

The Embodied Thriving Self, Lessons + Mussing's Podcast with Corin Hinderegger
Season 1, Episode 4

Guided visualization. Connect to dreams/vision so you can commit and stay on track with consistent action steps.

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INTRO: Hi, Everyone, this is Corin Hinderegger, and you are listening to The Embodied Thriving Self Podcast.

A series where I invite you on an inner and outer journey... to align with your soul, unlearn who you thought you needed to be, and become your most authentic and thriving self.

So you, too, can create the magical ripple effect in your life and business you came here to do.

Corin: Today, we're going to do some meditation in our time to really connect to who we truly are, to find a little bit more peace and ease, and to come home within.

When I'm talking about coming home within, to me, it means a sense that I am able to show up authentically, and I'm okay no matter what is happening, so I feel safe in my experience of myself.

Often we have learned in life that it is not safe for us to show up authentically, and therefore, we have created coping strategies and behaviors that are not really in alignment with our true selves. Through the experience of life, the version of who we were born to be is getting smaller and smaller, so we often lose a little bit of the sense of who we truly are.

On this inner journey today, we are going to connect deeply to our heart space so we can start to show up more and more authentically in a safe way, radiate out who we truly are, and become like a magnet that attracts dream clients, circumstances, and things that are safe for us to have.

From this place, we are then going to connect to our elder, wiser self, that we can also regard as our higher self, to help us see that nothing bad will happen to us when we show up authentically, that this will, in fact, enable us to continuously build on our capacity to feel safe in our expression of our soul-aligned self.

So that's the journey I'm inviting you on today.

Ok, let's get started.

If you have listened to any of my audios or teachings before, you know I love to integrate the nervous system because if we don't, it's hard for us to feel safe and come into regulation, no matter what we're doing.

Whether we're doing mindfulness practice or any other practice, if our experience is that we still can't get to where we want to be. That's usually because we haven't taken into account our feelings, our sensations, our nervous system, or our nervous system triggers. Nor the things our nervous system needs to feel safe. So with that in mind, I like to switch things a little bit up.

I would like to switch things up and do a little nervous system exercise.

This being said, if you feel very low in energy and are not in the best of mood, you are most likely experiencing a connection with your dorsal state, which can have a flavor of depression or grey moods. In this case, please don't join me in this exercise. I'll give you something else to do because this exercise is lovely to calm us down and feel safe in our body, but when we are already very, very low, then it's not ideal. So, if you feel low today, or if you feel like you're in a little bit of a cloud or in a bad mood,

maybe just hug yourself for a moment and tap your upper arms with your hands, alternating between your left and right arm. And as you tap, just listen to the sound it makes and feel the sensation of your hands touching your upper arms. It's very simple and powerful. It's a lovely exercise to realign with our body's compass and wisdom and helps to lift us up a little bit, but it usually takes a few minutes for it to bring the desired effect, so just keep going as you are listening to this episode. For the rest of you who have had a busy day, like you've been rushing around and you have had a lot of thoughts and would like to come and sit down, please join me in the following exercise while the others keep tapping their hands.

So, get yourself comfortable. And just notice for a moment: Does it feel safe and comfortable for you to close your eyes? Or is it more comfortable for you to keep your eyes open and maybe have a soft and diffused vision? Just tune in for a moment.

What do you need to feel safe?

Once you've got that answer, put one hand on your chest and one on your tummy.

And I'm going to guide you through the sound because sometimes the mic doesn't pick it up properly. So, I will show you once, and then I will talk you through it. Okay, I close my eyes as it's more comfortable for me. I take a nice deep breath in, and as I exhale, I make a deep V sound until all the breath is gone. As I do this, I notice the vibration in my chest and in my tummy. And become aware of the sensations that are taking place.

Let's do this together. We will be repeating this three times. So deep breath in,

Exhale with a deep V sound,
Deep breath in.

Exhale with a deep V sound.

Deep breath in.

Exhale with a deep V sound.

Whether you've done the tapping or the breathing exercise, when you're finished, just take another nice deep breath in and have a look around your room. And find something you like, it can be anything. Today my kitty Mia is joining me, so I'm going to look at her for a moment.

And as we are looking at things that we enjoy, we anchor into our awareness a sense of connection and safety that we may have just experienced.

And as we do so, things can start to subtly shift and change, building new neural pathways that show us that we have experienced safety.

And so, next time when you're not feeling safe, and you do one of those exercises, you are reinforcing this and making this new neural pathway stronger so that it becomes easier and easier for you to connect back to safety.

Before we dive into today's inner journey and visualization, I invite you to tune in one more time and notice what has shifted for you by doing this exercise and what has become present for you.

Are you feeling a little bit more present?

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So let's dive into today's journey.

Make yourself comfortable, and just notice for a moment.

Maybe sway a little bit forwards, backwards, and sideways, and then find your still balance point

And once you've found it, tune in and notice.

Is it safe for you to close your eyes? Do you need to have a soft diffused vision instead? Just take a few nice deep breaths, and then I invite you to find a position that is right for you.

Notice how you're feeling in this point and moment. What is the sensation of your experience?

It's not about the story.

If you're telling yourself a story, come right back into the here and now and notice the sensation in your body.

And as you start to notice the sensation of your body, ask your hands if they want to be placed upon your heart space for a moment.

If so, which one? Maybe both, maybe none. Just notice how it feels.

Again, do only what feels right and safe for you.

And now imagine or envision that there is a tiny version of yourself.

I call it a mini-me that is living in your headspace, in your mind.

And mini-me is calling all the shots. This mini-me is keeping you safe; it's keeping you alive.

But more often than not, it disconnects you from your authentic self, from your heart space, and soul alignment.

So, just observe this mini-me of yours being active, calling the shots in your head space for a moment. As you do I invite you to ask it to walk to the back of your head where your head attaches to your spine.

And as it goes back there, it sees an elevator door.

And as soon as it arrives, the door opens up.

Just observe and notice how you are feeling,

as you observe this, your mini-me is taking a big step into the elevator. The doors close, and the elevator starts to slowly move down along your spine.

Can you notice how that feels to you?

Does it feel familiar or foreign?

Notice for a moment what sensations come up.

If you notice that this is a little bit activating for you, start to lightly tap your chest with your resting hand to bring a bit more awareness to your body.

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Now, this elevator stops at the height of your heart, the doors open up, and you're mini-me steps out into your heart room.

This beautiful place of yours where you are authentically yourself, where you are aligned with your soul and deeply connected to your body's wisdom, its compass and

So, I invite you to take a moment and to notice: how does this room look and feel?

Maybe ask yourself: do you need to make any changes to this room? This is your very special room.

This is the room where everything is possible. Does it need to be a bit brighter? Does it need to be a bit moody, a bit darker? Does it need some curtains? Do you need a bed or a couch in there to get yourself comfortable? Maybe you just need a couple of cushions.

Maybe you need something totally different.

Just notice all the things you need and see what needs to take place in this special room of yours.

In my room, there are always my animals. They make me feel calm. They help me to show up and align with my true self.

At this state we're not inviting any human beings into that room. Because you really want to experience this beautiful room for yourself a little bit longer, getting to know that room a bit more. But feel free to invite an animal if you feel called,

or plants or trees. Whatever it is you need.

And as you make it yours, I invite you to notice:

How expensive and precious this can feel.

Our hearts are beautiful, and they are magnetic. So, when we are spending time in our hearts or in this beautiful place that is ours, we activate this magnet so it can expand and grow and bring into our lives whatever we need to feel safe and fulfilled and to show up authentically.

Stay there for a moment longer and notice.

Do you feel the pulsation and the radiance of your heart's room expanding?

Notice if you need to make any changes, and also know that you can make changes every time you reconnect to your heart room.

Nothing is set in stone.

You're always changing and evolving.

I invite you to notice how the magnet around you is getting stronger and stronger. Maybe even give it a color. What color comes to mind for you?

Notice this color expanding all around your physical, emotional, and spiritual being.

And as it expands and surrounds you, it starts to lift you up, taking you further and further from the ground with each inhale. . You float up into the sky, leave the orbit,

and you look at Mother Earth from above. And as you look down, you see that all the worries, all the things that seemed important, are not that important anymore.

Notice how there is a golden line forming between you and Mother Earth. And on this golden line, there is a dot shining even brighter and more vibrant than the rest.

I invite you to follow your insights as you connect to this bright and vibrant golden light on the line,

notice how you're starting to drift down to a place in your future where your elder, wiser self lives. The version of you that knows that everything is working out for you. As long as you show up authentically as yourself, aligned with your soul.

This version of you that knows everything is safe, you are safe.

This version of you that holds all the wisdom and knowledge and knows how things are taking place.

I invite you to envision or notice how you are dropping into that moment in time on this beautiful line.

Just look at your elder, wiser self for a moment and observe them.

Just notice. Do they look happy, do they look content? Just notice and see whatever you are seeing.

Then see how this elder, wiser, soft version of you is inviting you to sit down with them for a moment.

Now is your time to ask them if they have anything important to share with you today.

Is anything important for you to know?

Maybe you will get an answer. Maybe your answer will come to you later when you're ready, in a day or two. Maybe you just get a sensation or a feeling. Whatever it is, it's. Perfectly fine.

Now is the time for you to ask this version of yourself a question that is important to you.

Ask this question, whatever it is.

If you don't have a question, you can ask your elder, wiser self if it has anything else it likes to share with you.

Now ask:

What do I need to come home within myself a little bit more and to show up authentically so I can align to my soul in life fully?

Just stay there for a moment.

Maybe you get an answer.

Maybe you get a sensation or picture.

Maybe the answer will come to you later. Again, whatever it is, it's perfectly fine. We get our answers when we are ready for them.

Stay there for a moment longer.

Breathe and notice your beautiful heart magnet and the color your heart generates expanding even greater.

Notice how spending time with your elder, wiser self feels. What is the sensation in your being?

And once you feel complete, thank your elder, wiser self for spending time with you, and notice how your beautiful heart magnet is taking you on a journey again, lifting you up further and further with each breath.

As you lift up further and further, notice how below your beautiful blue and green Mother Earth becomes more detailed again.

Just look at her.

And observe for a moment what has shifted and changed for you.

What new awarenesses has come through to you?

And as you observe, start to notice how you are drifting down again into the here and now, into the room you're within.

Into your body.

Just breathe for a moment.

Now I invite you to start moving your spine again, maybe left to right, maybe forwards, backwards. Become more aware of your physical being.

Maybe wiggle your hands and your toes. Whatever feels comfortable to you.

What has become present for you, and what does coming home within mean to you?

What is your experience of being fully connected and safe as your authentic self?

Even if it only lasted for a moment or a few minutes, just notice that.

As you observe, see once more how comfortable your mini-me is in your heart space, your room, your special place. And then you can ask if it wants to stay there for longer and come up to your mind on its own and at its own time, or if it wants to go back into the elevator now. Whatever it is, it's, again, perfectly fine. It can come back to your heart room any time.

Let's take another moment. Maybe take a few more nice deep breaths and start to become aware of the room around you and you within. Maybe wiggle your fingers and your toes, and come back to the here and now fully.

What stood out the most for you? Maybe spend some time reflecting on what has become aware for you and what three aligned action steps would be for you to implement this newfound awareness into your life and business.

In the next episode, we will be exploring the importance of consistent small steps and how they can create a big change in life and business.

Outro: As always, thank you so much for spending time with me and listening to The Embodied Thriving Self podcast. I appreciate you and the journey you have been on that led you to this community.

I hope to connect with you again in the next episode. In the meantime, I appreciate your shares and reviews.

Please always remember you are not broken; you are worth it and deserve to align with your soul and Thrive as you create magic in all you touch.