

NOTES TO SUPPORT YOUR SYNERGY WORK

The following is a transcript of the part of the “How This Works” recording that pertains to your Synergy Worksheet. While the worksheet is intended to be self-explanatory (you take the major resonant take-aways from each of the last three modules and find how they blend to create something more nuanced that is more precisely you), having this reminder can help. Here goes:

The first few modules are the most important. Modules three, four and five are the beginning of things. They're your cosmic three, the foundation of your essence.

At the end of that three, in addition to the archetype worksheets, you will have filled out for each specific archetype, another work document will appear for you called Synergy 1. And what you're going to do with that worksheet is pull from each of the archetype worksheets the five highlights. I know that might seem a little hard but go with your most resonant highlights for each of the three and transpose them over to Synergy 1 where indicated. What we're going to do then is start to synergize the blending flavor of each of those three archetypes. So, you can begin to see how they want to express together.

This is like layering pizza ingredients on top of each other. The flavors begin to merge and you begin to get the unique combinations of expression that want to move through you, how this modifies that, tempers this, or heightens and exalts that. How this over here becomes fiercer or more compassionate. How this over here becomes more innovative in this particular way.

If you're about to create products or services or build and design a business specific to your purpose, leaning into and learning to cultivate the capacity I'm going to call synergizing or mashing up/creating hybrids is going to become a profoundly necessary skill. Learning to see how you are a walking, talking, breathing, cosmically, divinely, inspiring, intelligent mash up, a hybrid of comic expression is a great place to start.

Every three modules, starting with three, four and five and then moving on from there, you'll get another Synergy sheet that you'll use to take the previous three archetypes and create a new synergy.

At the very end of the process in the last module, you'll get one final worksheet called Creating Your Composite. And in the composite worksheet, you will then be asked to take each of your synergies and move the highlights from them onto your composite. So, we are synergizing it at an even higher level and



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creating the ultimate composite of your purpose and how it wishes to express itself and translate it into products, services, communication styles perhaps even marketing.

Each module has its own archetype worksheet. Every three archetypes get its own synergy and at the very end of the process comes the composite worksheet. These pieces will be unlocked as you go through the Self-Discovery Experience.

Please know that anytime we're going to learn something new and anytime it matters as much as fulfilling our purpose often does to those of us who feel called to do this, there can be a heightened sense of anxiety. There always is at the beginning of every learning curve but something felt as deeply as we do, being as committed as most of those are, can heighten the sense of anxiety. Please understand two things:

One, your brain, your intelligence's wonderful ability, is probably not the place you want to be sitting as you go through each of these exercises. Thinking versus sensing will probably have you feeling more anxious than you probably want to.

So, before you begin each of the modular exercises and listening to the overview and then capturing the highlights, maybe talk to your brain. Tell it that it can go and take a coffee break, and then invoke your sensory response, your resonant intelligence, your intuition. It's not to say your mind shouldn't be involved at all, but it shouldn't be the leader here.

Second, a lot of the folks I know attempting something like this have a lot at stake in getting it right. And I want you to know that your recognition of your own life's language, your initial rising response in terms of resonance or deep feeling, energetic rising, that's what you want to pay most attention to here.

Use your mind to help you find the true line. Give it voice when writing your notes, but most of us find when it comes to something like this, that we really want to get it right. And we're very concerned about not getting it right. And we often use external reference points for the definition of right.

In this particular case, because this is designed to reacquaint you with the language of your own life, your own resonance sense, I want you to just notice whenever concern, worry or anxiety about getting it right pops up, maybe to the point that it actually interferes with your own sensibility.

You will be able to come back to these modules again and again and again, adding more detail if you want

A large, stylized fingerprint graphic in shades of purple and blue, serving as a background for the top half of the page. The fingerprint is centered and its ridges are clearly visible.

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to, but for this first task, I really want to invite you to just trust your responses. And I want you to know that response can be pleasant or maybe “stirred up”. A lot of us tend to think that resonant is only happy-happy and that’s not necessarily true. Sometimes the archetypes can be dormant. They can be latent. They can even be buried. And when they get stirred, what gets stirred up with them doesn’t always feel happy-happy. But if there’s a response, that’s what you want to pay attention to. What you want to write down without reservation is the keyword or phrase that had the stir, occur.

We’re going to walk you through this one piece at a time. We’re going to synthesize all the most essential bits and pieces, but what is required for you to do is to listen to your life talking to you, again. And allow yourself to feel and record and find the synergies between flavors of expression.

Now, it gets really fun. Are you ready?