

INNER Freedom

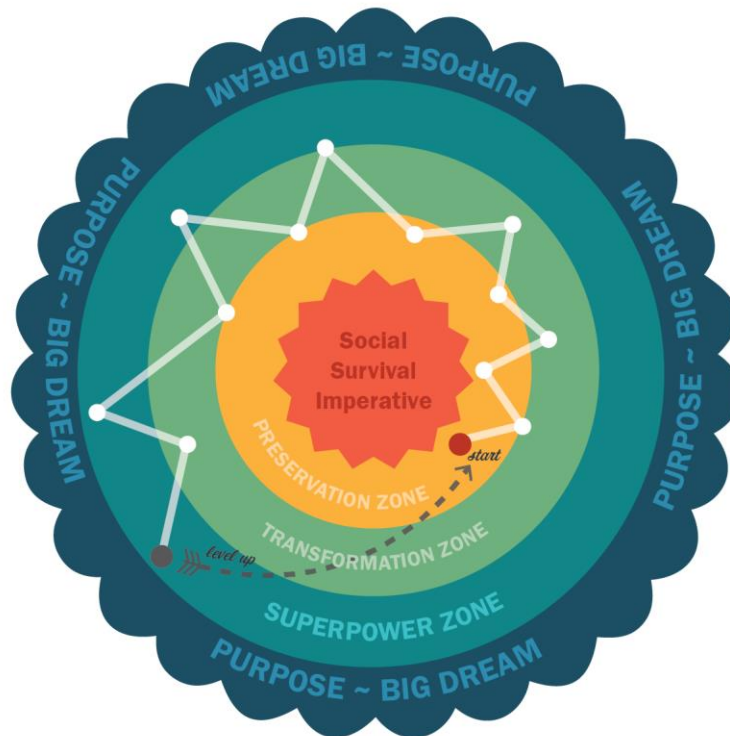
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Your BIG Dream is a Heroes Journey Every Day

Your BIG Dream is a magnet pulling you out into the unknown world!
The Social Survival Imperative is pulling you to preserve what you know.

The Superpower Zone

The Social Survival Imperative pulls the player in. The PURPOSE ~ BIG DREAM draws the player out.



The Coach guides the player on an adventure from the Preservation Zone, through the Transformation Zone, into the Superpower Zone. **Notice it is not a straight line!**

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In this article we will explore the Heroes Journey of everyday life.

Inner Freedom: The Heroes Journey Everyday

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I believe that every Human Life is a Heroes Journey. The archetypes of these stories are embedded in us and we have been creating and sharing stories like this with each other as Human Beings since the beginning of recorded time.

The big questions now are:

how do these stories play out in our lives today? AND
what do we as coaches do with this awareness?

And how does this tie into the Inner Freedom Discovery Game?

That's a good one! ;-)

The Heroes Journey

The Heroes Journey stories from the earliest recordings to the present and from all parts of the world have similar elements: The call to adventure, the refusal of the call, the appearance of a guide, the crossing of the threshold into the unknown, the road of trials, supernatural aids, the victory and the return to the tribe with something of value.

Sounds fun right? This is what it means to #PlayLife.

Let's sketch this out a little further...

The Call to adventure:

Your BIG Dream or Purpose to do something in the world. To contribute your talents, to express yourself, to create and share, to influence, to innovate. It is a strong magnet.

Refusal of the call:

The instinct to stay safe and preserve what you have, who you are known to be. On the diagram I call this the Social Survival Imperative. It is a STRONG Magnet.

These 2 powerful magnets are pulling us in different directions. That's what makes playing life so much fun!

That's why we need...

The Guide:

A Life Coach (who knows the Inner Freedom Method of course)!

The Threshold:

Some BIG obstacle you need to overcome to leave where you are and go out into the unknown world. In our lives today this will usually be a financial

situation, a work situation, or a relationship situation or a health challenges. Or a swirly combination of a bunch of these...

The Road of Trials:

All of the challenges and FEARS that you will face in pursuit of your Dream. And they will be many.

But...

Supernatural Aids:

Your Superpowers that you discover or reclaim as you face challenges and explore your FEARS. As I always say, your fears are a treasure map to your superpowers.

Your Self-preservation wants you to forget your superpowers – Your dream wants to you express your superpowers.

The Victory:

Your desired result in the world happens.

The Return:

You going back to your tribe; or finding your new tribe where you enjoy sharing the fruits of what you have accomplished.

Every day is a call to adventure

“When you Play Life there is a call to adventure that happens every day; and then you either accept or refuse the call that day.

– Coach Dave

My experience has been that for most people, most days, refusing the call and “preservation of what is” wins out over the dream UNTIL that person gets a Life Coach! Awwww yeah.

Playing Life is all about the dance between these two magnet forces within us: Our BIG DREAM calling us out into the world of adventure; into the unknown AND the STRONG instinct to preserve what we have, where we are and who we are. In others words.. stay with what we know. Both forces are good and serve a purpose.

The reason I call this the Preservation Zone and the Pull of the Social Survival imperative rather than the popular term “comfort zone” is because often times what we are preserving is not exactly comfortable. Often we find people fighting to preserve a situation that is really not good for them. But this is totally understandable when you understand how strong the preservation instinct is within us. We don’t judge the FEAR, we make friends with it.

And this is what the Inner Freedom Method is about.

The Inner Freedom Method provides a map of the Inner Territory that we all must traverse in order to pursue our BIG dreams out in the world.

AND then you can choose when to play safe - when to preserve - and when to play big and take the risk of the unknown.

AND – the BIG point is - as I have said before, you do NOT need to make this journey alone; in fact it is almost certain that you will fail if you attempt to go alone because in order to break free of the pull of Social Survival Imperative, you need the company of another person to FEEL safe. In other words... Have a Guide! (AKA a Life Coach who knows Inner Freedom)

The Inner Freedom Method will make you a capable guide through the Inner Territory that is essential to every heroes journey into the unknown.

“If you want to go BIGGER out into the world, you need to go DEEPER into your SELF.”

Share Your Dream!

So where are you in the pursuit of your Dream right now?

Do you hear your BIG Dream calling you every day?

Or maybe now is not the time for your BIG Dream but there is a stepping stone dream that you can play for.

You may be in a place of overwhelm, frustration, isolation or even apathy when it comes to your dream. I am going to tell you something that may sound strange... if you are FEELING any of these experiences... that is good! That

means you care about your dream and all you need now is a better map AND a Guide.

You may be very aware of the BIG obstacle that is blocking you at the threshold of your adventure. GREAT. if you see the obstacle... that means your adventure is right on the other side of it. OR your dream right now might be to find your way around it.

One other situation where you may find yourself is in an extended return state. Perhaps you had a BIG Heroes journey earlier in life and now you find yourself reluctant to risk what you have to go out there again. In this situation I can only urge you to listen to your heart. In your hearts' desire there is always another call.

I invite you to join us on the Inner Freedom Discovery Game card to share about your Dream. And if you see the big obstacle on the threshold, share about that too.

Next I will share with you the map of the Inner World so stay tuned for that!

On the Gamecard



A **POWER UP** is an activity where you listen to audio, read something or do an activity and then share your insights.



Share Your Dream

Share the Dream that is calling you to a Heroes Journey every day. If you are aware of any big obstacles blocking “the threshold” share about that too.



Share

WHAT TO SHARE: Share a few details about your Dream right now. It might be your BIG Dream or It can be a stepping stone dream. If you see what looks like a big obstacle blocking the threshold, no worries... share about that too. Your next dream may be to find your way around it.

I hope you will join us!

Until then remember this...

Life is a playground. And we're going out to play!

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Page 6