

The Embodied Thriving Self, Lessons + Mussing's Podcast with Corin Hinderegger
Season 1, Episode 1
Why does it often seem so hard to create sustainable change?

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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: Welcome; I am so excited to dive into this first episode with you.

Today we will explore why it often seems so hard to create sustainable change and why it is important to create fertile ground so lasting change can become possible for you. This applies to both life and business, as our heart-centered businesses are just extensions of ourselves.

In the last two weeks, I have been busy in the garden, tending to the garden beds, getting rid of weeds, fertilizing the garden with mushroom compost and organic rock minerals, and other goodies to set everything up.

The interesting thing is: looking at my garden now, everything looks empty and bare, but I know these were crucial steps. If I had not done that, in the coming spring season - yes, you've heard right, we here in New Zealand are moving into spring - there would not be fertile ground for our veggies to grow strong and nutrient dense to support our family by bringing an abundance of goodness in the coming months of harvest.

This really reminds me of life in general. So often, I hear people talk about mindset work and manifesting, and if you follow these five steps, you will get rich or get the partner of your desires, or fill in the blank with whatever else is promised.

In my experience, this is mostly short-lived and doesn't allow for the individual experiences we have had over our lifetime and the coping strategies we have developed from them. It also doesn't take into account what our soul wants to experience in this life, and it for sure doesn't account for what success and fulfilment means to us individually.

It just waves a shiny objective over our heads, promising us a certain outcome that might not be in alignment with our true being.

And through our conditioning and the experiences we have gained in our lifetime, we are often not really sure what we truly want, often feeling lost and disconnected from our true being. So, in search of feeling fulfilled, we all too often end up going with what is offered to us.

This is why more often than not, I see someone manifest something like their dream car, but they have not built up the fertile ground yet; you can also call it the capacity to hold this. So the dream car starts to have issues, and they end up frustrated and back at square one or only a few steps further than where they have been originally. It's the same in business; it might lead you to bring in a few new clients only to realize they are not the ideal fit, and it is hard work for you instead of an easy flow.

It's like planting new seeds in a garden bed full of weeds and wondering why they cannot thrive.

If we only ever look at the beautiful things and try to cover up the things we do not like or chase after the superficial things that look nice, it's as if we put a bandage on something that needs surgery or some deeper attention.

We still get to the point of harvest, but we never really get to the point where we have an abundance we can harvest with little effort that is deeply fulfilling.

That doesn't mean everything will always be perfect. Yet, when we are in alignment with our soul, no matter what is happening in our business or life, everything will always work out for us in the end.

I invite you to take some time after listening to this episode and reflect for a moment:

Where in your life are you chasing a shiny object or continuously trying to fix something or bring something into your life with little or no success?

And what are the circumstances you tend to attract over and over?

This might be uncomfortable for you to look at. Yet, it can be so rewarding when you become deeply aware of the answers to these questions.

If it is uncomfortable or confronting to you, please make sure that you are in a supportive and safe environment so you can process this newfound awareness.

In everything we do, awareness is a major key. Yet, if we only ever have an awareness of what is taking place and never take aligned steps to support our nervous system, our mind, and our whole being, nothing will ever change in how we experience life.

This is why it is so important to look at ourselves and our lives holistically, notice, observe and take tolerable action steps to peel off the layers of who we have learned to be to survive in this life and become who we were always meant to be and thrive in alignment with our soul.

Coming back to my garden, we've also built some cages over our garden beds to keep our chickens and my horses out as well as some pests like the white butterfly that loves to lay its eggs into our cabbage and the caterpillars who eat away our beautiful veggies at lightning speed.

The new cages will keep our veggies safe. This reminds me of how important it is to set healthy boundaries, especially when we are working on our desired outcomes, scaling our business, and realigning with our most authentic selves.

It is so easy to fall back into old habits and behaviors, especially when we surround ourselves with people that are wanting us to stay the same and don't really care about how we feel about it.

When we start to get the soil right and get everything fertilized, meaning, become aware of what is playing out in our lives and look within what is ready to be pruned and what is ready to be let go of, it often becomes clear who these people or business relationships are.

Most of the time, they mean very well yet are set in their comfort zone as that's what they are familiar with. And seeing you change and reclaim yourself can be confronting as they see what is possible for you.

So I am not talking about very strict boundaries; I am talking about healthy boundaries that are authentic to us, our vision, and our soul alignment so that the people and business relationships that just come by and try to get stuff from us without ever really giving us something back can drop away as well as the relationships and circumstances that are no longer aligned with our most aligned self.

Not in a harsh way, but they usually don't stick around when we set healthy boundaries. The beauty in this is that they create room for people and circumstances to come into our lives and businesses that are in alignment with who we truly are and not with who we have learned to be.

These are some musings I was thinking about today.

For now, I invite you to also reflect:

"Where in your life are you not allowing yourself to prune, purge and fertilize?"

"Where are you not yet looking deep enough to create that fertile ground" you are seeking?

So, in the future, maybe in a year or two or a few months or weeks from now - it doesn't really matter, whenever you are ready to harvest - you can harvest from an overflow and not the lack thereof.

Because when we are our true, most aligned selves and give from our overflow, we allow everyone else to do the same. And that's when true magic happens because this beautiful effect ripples out into the world and creates a legacy. This is how we create true change.

Again, I invite you to take some time and reflect on what becomes present for you and what you sense, reflecting on where you are at in life and business.

Just notice and observe. And maybe, if it feels aligned for you, start connecting each morning inwards, asking yourself, "what do I need today to align to my soul" and "what is one thing I can say no to today that is a full body yes towards myself."

Committing yourself to your own reclamation of self is such a powerful act, especially when done sustainably, so your capacity can grow alongside you.

Keep it simple. Taking one baby step a day consistently gets us a lot further, a lot faster than huge one-off actions ever can.

In the coming two episodes, we are going to deep dive into our natural state of flow and the connection of our nervous system, its impact on the way we experience life and business, and the impact that a regulated nervous system has on building the capacity to bring into our lives the aligned circumstances and flow we crave for.

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.