

**TITLE :** SUPER SIMPLE SOLUTIONS to 'impossible problems'

**KEYWORDS:** ownership, higher self, belief system, playing full out,

**MY TALK:** There are many people who are incredibly smart, skilled, and qualified. Whether it is a Spiritual entrepreneur or a devoted leader, many have a powerful intuition that there is more in life. However this comes with tremendous struggle because those closest to us offer the most resistance, and in desperation not to lose their approval, we play small in order to stay "safe". This leads to constant push/pull of wanting more yet secretly playing small, thus not being able to receive our desires no matter how hard we try. While these "impossible problems" appear to be relentless in nature and unwilling to ever disappear, by spotting what they actually are: not making them bigger than they actually are nor trying to obliterate them, we then give space to express our truth, be our full selves and release the block. Looking at the nature of impossible problems, the first step is to admit that there is a problem. If we are in denial, blaming externals, the universe, G-d, our loved ones, etc, we are actually giving away our freedom of choice. In other words, we have no freewill over anything or anyone external to us; the only thing we have freewill over is our decisions and choices. So by saying the impossible problems are externally happening upon us states that bad happens unto us and there's nothing we can do. We become victim and powerless and quite often, fall down a road of sacrifices and suffering, disease and dis-ease. Once we admit that we have a problem, we get to spot what it actually is. Quite often we stack our emotions up until we have a giant tower of emotional baggage, far bigger than what is currently happening. This is also what many call a trigger - an event that occurs and elicits a major reaction far bigger than what actually occurred. For example, someone with dog trauma sees a dog, a typical response is to be cautious if they feel apprehensive, but to scream, yell and have a major phobic response is a reaction to the stacked trauma and stacked emotion rather than this single event. Spotting that that problem is not that all dogs are villainous and out to get me, but actually owning that "I have a phobia of dogs due to a trauma" we now have a clear picture of what is actually happening this giving space to formulate the solution as we finally feel validation. Prior to solving any impossible problem, we must feel validation, and quite often we seek it from external sources. But let me say it this way: if we believe we are ugly, it doesn't matter what anyone tells us, we still see ourselves as ugly no matter how beautiful we actually may be. So self validation gives us the permission to release our hold upon the problem as we do not need it to keep us safe. We can then begin to construct a solution to move us where we actually want to be. The big question that often occurs here is: Are you willing to face discomfort in order to be who you desire to be? And many are not. Many will do anything before they face that confrontation, take that risk, do that action, get on the scale, etc. One big secret is that in order to get where we want to go, we must leave the comfort zones which we have long outgrown. We would not wear a pair of shoes that is too small, yet we wear comfort zones where we hold ourselves in chains. Upon being willing to take the uncomfortable action, and solidify a decision that "I am enough to create my desire" we then begin to attract the Abundance toward ourselves, and things begin to shift, life changes, people heal, relationships begin to thrive, impossible problems begin to dissolve. And the solutions are often SUPER SIMPLE. It's the pivotal moment when we make a decision and go all in.

**BIO:** I'm a Multidimensional Clairvoyant healer and intuitive transformational coach. While self-care is my full-time job, I'm a Lightworker who works for G-d. I am of service to devoted leaders, healers and

coaches who are ready to pivot from their current situation of knowing there is more for themselves, yet feeling like it's just out of reach, as nothing they have done has worked. I help these people to create their SUPER SIMPLE SOLUTIONS to their "impossible problems". The path towards healing is unique to each and every single person, and through co creation, we actually get to work together to generate the desired results to be free of the limiting situation.