

RVE RITUAL

# Self Mastery

part 5 - consistency



# Part 5 - Consistency

CHOOSE YOURSELF

G.O.D - Generate - Organize - Deliver

Resisting resistency

Grace

Your own Path

Self Worth

# The Magic of Consistency

“Success isn't always about greatness. It's about consistency.  
Consistent work leads to success. Greatness will come”

# Practice of the week

Breath of fire - 3 rounds & then YOU CHOOSE!

Do your favourite practice from the course!

# Breath of fire- 3 rounds

Kundalini Breath Of Fire is a foundational breathing practice of Yoga. This pranayama technique is a rhythmic flow of air moving in and out of the nostrils with equal emphasis on the flow. The same inhale and exhale is done fast, moving the belly out (while inhaling) and in (while exhaling), allowing the air through the nostrils.

The Breath Of Fire is said to increase the heat in the body, energizing the body. This practice is said to awaken the energy coiled at the base of the spine. In other words, it is said to 'awaken the kundalini,' increasing the energy flow through the opened passages. The after-effects of Kundalini Breath Of Fire are believed to be very therapeutic because of the balance it brings between the sympathetic and parasympathetic nervous systems of the body. An imbalance between these two can cause irregular bodily functions resulting in various ailments. Through this practice the body is rid of negative energy, revitalizing the body - bringing a sense of calm and serenity.

1. Begin comfortably seated. Keeping the spine erect, relax the shoulders, and breathe normally for a few seconds.
2. Lift your chin up slightly with eyes rolled up and eyelids closed 90%. Concentrate on the space in between the eyebrows.
3. To start slow and simple - place your right hand on the belly and your left on the knee.
4. Now to begin the practice, take one deep inhalation expanding the belly, and slowly exhale pulling the belly in and up. Keep at this at a slow pace, initially. Watch how it feels and be aware of the movement of the belly coordinating with the breath.
5. Continuing, slowly increase the speed, taking quick and fast inhalations and exhalations. Move it rapidly - pulling the belly and expanding respectively. The gap between the breaths should be the same, should be smooth, and sharp.
6. Continue with this practice for about 20 breaths in one cycle, initially. While here, ensure the shoulders and chest don't move too much, the abdomen moves in and up, with no pressure below the lower abdomen.
7. At the end of each round, inhale deeply, and apply Root Lock by squeezing and pulling the pelvic region in and hold the breath for 10-20 seconds. take a moment to feel the effects and then start another round.

A photograph of two women from the waist up. The woman on the left has short blonde hair with bangs and is wearing a dark grey sweatshirt with 'WELLNESS' printed in red and white. The woman on the right has long blonde hair and is wearing a light blue sweatshirt with 'WELLNESS' printed in white. The background is a plain, light grey color. The text 'CHOOSE YOURSELF' is overlaid in the center in a black serif font.

CHOOSE  
YOURSELF

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# STEADY WINS THE RACE

Consistency is the key to success in various aspects of life. It involves repeatedly taking actions that align with your goals over time. By establishing regular habits and maintaining steady efforts, you create a foundation for progress. Achieving consistency requires setting realistic goals, breaking them into manageable steps, and prioritizing perseverance over immediate results. It's about embracing a mindset of dedication and discipline, fostering resilience in the face of challenges. Consistency builds momentum and transforms positive behaviors into enduring habits, ultimately leading to sustained growth and success. We want to focus on consistency over intensity. Regular, small efforts can lead to more sustainable habits than sporadic, intense bursts.

Where do you need more consistency in your life?

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# SELF RESPONSIBILITY

Consistency is connected to Self Responsibility. Understanding that it is YOU that looks after YOU. We have to own our actions. We have to take responsibility for our happiness. We cannot let ourselves become a victim to who is calling the loudest and abandon ourselves in the meantime. To awaken this consistent energy, we need to be accountable for our thoughts, feelings, and choices. Not blaming other people when things go wrong; this leaks our energy. Respect yourself, be mature, and reclaim your GODDESS energy.

To be consistent we must learn how to truly OWN our own life, our mind and our choices. Inner strength rides on the ability to consciously take charge of ourselves. This means, no more blaming other people for our problems. We can only move forward when we discover that we are the ones holding ourselves back.

**You can only change yourself;**

So your only axis of power is what you do with yourself.  
Hold yourself accountable for everything you think, say and do.

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# CONSISTENCY ON OUR OWN TERMS

It's the little things in life that we remember most: the small acts of self-care, the daily routines, the simple joys. And creating rituals help you live slowly and enjoy the process more in a consistent manner. Slow-living work and life rituals help you stay connected to the present.

Remember; Your worth is not in your work.

The sooner you disassociate your value as a living, breathing human being from what you do for income, the quicker you'll free yourself from the systems that wish to enslave you. In the hustle of trying to make ends meet we lose connection with ourselves and our inner voice. We lose that connection with life. This is why remembering to zoom out, to remember the big-picture of your existence is so important. Take a pause from reading here;

- Take a look outside
- What do you smell?
- How do you feel?
- What senses do you feel connected to at this very moment?

Take your gaze away from the computer screen and start to zoom out and celebrate your beautiful existence. Your life is more important than anything else.

# How you do one thing is how you do everything

We use this quote a lot, because it is like a mirror; if you don't like what it means to you, in our experience this is because it is showing you what you don't like about yourself and therefore giving you an opportunity to do something about it

What you do most of the time is what creates you and your life.

Life is all about doing the little things well, consistently.

The little things are so important because, in truth, our day-to-day lives are an expression of the minutes of which they are made up. We can't expect every day to be defined by big decisions, transformational life changes and major events. Take a moment to reflect on how you do the little things every day, because our overarching feelings - the feelings which surface in those still moments without distraction - are a reflection of the little things which make up our days and months and years.

How do you do your chores in the house?

Do you do them without any need for validation and gratitude or do you expect something in return?

Do you do them mindfully or in a rush?

Do you do them habitually without prompting or do you wait to be asked?

Do you start your days applying self-discipline and structure, taking time for yourself, exercising, meditating, making your own bed?

# YOUR INNER POWER

It is time to practice **consistency** that builds **power**. We want you to be the most powerful version of yourself and to have power in your presence.

You can only have power (in our definition of the concept) if you are in contact with yourself, have a strong vision and you are cultivating radiance & grace with your daily practices.

This kind of authentic consistency leads to power where you can cultivate positive influence. This is our mission and hope for you, that you not only have an idea of where you are going but the tools and power to actually get there. And when you are there (and on the way there), that you use your power and influence for good. Power can be internal and external. Internal power cultivates external power not the other way around. Power is also an opportunity to make change. Power is strength & energy from within, we need a lot of energy to get where we are going and to enjoy our way there. And we get energy by doing self work, by truly taking care of ourselves and releasing baggage, blockages and trauma.

# RVR RITUAL wellness spiral



## Pull of the future

Dreams and goals can become magnets!

Stronger the goal the higher the purpose.

Some people get confused throughout the day because they're goal isn't bright enough to light them...

Faith is the ability to see things that don't yet exist.

# SPIRALING UP OR DOWN

As we now know there's an undeniable excitement that comes with creating a vision, and putting pen to paper about a dream so vibrant and tangible we must make happen. In that same moment, it's common to teeter between fierce enthusiasm and feelings of self-doubt and uncertainty, especially once we get past day one or day two of declaring this dream into existence. Because after those first couple of days, resistance wants so badly to kick into high gear and those self-deprecating / "it'll never happen" / \*insert your kryptonite here\* thoughts might creep up.

While there may be some days that it's easy to shut off that stream of negative self-talk, other days we feel we might drown in it. When that happens, we often end up making different decisions than the ones we were so committed to just a few days before. We don't hit that deadline, we skip a morning (or three) of meditations, we bail on the gym, and suddenly we find ourselves right back at square one.

While consistency and discipline are certainly ingredients in the elixir of success, so is RESILIENCE. The doubt that arises, blended with guilt and shame when we fall off the wagon, can be a massive pothole if we let it, leading us to spiral right off the road we were driving on. Then the other side of the spectrum—perfectionism—can leave us paralyzed too.

So, how do we fuel the momentum of our vision, give less power to self-doubt, and avoid spiraling down when something doesn't go as planned?

If you think about it through the lens of physics, an object in motion stays in motion. Essentially, it takes the same amount of energy to spiral down as it does up; it all just depends where we are putting our energy and gaining momentum.

We share the tools to help build momentum to spiral UP so you can bet on yourself, putting energy into your vision rather than doubts, past regrets, or future resistance... and focus on what's possible instead.



it takes just  
as much  
energy to  
spiral UP as it  
takes to spiral  
DOWN

# CONSISTENCY JOURNAL

1. What specific goals or habits am I currently working on maintaining consistently?
2. How do I prioritise and organize my tasks?
3. Have I set realistic and achievable goals that align with my long-term vision?
4. How do I track my progress and celebrate small wins to stay motivated?

We are all different, and we need different frames to help us be consistent. Now take out your journal and reflect on these questions. try to answer these questions now and again in 40 days. Maybe you have learnt something about how you can keep yourself on track, what works for YOU

5. What daily or weekly routines can I establish consistency?
6. Are there any external factors or distractions hindering my ability to stay consistent?
7. How do I adapt and adjust my approach when facing unexpected obstacles?
8. Have I communicated my commitment to consistency with those around me for support?

A grayscale photograph of two women with long, wavy hair, smiling and looking at each other. They are wearing light-colored, possibly white, blouses. The image is framed by a thin black border.

G.O.D

GENERATE- ORGANIZE - DELIVER/DESTROY

# G.O.D

In yoga the word GOD is revered as the high source of creative power within each of us, the power of the word and sound and energy for us to **GENERATE/ORGANIZE/DELIVER** your vision into reality. However the D is a double edge sword: it can mean to either DELIVER (keep your word) or DESTROY ( not do what we say we will do, when we say we will do it.) As we begin to master the WORD, we also begin to take notice of what word we give, what we can commit to and where we hold ourselves back based on patterns and self - sabotage. for within us we each have the immense power to create a new reality, using our words as building blocks for our actions and holding ourselves accountable to the power of our WORD.

# GENERATE - ORGANIZE - DELIVER

When we are creating new habits, working towards a vision or creating a project this is the process that we all go through.

GENERATE: we generate an idea or a vision, we get it from the cloud, we feel the inspiration and urge to create and grow

ORGANIZE: We start working on creating this idea, implementing the habit or working towards the vision.

DELIVER/DESTROY: Now we have to put it out to the world, finish it OR if we are talking about habits, be consistent and not self sabotage.

We are all different in where we stop in our process but it is worth it to explore where is your weakness, Do you get all the ideas and never start anything? Do you start alot of projects and never finish? Or is it hard for you to get ideas and clarity on where to go next?

# SNEAKY RESISTANCE

Resistance can creep up on us and make us self sabotage, a.k.a destroy. When we are forming new habits or making positive changes, we can feel an internal opposition or reluctance when attempting to adopt new behaviors. It's the force that acts against the maintenance of a habit, often manifesting as procrastination, self-doubt, or avoidance.

Resistance can stem from various sources, including fear of failure, fear of change, lack of motivation, or ingrained habits that are difficult to break. Overcoming resistance involves understanding these underlying factors and implementing strategies to mitigate or navigate them.

Addressing resistance is essential for personal growth and habit formation, as it can be a significant barrier to making positive changes in our lives. Recognizing and actively working to overcome resistance is a crucial step in creating lasting and meaningful habits.

# Several factors can hinder consistency

Take a close look at this list, what is your archelias heal.

1. **Lack of Clear Goals:** Unclear or unrealistic goals may lead to confusion and make it challenging to stay consistent.
2. **Overwhelming Tasks:** Trying to tackle too much at once can be overwhelming and hinder sustained effort.
3. **Procrastination:** Delaying tasks can disrupt the consistent flow of actions, making it difficult to achieve long-term goals.
4. **Lack of Planning:** Inadequate planning can result in disorganization and hinder the ability to stick to a consistent routine.
5. **Distractions:** External factors such as social media, excessive stimuli, or interruptions can divert attention and disrupt consistency.
6. **Lack of Motivation:** When motivation wanes, it becomes challenging to maintain the drive needed for consistent action.
7. **Negative Mindset:** Self-doubt or a negative mindset can impede progress and make it harder to stay consistent.
8. **Unrealistic Expectations:** Expecting immediate results can lead to frustration and a loss of motivation to stay consistent.
9. **Failure to Adapt:** Inability to adapt to changes or unforeseen circumstances can disrupt established routines.
10. **Lack of Accountability:** Without a support system or accountability measures, it's easier to deviate from consistent behaviors.

# OVERCOME RESISTANCE

Overcoming resistance to good habits involves understanding the underlying reasons for resistance and implementing strategies to make positive behaviors more manageable. Here are our favourite ways to overcome resistance

1. START SMALL
2. SET REALISTIC GOALS
3. CREATE A ROUTINE
4. BUILD CONSISTENCY
5. VISUALIZE SUCCESS
6. IDENTIFY OBSTICALS
7. REWARD YOURSELF
8. HAVE OUTSIDE ACCOUNTABILITY
9. ADJUST HABITS & BE FLEXIBLE
10. SHIFT YOUR MINDSET ON THE HABIT
11. TRACK YOUR PROGRESS
12. SEEK INSPIRATION



GRACE

# GRACEFULNESS

As much as we love all things that motivate us into being consistent we want to do it in a GRACEFUL way. This is a type of flexible and soft consistency that us as women can create in a beautiful way. Without too much force and in flow.

Grace has many definitions, to us it is much deeper than physical elegance or poise. To us, gracefulness is an energy that includes a lot of qualities that we want to obtain. It can of course refer to elegance and poise, but it can also mean decency or honour. To us being graceful is this feeling of: being calm in hardship, reacting with poise to resistance in life, being wise, mature, elegant and most importantly, in the flow. It is not about reaching perfection, but to fail with grace and succeed with grace.

A graceful person, is one who is unruffled, someone who can deal with trials and tribulations without breaking step. To be in this energy you need a constant spiritual practice. A graceful person does not need to control everybody and everything and has the flexibility to move with the waves of life. Channeling the gracefulness energy can help you in your relationship (and in attracting a partner), in your career, as a parent, and as a friend as it is a vibration that people are attracted to and feel good around. Having the poise of inner calmness can also work wonders for our blood pressure, our ability to cope with pressure and thus keep stress at bay. It therefore has benefits all round.

Some may see it as a quality that some people are born with, however, in reality, it is a skill (or set of behavioural skills) that can be developed over time. There is no reason why people cannot learn to develop poise and grace if they are prepared to make the effort and to develop the self-awareness involved.

# GRACEFULNESS PART 2

Think about the range of people you know. Think about the extremes, that is: who do you see among them who are particularly graceful? At the other end of the spectrum, who are the people you would regard as far from graceful? What distinguishes the first group from the second? In other words, what makes the graceful people graceful and the not so graceful people not so graceful? What you can learn from this analysis is how you define this concept.

The first sense of 'grace' is a matter of skills. The second meaning, by contrast, is a matter of values. Being graceful, is about committing ourselves to a value position that involves being respectful, treating people with dignity and thereby being a decent and honourable person and then its also about developing poise, elegance and wisdom. Where we are on our journey to gracefulness has much to do with our upbringing. But whatever has happened before, we need to take ownership of our 'grace'. What is particularly interesting is that, if we look closely enough, we can see important links between these two different sides of 'being graceful' the values and the skills. The more poise we have, the more confident and self-assured we can be, and therefore be in a stronger position to treat others with dignity and respect, as we will have less baggage of our own to get in the way. Similarly, the more we treat people with dignity and respect, the fewer problems we will have and the more respect we will get in return. That will then put us in a stronger position to adopt an elegant and self-assured approach to our lives, to have the poise that comes with grace.

# GRACEFULNESS PART 3

Being graceful is about expanding your natural born qualities. About being able to influence an outcome through poise. Not losing your temper when everyone else's sentiments are inflamed; it's about not allowing your basal desires to consume your persona and overwhelm your sensibilities; it's about channeling extra-atmospheric charisma into scenarios which might otherwise seem locally difficult to resolve; it's about constructing deep reservoirs of appreciation for life and for human beings for their own unique goodness. Grace really begins where the ego ends and that is why gracefulness and vulnerability is deeply connected. Living life in a vulnerable graceful way truly feeds our radiance.

From a physical standpoint, one of the best way to become graceful is to study our own body and take good care of it. Some of the most graceful people we know are individuals who are able to communicate an idea with a few choice gestures, that move and carry themselves in a certain way. Also, learning how to do things well and with intention is a graceful quality. Many also feel graceful when they dress "well" - in a way that complements our unique natural beauty. Wearing light colored garments from natural textiles, choosing meaningful adornments etc is also very good for the radiant body.

As for the psychological component, the best way to develop grace is to surround yourself with grace and study effective tools like meditation, journaling and breathwork. Surrounding yourself with graceful people, thoughts, books and music also helps you to soak up that GRACE as you really become what you "ingest". Practicing this you will find that your thought patterns and value systems will slowly begin to change.

# Vulnerability

To be gracefully consistent and work towards your vision means you have to step out of your comfort zone and be vulnerable. And to us this is a beautiful & important part of growth

When you're brave and you show up, that is the win. It's not about the outcome. It's about your willingness to show up regardless and keep showing up.

True self-love is how you manage yourself in the face of adversity. What you are willing to do to create the version of yourself you admire the most. True self-love is hard. It is the hardest yet most rewarding thing you can ever do.

Self love is about being vulnerable. And you can't practice being vulnerable on your own. Vulnerability doesn't work this way. According to the research vulnerability requires a) uncertainty b) risk and c) emotional exposure. When you take the risk out of vulnerability, it's no longer vulnerability.

Most of the time when we show up and "loose" or "fail", our ego steps in and says "No!!!! I will never let this happen again!!" So we armor up. We figure out how we can make sure that we are perfect before showing up. Or we decide not to show up at all. Or we blame ourselves—I wasn't ready or wasn't good enough. Or we blame others—anything to protect us from the pain. But what if in these moments we did the opposite?

What if we said, "Yes! Here is my opportunity to access my own resilience. Here is my opportunity to get back up and try again. This pain is part of being human. And I can get through this."

You may be wondering, yeah, but aren't there situations that just aren't safe for you to be vulnerable? And as many things, there's not a black and white answer to this—it's more of a both/and. On the one hand, you don't want to be reckless and boundary-less and share your most vulnerable stuff with someone who hasn't earned your trust or someone who's repeatedly shown they're not safe. You don't want to give an important speech or workshop without preparing at all. And on the other hand, no matter how careful and prepared you are, when you choose to be vulnerable and show up, you will fail at some point. And this experience is the birthplace of resilience. By embracing our pain in those moments, by loving ourselves through it, and by reaching out for connection, we begin to know our own power. Bottomline, it's all good when you're showing up—all of it. Because it's not about the outcome at all. It's about you being brave, being vulnerable, being present. The same goes with every aspect of our live. Our meditation practice, on and off the mat.

**VULNERABILITY IS NOT RISKING FAILURE. VULNERABILITY IS  
GUARANTEEING FAILURE. NOT ALL THE TIME BUT  
DEFINITELY SOMETIMES AND EVENTUALLY. SO WHY  
WOULD WE DO THIS? BECAUSE ‘ VULNERABILITY IS THE  
BIRTHPLACE OF LOVE, BELONGING, JOY, COURAGE,  
EMPATHY, AND CREATIVITY. IT IS THE SOURCE OF HOPE,  
EMPATHY, ACCOUNTABILITY, AND AUTHENTICITY. IF WE  
WANT GREATER CLARITY IN OUR PURPOSE OR DEEPER  
AND MORE MEANINGFUL SPIRITUAL LIVES, VULNERABILITY  
IS THE PATH.’ –BRENE BROWN**

A photograph of two young women with long, wavy blonde hair, smiling and looking towards the right. They are wearing light-colored, textured sweaters. The woman on the left is wearing a white long-sleeved shirt under a sweater with horizontal stripes in white, yellow, and grey. The woman on the right is wearing a plain white sweater. The background is a light, neutral color. The text 'THE PATH' is overlaid in the center in a large, black, serif font.

# THE PATH

# YOUR OWN PATH

You are on your own journey and on this journey life will happen and bring you all sorts of challenges as well as opportunities. The most important thing on your path of growth is to embrace failure, not be afraid of the NO's of life and to drop comparison to other peoples journeys.

# COMPARISON KILLS THE VIBE

Comparison is a natural human tendency, but it can have a very negative effect on our psyche depending on how it is managed. In modern life where we are constantly seeing into others peoples lives (and only the shiny parts) our brain automatically starts to compare us. This can be very unhealthy and lead us astray from our authentic core. So we need to find a balance of feeding ourselves motivation and falling into destructive comparison. As the negative aspect of comparison is low self esteem, unrealistic standards, resentment and overall feeling bad. But what helps us manage this human tendency.

1. Bring your Focus Inward: Redirect your focus inward, when you are feeling overwhelmed, down or resenment and concentrate on your personal journey, values, and progress instead.
2. Gratitude Practice: Cultivate a habit of gratitude. Acknowledge and appreciate your own achievements and the positive aspects of your life. From the small things to the big things.
3. Update your Personal Goals: Take a look at your vision and your goals, update them if needed but just remind yourself of where you want to go and who you want to be.
4. Celebrate Uniqueness: PLEASE DO THIS ONE THING FOR US: Embrace your individuality. Recognize that everyone's journey is different, and each person has unique strengths and challenges.
5. Limit Social Media Exposure: If you are feeling comparison drag you down be mindful of your social media consumption.
6. Compassion for Others: Approach the success of others with compassion. Understand that everyone faces their own struggles and challenges.

# FAILURE IS YOUR BEST TEACHER

We have to make sure that you know that: You will fail!!

Failures are inevitable, especially when you take a big risk to achieve ambitious goals & vision & want to incorporate consistency. Recognize this before you begin. You will learn from your failures and they will only make you better. Embrace failure and move on.

Failure is not falling down but refusing to get up.

Never a failure. Always a lesson

Attitude has a lot to do with how we perceive our failures. If you can start by looking at each failure as a lesson, you're already ahead of the game. Figure out what went wrong and what you could do differently. Then do it. Don't let excuses or negative thinking get in your way. Remember, you are not a product of your circumstances. You are a product of your decisions. Being challenged in life is inevitable; being defeated is optional.

Vince Lombardi, considered one of the greatest coaches and motivators in NFL history, said,

“Remember, the man on top of the mountain didn't fall there.” People who reach the top aren't afraid to climb.

Failures are usually only temporary. Failure is a great tool we can use to chart a better course and refine our strategy. Usually with some tweaks and changes to our game plan, we can dust off our pants and get back in the ring. People are often so afraid they'll fail at something that they don't try. Don't be one of those people!!

Everyone has failed at something in his or her life, but not everyone tries again and again.

You don't want to look back at your dreams one day and think on what could have been. But, dreams don't work unless you do.

# ‘ FIND SOME COMFORT IN THE DISCOMFORT,’

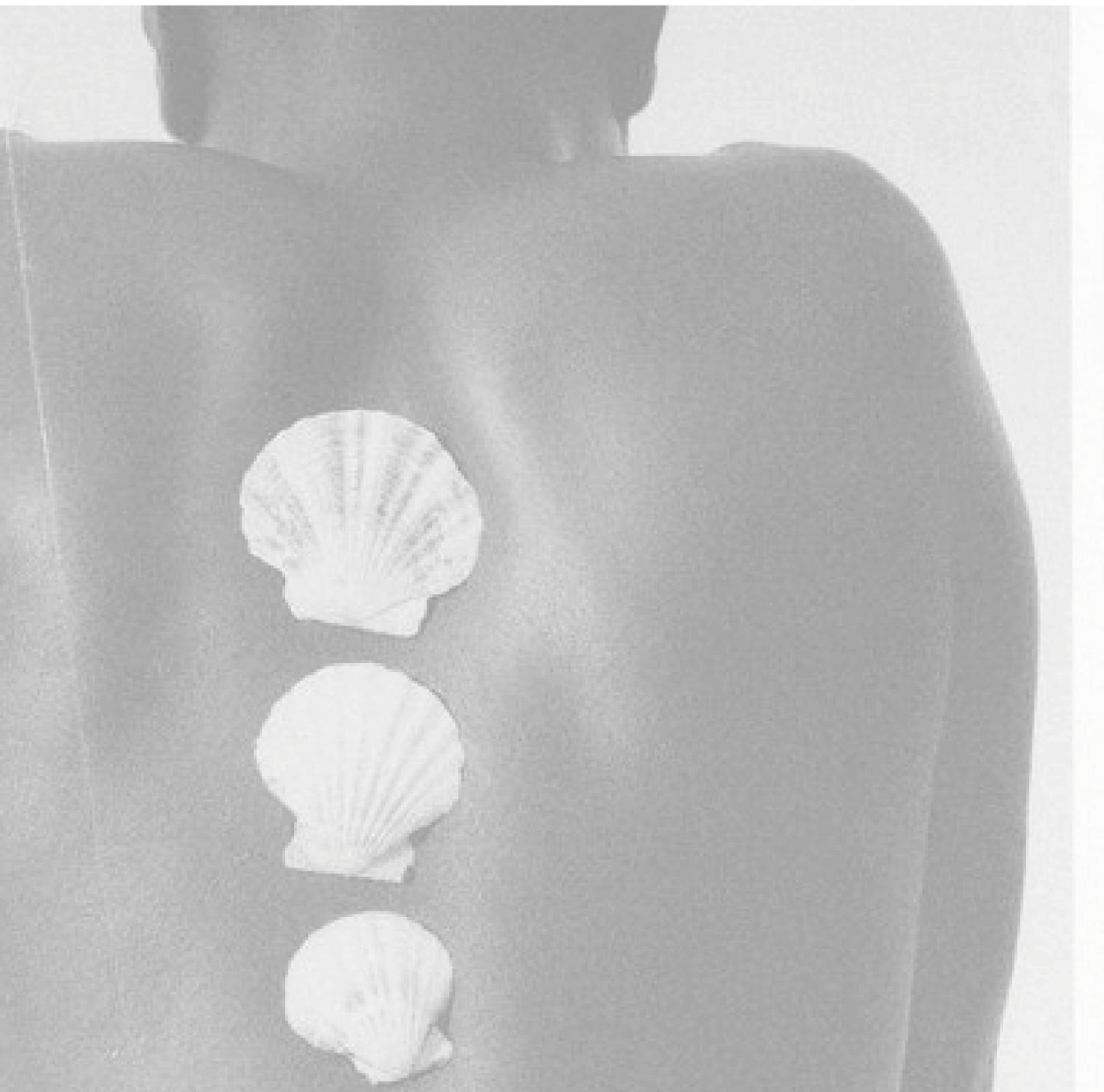
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“ANYTHING THAT ANNOYS YOU IS FOR TEACHING YOU PATIENCE. ANYONE WHO ABANDONS YOU IS FOR TEACHING YOU HOW TO STAND UP ON YOUR OWN TWO FEET. ANYTHING THAT ANGERS YOU IS FOR TEACHING YOU FORGIVENESS AND COMPASSION. ANYTHING THAT HAS POWER OVER YOU IS FOR TEACHING YOU HOW TO TAKE YOUR POWER BACK.

ANYTHING YOU HATE IS FOR TEACHING YOU UNCONDITIONAL LOVE. ANYTHING YOU FEAR IS FOR TEACHING YOU COURAGE TO OVERCOME YOUR FEAR. ANYTHING YOU CAN'T CONTROL IS FOR TEACHING YOU HOW TO LET GO AND TRUST THE UNIVERSE.”

# FAILURE IS YOUR BEST TEACHER

- Understand and accept failure as a part of life. W. E. Hickson coined the phrase, “If at first you don’t succeed, try, try again.” No matter how hard you may work, failure can happen. Successful people understand the reality of failure and the role it plays in their success. If Arianna Huffington hadn’t failed in a California gubernatorial bid against Arnold Schwarzenegger in 2003, or if her book hadn’t been rejected 36 times by publishers, there had never been the Huffington Post, one of the largest Web companies in the world. She states, “If we accept failure as part of life rather than something we try to avoid all the time, it can make a big difference in the way we choose to live our lives.”
- Learn from it. Making mistakes is OK, as long as the same one isn’t made twice and you learn from it. Failing is not the opposite of success, but a stepping stone to it. Failure shouldn’t be feared, but embraced. “Fail fast” and “embrace failure” are the top buzzwords in Silicon Valley. In fact, there is an annual failure conference there! The goal is for attendees to “study their own and others’ failures and prepare for success.” Failing is part of the learning experience. One Silicon Valley entrepreneur summed it up by saying, “We’re here trying to ‘manufacture fail’ on a regular basis, and we think that’s how you learn. Getting used to that, bouncing back from that, being able to figure out what people hate and turn that into what people love ... if you’re not willing to take the risk of failing and not experience failure, you’re never going to figure out what the right path is to success.”
- Learn the difference between quitting and failing. Thomas Edison was hearing-impaired, and his teachers said he was “too stupid to learn anything.” Imagine if Edison quit working on the light bulb after the first failure. The world would be a different place! After inventing the light bulb, he stated, “I have not failed. I’ve just found 10,000 ways that won’t work.” He never quit. He knew that failure was a process and quitting was losing. You can’t succeed at anything if you quit. Failure is a process and an event toward success. Seeing failure as the end is quitting, but seeing failure as a means to success is “true success.”



# YOU ARE YOU

With all our practices, self study, rules and exercises remember we truly are not trying to change you. We want to get to who you truly are, your essence. Imagen a statue that is green after years of weather and hardship rusting up the metal and covering up the shiny bronze. With these lessons we are just sanding away the rust getting to the shiny you!

# SELF-WORTH IS THE FOUNDATION OF ALL PERSONAL GROWTH.

Self worth is what you are truly building through your consistency, your self-care, your inner work, your meditations. Every time you choose to show up for yourself, you are planting a seed of trust within. You are slowly, gently, rewriting the subconscious patterns that once convinced you that you were not capable, not worthy, not enough.

Self-worth is not something you chase or achieve – it is something you remember. It is innate, already within you, waiting to be uncovered through the daily act of honoring yourself and your desires. When you choose to prioritize what nourishes you, when you follow through on what matters to you, when you listen to your own needs and voice – self-worth grows stronger.

And as your self-worth grows, everything else changes. You begin to move through life with more confidence, more clarity, more authenticity. You stop settling. You set healthier boundaries. You magnetize opportunities and relationships that reflect your true value. You trust yourself to create what you desire. Ultimately, this is the heart of Self Mastery: to remember your worth, to embody it, and to live from it – one choice, one moment, one breath at a time.



# YOU ARE COMPLETE

“The sculpture is already complete within the marble block, before I start my work. It is already there, I just have to chisel away the superfluous material.”

— Michelangelo