent. Not going to happen!

Ongoing training, peeling the onion, I was sharing to you that I have my own coaches. Every week I talk with them. It is part of how I deal with my own journey, my own unfolding and they just don't give me a break. Find someone to journey with you, hold you accountable for your own growth. Otherwise we do slide back and all the self-talk and negative talk and all the stuff comes creeping in.

As the onion peels it just keeps on opening up more and more and more. We'll get there one day.

I have this thing here. It's an eight-week transformation program. It's a really, really rich program. It's quite different to what this work is about and there's stuff in there. This is the work I do privately.



Create a New YOU!

An 8-week Journey of Transformation



SIGN UP TODAY!

Is This Program for YOU?

- You are ready for *lasting change*
- You are *tired of talk therapy*
- You desire a *holistic spiritual approach*
- You know *healing comes from within*
- You want *tools to empower you*
- You recognize the power of *unconscious*
- You want **FREEDOM!**

Meet Your Transpersonal Coach



Nigel B. Patterson calls upon ancient wisdom teachings and traditions to inspire, lead, motivate and support clients to break free of their limiting beliefs. His work allows them to find FREEDOM and INNER PEACE by reclaiming their innate power.

Nigel believes FREEDOM is everyone's birthright, easily accessible to all. His unique style makes his clients' journey of self-discovery both fun and highly rewarding.

YOU *will* Transform

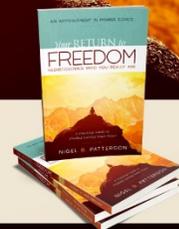
The Transpersonal Journey

(created by Nigel B. Patterson)



Where: Kailua-Kona (Hawaii) or Skype
 Program: 8 Sessions plus online support

Investment: **\$1,695.00**
 Enquiries: (808) 747-4654



THIS IS ONE-ON-ONE. Book NOW!! Read more.

www.nigelbpatterson.com/create-a-new-you.html



I take people privately on this whole journey which if you look inside your notes, in your things at the back on the right hand side there's like a nautilus shell there.



Created by Nigel B. Patterson

It shows some of the work which I've had to go through and I take other people through, that one with a shell on it. There are four major sections there. The first one we call **exploring the landscape**. The landscape there, again this is very much





transpersonal stuff, **trans** being beyond, **persona** beyond the mind ego kind of work. So it's not psychotherapeutic, it's quite different.

Exploring the landscape is we come in believing what our issue is, or thinking what our issue is. We've seen on the board today some of the stuff. **Mapping the terrain** is a chakra mapping thing where we actually speak into the chakras each one at a time. What is actually happening? Am I safe? Am I in control? Do I give and receive love? And so on.

It is actually from that one recognizes what is it I'm actually trying to deal with here? It might be an issue around lack of control, or lack of safety, or fear of being heard, and so on and the **real issue then is revealed** that real issue is generally and most times different than the perceived issue. So we can come to these workshops and think what we are dealing with.

The **tribal environment** is more for team-based stuff for organizations.

Breaking the patterns, that's quite a powerful area where we go into these **constraints and negative belief systems**, that negative talk over and over and over and over. We go in there and say, okay what is this? What are these patterns? To find those patterns can actually take quite a long time. They can come quickly, or they can take a long time.

They can take an hour to find them or they can take two months to find them. It depends what is going to reveal. In the transpersonal world, your own soul-self speaks through you and it will let me tell you what it wants you to hear at a time.

Creating a new vision that's now taking that and changing that into saying what does a new reality look like.

So going back to the hero's journey, what we are saying is constraints and negative beliefs, what is taking me down that slippery slope and what do I want the return to look like? What do I want my outcome to look like, the hero's





journey? That's what that **creating a new vision** looks like. And then attaining clarity around that saying how would my life look if I was in that space.

Point three is my favorite part, **the transpersonal journey**. Myth, ritual and theatre is a whole area around that. When you write your life as a mythology, and a mythology it cannot be you. One which I really like which I wrote because I've written several in this process, was the lighthouse.

How the lighthouse was on the shore of the coastline and it thought it had the most wonderful, fabulous light. It would run up and down the coastline telling everyone look how fabulous my light is and not for one minute realizing how ridiculous and dangerous it is to mariners that are trying to be guided by the lighthouse. And then some people came along and said what a terrible, ugly, dirty lighthouse. Who would ever want to love a lighthouse like that? And over time the lighthouse's light went out and out and out.

That's a metaphor of my own story. Until one day a new lighthouse keeper came onto the island and recognized the beauty within the lighthouse. He then slowly nurtured and restored the lighthouse to its former beauty, where today can now shine its light without needing to impress anyone or anything. Just being there shining its light.

There's a whole story I wrote around that as a metaphor. So, one finds that metaphor for what it might be and people have written about the star seed, dragons, butterflies, princes and princesses and so on. And every good story has a beginning which it starts with... *once upon a time*. It then has the story as it goes through the hero and heroine and ends with *lived happily ever after*. They have a happy ending.

So we actually write that story, the hero's journey, we actually write it, but in metaphor terms because if you write it in your real life terms you get stuck in that story. You can't break out of it when you write it, if you write about yourself. But





if you write about the metaphor of the lighthouse, for example, you can actually write that happy ending.

And then the **sacred theatre** around that you actually act that story out and that is amazing, amazing work to act that story out. And then we do the **journey**, we come out the other side and there's **consolidation, resolution, integration and review**. That's quite a powerful process. That's a whole transpersonal journey process and I do that privately.

I've had clients who might be with me for several weeks, a couple have been with me for several years because there are layers of the onion just peeling. It depends on what their karmic journey is and what they choose to go through. This is really beautiful work. Anyway, so that's that.

Hangout sessions, go to my website and see what hangout sessions mean. Go for a cup of coffee at Kaya's (café) or down at Daylight Mind (café) for a hangout session and see what appointment in power. They are always fun. There are some people in here that say, hey let's go for a hangout session. There are a few people I do that with. That's always very cool to see what comes through. They could last 20 minutes, they could last two hours, what Power wants.

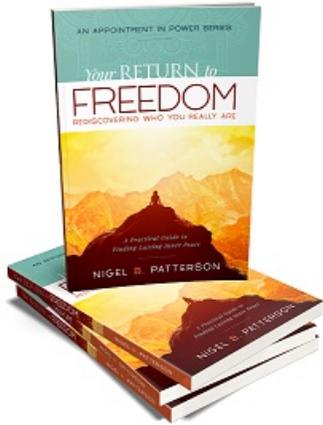


Learn more at: www.nigelBpatterson.com





Okay, the book. This book was downloaded. There's a lot of richness in that book. It's not Nigel's ego in the book. There's a lot of richness in there.



Stay in touch. There are lots of ways of doing it. We live in a connected world.



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