

5 Sage Powers for Living a Joy-filled Life

Kimberly Lindsay ~ Love & Conflict



What is our Sage

What is our Sage? Our Sage is our wisdom. Our place of flow between our whole, perfect, and complete mind with The Divine Mind. This is the TRUTH of us.

We were all born whole, perfect, and complete. Yet on this human journey we sometimes struggle with saboteur voices in our mind that cause us to feel separate from this divine truth of who we are.

Our Sage mind is our wise self. It is where our wisdom, calm, and powerful knowing comes from, there and our heart energy, of course. When we function from our Sage mind we flow easily in life. Yes, challenges will arise, but when those are met from the Sage mind we will find ease in those choices and circumstances as well.

Our Sage mind knows that every life situation offers us an opportunity or a gift of learning.

***Sage Powers
based on the
teachings of
Positive
Intelligence***

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Empathize:

Empathy has multiple parts. Empathy for self, for others, and for circumstances. I know that these can be difficult at times to connect with, and self empathy feels so foreign to many of us because we were taught to do more, achieve more, be tougher and stronger. In addition, when we are triggered we definitely don't have much access to our self empathy.

I find that the more we practice self empathy the more we have empathy for others and for circumstances.

How do you access self empathy? Is it easy for you or do you need a doorway in?

Next time you are flooded by one of your saboteurs name it. "This is not the truth of me. This is a character voice in my head named my Controller, Nasty Nancy." (Insert appropriate name of the saboteur affecting you.)

Once it is named it is easier to release. Then take 30 seconds to connect and focus on one physical sensation to help you shift from survival brain to sage mind. Once you have deescalated your saboteur mind take a few moments to visualize someone that you have great care for. This might be you as a child, your child, a niece or nephew, or a pet. With these feelings of care alive in you, being focusing on yourself. You too are worthy of this care and love.

Explore:

Children often have this one gift well understood. It is the power to be deeply curious. It is pure fascination for the sake of seeking more. They walk on the water's outer edge just to see if they can do it without getting their feet wet. They lift each rock to look for ant colonies. They ask why to every direction they are given. They are exploring.

However, as adults we sometimes forget this skill. We think we know all there is to know already. Or we simply don't allow ourselves the time to explore because our to-do list is simply too long for curiosities, but that leaves so much goodness unlearned, potential untapped, knowledge undiscovered.

Exploring more, with childlike wonderment, is a powerful tool to engage during our toughest situations and creative blocks.

Next time you find yourself ready to up-level or move from stuck energy towards ease and flow, get curious without attachment to outcome. What is this about? What might happen if?

This is PURE EXPLORATION. Nothing has to come out of these discoveries. Nothing more needs to be done, simply notice what is. I believe that you will find once you start getting curious the gates will open to more flow.

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Innovate:

The power of the Innovate gift is the ability to ask, "How else can I do this? What else is possible? Is there more knowledge to learn?"

Our beliefs and assumptions are the building blocks of our lives and thus the boxes we often find ourselves in. When we are making decisions from those places we are simply moving around within our box, often times those boxes are designed by our saboteurs. However, when we move through life from our Sage mind we move outside of boxes - where the light shines.

When you are in Innovation mode don't judge your ideas. That is a permission slip to invite your saboteurs into the processes. The goal in Innovate mode is just to come up with possible ideas, movements, solutions, and outcomes.

This is Idea Generation Mode. The 'Yes, And' game is an excellent way to generate ideas. When you come up with an idea write it down just as it comes out of your mouth, and then decide one thing you like about that idea. You don't have to like all of it. That will come later as you develop your idea. Say to yourself, "What I like about that is." Then write that down. Then say, "And what I want to add to that is..." Then write that down so you don't lose track of it all.

Repeat. "What I like about that idea is this... And what I want to add to that is..." Adding a new idea.

Give yourself a time limit. You can start with 5 or 10 minutes of doing this, and of course the 'Yes, And' game is done well with a partner. Remember, don't analyze anything yet. This is just idea generation mode. Just name one point you like and add another point, allowing innovation to unfold.

Navigate:

You can't navigate from your saboteurs. True north navigation happens in our heart and Sage energy.

When you find yourself stuck or at a crossroad and you can't seem to see through the mental fog, begin to see beyond. Close your eyes, activate your Sage mind, and see yourself in your heart and mind's eye on the other side of this current space. Maybe you are looking at the end of your life, maybe just a few years ahead, or maybe just at the end of the week. What choice do you wish you had made at this current space?

This exercise allows the saboteur voices to fall away and to hear that of your True self. No fears. No anxiety. No overwhelm. Leaving only that which matters to appear.

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Activate:

Your most powerful action comes from your Sage self. This action is clean, quiet, and centered energetically. It is important to have tools ready to preempt your saboteurs when they show up.

If you know that your Restless saboteur shows up when you sit down at your computer and likes to distract you with unrelated emails and social media, then you are already prepared. This is good. So when you do indeed find yourself doing that, name it as your saboteur and gently bring yourself back to your focused action.

If your Stickler saboteur shows up while you are making cookies with your 8 year old and you get hijacked when she spills ingredients you can say, "This is just Perfect Sara." Remind yourself that your goal is cooking with your daughter and that you can clean up later.

Another idea is to design an alliance with your daughter ahead of cooking time. It could go like this, "Marie, I sometimes get antsy when the kitchen is a mess. It is my goal to preempt my Stickler saboteur, Perfect Sara, if that happens today will you say, 'Hey, mom that's just your Stickler. I'll help you clean up later.'"

You are designed for a great and powerful life. Expect your saboteurs to show up when you are moving forward on your path, but have no fear because you can preempt them and weaken their influence in your life.

We are on this planet to lead a wonderful and powerful life. And we have within us all the tools to do that. When we turn away from our saboteur thoughts and lean into our Sage mind we step into the divine flow of our abundance.

To learn more about how saboteur voices are impacting your life and how to live from your Wise Sage self check out my website:

www.LoveAndConflict.com

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