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Reinvention Coach



THE ART OF BEING

7 lessons from mother nature

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Welcome...

Dear friend, welcome. Thank you for joining me on the Art of Being journey. It's all about you becoming more connected with YOU.

This idea sounds so basic and simple, right? But it's not always easy to be connected with ourselves in the midst of a world that encourages just the opposite.

I invite you to pull in your attention from the outer world of achieving and striving and trying to get it right. Why? So that, from the place of being fully YOU, you can *then* go out and live your big life and your big dreams. You will be fueled by the essence and power of YOU. You will know that you are enough.

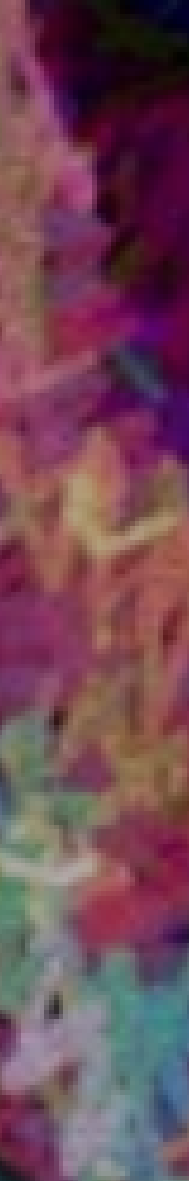
Nature shows us so beautifully how to do this. She shows us how to just BE. She is the Master of beingness.

So come along and relax into these simple, powerful lessons from Mother Nature.

With lots of love,

Rose Corrick

Rose Corrick
The Art of Being





Nature:

YOUR EXTRAORDINARY TEACHER

Can you feel the exhaustion of striving, always “trying to get it right” so that you can feel that you're enough? What if everything is already just right, just the way things are?

Imagine letting go of all of your expectations of how life should be and you just drop into the NOW, everything is OK and you are enough. This is the essence of what Nature teaches us. Everything is exactly as it should be, right here, right now.

During the pandemic, I spent many months taking long, slow, deep walks in the magnificent nearby metro parks. Loss after loss had piled up in my life...and being in Nature was the only thing that made sense. The only place where I found peace.

Over time, I dropped into the felt experience of the lessons I am sharing with you. I stopped asking why? And why me? and began to just say OK. **“Accepting what is”** underlies the simple but powerful lessons that I share with you here.

All is well. Trust and let go. You are beautiful. You are not alone. And, most importantly, you are enough.

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You are enough

YOU HAVE INFINITE VALUE

The Art of Being invites you to let go of the cultural messaging that you are not enough. Our indoctrination says: You are not enough unless...your looks are enough, you achieve enough, you earn enough, and on and on.

Nature teaches you that you have infinite value just because you exist.

Immerse yourself in nature.

Feel that everything in nature is enough.



Exercise: Mirror Work

Mirror work is a powerful self-love practice where you meet yourself in the mirror and send yourself loving affirmations, while noting any resistance that comes up :)

Begin by making eye contact with yourself in the mirror. Silently meet your own gaze for a full 30 seconds. Allow any thoughts or judgments to simply be there. Then, holding your gaze, say:

"I am enough."

You are enough. You have infinite value.

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*Be rooted in your
body*

YOUR BODY KNOWS...

Notice how everything in nature is rooted in the ground... trees, plants, flowers. There is a vital, vibrant energy source available to us in the earth and available to us in our bodies. Connecting with our bodies leads us to greater wisdom and access to ourselves.



Exercise: Grounding

Relax in a seated position with your feet on the ground and your back supported.

Take three deep breaths. With each exhale, empty the air from your lungs and drop deeper into your chair, relaxing your shoulders, jaw and seat. Imagine the energy in your feet reaching down into the earth and connecting with the magnetic power in the core of the earth. You may notice a tingling sensation as you release energy into the earth and receive energy back from the earth.

The rejuvenating energy of the earth is always available to you.

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just...let go

MAKE ROOM FOR SOMETHING NEW

Mother Nature is a beautiful role model for letting go. Notice how she sheds and lets go of what is not needed. She is constantly letting go and recycling. Letting go creates the space for something new.



Exercise: The Gift of Releasing

Every day, select an item from your home which holds memories for you and which you are now ready to release.

Envision the perfect recipient of this item and make a plan to give it to them. As you begin to release these treasures to their new lives with someone else, you shed old energies, allowing the space for something new to enter your life.

Every day, create more space and see what comes your way.

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Return to curiosity and creativity

CELEBRATE NEW BEGINNINGS

The natural universe is in a continual state of creativity and rebirth. The seasons perfectly mirror the creative process. Spring seeds infinite new ideas, Summer is full of creative expression in an endless array of color and form. Fall shows off the majestic maturing process. Winter is about peaceful endings and incubation before the next cycle begins.



Exercise: Creativity Project


You've made space for something new with "letting go". Now, let's open the floodgates of creativity. Remember back to a time when simple creative projects filled you with excitement and joy. Pick one simple project.

Try a new recipe, plant a garden, take an art class.

Expand your definition of creativity to include ANYTHING NEW.

Return to your natural state of exploration, curiosity and creativity.

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A large tree trunk with a teal overlay containing text.

own your
power

TRUST YOUR BADASS-NESS!

Nature is unabashedly powerful. She gives no excuses, no apologies, no explanations. She just IS. Lean against a massive tree and feel her endless power (and yours.)



Exercise: Power Pose

Listen to Amy Cuddy's Ted Talk: [Your Body Language May Shape Who You Are](#). You'll learn that the posture you project in the world defines the way you're perceived. No more invisibility!

Reclaim your place in your life and in the world.

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Feel the support that exists in Nature... collaboration, acceptance, community.
We cannot thrive alone. Community feeds our soul.



Exercise: Find Your Community

Find your community of like-minded women, women who support you on your journey of exploring the art of being. Find an online women's circle, join a writing meetup, join a Facebook group, like [facebook.com/groups/theartofbeing](https://www.facebook.com/groups/theartofbeing).

You will be welcomed.

Support changes everything!

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Trust life

ACCEPT THE EBB AND FLOW OF IT ALL...

Notice the cycles of life in Nature. Each one depends on the last, none more valuable than the other. Beginnings and endings are continually happening.
Accept the ebb and flow of life.



Exercise: The Constant Flow of Breath

Our breath is an endless unconscious exercise of trust. We breathe in and we breathe out thousands of times every day. We simply trust and allow ourselves to be breathed.
Sit for two minutes and become conscious of your breath.

Trust that Life is operating *for* you.

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I invite you to schedule a call

Thank you for being with me on this journey.

From my own personal journey and from my work with hundreds of women, I know that a common thread underlying many of our life challenges comes back to underlying feelings of not being enough.

In my coaching work, I help women uncover and re-program the limiting beliefs that often sabotage their dreams and goals. Beginning from a place of “being-ness” and knowing that you matter is key. This is the foundation for designing the roadmap for what's next for you.

As a Reinvention Coach, I help you explore both the inner and the outer aspects of your life so that you can truly “begin again” and create transformation in the next chapter of your life.

Contact me for a FREE Discovery Call and let's explore some possibilities.

With love,

Rose

Schedule a FREE session with me at
<https://RoseCorrick.as.me/DiscoveryCall>

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**YOU BEING YOU
IS THE GREATEST
GIFT YOU GIVE
YOURSELF AND
THE WORLD**

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