



## Module 4: The Internal and External Challenges

### Video 4-2 Letting go – Who Are We? What will People Do?

Let's first have a look at our internal challenges.

Challenge number 1: Taking on new assumptions, any assumptions as **ABSOLUTELY** true, especially assumptions that challenge everything we've ever believed. It's radical that these assumptions go beyond right and wrong/good and evil. Either we can go there, or we can't. Or maybe we can catch a glimpse of this reality now and then, but our deep-rooted stories of victim/perpetrator, "poor me" are powerful and our identity is based upon them. It is very hard to let them go. How can we possibly honor the abuser in our lives? How can we get to the place of thanking them with sincere gratitude – something beyond forgiveness?

How do we come to terms with acknowledging that our soul asked for the behaviors from others? It's a big challenge. And may not be possible. Just let it mulch in and let's see if our soul has had enough and is ready to move to higher levels in order to eliminate the behaviors from others that have been plaguing us our entire lives.

Challenge number 2: If we let go of our mask, our persona, then who are we? We become vulnerable. We open our heart. We remove the armor. Very scary! How do we act? Will we lose friends? Will we not fit into the same social group? Maybe we are still the same person on the outside, but on the inside we are full of joy instead of hiding shame and insecurity. The challenging people and circumstances shift, miraculously! Do we dare? Do we doubt it's possible?

Now let's have a look at some external challenges:

There are accepted beliefs in our culture that we might violate. The idea of “original sin” goes out the window. We might be perceived as on an ego trip. We might lose our job, or not want our job anymore. We will be cast into the unknown. People will think we are crazy, a failure. People won’t want to be with us. We will have shifted frequencies and there is no resonance with old friends and circumstances. Then what?

Please go inside and ponder these fears and possibilities that might stop us from going further with this process. They are very real and it will take courage, determination and a true commitment to the calling of our soul to carry on and walk in trust of circumstance and our own highest knowing and inner guidance.