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#heartbook



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Heartpower ON

"It's only with the heart that one can see rightly - what is essential is invisible to the eye."

Antoine de Saint-Exupéry

Please have a DEEP DEEP BREATH.

Inhalte. Exhale. Repeat.

And NOW please let the breath flow right into your beautiful soul, which beats for you in your heart.

That part who beats, works and lives for you - longer as your mind ever did.

Let me be clear: Your beautiful mind is wonderful to guide you as well. But in this time we live, we forget VERY often the POWER of the HEART.

Did you know, that your heart is first who receives oxygen - right before the brain does?

It's the place where your heart chakra (anahata chakra) lies.

Please have ANOTHER DEEP BREATH. Maybe you want to have your hand on your HEART.

Close your eyes for one inhale and exhale again.

HOW DID THAT FEEL LIKE?

Silent? Calm? Aware?

My daily practice is to do that. Again and again. Fill it up with oxygen. Clarify the energies.

You'll find more exercises to activate the power within your heart on the following pages.



Feel your Heart

Imagine you are in a huge room with a big computer - this is your mind - working for YOU all the TIME.

Press the button to switch it of - at least for a while ...

Go SLOWLY in a WONDERful MAGICal elevator - your safe space to guide you safely and smooth down into your HEART.

Maybe you like the imagination of your VERY OWN HEART GARDEN - ready for you to explore ...

FEEL. What is it exactly what your heart needs right now?

Activate LOVE in YOUR HEART

Who do you love unconditionally?

It could be a human being or an animal.

Imagine that soul in front of YOU. Connect from HEART TO HEART. Dive deeper into that FEELing.

BREATHE that FEELing you have inside of YOU. Because it's already there.

Contract WITH YOUrself

Words are magical. Written down like an innocent superpower - which can be felt - the energy you put into. Your REAL PRESENCE.

So, I want you to be REALLY present while you are doing this exercise.

It is called "a contract with yourself". Like a promise.

It can be for your life, your business or for a period of time (like a new year's resolution).

And if you are signature it - it can be much more POWERful. It's a commitment.

Be aware, while you are writing, if those words resonate with your HEART. Write out of YOUR HEART.

If there is no resonance it won't have the same impact.

Let your INNER VOICE and your INNER TEAM (more about that topic you'll find in my work all around holistic health -> Event "HEALTH." guide you.

Take your time to signature it. Maybe you want to refine and polish the text a bit.

One step at a time ...

My contract WITH MYself

'Cuz uR WORTH it

Do you know your values?

That was game-changing for me!

Because the thing is: You can't act against your very own values.

I made a bunch of values you can choose and feel, if they resonate with you - but PLEASE MAKE SURE that you are REALLY ALIGNED with them. Often people told be about theirs in my coaching and they just wanted to be NICE and just said what their parents or caregivers told them.

I truly believe that not following our VERY OWN VALUES can make us unhappy and probably sick.

And yes, values can change over time and you can come closer to the core of your foundation and also guidance, because your values are your navigation system. If an action is not aligned with your values it's barely possible to do the next move.

It can feel like a betrayal on our soul - and we are here to live our TRUTH - right? Now it's time to be completely HONEST with YOURself ...

Your VALUES

Mark what resonates with you - use a color you LIKE.

Fantasy

Pragmatism

Joy

Independence

Structure

Adventure

Honesty

Harmony

Connection

Courage

Wealth

Friendship

Ease

Safety

Freedom

Flow

Empathy

Love

Family

Creativity

Discipline

Responsibility

Justice
Accountability
Minimalism
Success
Enthusiasm
Clarity
Authenticity
Integrity
Leadership
Sustainability
Respect
Patience
Happiness
Stability
Loyalty
Achievement
Communication
Fun
Bravery
Inclusion
Faith

Choose 5

... and write them down here:

VALUE	To which degree do you live that, already? 1-10 (1=very low, 10=to the full)

Now - the WORK just has got started :-)

Observe yourself the next months. Explore, if there is more capacity to give your VALUES MORE SPACE in your beautiful life.

Check in to that HEARTBOOK. again in a while and look what has changed.

Have FUN!

Ask your INNER CHILD

Now it is time to reconnect with your inner child. Your inner magician. Because, when you came to this planet, everything was already within you. Sometime humans forget about their gifts, they brought here. It's time to remember ...

What was easy for you from the very first beginning? What did you soo much like to do - without having someone who told you to do?

What is it you can do for hours - without pause - and NOT RUNNING OUT OF ENERGY?

Imagine you are going to receive ALL THE MONEY YOU NEED - what would you do with that money (out of your heart and not forced by society?)

What is your purpose?

What is your vision?

Follow JOY

*"Joy is like music unfolding inside of you.
Dancing cheerfully eyes.
As the sun rays."*

Doris Kessel

Gosh, do you know HOW looong I used to do things I did not like AT ALL? It took a really long while for to figure out what my purpose is: to touch people with my VOICE & ENERGY.

Well, I learned a lot along the way and I like the sentence: Nothing is wasted - so PLEASE appreciate YOUrself for your journey down here on this crazy place called earth ;-)

What brings you JOY? Write it down 📌

BEAUTIful Mind

For me, as a mental coach, it was a long time that part I used very often to full fill my needs and pursue my goals.

After trauma came up, I realised that that part has its value, but it is just an important part. This is important for me to emphasise - because we are VERY COMPLEX human beings.

Mental strength itself - in my case - developed in a much more beautiful level, as I figured out what my underlying belief system was - why I did things - that brought change (and a lot of somatic work and nervous system work as well). I figured out how much influence the breath has on my thoughts and emotions. And how much I was (and still) trying to suppress thoughts and emotions.

As more acceptance for my "shadow parts" and vulnerability showed up - everything changed - even without using affirmations. It was a process over years - and this is not over.

That is really important for me to put out into the world because to many people promise "quick fixes" they do not exist in my universe.

If you come into my universe there is a lot of SPACE and TIME.

So give yourself SPACE. ROOM. Also your thoughts, your mind, to explore. With any breath you heal. From inside out.

Let things develop in their own pace. In your VERY OWN RYTHM.

Find your VERY OWN PATHWAYS to neuroplasticity & Co.
Find your very own HEALER INSIDE OF YOU.

Being full of appreciation for YOURself & your accomplishments

Gosh, I used to think as former ironman athlete what an accomplishment means - and it was far away from what I was dealing then after my accident on Kaua'i - which is one of that beautiful Islands of Hawai'i.

I smashed my kneecap into six pieces by jumping into a waterfall and hitting an unseen rock under water.

I wasn't able to run anywhere anymore. Life offered me 7 month rethinking my life on the couch during Germany's cold and grey winter.

I learned a lot since then and as well to appreciate more and more the things I did my whole life. One of my mentors once said: What you did in 40 years fits into four lives. I never saw it that way. Overachieving was my daily practice.

So Hawai'i gave me a training to look deeper and honouring myself more and more - for any tiny little thing. Even if my mind still says "You did that better in the past!"

So, I used to believe that success comes from grades, salary and titles. I learned what success can also be: Make it alone inside the shower. Being able to drive a car again. Being

brave enough to ask for things I would have never asked before. Overcome my fear to show up vulnerable. Even with men who rejected me.

I want you to write down all the moments in your life where you did things that made you grow, brought you closer to yourself and YOU ARE F*** PROUD of! Maybe you are going to discover all the beautiful things you managed - and you do that probably every single day. That can switch your mind from feeling unworthy to feel loving and caring YOURself RIGHT NOW! (and sometimes we do need to feel horrible - to train exactly that).

Energy in MOTION

I clearly remember that moment when I was standing in the kitchen in Hawai'i 2019 - trying to figure out what my vision should be and how I want to live my life after my accident. So, I was scrolling through some quotes on social media and one immediately resonated:

"You become very powerful when you learn to control your emotions."

Ahhh. Interesting. Didn't know that I had an issue with my emotions ...

Oh, I can tell you, I wasn't aware what ocean of emotion was inside of me - deep down suppressed - probably over 40 years.

I was able to navigate sadness very well, but anger was not on my emotional playlist.

I will never forget that moment when I realised that I try to bypass my anger with doing things. I feared that energy.

Yes, e-motions are ENERGY IN MOTION.

And I wasn't able to do the work alone. I needed someone to hold space for me and navigate me for a while to let them come up - little by little.

You can imagine that some strong emotions can be established in some early years of our life - we still don't have words for it - so the only thing what we can do is to show them to our caregivers. If mum and dad is already overwhelmed and having no capacity for that we are going to learn to hold them back deep inside of us.

Then it might happen that later in the life we need to face situations again and again to realise that those situations are going to show our triggers.

Mindset work doesn't work. As I mentioned, there was no language.

With my therapist I worked on that and she helped me that I was able to hold space for myself - because it is definitely ENERGY IN MOTION. Finally I became better and better - for my very own suppressed JOY, as well. WHAT? Yep. Because it was not allowed to be expressed the way I felt it as a kid.

So, expression MY VERY OWN ENJOYMENT became finally dangerous. I am still learning to express it safely in an environment with people I can trust. I highly recommend that for you, too. Because we need that to rewire our brain.

Anytime you experience something new - in a good way - you can slowly "overwrite" the old program and belief system.

Do you know the movie "Inside out"? Even if it's a kids movie - it shows in a wonderful way how our emotions influence us.

You might ask what are our universal emotions? Very good question!

Here we go: Enjoyment, sadness, disgust, anger and fear.

And all of them belong to our very own human nature - even if society tries to suppress it.

Imagine a wonderful flowie river is going to be interrupted like a dam. What happens?

And then imagine that the blockage is taken away to fast - what happens?

This can be transferred when we suppress emotions and then we can't hold them back anymore. I totally understand as a people pleaser how hard that can be not to suppress.

While you are coming closer to yourself and your heart you will realise that those moments will diminish very naturally - and that true voice inside of you becomes more powerful. In a very clear and stable way.

You can start today to just observe what is going on inside of you. Maybe you have the chance to make more space for silent moments or walks through nature - that you can feel yourself in a pretty much better way.

What you also can do is to speak out loud what you feel right now. So get a connection your inner voice and wisdom which resides in your heart. For your passion.

And you know what? Your emotions probably very passionate about to guide you through the process.

Lead your INNER TEAM

**Imagine you are running a company inside of you ...
imagine there is a huge team supporting you through your
daily life, finding your passion right now ...**

I haven't even realised that I was traumatised from my childhood - but one day, I was standing in my tiny one room apartment - I felt something inside of me:

My inner child started talking with me. And some other parts I needed to split apart during my busy life to survive.

I moved from Germany to Austria for a part time job and felt connected as well with my spiritual guidance.

Then life brought me to Canada and I had some VERY MAGICAL moments in Victoria, BC, Vancouver Island.

After some traveling I tried to make a living back in Germany and choose a part time job again. It was in a child care. It was like those kids supported me unconsciously to reconnect me with my inner child. I learned that there is a language full of energy and magic.

I discovered how much present I can be - which demands a slowing down I never experienced. I also tried to figure out what a joyful life means and realised how much I split that part apart who knew exactly how it goes.

After trauma came up I was faced with anxiety and panic attacks. I was never a very much fearful person. But my body and nervous system showed me what I kept hiding deep down probably my whole life.

It took a while (and still does) to reunite those guys inside of me. Because every part has its quality. I guess one of my biggest learnings about self love is TRULY ACCEPTING and EMBRACING all of ME.

I like the picture or concept of team building by Bruce Tuckman who described four phases in a team building process (afterwards a fifth phase was added, which doesn't make sense for our inner process, but feel always free to do your OWN RESEARCH):

1. Forming
2. Storming
3. Norming
4. Performing

As in real world imagine how new team members join a team and there is a phase of "getting-to-know-each-other", right?

Then, in the next phase, everyone is checking out the own position and boundaries, as well. After some time they figure out how to BE and WORK together. And then they can bring the best of the team.

So, in my case, that parts I needed to abandon for such a long time, needed a lots of space. And the parts who were dominant over 40 years needed to make some space. My job was to guide them. To listen. To acknowledge. To be full of empathy. Yes, I am also talking about MYSELF.

The more we/I grew together the more I was able to following my business goals again.

The whole process needed a lot of patience. I just imagined always: How would I lead a company? What would I do? Say? React? Making decisions?

You know what the best moments are? When you feel like everyone is ALL IN for your goal. Like a fully COMMITTED TEAM INSIDE OF YOU.

And like a team full of human emotions it can happen that nothing moves forward, as well.

So, I don't want to over-romanticise the process. But I want to encourage you to open up for it - or ask for support.

My biggest learning was: Taking my time. Without even knowing if I can make it financially to the next month. There was NO FAST LANE as I trained myself being fast in a triathlon race.

Now, I have so much more compassion, love and understanding for others. I am grateful for that learning.

About the author



Doris Kessel is a Coach + Medium.

She supports Artists, Healers and Highly Sensitive Human Beings to reconnect them with their TRUE. power.

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