



The *Blueprint* of Self-Awareness and Being

**The Magic of Recognizing, Accepting, Releasing
to Transformation in Life & Stress-free Living**

A profound Look at *SELF*

Anke Otto-Wolf, Instructor

Shamanic Life Coach – Instructor – Author

'The Blueprint of Self-Awareness and Being'

Recognition, Acceptance, Release

Dear Learner and inner Wisdom Seeker, I am impressed! Yes I am. You have taken an enormous step forward into your spiritual awakening. Certainly you are expecting results "now"; however, remember the thoughts, habits and actions you want to change within yourself, they have taken quite some time to manifest themselves. Therefore, be patient with yourself and you WILL have those 'aha' moments and see the light, feel lighter and grasp the transformation.

When thoughts and feelings of "there's gotta be more" or this yearning to "find home" pops into our awareness and fills your already clogged mind with chatter, it is time to take care of *Self*. You do want to live stress-free, eliminate frustration and the feeling of inadequacy, right?

Then, allow yourself, or even better, push yourself and become aware of your own strength and re-connect with your universal being for inner balance and harmony. Discover how embracing spiritual experiences manifest Soul Balance and how this force influences everything within and around you. Get in touch with your inner *Self*.

As you are reading this you already have embarked on a spiritual journey discovering your amazing *Self*, your ancient wisdom, and moreover, you are willing to learn how to connect with nature by means of a down-to-earth approach of nurturing the soul. Didn't seemingly a light go on and everything is 'lighter', has brighter colors and the air smells fresher? Know that your soul's power to create healing energy and that is the place within where spiritual healing begins.

By combining love for Self, nature's energy, and the inner enlightenment Native spirituality gifts us, we are open to new possibilities in overcoming challenges.

I commend you for having had the 'guts' to look into changes that are possible, and positive transformations you are longing for; and on top of it you are creating new 'feel-goo feelings'! Believe me this promises to be an amazing journey to your Spiritual Awakening sparking the essential *know-how* for a kinder, stress-free life.

Don't be surprised when you discover that the answers you are seeking you'll find within, for they are already within you, within your *Self*. All you have to do is open up, be ready to listen, allow yourself to feel, to dig into stillness, and to learn how to use your own awesome power. And when you do, please remember to repeat the feeling and experience! Repetitiveness manifests.

We go on vacation to get a 'healthy' tan, to climb high mountains, and we go near and far for relaxation and new emotional imprints; yet, upon our return home we discover that the same 'ol' same ol' has us quickly in grip again. So, did we discover a magic wand to change those stressful situations? Did we acquire life changing skills? No, we didn't. So, ask yourself- really, truly, honestly ask yourself- have you ever taken a *vacation for the soul* to manifest new habits?

Being open minded also means that we pay attention to our solar plexus and listen deep inside to its messages. It is then, when we begin to comprehend the needs of our soul, and begin to meet those needs through kindness for Self, through gentle music, and through truth. Nurturing your soul with the power of truth and clarity (Truth and Clarity are huge topics in upcoming courses) strengthens your emotional well-being, influences your

energy with calmness, and delivers a healthy portion of self-assurance and self-esteem.

Just as you seek healing and cure from medical or alternative healthcare professionals for physical and mental ailments, energy healing is another sound opportunity to heal your soul. This, in turn, presents the possibility of living a healthier, happier and a more rewarding life.

Staying on that path of 'feeding' the soul with powerful energy of delight, exhilaration and contentment, attracts those transformations in body, mind and daily life you long for. Does this mean that a balanced soul influences your self-esteem? Yes, and yes again! Just think, how could you possibly be self-assured if you have no idea how to overcome the challenges before you, and you're stressed and frustrated, yet all you are longing for is peace and quiet? Wouldn't such a situation deeply influence your ability to function adequately? Ergo, boosting your self-esteem and self-love equates to handling difficult situations with ease. Yes.

Therefore, this read is just a mere beginning of your personal discovery of your *SELF*. Nourishing the soul with patience, love and kindness results in finding and knowing one's true Self. Consequently, showering your Soul with beauty of any kind enhances its capability to intertwine healing power, inner balance, and wisdom so you get to meet your future *Self* filled with self-esteem, and a positive self-image in a stress-reduced life.

I am asking you to re-read this text, take notes, and discover and practice all the 'spiritual tools' provided. You won't regret it! Be well.

I am sending much Love and Light your way.

Anke Buffalo Feather

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