



INSPIRE YOUR LIFE!

*10 Tools for Powerful
Living*

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About Val Silidker, M.S.



There is so much beauty in our inner and outer world. Yet, too many of us feel stuck in an illusive world where we hide helplessly behind our conditioned fears and belief systems. Surviving, rather than thriving, we can no longer see the unique gifts within us or the deeper context to which we belong. And so...

Our world is longing. We are longing. Longing to connect, to feel more deeply, to fully experience and understand the sacred fire that burns inside each of us.

My work is to help us remember.

As a paradigm hacker and deep ecologist with a passion for consciousness, modern cosmology and inner evolution, my gift is to support others to experience their deepest soul awakening, falling in love with themselves and our world while courageously living a life of purpose, meaning and value.

I work with change-makers, conscious leaders and passionate individuals, who are ready to fully embrace their gifts and create true intimacy in their lives while making a positive impact on themselves, their relationships, their business, and in our world.

I do this by weaving together living systems, cosmology, spiritual and eco-depth psychology, to create powerfully unique programs that invite people to embrace their own development with compassion and curiosity, expand self-awareness & create lasting mind-shifts that transform lives. Together, we dive in to the deepest work of rewilding our minds and embracing our own psycho-spiritual wholeness.

And, through this work, I build community. Together, we are more powerful.

I am here to create a more connected, compassionate and thriving world and to do that, we all need to live more passionately.

Are you ready?

IT BEGINS WITH PERCEPTION

We are all interconnected with and interdependent upon the world around us. This is the dance of life. When we begin to realize just how incredibly vast and timeless we truly are and how our thoughts and actions create a ripple effect that continues into our future generations, it shifts our worldview and our relationship to all life.

Activating the compassion and wisdom within you and stepping into your gifts are a powerful way to honor this awareness and to take part in the deep healing of life. Of course, this begins by committing to your own inner work.

So, how can we heal our perceptions and show up more fully and more powerfully for ourselves and our world?

HERE ARE 10 IMPORTANT WAYS TO CREATE A DEEPER CONNECTION WITHIN AND TO TAKE ACTIONS THAT CONTRIBUTE TO A MORE POWERFUL, CONNECTED AND COMPASSIONATE WORLD:

1. Take Time to Be With Nature.

This is absolutely one of the most important things we can do. We need to be with our own wildness, to experience that silence, that peace and that sacred wholeness of which we are a part. Otherwise, it's easy to keep living as if we are not connected.

When we reconnect (which is actually realizing that we have always been connected), we open our hearts more fully to life. It is important to realize that even if we know it intellectually, we must experience it in our bodies.

Action: Commit to spending at least one hour a week alone in the natural world. Be barefoot, if possible. Observe, listen, write down what you experience and simply BE present to what is.

2. Allow Compassion to Drive your Action.

Compassion is the ability to “feel with” something or someone.

It comes from understanding the connection between all living beings. Think about how things seemingly unrelated to you, cause an emotional reaction inside of you. When you see other people suffering, other animals suffering, when you see an old growth forest cut down, do you feel it? This is evidence of our deeper connection to life.

“The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another.”~ Thomas Merton

Be in service to life and take actions from that awareness.

Action: Consider one person in your life who challenges you. Instead of seeing how what they do affects you in a negative way, choose to see what fear, insecurity or pain may be hiding behind their superficial behavior. We all sometimes act out in ways that are NOT who we are.

Can you see them through the eyes and heart of compassion and ask yourself: Can I let go of taking it personally? And even deeper: How can I be of service? Perhaps, they just need to be loved in that moment. Perhaps, there is a larger way you could contribute to their healing by seeing past their behavior and deeper into the essence of who they are.

3. Connect with Like-Minded People.

Synergy is the process where two or more actions combine to produce an effect greater than the sum of its individual parts. When we come together with others, we not only feel validated in our perception, we magnify our emotional experience and the effectiveness of our actions. Together, we create a collective effervescence, a magnetic experience that can build in momentum and ripple out into our world.

Action: Consider if there is someone in your life whom you would like to get to know more, someone who embodies your ideals and, perhaps, even works in the same field of interest. Make an effort to reach out and make a date to connect and get to know them. Build your tribe by nurturing each relationship and exploring possible collaborations or ways to mutually support each other.

4. Widen Your Circle of Compassion.

It is important to be inclusive and consider all people and all living beings in your actions. When we expand our vision, we expand our hearts.

“Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.” ~ Albert Einstein

Action: (adapted from <http://compassiongames.org>) As you move about your day today, begin to take notice of the underlining wholeness of all living beings.

As you notice other people, begin to regard them as another self or as the Mayans refer to as Inlakesh.

Say to yourself:

“Just like me,” you want to be happy and successful in your life, work, and relationships.

“Just like me” you want to get to work on time.

“Just like me,” you want to feel valued and listened to.

“Just like me” you want your children, family, and friends to be safe, nourished, healthy, have clean water to drink, a good education, and opportunities to flourish in their lives.

See how it feels to regard “other selves” in this way.

As you allow your circle of compassion to expand to embrace all beings, appreciate how many “just like me” beings there are in your community or in the world who lack safety, peace, happiness, security, trustworthy companionship, health, shelter, food, clean water. As individuals or groups come to mind who are suffering in any way, allow your heart to open, to reach out and embrace them, and radiate the light of your compassion and loving kindness to them as waves of comfort and ease.

When you are ready, you can allow this contemplation to expand by considering:

“Just like me,” you – and all beings – wish to be safe and to avoid harm or suffering.

“Just like me” you – and all beings – yearn for happiness.

“Just like me,” you – and all beings – want to live in peace, harmony, and in safety.

While you may begin your contemplation with humans, there will likely come a time when your circle of compassion expands to embrace other creatures and then finally includes all living beings.

5. Live Honestly and with Integrity.

Living a powerful life means serving your highest Self, not your immature ego. Be honest with yourself and others; be mindful of how your choices can affect those around you.

If our methods are not noble, our results will not be noble. Ask yourself: Is this choice in alignment with the highest vision of my Self? Am I caring for and honoring myself and others? If it doesn't feel good, even slightly, it is most likely not the right choice.

"Integrity is doing the right thing even if no one is watching."~ Unknown

Action: Make a list of any places in your life where you are not being completely honest or in integrity with yourself and/or others. No one else has to see this. You can even burn it when you are done. But write it. Be honest with yourself and start the self-inquiry to find out what fears you have within about showing up as you are, in your Truth.

6. Be a Peacemaker.

Harsh confrontation can lead to a defensive reaction. Approach others with an open heart, and allow harmony to be your greater intention. Many times our own immediate reactions stem from insecurities or past wounds.

Becoming aware and healing those things within us, can allow us to hold a space of peace more easily for others. Forgive and let go. Harmony and peace are the ultimate ideal to cultivate the healing of our minds, body and soul.

Action: Is there anywhere in your life where you are not in harmony either within yourself or in a relationship to another? How can you take the initiative to bring peace to that situation? Imagine how good it will feel to have harmony.

7. See the Best in Others and Raise Them Up.

Focus on the good in others and help them see the best in themselves. When we support others, we support the transformation and healing of our whole world.

Action: Who in your life can you express deep appreciation for? Let them know how you feel. Lift them up from an authentic heart space and, with as much detail as possible, tell them how they shine in your life and in the world. We all need to be reminded of the greatness within us.

8. Listen to Your Heart and Your Intuition

Your conscious mind is not fully aware of how much wisdom you have within you in your subconscious mind. Trust in that. Your mind may only see the problem. Your heart will always feel the solution. Learn to act from this place of trust and cultivate a loving perception when facing choices.

Trust your inner voice, and learn to listen more deeply to that guide within.

"Leap, and the net will appear."~ John Burroughs

Action: Create an Intuition Journal

Anytime you have an intuitive feeling about something, write it down. Then experiment by acting on those ideas. You will find out which ones are serving you and coming from a higher/deeper source and which ones are based in your immature ego. Allow your life to be a great experiment!

Hint - Notice the physical sensations that surround the more powerful choices. Many times our bodies will give a sign.

As you become clearer, you will learn to trust your inner voice.

9. Identify and Live Your Gifts into our World.

Our world needs you to be powerful, not to compromise or to act small. What makes your heart come alive? What are really great at doing? If you are not already doing that thing, now is the time. This is your one precious life. Make sure you LIVE it!

Action: On a piece of paper, make three columns.

In the first column, write down everything that you love to do. In the third column, write down everything that you are really good at. Now draw a line from the what you love to match up with anything in the third column that you are good at if they make sense as a connection.

For example: I love to being in nature, and Im really good at kayaking

On the line, in the second column, write down job ideas that could connect those two things together. For example: wilderness guide. This is a great brainstorm for possible ways to live your purpose. In other words, doing what you love and getting paid for it, while being in service to the world.

10. Question Unexamined Assumptions

An unexamined assumption is a fact that is taken for granted as true that drives a belief about an individual or the world around us. There are many things we take for granted as true.

Here are some examples:

1. More is better.
2. Earth exists to satisfy the needs of Humans.
3. I can throw things away. (Where is Away?)
4. One person can't make a difference.

To create a paradigm shift within you and our world, we must take time to see the world with new eyes and ask the deeper questions.

Action: Make a list. What are your core beliefs, and where do they come from? Ask yourself: Is that really true?

What are some of your unexamined assumptions, and how can becoming aware of them shift your perception and transform your relationship to yourself and our world?

As we become more in touch with who we are, there is a desire to embed ourselves more deeply into our own lives, to honor and express our uniqueness, to live authentically and to explore the fullness of our own potential as individuals and as a species within our larger community.

Remember this: We all have the power to create our lives. To create that change necessary within us, to live our lives in radical authenticity within the context of our emerging consciousness. And that is the invitation:

To continue living toward your fullest potential, your wholeness and the healing of our world.

In Service,

Val Sildker

