

**Wake up to who you really are!
You are the one you have been waiting for...**

STEP UP, STEP OUT: Your World Is Waiting!

**3 Profound Guidelines and 5 Simple
Strategies to Your Self-Care Alignment**

Penelope Aelfin

**“Be yourself; everyone else is already
taken.” ~Oscar Wilde**

Step Up, Step Out: Your World Is Waiting!



About the Author

For the past 35 years **Penelope Aelfin has been working in the human potential and alternative health arena**, working with individuals and groups to explore the field of consciousness and personal development.

In her early 20s **her personal bad health sparked off her journey into inner self-discovery**, and today she enjoys premium health, a sense of freedom, inner peace, and love.

A former Clinique management executive, Penelope is a certified Specialized Kinesiologist, certified NLP Master Practitioner, certified Quantum Reading facilitator and Theta practitioner. She has consulted various companies in commercial Interior Design and Feng Shui. She holds degrees and certifications in alternative naturopathic Healing Methods.

She is the founder and CEO of Heal Your Separation™ and the creator of the Heal Your Separation and Soul Remembrance Journey and the Soul Magnificence and Mastering Self-Love Retreat Intensives. Penelope resides in Sydney, Australia from where she serves clients from all over the world.

Step Up, Step Out: Your World Is Waiting!

Hello and Welcome...

I am excited and honoured that you're here and taking advantage of my life experiences that I'm sharing.

Natural authentic alignment with yourself in the outside world can be a tough job. In my experience as a previous harried executive/entrepreneur, the one thing I let go of again and again, **was proper self-care and the self-nurturing of myself.** In the following pages I have given a few pointers that will help.

I consider self-care to be holistic in nature. It isn't just your physical body you need to be aware of; self-care is made up of different aspects of yourself.

Your mental construct and how you approach life, **your emotional status** and stress levels, **your physical health** and wellbeing, all governed by your true glue, **your spiritual nature.**

In the following pages I invite you to explore these different aspects of yourself. I give you questions to prompt inquiry into what influences your life right now, and provide you with different tools you can use to gain more clarity and feel more powerful.

In allowing yourself to release what doesn't work or is no longer useful to you in your life and **adopting new guidelines and strategies on a daily basis is a great step towards self-care.**

Life is busy, and life can be tough sometimes. **Having simple strategies** to help you along the way is a god send. So whatever your particular angst, **make your life easier** and use these tools and ideas and enjoy **more authenticity, clarity and joy.**

Enjoy this information. Congratulate yourself for wanting more authenticity and alignment in your life. I wish you magic along the way, and a new way of being that makes you shine and radiate...

Love Yourself. No Matter What.

Penelope Aelfin

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It's time to step up and step out, be your radiance, and fly...

Chapter 1: Wake Up to Who You Really Are!

You are who you have been waiting for...

"There is nothing in a caterpillar that tells you it's going to be a butterfly."

~Buckminster Fuller

Are you aligned with your deepest truth of who you are?

You are all energy. Energy is made up of particles of light. Light is consciousness. Consciousness is Love. You are all Love. The source of all Love is the heart. Inherently, you are an individual divine spark of God. By being born you deserve a place on this earth to express your radiance. It is a gift. You are a gift.

Your essential nature is spirit. Like all other living things, your life force energy is fed by light. You are also human. So you could describe yourself as spirit having a human experience!

You are part of the collective energy of spirit, and an individual on a soul basis, both interconnected. The divine is your inner knowing, love is your expression, and your experience is of the infinite intelligence.

You came to this planet for a "higher purpose" too, and that is to evolve and grow. You are here to fulfil your potential, to learn how to be the ultimate human, and to live from your essence with wisdom. You are here to love unconditionally, to let go of your attachments and your beliefs, to let go and surrender to all that is and to see your magnificence and the truth of your essence!

As Deepak Chopra states in his book, *Creating Affluence*, when describing the Universal Law of Pure Potentiality, "we are all infinite creativity, pure potentiality and pure consciousness. Pure consciousness is spiritual essence unbounded. We are at our core in perfect balance, infinite silence, invincible, simplicity and bliss. This is our true essential nature."

Unless you are in touch with your spiritual essence as you take this journey, your experience can be one of struggle and a deep sense of loss through your lack of connection. By becoming separate from your essential nature, your individual growth becomes hampered. It is up to each individual to move forward, ultimately benefitting the collective growth.

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As a child you come into this world as pure innocence. You are connected to both the material world and the metaphysical or supernatural realm—this is your natural state. As you progress through your childhood and come to adult life, your connection to the metaphysical gradually erodes away.

You have learnt through your experiences not to trust these elements of yourself which, as a child, came naturally manifested as a connection to nature and nature spirits, enormous imagination with invisible playmates, heightened communication to the mystical, and a deep knowledge and trust of the world around you.

Life expressed through a child connected to universal consciousness and energy flow, when untouched by trauma, is pure magic.

In her book, *Living in the Light*, Shakti Gawain explains the transformation of consciousness within each individual and in the world. She states: "Spirit is the essence of life, the energy of the universe that creates all things. Each one of us is a part of that spirit—a divine entity. So the spirit is the higher Self, the eternal being that lives within us."

It is time for you to have a true relationship with yourself, from inside out. It is time to wake up from the social hypnosis and illusion around you. Give yourself the gift of the presence of who you are. Heed the language of the heart, it is the healer. Value yourself just for being who you are in the moment, not as a consequence of your external world.

The evolution of the planet is on the brink of a massive expansion. It is a very exciting time to be alive, sitting on the cliff, ready to fly, wings outstretched to take off. The time has passed for you to play hide-and-seek with your soul and your unique expression!

This time is an invitation to open to your fullness and your radiant presence. The emergence of your essence is like the blossoming of a beautiful flower or a magnificent butterfly emerging from the chrysalis, ready for full flight into your true expression. You are special in the eyes of God; you are a spark of God, powerful beyond all measure.

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You are spirit in human form, here to expand your consciousness and connect with the deepest part of you to play, create, and have fun. Be true to your essence, reclaim your divine nature, your radiant spark and be it! Live fully in love—it is the true glue that holds you and the world together. You are who you have been waiting for!

Be your authentic nature, and be aligned with your deepest truth and soul's purpose.

Remember, live a life worth living by living from inside out!

Chapter 2: The Consequences of Not Waking Up

What is has and can cost you...

“I have had few fears in my life, which only a very small number actually became true.” ~Mark Twain

The consequences of not waking up and knowing yourself can create major challenges and stress in your life. You may be feeling stress at the moment and may not be clear where this comes from. If you look back into your past, you may also recognize various challenges you have met along the way. In the future, these may appear again.

The various challenges you meet along your path may seem totally unconnected and almost random. It is the universe trying to get your attention, sending prompts for you to wake up. These challenges bring messages with them. Your job is to listen and hear the message given.

What takes you off your path? What stands in the way of your being at peace? What makes you stressed and keeps you awake at night? Is there one constant thing, or are there many?

Are you totally aware of your challenges and how you are feeling? Or are you just aware that something is not right in your life, that you feel listless and bored with your current activities? Do you work hard all day, sleep uneasily, and wake up feeling too tired to face another day? Or do you just have this feeling of confusion, and nothing in life seems to go according to plan? All these things can cause enormous stress to you and your body. Stress is insidious; it creeps up on you and takes you by surprise. It is a sign that all is not OK in your world; it is seeking your attention.

Stress is the number one cause of illness and death in the world and the creation of disease in society. It costs society billions of dollars to deal with the outcome of ill health and hospitalization. There is a high cost to business in both productivity and days lost at work, as well as added stress created for family members.

Your mental and emotional mind-sets cause stress. They are based on your fears, emotions, beliefs, and decisions you stored at a deep subconscious level in childhood. These influence the internal picture you hold about who and what you are, and how you think of yourself in your world. This becomes your life story.

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Your inner landscape is not the only way you experience stress. In today's environment there are other stresses hidden in modern life. It bombards you from all angles: through food and medicine, technology, pollution, and social media. It is vital to recognize how you can be affected by these different stressors.

Living from this space continuously, the body-mind goes into a space of "dis-ease," or a distressed state. If not caught early, physical illness can develop in the part of your body that is your weakest link.

This is not a pretty picture! It is no wonder levels of stress and illness are on the increase. It becomes even more important for humanity to start waking up, one person at a time.

In today's Western society, the higher meaning and purpose of life—of evolving and growing, fulfilling potential—has been largely eroded and forgotten. The majority of the population seems to be further removed from this principle with all the unhealthy distractions in the world. Learning how to wake up and live as a human being with an open heart, coming from a loving space and not from fear, and finding peace and joy would make it much easier to live on this planet.

It is time for you to make different choices in your life that lead to changes that will take you down a different path toward more joy and peace.

Whilst you are bombarded with physical stresses, the real nature of disease comes from the lack of connection to your spiritual self, your source energy, and true meaning.

So when you are not surrounded by what is your beauty, your spirit hangs low, your heart closes, and love for yourself and others disappears. You get distracted by the busyness of life, the abundant mental chatter, then emotional distress appears, and hence you manifest disease.

What to do?

Handling this scenario means going to the root of the problem. It takes a deep personal journey and commitment to change your life at this base level, heal, and rejuvenate yourself back to optimal health. For this healing to take place, all levels of mental, emotional, physical, and spiritual stress need to be addressed in the correct context.

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When you go against the grain of who you are, fight and resist yourself, alignment, flow and authenticity disappear.

In the next few pages, as you take this journey with me, I am going to show you some ways in which you can start to unravel your story, let go of control, and go with your natural flow.

So let's get started and see where this takes us.

Chapter 3: Who Am I Anyway? Facing Your Inner Truth!

Inquiry into what is really going on...

“At any moment you have a choice, that either leads you closer to your spirit or further away from it.” ~Thich Nhat Hanh

When you are not awake or aware of your internal world, pain is given to you so you can recognize something is not OK in your world. It is a signal from your innate knowledge to wake up. It gives you an indication that there is something to understand and comprehend on a deeper level. Pain is just getting your attention, saying “Hi, look at me.”

The pains, struggles, and challenges you face come in various forms. They test you in ways that either make you gain strength, resilience, and clarity of purpose or take you down the rabbit hole, getting you lost, confused, and overwhelmed and making your life difficult to live.

These come from your personality self, which I call ego. It is not your true self, but your separated self, which is an illusion. You are motivated by the pleasure-pain principle. You either run away from your pain or run toward your pleasure.

Pain and struggle is a reflection of your personality trying to be in control. It wants you to continue to live with the patterns you have learnt over the years. Your ego plays a major part in keeping you stuck and keeping you safe.

When you are controlled by your ego, you are either worrying about what has happened in the past, which you cannot change, as it has already happened—you can only change your response to it—or you are concerned about the future, which is yet to happen, and over which you have no influence.

Both directions prevent you from being here now, and you miss the richness of the moment; it has gone. So don't let yourself be distracted by the continual mind chatter. The learning here is to trust that you have all you need as life creates itself moment by moment. As Eckhart Tolle states, “there is no pain in the present moment!”

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Your ego is and has been your teacher. It is in place to help you learn what is appropriate and what isn't. It is important to understand that if your ego is in total control, you are not the master of your own life. The name of the game is to learn to allow your essential nature to guide and direct your ego to support your endeavours.

Life is lived from four different aspects: mental, emotional, physical, and spiritual. The mental, emotional, and physical ramifications that develop are all personality or ego-based; the spiritual aspect is where you can start to take responsibility for your life and start living in a different way. Let's explore each of these areas.

Section 1: Mental—Your Mind

This aspect is based on your thoughts and what happens in your mind on a continual basis. For example, your self-image, what other people think of you, and how you judge your gifts and talents all affect how you show up in the world.

Adopting the strategy of **“being in the present moment”** and accepting that change is constant helps you stop thinking about the past, which you cannot change, or dwelling on the future, which you cannot control. Having presence and being aware makes life simpler. It gives you a sense of groundedness when exploring and discovering your truth as you lead your day-to-day life.

When you spend much of your time trying to be in control of your life, it can be exhausting. Here are some examples:

- You feel bored or unfulfilled in your career.
- You are worried about the future and what it may bring.
- Your financial situation is not what you want it to be.
- Your health is not at its best, and you cannot find the energy to do something about it.
- Your family is not supportive of your ambitions.
- You feel unfulfilled in the expression of yourself and your talents.
- You are looking for the right relationship and it doesn't appear.

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Are your thoughts governing what your heart is telling you which is your best direction? Or perhaps you do not hear the yearnings of your heart, resulting in “looking good and going nowhere” with a clouded perspective of yourself and your life.

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You may have experienced pain, hurt, and trauma, which have stopped you from believing in and trusting yourself. The consequences of those experiences limit the expression of your innate gifts and talents, giving you feelings of low self-esteem, unworthiness, and defeat, of living an illusion you wear as a mask for the world to see.

You are here to express yourself in your full potential in your own uniqueness. Do you know what that is? Is there a hidden artist, writer, or singer in you, or another talent that has not seen the light of day?

As you wake up, your uniqueness starts to shine; no one is the same. You have something special to give and share with the world, and it needs to be recognized! When you do, you make the world a better place.

Mentally, the **key** is to live your life on purpose, with vision and passion, offering your gifts to the world by living in the moment.

Here is a small exercise to alert you to what is happening in your life, so grab a pen and paper, and answer the questions below.

Discovery Task:

Read the sentences below aloud to yourself. Do any of them ring true for you? Note those down as well as any others that may come to mind not listed here.

- Do you suffer from low self-esteem?
- Do you lack courage?
- Is your life not what you dreamt it would be like?
- Are you suffering from mind-numbing unworthiness?
- Is sabotage your number one enemy?
- Are you living your passions?
- Do you have unfulfilled dreams?
- Are you losing perspective of who you are?
- Are you feeling trapped by your career?

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These are all symptoms of not living your truth, believing in yourself, or trusting yourself. Your foundational self-image is not a truthful representation of your spirit and soul in action and is not encouraging you to live a powerful, valuable, and contributing life.

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Write about the **costs and consequences** of not living and expressing yourself to your fullest level. In what way does it cost you? How does this affect your life? What are you not doing that you would love to do?

Now write a few lines about what you know and do well. What are your talents and gifts? What do you enjoy doing that you are not doing? What is your biggest passion?

The **benefits** are enormous as you start to operate from this place. Write a few lines of about how your life could change. How much more powerful would you feel? What would you gain? What sort of contribution could you make to society and to your own life? Why is this important to you?

To support the principle of **“being in the present moment,”** I suggest you adopt these new strategies that will help you live in a new and more flowing way, coming from your essential nature:

- Breathe consciously and deeply.
- Get to know your passions, and follow them.
- Get balance back into your life by making a plan of action.
- KISS (Keep It Super Simple) Keep things simple in your life by gaining clarity.
- Follow things that inspire you and make you curious about life.
- Start writing or journaling each day to clear your head of all the clutter and assist you in gaining clarity.

By doing small things each day to gain more clarity and by being in the present moment, not in the past or future, you give yourself the space to see your life from a different perspective.

As you operate from this space, the gift of waking up to who you really are appears, and you start to experience your life with renewed awareness, clarity, and purpose. Your essence—let's call it your inner compass or rudder—will come to the fore, bringing more flow and fulfilment. You will attract new people, situations, and events that are supportive to you and provide your highest benefit on your journey, ensuring a rich and peaceful life.

Section 2: Emotional—Your Heart

It is common to feel a gamut of emotions throughout your day. Some uplifting and some not so. Your emotional world can be pretty exhausting like a fairground roller coaster ride: you jump from one emotion to another and are at a loss as to why you are feeling this way.

I come from Sydney, Australia, where for many centuries Aboriginal people have used a boomerang, a throwing stick that comes back to the thrower.

This is a great analogy to explain how **“you co-create your own reality”**— what you put out in the universal energy field comes back. It creates a response externally through others, events and your own thought process. It matches up with the learning your soul wants you to learn. Regardless of whether you send out love, kindness, or gentleness; or anger, sadness, fear, or contempt, it matters not; it will return to you as the signal of the next thing in line for you to love. It's a gift really!

Your emotions get sparked off by your thoughts and deeply stored memories from the past. These thoughts and memories create an emotional response of either a love or fear-based feeling. Love is real, it is the source of all things. Fear is an illusion of the mind, based on what has happened in the past or what may happen in the future. These emotions activate a neurochemical response in your body-mind, giving you the feeling of being in an up or down mood.

When you come from a place of being controlled by your emotions, and they get thrown back, life can become unpredictable. Here are some examples:

- You don't come from a place of peace and joy.
- You feel guilty about the past.
- Life is fearful for you and you fear what the future may bring.
- You experience panic and anxiety attacks.
- You overreact and become defensive in situations beyond your control.
- You often feel sad and want to cry.
- You get angry for no apparent reason.

These situations can make your life a struggle, as you are not at peace internally and feel driven by things you do not understand.

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Try this experiment, and you will get an indication of how your body reacts.

Think of something that makes you feel very happy: being in nature, taking a walk on the beach, eating your favorite ice cream, or maybe seeing your children play. Close your eyes and take a couple of deep breaths and get in touch with that feeling—really feel it.

How does your energy feel? Has it gone up a notch or two? Are you feeling good? Open your eyes.

Now, think of something that makes you sad or angry: a movie or something that you are upset about. Close your eyes and take a couple of deep breaths. Really feel the experience. How do you feel now? Do you feel anxious or angry? Has your energy gone down?

This brief example shows you how positive and negative thoughts can affect the way you feel very quickly, changing from love to fear, fear to love, instantaneously. The wonderful thing about this small experiment is it shows you how you can control your energy output, just by changing your thinking. **Know that you always have a choice.**

These emotions show up loud and clear in your relationship with yourself, and in your relationships with others. If you are not aware and awake to what is happening, your emotions can cause dire consequences, bringing much unhappiness, sorrow, pain, and struggle into your life.

These consequences prevent you having an open, honest, loving relationship with yourself and others and cause you to lose sight of your core essence, bringing a lack of peace.

When you come from a space of being able to understand and manage your emotions, rather than them handling you and keeping you on an emotional rollercoaster, you come from a space of your own truth, you feel calmer and able to be in charge of your own life, and you attract supportive relationships to you.

Emotionally, the **key** to living your life is with an open heart, allowing yourself to be vulnerable in the moment, surrendering to what is happening around you, creating your own reality, and coming from choice.

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Here is a small exercise to alert you to what is happening in your life, so grab a pen and paper, and answer the questions below.

Discovery Task:

Read the sentences below aloud to yourself and note down those that seem to be true for you and any others that may come to mind not listed here.

- Do you feel as though you are on a constant emotional rollercoaster?
- Do you feel ashamed if someone criticizes you?
- Are your relationships based on honesty?
- Do you want more friends, but making friends isn't easy?
- Are you a loner who feels isolated?
- Do you feel unimportant and insignificant in intimate relationships?
- Is it hard to get over betrayal?
- Do you feel that you will never be in another relationship because your past experiences are hurtful?
- Do you feel that you cannot trust anyone to be so close?

All these symptoms are based on the decisions you have made and the fears you have felt in the past. Maybe it relates to the relationship you had with your parents, or your impressions of their relationship, which may not have been the best role model.

Write about the **costs and consequences** when you live your life on an emotional roller coaster. How does this affect your life? What are you not experiencing in your life that would add joy and richness? What is this emotional aspect costing you in your career, your health, your life, your intimate relationships, your family, your friends, and your dreams? Do you spend most of your time in an up or down mood? Why?

Now write a few lines about what makes you feel happy and joyous. What are you doing? Where are you? What are you experiencing and how does it feel? Where is your life headed?

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The **benefits** would be life-changing if you surrendered to what is with an open heart and experienced each moment as it comes rather than reacting to the past. Write down a few lines explaining how this would change your life. How much more peaceful would you feel? How much more joy and fun would you have? What would be available to you? Why is this important to you?

Peace is a state of being, a state of inner harmony that you cannot chase, a result of how you feel inside and the love you feel for yourself. This harmony comes from your core inner being. Whilst something may make you feel happy for an instant, the only way to find that deep inner sense of peace is inside you. It is a daily journey, moment by moment.

As you assist yourself in moving forward and coming to the understanding that **“you co-create your own reality,”** you can adopt new strategies in your quest to achieve a greater sense of peace. Here are few ideas:

- Breathe consciously and deeply.
- Start writing or journaling to process some of your emotional reactions, and go back to your childhood and see if there is a similar pattern.
- Be aware of what triggers you and how you defend yourself. Take one trigger and practice responding differently for a week.
- Use meditation to explore opening your heart and supporting your inner journey.
- Use visualization techniques to explore expanding your dreams.
- Express your creativity and artistic ability. Have fun at the deepest level as you dance, sing, play music, paint, or write a poem. Be in nature; garden. Do something that makes your heart sing.

Part of waking up is knowing how to manage your emotional state. The **key** is to understand your emotions and how they operate. Where do they come from, and how did they develop? In what way do they control you?

As you know, emotions you put out have a habit of coming back to you; as you start to adopt the strategy of *you create your own reality*, you get to witness, observe, and understand your life from a different perspective. As you become more aware, you will still feel emotions, but they will not run your life, and you will be living in a state of flow with the universe, rather than against it.

Section 3: Physical—Your Body

Not being awake causes unnecessary stress on your physical well-being. The inability to **“be in the moment”** causes you mental stress, and not understanding that you create your own reality causes undue emotional strain.

Remember, you are made up of energy, **“you are vibration,”** and your job is to raise it! As a connected human being living in a three-dimensional world, you are made up of energy in different forms, defined as body, mind, and spirit. This energy has a range of frequency or vibration that spirals up and down, depending upon how positive or negative your state of being is at the time. Your continual expansion and waking up will ensure that your energy vibration or frequency increases.

When the physical ramifications of disease appear—originating from your mental perspective and emotional overload, which have not been resolved and are stored—the “dis-ease,” or distress patterns, take your bodily vibration down.

This is exacerbated by present-day stresses accumulated from different areas of your life: your relationships and family life, the work situation you are in, your spiritual development or lack of it, and the state of your financial and abundance flow. This culminates in a downward spiral of energy and health that can be difficult to reverse.

When you are battling with so much stress, the body’s energy will eventually be affected. This shows up in the following ways:

- Your digestion is not the best and could be improved.
- You don’t sleep well and feel tired each morning when you wake up.
- Your life is too busy and is not in balance.
- You don’t get time to exercise, relax, and rejuvenate.
- Your weight goes up and down.
- You know you eat the wrong foods and don’t have the motivation to change.
- You feel you don’t fit in, and feel unworthy and undervalued.

When you are not awake, the ramifications on the physical body can be hard. Distress not handled at the emotional and/or mental level

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will appear in the body sooner or later. It is a sign; your body is trying to tell you something needs to change in your life.

The **key** is acceptance of what is happening. Get to know yourself on a mental and emotional basis and know what makes you tick. This allows you to take steps to live in a more balanced way. Knowing how to be true to yourself, you start to feel you have value and self-worth, you naturally love yourself more, and your body is in a state of balance that supports you by being healthy and well.

Here is a small exercise to alert you to what is happening in your life, so grab a pen and paper, and answer the questions below.

Discovery Task:

Read the sentences below aloud to yourself and note down those that seem to be true for you and any others that may come to mind not listed here.

- How happy are you with your physical being, your fitness level?
- Are you happy where you are living, or would you like to live somewhere else?
- Would you like to do more exercise but lack the energy or motivation?
- Have you stopped enjoying food? Do you eat the wrong ones?
- Do you know that your life is missing something but you can't put your finger on it?
- Are you grateful for what you have?
- Is your life filled with blessings?
- Does money run through your fingers?
- Is handling your financial affairs overwhelming?

Again, these symptoms are based on your decisions, beliefs, and fears and how you have been influenced by your past environment. Maybe it relates to your parents' relationship with well-being and money. Maybe your health is something you have struggled with all your life. Are you doing the right thing by yourself with respect to nutrition?

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Write a few lines about the **costs and consequences** of how you live your life, and how that hinders you. What are you failing to do to ensure good physical health? What other parts of your life does it affect, and how? What has it cost you not to have the financial area of your life running smoothly? What would you like to do that you haven't been able to up to now? How are the mental and emotional areas of your life contributing to this?

Write a few lines about what is good in your life, what is working for you, and what you do well. What area in your life is running smoothly and feels good to you?

The **benefits** from changing these aspects will supercharge your life. Write a few lines about how this could happen for you. Which area of your life would be different, and how? How much more alive would you feel? How much more joy and fun would you have? How much healthier would you be? What would be available to you? Why is this important to you?

As you start to understand that **“you are vibration”** and it is your job to raise it, adopting the new strategies I have set out below will enable you to take appropriate action and assume more responsibility for a better life.

- Breathe consciously and deeply.
- Hydrate your body well.
- Design a good eating and exercise plan and make the commitment to follow it.
- Support yourself by making the plan easy to follow and enjoyable.
- Be aware of your thought processes and the influence of your emotions.
- Get knowledgeable on what is healthy and what is not, ensure that you adopt relaxation techniques and sleep well.

Adopting these small but important steps, you will start to feel lighter, healthier, and better able to support your body and well-being. These strategies will make enormous inroads on the way you experience living your life.

This journey is about honouring all parts of you. Waking up to this is going to give you the life you deserve, which is yours for the taking. Experiencing the brilliance of your essential self in its full glory is the reward you will be given.

Chapter 4: Living Your Life on the Spiritual Highway!

Unlock your soul and step through the doorway...

“Leave all thoughts of the world you knew before. Let your soul take you where you long to be....Close your eyes, let your spirit start to soar, and you’ll live as you have never lived before.” ~Eric Fromm, philosopher and author

When you come from the space of spiritual perspective and wake up to all there is, everything seems to change. You are not run by your ego, you come from a place of acceptance, accountability, and responsibility. You are engaged with life and passionate about being alive. Your life has a flow to it and you dance with your life creatively.

Experiencing life from an egoistic point of view, sometimes you fail to see the bigger picture. When you only see your life from a certain perspective, you are blind to the different aspects of what is happening.

Coming from a place of acknowledging your truth of what is in your matrix, you have the first part of the equation. What is important here is to create new behaviours, attitudes, and beliefs that don't conflict with your subconscious mind. This ensures a higher vibration, and sets down new neural pathways and patterns in the brain, allowing the old, unused neural pathways of patterning and behaviour to dissolve.

When you live from a broader vision of what is possible and view life from a higher perspective, you achieve a sense of peace and acceptance. From this higher space, you start to see the bigger picture of what is, identify your patterns of behaviour, your beliefs, your fears, and all the illusions that have served you up until now. As you start to gain clarity about how you got yourself into this situation, and you let go, suddenly you are able to find ways out of the maze into the light.

Picture an eagle soaring in the sky above, and imagine what it sees from such a height. An eagle is able to see so much more from up there. Work toward that way of being, rather than being stuck on the ground! Become the soaring eagle in your own life.

Step Up, Step Out: Your World Is Waiting!

From this vantage point, you see what is really going on and wake up to your inner being, allowing you the space to make conscious decisions and choices that enable rather than hinder you.

It is so easy to get tied up in those smaller dramas of life; it is such a small step to become stuck and enmeshed.

Understand the flow of how the mind, emotions, and body work. What you think—your worry and anxieties—creates how you feel, activating fears and emotions you have locked into your memory bank, resulting in physical disease or distress, and alerting your nervous system and neurotransmitters with a physical response.

Viewed from this higher perspective, life is simpler.

Turn the above process around, come from the higher plane first, and then view the mental, emotional, and physical aspects. The patterns become clearer. This is your doorway. Step through it to a lighter and more flowing way of living.

When you develop and adopt these new skills for living and you become awake, you enhance your innate skills and talents and start to align with your highest potential. You enable your spirit energy to harmonize your life flow and bring toward you what is naturally yours for the taking.

When practicing this new way of being, life will still throw problems your way out of the blue. Here is an easy way of checking in with yourself that the aspects of your mental, emotional, physical, and spiritual aspects are in alignment and that you are in the right place.

I call them “**the ABC essentials for living from the heart**”:

- **Acknowledge** what is, **Accept** what is there, **Allow** it to happen—be **Aware**.
- **Bless** what’s there, see **Beauty** in the gift, **Balance** what is—**Be** with it all.
- **Choose** what is given, be **Courageous**, attain **Clarity**—see it with **Compassion**.

As you become stronger, gaining clarity and seeing life from a new perspective, you will be able to handle these curve balls with ease.

Step Up, Step Out: Your World Is Waiting!

You will live your life from your true stated purpose of being a divine human being, made of love, light, and consciousness; living your life with a full, open heart; and progressing toward loving yourself unconditionally. Remember, as Alex Collier states, *“The love you withhold is the pain you carry.”*

I throw you the challenge to step up and step out and greet your whole new world—it is waiting!

Chapter 5: Come Home to Yourself— Your World Is Waiting!

It's time to step up and step out, be your radiance, and fly...

“Not to discover your Gift is to die with the music still inside of you.”

~Jack Canfield

Waking up to who you are, taking the necessary steps toward creating a new path, and stepping into your new world is an exciting journey full of potential!

Understanding who you really are at your core, your essential nature—a being made up of energy, particles of light, consciousness, and love—is a joyous gift. Knowing you are spirit in human form, here to expand your consciousness and to play, create, and have fun, somehow takes the monotony away from the everyday activities of what we do in our three-dimensional world. It is a wonderful and exciting time to explore **you!**

As you grow and evolve into your potential, your experiences are newer and brighter, and it is as though you have never experienced this place of existence before. When you start living your life from this space, life takes on new meaning and “the world is your oyster”!

The consequences of not growing and evolving can be painful and challenging and can cause continual struggle and stress. Exploring what is causing you distress is essential to breaking through the maze. In this way, you are able to turn around what is stressful and prevent the consequences from happening.

It is time for you to become the master of your own life and not be governed by your personality self, or ego. On your life journey, mental, emotional, and physical signposts alert you to what is taking you off your path.

It is important to explore:

- How your thoughts are in charge of your life and your ego wants control.
- How your responses are coloured by your emotional patterning based on your fears and childhood memories.
- The resulting physical distresses and the state of your general health.

Step Up, Step Out: Your World Is Waiting!

This is how you start to develop your observer—your witnessing mode—and gain clarity about what is happening.

I am sure you want your life to be filled with joy and love and not pain and struggle. Let's revisit the three principles or guidelines I shared that can support you.

THREE GUIDELINES

- **Be in the moment—change is constant.**
- **You create your reality—what you put out comes back.**
- **You are vibration—your job is to raise it.**

By adopting these three essential and fundamental guidelines, you start building a stronger foundation that supports your growth. These give you the inner strength to take responsibility for creating the life you want. They assist in stabilizing your feet on the ground, rather than allowing you to be swept up in the chaos of the times.

In the mental, emotional, and physical sections, I also gave you simple strategies for you to follow, which support the above guidelines. These will give you more power to operate from your essential true nature, and play in your life in a new way.

Here are five strategies that can be used on a daily basis. By adopting these small rules daily, you will gain more clarity and access more choices in the present moment. This gives you the space to see your life from a different perspective and can become part of your daily foundational practices.

FIVE STRATEGIES

- **Breathe consciously and deeply.**
- **KISS—keep things simple in your life.**
- **Start writing or journaling each day to clear the head of all the clutter and assist you in gaining clarity.**
- **Use meditation to open your heart, support your inner journey, and still the mind.**
- **Do what you enjoy and are passionate about.**

Step Up, Step Out: Your World Is Waiting!

Explore the others given in the various sections when you have uninterrupted time.

The benefit of adopting the three foundational guidelines and following these five simple strategies makes waking up easier and life brighter and lighter!

As you awaken to being a fuller human, a being filled with light and connected to your natural essence, you start to see the world in a very different way, and as the world reflects that back to you, your life unfolds graciously before you.

When you have more awareness, your heart is open, you love yourself, you have compassion, and you have respect for yourself and others. You come from a place of peace, and joy naturally exudes from your being.

I call this journey an **adventure of the soul**. Almost like a pirate on the high seas of discovery looking for treasures on the way, you will be given gifts that you would not have imagined possible!

Be with an open heart. Be uninhibited in your love, and love yourself unconditionally. Be in alignment with your open heart and the gifts you are here to share. Allow your soul to fly and your spirit to shine and radiate its brilliance. Honour your essence, embody your light, and put it first. It is your natural sovereign state, your birthright, to be a member of the family of love and light, so claim it! It's time to fly...

“BE YOURSELF; EVERYONE ELSE IS ALREADY TAKEN.”

~Oscar Wilde

Step Up, Step Out: Your World Is Waiting!

My invitation to you...



**"Know Yourself ~ Be Yourself ~ Love Yourself.
Turn your arduous journey into an utter blessing. Not
only for yourself, for the world too." ~ Penelope Aelfin**

I am glad that you took this opportunity to give yourself the time to embrace steps you can take to give yourself more self-care and self-nurturance. It is important to learn how to put yourself first. It's a big step forward for humanity when you learn to love yourself at a much deeper level.

Thank you for taking advantage of these simple guidelines and strategies. I would love to hear about your experiences and the differences they make in your authenticity and alignment with yourself. You can let me know at support@HealYourSeparation.com

And for further info, please check out my website at www.HealYourSeparation.com

Love Yourself. No Matter What.

Penelope Aelfin

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