



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Time To Break Your Rules

By Creative Katrina

We all live by a set of spoken and unspoken rules.

Some are created by society, family, or friends, and we grow up doing our best to navigate them. There's also a set of internal rules we follow created by our ego as a protection mechanism to avoid pain and feeling fear. What we don't always realize is that these rules are performing double duty, keeping us from our greatest joy and fullest, most authentic self-expression, too.

As we grow and dig deeper into self-discovery, we learn and release what no longer serves our heart, bit by bit. During this ongoing transformation, there's an opportunity to finally do something so powerful and freeing with all the pesky rules we've created - or followed out of obligation or fear - finally break them.

I feel like my personal relationship with bumping up against rules was similar to what many women experience along their path to deeper self-love and understanding. When it came to being a "good girl", I followed those rules pretty well, making sure I was polite, worked hard, and put others before myself. On the other hand, my self-care rules were non-existent, and "paying work", as well as being responsible, always came before any fun or creative self-expression.

Over time, I started feeling a sense of dis-ease in my body and emotional center as the rules I lived by were in the driver's seat, pushing me to relive or recreate the same unsupportive loops, over and over. And once my health started showing me where things were horribly out of alignment in my mind, body and soul, I began looking at the thoughts and rules running the show.

I wasn't surprised to find that A LOT of them needed to be broken, one by one. As one rule faded into the distance, I also had to surrender to the energy and feelings around it, willingly release it, then head on to the next.

During this ongoing transformational process of discovering and breaking rules that no longer fit, I've also had to create new ones around personal energy boundaries, healthy self-care, work goals, family, and, most importantly, how I think about and set up supportive, loving boundaries. This critical creation phase of our own rulebook is so empowering because it allows us to play and co-create with our heart and intuition. It also reminds us that we do have permission to take a new action at any time to support our well-being.

Rules are temporary and can be broken. Along the path to creating harmony between the mind, body and spirit, be willing to break some of your personal rules to fully step into your true power and purpose. Where are you ready to start breaking to build anew?

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