



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Challenge Patterns, Find Your Truth

By Creative Katrina

How good are you at challenging yourself in ways no one else can see?

Between resolutions, new intentions and big hopes for a fresh start, we often leave out an essential step - challenging the core of what we think is true about ourselves, with compassion.

When we look at our habits, thoughts and overall quality of life, we tend to let the mind point to what needs to be "fixed". The mind sees things as black and white, so there is only good, bad or some variation of the same mindset. However, the heart holds our inner wisdom. It knows when something still doesn't feel right or whole. When the mind runs the show, we get increasingly frustrated, ill or emotionally blocked because we are "fixing" rather than feeling, which is our true heart guidance.

As a lifelong empath, I've felt very emotionally responsible for the unfolding of circumstances and the people in my life. I did not understand I had the option and ability to challenge my thoughts, feelings and actions in a self-compassionate way as self-inquiry, and kept feeling like I needed to "fix" how I felt. I continued to take on other's emotions, mixing them with my own, without a way to release them. My true self got buried, and I started to feel the ramifications on my physical body. Between anxiety and ongoing unexplainable physical discomfort I was definitely being challenged, but not by the world. My body was challenging me to find space to feel so I could release and find inner freedom, while my soul was challenging me to do something incredibly scary - face the way I see, feel and process my emotions. I had to learn how to show myself compassion and patience throughout the discovery and release process.

To create regular space do this deep work, I use my daily morning walks as a free-for-all. I enjoy being outdoors, grounding into the earth with each step, while engaging in an open conversation with myself. Physical movement, combined with fresh air and enjoying nature is a triple healing tonic that invites the mind and heart to collaborate. As a team they illuminate old patterns, provide solutions or new creative ideas and allow me to do it all surrounded by the joy nature offers.

The challenge for us all is to look at patterns we want to change before we jump to new habits. Are you willing to dive deep into patterns of fear, lack and heartbreak to stop repeating unsupportive cycles? Can you connect with the raw nerves in your soul that ache to be acknowledged and healed? Are you courageous enough to challenge what you see, feel, hear and think you know about yourself, to go deeper?

Knowing triggers and tendencies shines a light on how patterns are created and returns personal power back to you each time through inner clarity. Give the heart and mind a chance to collaborate and create new, healthy patterns that start with compassion and self-love.

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My unique support services help clients heal creative blocks, create deep personal clarity, and build confidence in self-expression. I offer creativity and writing coaching, content consulting, intuitive guidance sessions and classes.

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