

Cellular Wisdom for Women



An Inner Work Book

JOAN C. KING



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Author's Note

Cellular Wisdom™ reveals how fundamental truths for living an authentic, fulfilling life are coded in the elegantly complex dance of chemical and energetic interactions within and between our cells. Just as a single human cell is orchestrated from a nucleus at its center, for example, an individual must live life from their core essence to be healthy and whole. Only when cells connect with other cells do they fulfill their potential; in the same spirit, we achieve our grandest purposes in relationship with others. Over thousands of years of evolution, the human body has identified principles such as moderation, diversity, and compassion as essential to its survival. When we learn to appreciate and apply these same principles to our everyday lives, we learn to live a more balanced, focused, exuberant life. Cellular Wisdom™ shows us how to interpret the truths that our bodies teach and how to apply them to our physical, mental, emotional, social and spiritual lives.

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Not Good Enough



*I'm five!
It's my birthday.
Why didn't I grow today?
Everybody said,
You're going to be
a "big girl"
when you're five!
Why didn't I grow
this morning?
My birthday's almost over.
I'm not a "big girl."
Something's wrong
with me.*



*Why, Daddy?
Why did you leave me?
Why did you leave me
with Mother?
I'm only 10.
Yesterday, you were on the ladder
with your hammer
working on the apartment.
At supper last night
you were laughing!
This morning
they told me . . .
you died.
I didn't believe them.
I kept shaking my head and said,
"No, no, it can't be true.
My daddy can't be dead!"
When?
When did you die?
Why did you die?
Why did you leave me?
You wouldn't have left
if I was good enough!*

My mother found me in the corner on the floor, sobbing, on the evening of my fifth birthday. My pretty party dress, which she made for me, was getting wetter and wetter as I sobbed. She attempted to console me, but the piercing pain continually erupted in my violent sobs. I sobbed until I was exhausted and fell asleep.

I was very small and eagerly looked forward to growing up on my fifth birthday. But, as my birthday came to a close, I was the same size. I couldn't understand. Why? Wasn't I going to start growing in the morning and be tall by the end of the day? Why didn't I grow? I knew that something was terribly wrong. Everyone in the grocery store, my family, my friends, would rub the top of my head and tell me that I was going to be a "big girl" when I was five. Feelings of disappointment and failure rang through every chamber of my being. I could not talk to my mother. I could only sob.

The pain of loss I experienced five years later, when my father died, pierced my being and seemed to rip me apart. The night before, he was on a ladder, building the addition onto our grocery store and living quarters behind the store. He was laughing and joking with my mother and me at supper. Later, I learned he had a heart attack that evening after I had gone to bed. I heard nothing as he was taken to the hospital. In the morning, they told me he died. The words ripped my heart out. "No, no, no!" I repeatedly screamed, as I shook my head from side to side, "He can't be dead. He can't be dead. Why, why, why did he leave me?" This experience catapulted me into a new realization about life. Life wasn't what I thought it was, and he left me at ten years old to face it all alone. I wasn't worth staying for. I wasn't good enough.

*Message to
the Reader*

These events took place when I was five and ten years old, but they influenced the next fifty years of my life. While I didn't actually hear the words, "not good enough," I felt their message often, echoing throughout my being. I responded by actively pursuing accomplishments. I was going to prove to myself that I was okay, that I was good enough! Even though I accomplished great things: taking on the roles of a Catholic sister, teacher, chemist, electron microscopist, experimental psychologist, neuroscientist, faculty of a major medical school in the northeast, head of my research lab, Chair of the department, Director of a research center, my childhood echoed the belief, "I'm not good enough."

Tired of pushing to achieve more and more, exhausted from running on my continually accelerating treadmill of accomplishment, I became ill. I stopped. I stepped down as Chair, Center Director, researcher and teacher. I took a six-month sabbatical. Not ready to return after six months, I took a year leave of absence, and then early retirement, leaving academia with all its obligations behind.

Who was I underneath all the accomplishments? I stopped trying. I took time to be still—to listen. Writing courses on Monhegan Island, off the coast of Maine, and then courses in Hawaii, on the Big Island helped me look deeply within and find my inner self. Slowly I began to uncover memories. As the memories surfaced, so did the pain, but I continued to write. My gift to myself was in the allowing. I gave myself permission to discover who I was again. I no longer had the need to prove myself. As I was writing



Cellular Wisdom™, over a year and a half period, I began to view the body and its systems from a completely different perspective—as an inner teacher of how to live. Exploring who I was, underneath everything external, allowed me to touch and then come to know an inner truth, bigger than anything I had ever known before. That's when my knowing began to reveal a whole new kind of work for me.

In this workbook I will guide you through processes to help you touch, and then come to know your inner Cellular Wisdom, and to bring it from your inner world into your outer world. You have the potential to experience greater awareness, exuberant living, further discovery, transcending transitions, and sparkling clear authenticity, the foundation for living from your greatness. It is with this intention focused in our minds and fixed in our hearts that we work together.

Message to the Reader

When did your “not good enough” messages start? Often they begin, as mine did, in the infancy of our discovery of ourselves and our world. As adults, we tend to internalize what is said about us. We review critical remarks, over and over again, judging ourselves and, most frequently, condemning ourselves, until they take root in our being. What others think of us seems to carry more weight than our experience of our essence. Could it be that we spend little time allowing ourselves to enter the inner depths of our being and come to know the magnificence of who we really are?

Fear of what we might find stops us from entering the inner landscape within us. As you engage in self-discovery, actively participating in the exercises of this inner workbook, you will be guided. I will provide you with a clearly marked, step-by-step path to lead you to a place where you will become aware of remarkable aspects of yourself. The more you allow yourself to engage in these activities and contemplations, the more information and knowledge you gain about yourself. As awareness arises within, the exercises will help you express your truth to your outer world. I honor your choice to participate in these exercises to the level and degree you choose.

I believe you're reading this because your inner navigator is offering you your next step. This is the wisdom we carry within us. Create a new reality—one based upon a strong foundation—the authentic, essential you. It will take time. See the exercises as an investment in yourself, in your life. Doing them, you will lift the veils that hide the glorious, authentic you! Remnants of misperceptions hide your radiance. Now is the time to begin. Recognize the misperceptions! Shed the veils. Choose to begin to live now from your magnificence.

It will require courage! I am confident, beyond a shadow of a doubt in



A series of horizontal lines for writing, spanning the width of the page. The lines are evenly spaced and extend from the left margin to the right margin. There are 20 lines in total, starting from the top of the page and ending just above the bottom right corner.



Do you want to begin shifting your focus from the belief “I’m not good enough” to one that supports you in creating the life you are beginning to discover? How does one do that?

Message to the Reader



Our Bodies Model the Teachings

The body models how this shift occurs in evolution, in human development, and in our adult lives. In evolution, when a structure is no longer useful to a plant or animal, it's simply left behind. For example, you do not see the long tails of alligators present in birds, which evolved later.

In human development, the fetus in utero actually has a tail that later degrades. As adults, muscles we do not use become atrophied—they simply waste away. Notice the legs of someone who's been in a wheelchair for some time, with no physical exercise. Deprived of the stimulating influence of neurons, the muscles, no longer nourished, shrink.

Turning our focus away from a belief mimics depriving a muscle of exercise, in its effects. Each time we choose to no longer focus on a belief that negatively impacts our life (such as “I’m not good enough”), the belief begins to atrophy, or waste away.

Message to the Reader

Deprived of the nutrients of neurons, muscles begin to atrophy. Our negative beliefs, embedded in our conscious and subconscious minds for years, will come up over and over again, until they lose energy and atrophy. Each time that the negative belief arises and we choose to turn our focus away from it, it wastes away a bit more.

HOW WILL YOU KNOW THIS?

Your outside world will begin to reflect your changed beliefs in many simple ways. You may become more tolerant of other people's opinions, ones that previously upset you. Or you may begin to soften toward a situation or person who previously created an emotional charge for you. Watch for the signs. They will emerge.

It's difficult to *not* think of something. For example, right now, try not to think about your negative belief. It is much easier to turn away our focus from a negative belief, if we have something to shift our focus to.

Herein lies the power of articulating a different, nurturing belief. Just as birds developed wings to fly, we can create supportive beliefs that let us fly. Focusing on supportive beliefs helps us turn attention away from negative beliefs. Eventually they will completely waste away. Then, they will no longer impact our lives. Supporting beliefs help us create a life aligned with the deeper truth of who we really are.

Creating and developing a supporting belief is easy for us, as women, when it involves someone else. How many times have we comforted our significant others, children, friends, and co-workers, reminding them of their strengths, encouraging them that they, indeed, could do it? Yet when it comes to ourselves, we seem to be particularly vulnerable to negative rather than supporting beliefs.

Can you afford yourself the same generosity that you offer others? Can you doubt your creative, feminine capacity? You may ignore it, because you take it for granted. You fail to see its magnificence. How many costumes have you made for your children? How many dinner parties have you put together for your husband, significant other or friends? How many times have you helped a friend see another way around a challenge? Or develop a different perspective?

Let's put that feminine creative process to use now. Begin the process that will lead you to create supportive beliefs, atrophy the negative beliefs and empower a supportive truth of who you really are—a being of incredible internal resources.

STEP I

AWARENESS Become aware of any time that the belief begins to form in your mind and heart. No longer do you want "I am not good enough" to automatically emerge as a response to any situation. For one entire day, observe each time the old belief arises.

Our negative beliefs are embedded in our subconscious, as well as our conscious minds. Sometimes, uncomfortable feelings, not thoughts, arise from these sources. Feelings first emerge as pre-verbal and not as clear, articulated thought. Your feelings may resemble what you described as a child, in the beginning of this chapter, when the feelings were imprinted. Observe when these feelings arise. Become aware of your feelings when they arise. Are they feelings of tightness in your chest, a knot in your pelvic area, a headache? They may emerge in a way that allows you to name them. Are you feeling anger, separation, isolation, sensitivity or something else that is nameable?

Record your observations and feelings here.

Directions to the Reader





Lined writing area with horizontal lines and a double quote symbol at the bottom right.

LIVING Take action! Immediately, once you recognize the feelings associated with or thoughts of your negative belief emerging, you must take action to stop it.

STEP 2



Our Bodies Model the Teachings

Understanding how the emotional brain intensifies activity and impacts emotional tone can help us with this process. When an irritating thought arises it is accompanied by emotion that occurs within the limbic system, commonly known as the emotional brain. The limbic system consists of a number of structures that are interconnected in a circuit or loop. Activity within one structure is then transmitted to the next and the next. Each time the neuronal activity completes a loop, it recruits more and more neurons to join in the process. You experience this as heightened negative emotion. It recruits exponentially. Clearly, it is much more difficult to stop the activity of hundreds of thousands of neurons than of only a few.

This scenario will help you witness the recruitment that occurs within the emotional, limbic brain. Watch how the thoughts and emotions escalate. Your significant other is late. You have the underlying negative belief that "I'm not good enough." You quickly conclude he's late because other people are more interesting to him than you are. Of course, this is not a very empowering thought. At this point in time

only a few neurons are activated.

As time passes, your negative belief that "I'm not good enough" goes into full gear and the negative thoughts multiply. "Who is he with?" triggers the response. You begin to think of all the times that he was interested in talking with other women, women who are more beautiful, women who are more accomplished, women who are not stuck at home with a sick child.

Guess how many neurons are activated now?

The story continues. "This isn't the first time he's been late," you announce verbally. Now the emotion truly escalates. You recall every time in the last week, the last month, the last year, he's been late. Before long you've constructed a story. He's having an affair with that new secretary who was hired this year.

Guess how many neurons are activated now?

Time passes. Your partner opens the door. You greet him with a cold shoulder. When he begins to explain, you say you don't care to listen. It no longer matters to you. You're considering a divorce. He doesn't understand what's happened, but he doesn't want to be around your energy. He decides to leave. His leaving confirms everything you were just thinking. Now you're really convinced that you're "not good enough."

How easily do you think you can stop your emotions at this point?



Our Bodies Model the Teachings

The key is to understand that if you want to stop the escalating vortex, you cannot wait until millions of neurons are recruited into the circuit. You must stop the process as soon as you become aware of your negative feelings or thoughts. I call this process the "Limbic Stop." If you envision the red hexagonal stop sign simply add the word Limbic. Visualizing this stop sign can help you break this escalating emotional circuit.

Let's go back to the exercise, now that you know how to put the brake on with the Limbic Stop. As soon as you observe or feel the effects of your negative belief "I'm not good enough," imagine the Limbic Stop sign. Stop the Limbic circuit. You will get better and better at this as you practice it.

Directions to the Reader

Record here when you were successful, and not successful, in recognizing the emerging belief and responding by engaging the "Limbic Stop."



“

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”

DISCOVERY Discover a new, empowering belief. The negative belief lies embedded in your conscious and subconscious mind, because of something someone said or did at some point in your life. The new empowering belief lies much deeper in your being, in the essence of life itself.

STEP 3



Our Bodies Model the Teachings

Moment by moment we live because an energy infuses each of our cells with the elixir of life! This ancient, yet ever new life force energy, I refer to as “Cellular Wisdom™,” the title of my book, published in 2004. It infuses life into every cell—every moment we are alive. This is our origin. Each of us, individually, gives unique expression to this energy. Our beings arise from an energy that is creative and expansive. The very same energy lies at the heart of the first formation of cells from molecules and of organisms from cells. Yes, we are birthed and live because of this very same energy. It is always accessible to us. We do not have to earn it. It is our birthright. This is our truth!

This deeper perspective allows us to construct a new empowering and supporting belief—one steeped in truth, not in falsehood. Who are you? An expression of a quietly explosive energy of life! How could you possibly “not be good enough?” Consider your heritage.

Message to the Reader

In this process, we will be going deeper into our inner world, pre-verbal, and then bringing forth that energy into thought, belief and action in the outer world. This process will, in a step-by-step fashion, lead to an unshakable “knowing” of who you are. Your life will begin to unfold its tapestry of authenticity from that knowing. As you make daily choices, from the most mundane to the life altering, you will begin to make better choices centered in your new state of being.

To reach the deeper level and articulate your new empowering belief, rooted in truth, you must reach a place of stillness, openness and receptivity to an energy that lies close to the interface between energy and matter. It is not a place of words, but a place of feelings. The unfolding of the feelings will lead to thought, belief, action and, ultimately, an unshakable knowing, a new state of being.

To begin this exercise, think of a time that you felt absolutely wonderful, deeply satisfied and resonant with your truth. What were you thinking at the time? This may provide the key to help you articulate the belief that you would like to have about yourself, even if it is not at a level of belief at this time.

Consider how the following examples, which emerge from the depths of one’s being, are reflected in action-behavior.

INNER SUPPORTING BELIEF : *“I am one with all life.”*

Some outer behaviors that would emanate from this belief—a sense of ease in life and in relationships, relationships characterized by integrity, support and open communication without concern.

INNER SUPPORTING BELIEF: *“I am a unique expression of life energy.”*

Some outer behaviors that would emanate from this belief—a celebration of one’s own strengths and talents and those of others, with no sense of competition or superiority.

INNER SUPPORTING BELIEF: *“I have access to my own inner wisdom.”*

Some outer behaviors that would emanate from this belief—decision making from this inner wisdom with confidence and clarity, without worry about the outcome of the decision.

You may find these statements too lofty, however, they reflect the essence of life and who we really are. If you cannot honestly articulate such a statement, because you can’t really believe it, choose a declaration of some way of being that you wish to be.

An articulation could be, for example, “I know I will be able to meet any challenge adequately.” Small daily successes build a foundation

STEP 4

TRANSITION Replace the old false belief with a new belief rooted in truth.

Here's an example from my life. I was asked to give a talk to a group of women physicians. The talk was scheduled in the evening, after dinner with wine, and after the presentation of awards. Further, it was held in a sterile convention center in the middle of the week, when people were beginning to get tired.

As I began to prepare my talk, I found myself thinking I'm not good enough to keep their attention under the circumstances. Is it any wonder that I found it difficult to create my talk? Fortunately, I caught myself and said, "I won't be able to create or deliver a talk of value with that thought in my mind."

I turned my attention away from myself and toward what I wanted to offer the audience. I wanted to bring something of value to each participant. It was also important that I talk for only a short amount of time. As this circulated through my mind and heart I was easily able to create a powerful talk: "Are you the CEO of your life?"

I walked up to the podium. Standing there, I looked around the room and made eye contact with everyone there. I was setting my intention to bring value to each person. The first words out of my mouth, "I'm setting my watch buzzer for twenty minutes. I'll stop talking when the buzzer goes off." I held up my watch to prove my intention. Everyone laughed. I knew that they would be more likely to listen intensely if they knew I would speak for a short time. As I began, I paced my words slowly. I used simple slides and fewer words to support my thoughts. Within minutes, you could hear a pin drop in the room. I stopped just as the timer went off. The applause was loud and long. Many came up to thank me when the talk was over telling me that they really needed to hear what I had to say.

Message to the Reader

Had I stayed in the mindset that I was not good enough, I would've been unable to offer anything of value.

It is important for us to relinquish our old negative and destructive beliefs, because they prevent us from making our contribution to the world.

If we fail to make our unique contribution, the world will miss something of value. Therefore, steeped in truth, we can claim a new belief about ourselves.

For example, if the old belief "I'm not good enough" arises as "What makes me think I can do this?"

STOP

Now, articulate the true belief!

I have access to my own inner wisdom. Now is the time to begin to live, freely. I may not do this perfectly. But that's okay. I will have done it. I will get better and better at this.



AUTHENTICITY Feel the delight of liberation and the joy of true expression.

STEP 5

In preparing my talk, when I changed my thought from “I’m not good enough” to “I want to bring value” I was liberated. My creativity soared. I looked forward to the presentation and delighted in delivering it. Everything changed. I won’t forget that event. It was a powerful teacher with two potentially different outcomes. Coming from a truth that I wanted to bring value rather than from an old belief that I was not good enough liberated me from my self-made prison and allowed me to make a contribution and to enjoy true self-expression.

The memory of this event serves me well. I catch myself whenever I begin to imprison myself with my old beliefs. I realize that if I allow the old belief to reign I will not be able to make the contribution that I could make to myself and others. I lose. Everyone loses. Living from the deeper essence of truth allows us access to a greater range of possibilities. As we act from truth, we bring value to ourselves and others. We all win.

Practice will help you do this.

Our Bodies Model the Teachings



Initially, each cell performed all activities as required, such as taking in nutrients, discarding waste products, reproducing, etc. However, there was a great price to pay for this. Cells stayed independent of each other. In order for complex organisms to arise from single cell organisms, which took over one billion years, things had to change. Cells began to differentiate. For example, some cells became reproductive cells, muscle cells, bone cells, etc.... No longer did each cell have to do everything. The reproductive cells' function is to sustain reproduction, not to digest food into nutrients that cells can use. Once specialized, it was important for cells to cooperate with each other, each performing their specific function, for the organism to thrive. Just walking across the room requires that one hundred seventy or so muscles on each side of the body have to flex and contract in synchrony, moving bones so that we can walk. Specialization, cooperation and integration were important to the development of multicelled organisms.

Similarly in our lives, we must be true to ourselves, our essence, in every aspect of our lives. Whenever we fragment a piece of our lives from our essential selves, we no longer resonate with the fullness of who we are. The fragmentation will increase and leave us feeling empty and unsatisfied.

As women, we are exquisitely aware of the cycles of our bodies, the times of our lives. We lead integrated lives and understand when our physical bodies, emotions, mental activity and spiritual energy are out

Message to the Reader

of alignment. Every time we choose a behavior from a faulty inner belief, we are fragmenting ourselves. If this continues, we will feel more and more dissatisfied and empty. Reinstating the truth of who we are internally and externally allows us to realign all the aspects of our lives and live in resonance with our essence.

Are you ready now to replace your old, unsupportive belief and bring your new belief, expressing the truth of who you are, into center stage?

If so, keep alert for the emergence of your old belief. As soon as you detect it raising its head, stop and say your new belief.

Now, with that new belief, rooted in truth, circulating in your mind and heart, determine what actions you want to take. In the beginning this will seem difficult. However, the rewards liberate, and freedom is exhilarating.



Our Bodies Model the Teachings

New patterns take a while to be established in the body. For example, it takes approximately three weeks for new synapses, connections between neurons, to become established. Keeping the focus for at least twenty-one days is the key to success.

Red blood cells are replaced every ninety days in the body, because they have no nucleus to sustain them. Your empowering and supporting belief, which arises from your inner core like the nucleus sustains a cell, sustains you in the outer world.

In committing to this process you are establishing a new template in your life. Commit to doing this now.

At sixteen, my grandmother, Katherine, married my grandfather, a ship captain, in the "old" country, Dubrovnik, Yugoslavia. They promptly sailed to New Orleans. She never returned. My grandfather was much older than she—he was thirty-six. Soon after arriving, Grandma became pregnant with twins, Peter and Paul. Grandpa sailed back to Yugoslavia, leaving my grandmother alone. She did not even speak English. The twins died shortly after they were born. Grandpa was not there. He sailed from New Orleans to Dubrovnik, every six months or so. Mammaw, my grandmother, spoke eleven other languages, but learned English as her six children went to school. Never did I hear her complain. A fabulous cook, she always remembered what each of her children, and her children's children, liked to eat.

Although she had a life she had not anticipated, she was always laughing and telling jokes, even naughty ones, at the holiday table. Her energy was infectious. She seemed to meet every challenge from a place of deep calm, as though she knew she would be able to handle whatever arose. She was a model of success to me.

As women, we're acutely aware of the changes in our bodies from the time that we enter adolescence through pregnancy and menopause. Intimately connected with the energies of our bodies, it should be easy for us to access its teachings. Caring for our bodies is a responsibility equal to caring for our mind and spirit. Clearing out the old and making room for the new is a template our bodies use to remain vital and strong.

As hybrids of spirit and matter, everything in one domain necessarily influences the other. In this chapter we are learning the lessons of matter to create from the inside out. Just as cells generate all of their activities from the blueprints in their DNA, we too generate our outer lives from the truths in our inner depths. When we are in alignment of body, mind and spirit we experience the flow of energy.

It's important to become familiar with the feelings of freedom and liberation that come from the deeper essence of the truth of who you are.

I was attempting to prepare a talk for the Theological Opportunities Program (TOP) group at Harvard Divinity School. I couldn't. I tried over and over again with no success. The day of my talk came. I knew only to take a few books and poems with me. I was in the room being introduced. I relaxed. Somehow, I had relied on my intuition to bring the books and poems. As I began to talk the words just flowed. My eyes sought the eyes of everyone in the room, as I spoke. From time to time I would read a poem I wrote or one from the books I brought. I kept contact with the audience throughout the entire talk. Finishing, at first there was silence. Then, they began to stand, one by one, until the whole room was standing and clapping. Afterwards, a woman came up to me and said that was the most organized talk she had heard. She requested my notes. Of course I had none. Fortunately, someone overheard us and told us she had recorded it. The feelings of freedom from fear about what I would say, and liberation, founded on trust, soared through me. I felt I could fly.

Directions to the Reader

Take time now to record here feelings of freedom and liberation you experience as you act in accordance with your authenticity, the deeper empowering and supporting belief of who you are.





Our Bodies Model the Teachings

The body is continually in the state of discarding the old and embracing the new. During the times in our lives when we're ovulating, estrogen secreted from the ovary supports the development of an egg or ovum over a couple of weeks.

When it is fully developed the egg is expelled from the follicle, so that it can be potentially fertilized. The follicle, from which the egg was released, collapses into another structure the corpus luteum, which begins to secrete the hormone progesterone. After a couple of weeks the corpus luteum dies away. Then another follicle will begin to develop and the cycle will repeat once again. A similar cycle occurs in the lining of the uterus to prepare for the implantation of a fertilized egg. If implantation does not occur, the wall of the uterus is shed during menstruation.

In contrast, the majority of our neurons come into being during fetal development. They do not turn over, or divide, but stay with us for the remainder of our lives.

Message to the Reader

Recognizing what needs to be shed, to be replaced, and what needs to remain stable because it is part of our essence is a key to understanding how to live exuberantly.

If the old is not shed, the new cannot appear. If the stable elements, like neurons, essential to our continued competency, are not nourished, they will die.

Knowing the difference between elements that require replacement and those that must be nourished, permanently constitute the foundation of living from the essence of our being.

You've learned how to recognize situations where your old beliefs arise and replace them with new beliefs. You've tasted the glorious feelings of freedom and liberation when you live from your new beliefs. The final step is to anticipate and prepare for circumstances that could challenge your new beliefs. Focus on what you want.

When you've learned to do this you will easily anticipate potentially challenging circumstances and anticipate feelings that would result if they were the primary influence. You will replace the old constrictive story readily, and nourish your essential self.



Our Bodies Model the Teachings

If the follicle remained active, secreting estrogen, after the egg was expelled, the corpus luteum would not form and progesterone would not be available to nurture a newly implanted fertilized egg. Neurons are dependent upon nutrients provided by the blood moment by moment as, unlike other cells, they do not store nutrients for future use. They live completely in the present.

As you establish the foundation of recognizing what needs to be released and replaced and living from the bigger story, you will feel more energy. Your creativity will abound. You will become eager to make your unique contribution to the world.

Directions to the Reader

Allow some time to stabilize your foundation. Let your thoughts about what contribution you could potentially make in the world begin to emerge over the next few days. See how you could begin to live your "Expansive Story." Do not censor any of your possibilities, but record them here.



Lined writing area with horizontal lines for text entry.





Before concluding this chapter, let's review the central theme of the six steps:

AWARENESS Be aware of any time that your negative belief emerges.	STEP 1
LIVING Take action. Use the Limbic Stop and choose.	STEP 2
DISCOVERY Discover an empowering and supporting belief.	STEP 3
TRANSITION Replace the negative, destructive belief with an empowering, supportive belief.	STEP 4
AUTHENTICITY Feel the delight of liberation and the joy of true expression.	STEP 5
FOUNDATION Celebrate your success! And live from the truth of your essence in flow and harmony!	STEP 6

You've identified some major “keys” that unlock your magnificence. When we “know” the fullness of our being, we can live expansively and contribute to the universe in our unique feminine way. We are creators, nurturers who hold the vision of the Universe. The knowledge of our essence is necessary for us to perform this function, for we are to remain unshakable regardless of outer circumstances. This is one fundamental “key” to living a feminine life of wholeness in which mind, body and spirit are fully aligned. Authenticity and integrity radiate from our being when we reach this state. We become models of how the world could be.

In doing these exercises you have uncovered the essential you through awareness, taking action in your life, discovering your essence, transitioning from old beliefs to new ones, living authentically from the foundation that you have built. A second “key” is the blueprint you have through these processes—your “Template of Success!” Use it! Come to know the power of your inner being in living your outer life.

As long as we hold the negative and destructive belief of “not being good enough,” we are unable to touch the genius within and bring it to the world. We must know our powers in order to be able to use them to gently and lovingly create the essence of the world.



Please join Joan in a further discussion on using your "Template of Success."
<http://www.cellular-wisdom.com>



*Want to ask questions? Go to Joan's blog
blog.beyond-success.com and pose your question. Joan will answer you.*

Ask For Help



*The deadline looms.
The clock ticks.
I am working
as hard as I can.
Will I make it?*

*Working from
dawn til midnight,
driving on
into a new day,
everything else
forgotten.
The clock ticks on.
Will I make it?*

*Anxious,
I push
harder and harder,
bargaining with time
to create
an illusory promise
of more time later.*

Will I make it?

As I worked harder and harder, pushed and drove myself, feeling anxious, I did not **think** of asking for help. I was not alone. In a 1999 survey of Women in Neuroscience, I asked women whether they sought help when they knew they needed it. The answer: only 38% responded "Yes," while 35% responded that they **never** request help.

What is it that keeps us from asking for help? I remember reading about "the imposter phenomenon" when I was Chair, and wondered whether I was an "imposter?" High achieving women who feel fraudulent, doubting that their achievements result from their ability, exemplify the "imposter." Are we afraid to ask for help because someone might find out that we are imposters?

Even with my knowledge of how cells continually discard what they no longer need and how diverse cells collaborate to execute functions, I did not recognize the analogy for my own life. My fear of being "not good enough" drove me to work harder and longer and take on more.

Message to the Reader

Fear of failure underlies the imposter phenomenon. The imposter, not believing in her ability to meet challenging situations effectively, conjures up calamitous scenarios in which she will be exposed publicly as incompetent and fraudulent. Regardless of our strengths and skills, we perceive ourselves as lacking in self-efficacy and cringe at the thought of asking for help, which might expose our feared inadequacies.

Directions to the Reader

Find a comfortable space in which you feel safe and secure. Assemble the materials, journal, etc. and reflect on these questions. Have you ever felt like an "imposter," achieving success, but fearing that the success did not result from the use of your abilities and that sooner or later someone would find out that you have "feet of clay"? Describe the circumstance.

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serve many functions, such as helping us to appreciate our strengths and talents, to expand our perspective, to understand our perfectionism as maladaptive or useful, to construct realistic goals rather than unrealistic ones likely to increase the imposter phenomenon, and to increase our sense of belonging. Mentors may open doors for us, providing opportunities for connections not otherwise available. Coaches help us appreciate our strengths and talents by reviewing with us times when we have been successful, and by offering assessments that confirm specific talents and strengths. Empowered mentoring or coaching provides an opportunity for the collaboration natural to us as women.

Directions to the Reader

Given the documented benefits of mentoring and, recently, of coaching, you may want to identify several people whom you admire and contact them requesting to speak with them about the possibility of their serving you as mentor or coach. Analyzing effective mentor-mentee relationships, trust arises as a very important variable. When talking with a prospective mentor or coach, be aware of whether you feel you could trust this person. Reflect on these questions. Do you have a mentor or coach? If so, do you trust her/him? Is s/he effective in working with you? That is, does s/he listen to your concerns, provide feedback, help you clarify your goals and refine your strategies to reach those goals in ways that are resonant with your authentic self? Write your answers.

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Handwriting lines for reader response.

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Generate the questions you will ask in your informational interview with a potential mentor or coach. Begin the interview by telling your potential mentor what you admire about her or him and why you would want her/him as a mentor. In the case of a coach, describe what about her or him attracted you to request an interview. Clarify what you are looking for in a mentor or coach. Describe the kind of interaction you are looking for—such as meeting on a weekly, monthly, quarterly or yearly basis in person, talking via telephone, communicating via e-mail—and what you want the mentor or coach to help you with.

Directions to the Reader

Write your outline for the informational interviews here, including all the elements above: potential mentors/coaches' names, why you would want each of them to serve as your mentor or coach, followed by what you are looking for in a mentor or coach, the kind of interactions you would like, what you want them to help you with, etc.







Identify someone with whom you would like to collaborate on this initiative. Contact her or him and inquire about the possibility of beginning the collaboration. Whom did you contact, and what did you learn?

Directions to the Reader



Lined writing area for the reader's response.



What makes collaboration successful? In my experience successful collaborations provide benefits to both parties. If the collaboration lacks reciprocity, it may result in one individual feeling taken advantage of, causing resentment. Avoiding this requires that each person be clear about what she or he wants from the collaboration, but also how she or he wants to work together with the other. Several factors determine successful collaborations. One such factor, personal style, can have enormous impact. People with different styles may find it difficult to work together seamlessly. For example, some people like to make decisions early and proceed with strategy while others would prefer to explore many options and not make decisions until they feel they have exhausted all possibilities. Further, some people think individually and then share what they have conceived. Others cannot sit in a room alone and conceive of new ideas, but must interact with others to develop ideas. Some require deadlines to ensure progress, others resent deadlines, preferring a more open unfolding of the project. Know and appreciate your style and that of the people you are considering as collaborators.

Message to the Reader

Directions to the Reader

Appreciate your style of collaborating. Describe it.



Lined writing area for describing one's style of collaborating.



What is the style of the person with whom you are thinking of collaborating? Describe it. If you do not know her or his style, ask the person about it, then describe it.



Lined writing area for describing the style of a collaborator.



Another factor deserving of consideration is how many collaborators you work with most effectively. Given your personal preferences, do you work optimally one-on-one with a single collaborator, or would a team effort offer you greater opportunities, personally and professionally?



Lined writing area for discussing the number of collaborators.

Identify your collaborator(s) and their styles of collaboration and communication, their skills or experience that complements yours, and what you hope to gain from the project.

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Envision the duration of the project and how you will initiate, communicate, proceed and complete the project.

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“ How will you evaluate the success of the project?

Handwriting practice lines for the question above.

EMBARK Begin a collaboration, cognizant of the goal and all the parameters you have defined to promote a successful collaboration. **STEP 6**

Before concluding this chapter, let's review the central theme of the six steps:

- RECOGNIZE The "imposter phenomenon" is a misrepresentation of your strengths and talents. **STEP 1**
INCREASE With self-compassion, expand your realization that you are a part of the larger human condition. **STEP 2**
CONNECT Your are not alone. Partner with a mentor or coach. **STEP 3**
WORK With a mentor or coach, you are supported in your inner and outer work. **STEP 4**
APPRECIATE When you value your style of collaboration and that of a potential collaborator, the focus is in appreciation. **STEP 5**
EMBARK Begin a collaboration, cognizant of the goal and all the parameters you have defined to promote a successful collaboration. **STEP 6**

Following this template you will leave behind the “imposter,” the anxious person fearing failure. You will increase compassion for yourself and, understanding the larger human condition, connect with and work with a mentor or a coach to clarify your strengths, identify realistic goals and effective strategies, appreciate how you can work most effectively with a collaborator, appreciate your style of collaboration, explore potential collaborators, understand their styles, and embark on an empowering collaboration, cognizant of all the factors that will ensure its success. In this manner you will move from isolation to connectedness to enjoy the richness of connection, and expand your knowledge and perspectives.



Please join Joan in a further discussion of coming to appreciate your strengths and talents and using them in collaboration with others to create successful projects at <http://www.cellular-wisdom.com>.



Want to ask questions? Go to Joan's blog blog.beyond-success.com and pose your question. Joan will answer you.

Conclusion



Sssssssshshshshsh!

Slip into the silent stillness.

Sssssssshshshshsh!

Let the wonderings of the mind go.

Float in the myriad chambers of your soul's depths.

Sssssssshshshshsh!

Slip into the presence

of Being.

Sssssssshshshshsh!

Everything you yearn for

is here.

Sssssssshshshshsh!

Feel the fullness of

I AM,

in all the dimensions of your being.

Sssssssshshshshsh!

Experience all your hopes,

all your dreams,

realized.

Sssssssshshshshsh!

Discover:

You

are the

I AM.

Sssssssshshshshsh!

I leave you with a few final thoughts as you continue your inner and outer journey toward greater awareness and expanded consciousness to know the wisdom of Self.

Hearing the call to greatness within, understanding the vitality of life that flows through your body's cells and systems, you began this journey. You listened to its call as you moved from the question "Not Good Enough?" through the chapters to the final statement, "Yes, I Am."

In exploring the inner domains of your experiences, you examined foundational beliefs; created new supporting beliefs; built a "template for success"; uncovered your values, personal qualities and life purpose; recognized when you were sliding down the emotional slope; learned to choose happiness; clarified what you want and accessed resources to help you create it; learned to recognize signals about critical changes; discarded patterns that limit possibilities; identified your style of regulating emotions; developed ways to create emotional well-being; increased your compassion for Self; connected with others and engaged in collaboration; visualized yourself acting from your purpose and passion in the world; identified characteristics that lie at the foundation of your being; discovered your personal power; and tapped into your Cellular Wisdom™ to bring your vision into the world.

Like your body's cells whose default condition is to thrive, your journey to greatness expands with every movement emanating from your authentic energy. The process to evoke greatness forever expands as you choose to thrive and grow. Greatness has no limits. The path of deepening your knowledge of Self resembles a spiral staircase. So, how, you ask yourself, will you continue to attend to, listen and hear your call to greatness? How will you know when to take the next step as you engage in your day-to-day activities, once you have completed the exercises in this book?

Whereas your cells have evolved to thrive, you choose to thrive or not to thrive. You must set aside time to listen to the flow of your life. You must become intimate with the continuous nudges or symbols in your life. These are the signals giving you feedback on when and how to take the next step. Re-invigorate your commitment. Consider revisiting this inner type of work once a year. Continue the process of expanding your perspectives and deepening your insights of how *your way of being in the world* is fulfilling your purpose. The expression of your significant contributions to self, partners, family, community and the world, position you right in the middle of your developing greatness from your authentic being. Like your cells invigorate your tissues, by activating stem cells housed there, committing them to a course of development in deepening the knowing of our process, we invigorate our lives. Harmony ensues in body, mind and spirit.



Keep the call to greatness alive by interacting with others who have also heard the call and are committed to revitalizing their sense of Self, wanting to know the fullness of who they are! This interaction may involve your spouse, a family member, business associates or a community of individuals wanting to take this journey together.

If you decide to participate as a group, meet once a month after completing the exercises individually from one chapter. The monthly meetings become a safe haven for you and others to come together to share your insights and changes in personal perspectives. What greater gift could you give yourself and those you care about than an expanded sense of being, keeping alive your call to greatness? Some individuals in the group will likely confront unanticipated challenges. The richness of the diversity of perspectives and insights shared in the intimacy and safety of the monthly meetings provides stabilizing support for those facing crucial challenges. The mirror of this group dynamic is in our body's journey of our cells. Traveling together, our cells move seamlessly from their place of origin to their respective places of performance and function in the body.

Again, we see this same type of support as our cells migrate along structures that support them in moving in the right direction, ensuring they reach their appropriate sites. This is the wisdom of the body.

Some individuals in a group situation will make long-overdue decisions. The collective energy of the group mobilizes that person to recognize the value of her decisions and make the difficulties involved in unfolding the decision easier, as she becomes more aware of her own internal resources and the support of others willing to share her perspectives and insights in the journey.

Interior journeys parallel the unexpected joys, appreciation for different tastes, surroundings, cultures, and worldviews, as well as the challenges of traveling our physical world. Navigating our inner realms or our outer world is still a journey of discovery. Discovery excites and activates our hearts and minds. We reap the richness of understanding and expansive experiences. Adventurers, like Antoine de Saint-Exupery, a pilot and author of the *Airman's Odyssey: A Trilogy* and *The Little Prince*, succinctly articulate the choice to thrive: "Affirm life!" and "Life always bursts the boundaries of formulas." In the words of *The Little Prince*, "One sees clearly only with the heart. Anything essential is invisible to the eyes."

Keep your inner sight acute. Pay attention to that which is invisible to the eyes. Take time now to review what you have discovered along the way of this deepening journey. Anchor your discoveries now by writing a summary of your new perceptions

*Directions to
the Reader*

