



Amazing International, Inc. presents...

A.W.A.K.E.N.



*Never before has there been such a call
to become more of your true self.*

I believe the world is ready for more women's voices. The voices of women committed to doing the inner work to bring forward her greatest truth and expression.

As a woman, your voice, vision, and visibility matter more than ever. If you feel called to make a greater impact - whether with your family and friends, clients, colleagues or team, community or the world at large - now is your time.

It's your consciousness - how aware, awake and aligned you are - that shapes your impact and experiences. The invitation getting louder and louder, is to AWAKEN to who you really are. To discover and share your truth and your voice. To fully embody and become who you're really here to be.

Life is constantly giving you the opportunity to grow and become more of the real you. Here are specific tools for you to work with how life is moving you towards your greatest expression and expansion...especially when it feels like things are hard or falling apart. The tough moments can be the ones that bring you the greatest clarity, connection and congruence, so you can feel good about yourself and become the woman that you know in your heart you're meant to be.

I invite you to keep this close-by and use it as an easy reference to come back to yourself and move forward from a place of greater peace and clarity, presence and power in a way that feels juicy and true, for you.

Tracey



Acceptance

If you don't accept where you are, then you can't change anything. Your power is in the moment you see what's going on and allow it to be what it is, even for a moment. To see what's happening - from a higher perspective - even if you're deep in the mud.



1. Acceptance is the first step.

HOW: “Where the Rubber Hits The Road”

Resistance may be the first, second and even third reaction you have to what’s going on. It’s not going the way you want...The key is to allow yourself to have all the feelings that come up without making them, yourself, or the situation wrong. To build the muscle to look at what’s happening without judgment or shame, guilt or blame. And if those feelings come up, then you build the muscle to stop from going further down that dark tunnel.

How?

Bring kindness to yourself and recognize that you are growing through something. Wrap your arms lovingly around those parts of you that are hurting. Recognize that something is being healed inside of you. Give yourself the love and patience that you may have never received in tough moments. Become aware that something is awakening inside of you, so that you release what’s not your truth and become more of the real you.

Our tools will help: Look through “Eyes of Love” and “Compassionate Curiosity.” Look lovingly at the young parts inside that were shamed or hurt in the past. Have compassion for yourself as you learn that you’re not broken, though you do have conditioned patterns, beliefs, habits and behaviors that stem from what you’ve lived and how you learned to survive. Be curious about what’s happening so you can learn the lessons in this situation or challenge, and then do the inner work to ‘get the gold’ so you grow and evolve.



Work



2. Work with exactly what's happening, right now, as it is.

It might look like a problem came out of left field while you're on the path to your purpose, goals, or desires. Something you didn't expect may pop up and you might think "this issue is taking me off track", or "I don't have time for this", or many variations of that same theme.

Or, you might think "I should just get over this", or "I already worked on my ____ (mother, father, teacher, money, relationship, health, etc.) issue - I should be over this already." These are normal responses. The higher truth is that what's happening is exactly what's meant for you growth right now.

HOW: "Where the Rubber Hits The Road"

Carve out time to journal and ask yourself "What is happening here to help me grow?"

Ask higher level questions like "What is here for me to learn?" and "What am I being asked to see/heal/love/release/step into, etc." rather than a lower vibrational question like "Why is this happening to me?" or "What did I do to deserve this?"

We believe this is part of what we call your "Soul's Curriculum" and what you are here to learn and grow from, and through. Once you learn the lessons you're meant to experience, we believe this is what you'll teach and help others with. In our work, we teach the "Lens of Messenger™", which guides you to know what and how to share with others what you've been through so it helps them on their path too.



All...

All of you is worthy of love. This could be a big pill to swallow. You may get this intellectually and have heard it a million times, but get real with yourself: do you believe and practice this truth? Many people say it, but when things happen, it's easy (ie: a habit) to get hard on yourself and 'should' all over yourself. That's what we call "Spiritual Saran Wrap." That's when you say something that sounds great spiritually, like "It's all ok, I know I need to love myself" but inside you're not buying it and instead you're beating yourself up all over the place.



3. *All of you is worthy of love.*

HOW: "Where the Rubber Hits The Road"

Learning to love all parts of you means just that - all parts. The ones you like, and the ones maybe not-so-much. This is about learning to love and accept all of who you are - the totality of you - rather than fragmenting yourself to fit some mold or ideal that you think you should be.

When you don't accept parts of yourself, you create masks and ways to hide or 'make it' in the world. You started doing that a long time ago. Most of us did. I know I did, too. These masks keep you away from your true self. They hide the parts of you that have been left in the shadows. Everything that we're talking about here together is about you taking off the masks, so you see the real you, and let yourself be seen by others.

A powerful exercise is to look at yourself in the mirror and say the words "I see you." Then finish that sentence with loving acknowledgment of what you're working on, like "I see you learning to be more patient." "I see you taking risks to share more of your heart." "I see you've been hurting and scared, and I love you."

Give yourself as much time as you can to go through this, and do it for many days in a row. It may be hard at first, and you may not like what you see. I've been there and know exactly how that feels, which is why I can say it's so worth persevering through this one. The more you keep at it, the easier it truly does become. This is a powerful tool and will rock your world when you feel this kind love for yourself!

The more you let yourself know and love all parts of you, the more of you you'll have. That's really the gift and the gift of waking up.



Know...

You are a divine being having a human experience. You are a creator and co-creating with your Divine Source. When you align with that truth - and keep reaching for it even when it's hard - you will wake up and live your life, share your voice and fulfill your dreams in ways even better than you can imagine!



4. Know that all things are working towards your highest evolution, expression and awakening.

HOW: “Where the Rubber Hits The Road”

You're not a victim because things are happening to you. The highest truth is that everything is happening FOR your greatest awakening and unfolding, whether you like what's happening or not. When you can look through this perspective and dig for the “gold” within, it will bring you closer to knowing yourself, loving yourself, and expressing yourself in the ways that you desire. All that is happening is so that you can grow and become more of your true self.

This is an inside-out job. It's not about looking 'out there' and chasing shiny objects or comparing yourself to others. This is about going within and getting to know what's inside of you. It's about having a relationship with whatever you believe as your Higher Power, and working with that. This is a spiritual comment, not a religious one. Whatever you believe is yours to believe. This is about recognizing that you have a divine spark and essence inside of you that is infinitely more than what the eye can see. You are connected to a higher Truth that is guiding you and loving you, when you tune in and listen from within. Challenging moments create the greatest opportunity to open your heart, surrender your agenda and wrestle with the deeper truths inside trying to emerge and express in, as and through you.

Meditation is a powerful tool to create stillness and spaciousness inside, so that you can hear your inner wisdom and receive the gold in challenging times. Meditation is a tool you use to build a muscle so you have it when you need it. That's why you practice on the days it feels like you don't need it. You can have whatever meditation works for you.



Engage



5. Engage with the process, and enjoy it as much as you can.

It might sound crazy to enjoy the challenges. Yet, building off the point above, when you know that everything is happening FOR you and that all things are truly conspiring for your awakening and highest evolution, then you can actually learn to see that what's happening can be endured, if not enjoyed. At least it can be appreciated, knowing that when you do the work to awaken, you will come out the other side with the gold.

HOW: "Where the Rubber Hits The Road"

What you appreciate, appreciates. If you appreciate the opportunity to heal, you will move through the process more quickly. If you appreciate the opportunity to love yourself more deeply, you will feel the love more sincerely. If you appreciate the opportunity to grow into more of your true self, and who you desire to be, even though the moments might feel painful, you will accelerate your path because you are in appreciation rather than resistance.

Having a gratitude practice is a powerful way to keep yourself moving through this with more grace, compassion and purpose to get through to the other side. Gratitude is powerful medicine. Writing in your journal daily (in the morning and/or at night) and listing the ways you're growing, the things you're grateful for and the appreciation for the lessons that will serve you and others, will help you move through this with more of what you need to make it to the other side.



Now...



6. *Now is the only moment.*

Here we are. The one thing that makes all the others work even more. Knowing that there is only this moment - the past is gone and the future hasn't happened yet - can give you so much power, presence and possibility to awaken, become and embody who you are here to be.

HOW: "Where the Rubber Hits The Road"

None of this is "Spiritual Saran Wrap." This is all about you waking up to your greatness and working with all that life is bringing to you so you can be more of the true you and have the most amazing life you desire.

Your voice, your message, your calling, your joy, creativity and fulfillment, all have the greatest potency when you are present.

When you have more presence.

When you are in this present moment.

You have within you already, a tool that has been known for thousands of years. Science has proven its power as well. 3 deep breaths. Right here, right now. We call this the "Neurosqueegee" because 3 deep breaths wipes your nervous system clean, just like a window washer uses the squeegee to take the 'schmutz' off the window.

Practice it right now. 3 deep breaths. Breathe in from the bottom of your belly. Let out all the air. Breathe in again. Do it 3 times (at least) and see how you feel in your body. Make this a habit and practice it throughout the day, as many times as you can. Feel the space within your body. Feel how delicious it feels inside of you. Feel your true essence.



Well done!

There's so much in this, so please keep this reference close-by and use any of these tools anytime you need. Stay tuned for more tools to support you being, speaking, leading and loving the amazing YOU!





Tracey Trottenberg-Kansas

Award-winning speaker, bestselling author, Feminine Leadership and Conscious Communication Expert, Tracey Trottenberg-Kansas has taught thousands of women - entrepreneurs, executives, coaches, speakers and authors - how to dig deeper within to pull out the gold, own who you really are and “Speak, Lead and Stay Feminine.” As a spiritual teacher committed to elevating and accelerating consciousness on the planet, Tracey masterfully guides women to the depth of your truth, so your unique essence, and amazingness, is revealed. She helps you follow your calling and share your message in the ways that feel most real, aligned, and true for you.

Tracey shares life and the stage with her husband - fellow speaker, author, producer and 2-time cancer survivor - George Peter Kansas. Together they create live and virtual experiences, lead their Amazing Community, and co-created “Voices of the Voiceless” 501C3 dedicated to the empowerment of women, protection of children and animals, support of cancer patients, caregivers and survivors and the stewardship of mother Earth. These spiritual guides and “status quo” disruptors walk their own path of awakening and aligning everyday. They know, first hand, the richness and results of living in this consciousness are juicy, liberating and truly fulfilling.