

THE NARRATIVE

NO SUFFERING: CREATING A LIFE OF JOY, HAPPINESS & PEACE.



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YOU'VE BEEN TAUGHT TO FEEL UNWORTHY

Throughout life, you are indoctrinated to believe that you are unworthy; you have been taught to compare & despair if you do not fit the lines of conformity. The media and advertising industry works diligently to create a need for their product or service, and in so doing, they brainwash you to believe that you are sub-standard unless you spend money on their products or services. These industries want a populous of people who follow, rather than live independently and courageously. In fact, the idea of having your own independent point of view is discouraged and can often result in ostracization.

This "story" of unworthiness permeates your emotions, thoughts, and actions and often causes most of the pain and suffering in your life.

What if all of this brainwashing is wrong? What if you are perfect in your own right and there is nothing you need to do to prove yourself to anyone? Would you suffer less if you believed you were boldly worthy?

BOLD LIVING TAKES COURAGE

How courageous are you? If you are tired of the same old painful story, could it be time for you to take a mighty leap and start creating the life you truly deserve?

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YOUR CORE SURVIVAL FEAR

How often do you feel fully safe and secure in the world? If you had the opportunity to live life with complete confidence and happiness, would you? Are there things in your life you would change if you have the resources?

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DEEP DIVE QUESTIONS TO HELP YOU HEAL

If you are ready to create the life of joy, peace & purpose, the journey begins by looking inward and exploring your past for the themes of pain and the stories of oppression. It is a journey of liberation from your past!

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BOLD CHANGE TAKES COURAGE

TREY MALICOAT, M.S.

I was standing at the top of the ropes course, one hundred feet above the hardened ground. A ropes course is a tall and challenging labyrinth of ropes suspended high above the ground designed to test agility, flexibility, strength, and perseverance. A ropes course is a challenge for the body and the mind and is a real test of courage.

Three o'clock rolled around, and I was preparing to make my descent to the solid ground. I had encouraged and motivated a hundred high school kids to test their resolve by completing the ropes course and then jumping off the final platform to zip down four hundred feet of the zip line. A call came over the walkie-talkie alerting me to one last young lady about to make her way across the cargo net to the final platform. Evidently, it had taken this girl almost an hour to complete the course; the typical kid finished the challenge in less than 10 minutes. It had taken her so long because she was terrified! Once she reached the final platform, I greeted her with pride. I praised her for completing the course, and I encouraged her to finish the last step.

I explained how I wanted her to step to the edge of the platform and on the count of three, jump off! I assured her about her safety and explained the mechanics of the zip line. I told her the harness and security cable she was wearing would allow her to jump off the platform and soar to the ground down the line. I told her there would be someone at the end of the line to help her out of the harness. I said to her no one had ever been hurt by sailing down the line. Our conversation lasted fifteen minutes as she clung to the platform with all her might. Eventually, she freed her grip from the platform and took one small step toward the edge. She looked at me, tears welling in her eyes and her knees shaking, and said, "I don't want to go!" I encouraged her! After another fifteen minutes of reassurance, she realized that she had no other option but to jump. I held her trembling hand as she stepped closer to the edge. "I don't want to go!" She postured herself once again on the edge of the platform, but I knew she would not make the leap of faith without a little nudge. We began to count: one, two, three, and then with a slight push, she was thrust into the thrill

QUESTIONS FOR EXPLORATION

HOW DOES YOUR VIEW OF YOURSELF IN THE PAST INFLUENCE HOW YOU SEE YOURSELF IN THE PRESENT?

HOW MUCH DAILY TIME DO YOU SPEND THINKING ABOUT WHO YOU HAVE BEEN, WHAT YOU HAVE DONE, HOW YOU HAVE BEEN HURT, OR REGRETS THAT YOU HOLD?

ARE YOU WILLING TO STEP OUT OF YOUR PAST? IF NOT, WHY?

WHAT WOULD YOU CHANGE ABOUT YOUR PAST IF YOU COULD?

BOLD CHANGE TAKES COURAGE

TREY MALICOAT, M.S.

of terror. I leaned forward to watch her soar down the line. I was excited about her...she had challenged herself and faced her fear. She had a personal victory with a little help from me. All of a sudden I heard, "TREY...I'LL GET YOU!"

Later that evening I was talking to a few kids in the dining hall and saw the young lady approaching my left. I didn't know if I should run for cover, give her a high five, or duck! I was surprised by what came out of her mouth, "Hey Trey, that ropes course scared me to death. I have been mad at you all day for pushing me. But... thank you." I replied, "Thank you?" "Yeah, thank you!" I had to know more. Despite her anger, she explained that the ropes course forced her to face her fear of heights and that she had never had such a significant experience if personal success. She told that she never took risks, was afraid of new challenges and was bored with life. The ropes course forced her to step out of her comfort zone and find personal success. She had a single victory of passion, and she was now a different person; more confident, self-assured, and happier.

Each of us is given opportunities each day to navigate the ropes course of life and take leaps of faith. We have the chance to take risks or to remain in our comfort zone. We are continually faced with the choice of vibrant or mundane life. We all can live life deliberately if we choose to. I invite you on a journey of the heart to find your passion and to live life with gusto! I encourage you to take my words and thoughts and apply some of the principles to live life more authentically. Ultimately, I hope you will take a leap of faith with me and pursue greatness.



**COURAGE DOESN'T
ALWAYS ROAR.
SOMETIMES COURAGE IS
THE QUIET VOICE AT THE
END OF THE DAY SAYING,
"I WILL TRY AGAIN
TOMORROW."**

Mary Anne Radmacher



QUESTIONS FOR EXPLORATION

WHAT DOES BEING COURAGEOUS MEAN TO YOU?

WHEN WAS THE LAST TIME YOU DEMONSTRATED BOLD COURAGE?

DO YOU NEED A LITTLE PUSH TO BE MORE COURAGEOUS IN YOUR LIFE?

IN WHAT ASPECTS OF YOUR LIFE ARE YOU AVOIDING RESPONSIBILITY?

YOUR CORE SURVIVAL FEAR

TREY MALICOAT, M.S.

The elusive "core survival fear"... It sits at the core of all human beings, but it is elusive in the fact that most people do not even recognize they have it. I contend, that most (if not all) humans suffer from "core survival fear" because we have been brainwashed to believe that we are weak on our own. We have been victims of constant propaganda designed to make us feel small and insignificant. This idea that we are weak on our own is striking to me because it is illogical and completely counter to all other organisms in nature.

For us, as humans, to believe for one moment that we are insignificant is utterly preposterous. I think that we are the most dominant species on the planet because we can create our reality and our truth. We are the only species capable of experiencing a wide range of emotions, we can change our thoughts and can even change the state of our minds.

We are a species that has the divine capacity and intimate desire to connect with others, to know ourselves genuinely,

and to look deeply into the universal consciousness. We are a species made from the very stardust of our Master Creator, and we are on a path of perfect evolution.

This core survival fear is our nudging that we are part of a bigger collective and deeply connected to a God that has perfectly orchestrated our very existence and every single step in our lives.

We feel this "core survival fear" when we are disconnected from our Master Creator and the collective consciousness. We are profoundly aware of this core survival fear when we nudged to a position of having faith in something more significant than ourselves that gives us value, purpose, and meaning. What I am saying is...you will have this core survival fear until you leap mightily into a position of loving yourself unconditionally, loving others unconditionally, and trusting your God to be entirely in control of every aspect of your life.

QUESTIONS FOR EXPLORATION

WHAT WAS THE LAST PRODUCT OR SERVICE YOU PURCHASED BECAUSE YOU THOUGHT YOU NEEDED IT TO FEEL MORE COMPLETE?

IS IT CONCEIVABLE THAT YOUR LIFE HAS SERVED A PERFECT PURPOSE TO TEACH YOU UNCONDITIONAL LOVE?

DO YOU BELIEVE THAT YOU ARE A BEAUTIFULLY POWERFUL PERSON CAPABLE OF ANYTHING YOU DESIRE?

WHAT FEARS CAUSE YOU THE MOST ANXIETY?

32 QUESTIONS FOR A SOULFUL DEEP DIVE

TREY MALICOAT, M.S.

If you have embarked on the journey to create a life of joy, peace & purpose, answering the following list of questions will accelerate your self-understanding. The goal is to thoroughly process each question and journal your thoughts and feelings. Be aware, some of these questions will challenge you on a core level. Give yourself time to grow, and be graceful with yourself.

How did your father and mother live in the world when you were a child?

What was your life like growing up as a child?

Were you on the "inside" or "outside" of your peer group during your middle and high school years?

What are the most painful memories you have from your childhood?

What type of relationship did you have with your parents and extended family?

Where do you rank in the birth order of your family?

What relationships in your past have been most significant to you and why?

How would you compare yourself to your friends and family?

How would you describe your childhood and teen years?

What types of things did you do that made you feel significant?

Do you believe that the world is safe or unsafe?

32 QUESTIONS FOR A SOULFUL DEEP DIVE

TREY MALICOAT, M.S.

“ IF YOU ARE BLAMING YOUR FAMILY, OTHERS, SITUATIONS, OR YOURSELF FOR THINGS THAT HAVE HAPPENED IN YOUR LIFE, YOU ARE "PLAYING" THE VICTIM! YOU CANNOT BE A "VICTIM" ON A SOULFUL PATH! ”

What experiences have you had that have made you feel most unsafe?

What were the political and religious views of the people who parented you?

What is your first recollection of feeling unsafe in the world?

How have your past experiences influenced your current relationships, career, or self-esteem?

If you change anything about your childhood, what would you change?

What was your first or most painful experience of shame?

As a child, did you feel connected or isolated from others?

Did you learn to trust at an early age?

Did you have one good friend or many friends?

Did your life as a child feel in control or out of control?

Did you feel like you have to perform for the approval of others?

32 QUESTIONS FOR A SOULFUL DEEP DIVE

TREY MALICOAT, M.S.

“ THE PROBLEM MOST PEOPLE HAVE IS TAKING FULL RESPONSIBILITY FOR THEMSELVES. WHEN YOU TAKE FULL RESPONSIBILITY, YOU FULLY UNDERSTAND THAT YOU CREATE YOUR REALITY! NO OTHER PERSON IS RESPONSIBLE FOR YOUR HAPPINESS! ”

What was your earliest experience with sex and what did it mean to you?

In your family, were you 'heard' by the people who claimed to love you?

Were you creative and expressive as a child? If so, were these traits supported and encouraged?

What were you taught about unconditional love and acceptance?

Did you grow up with very clear black and white views of the world and others?

Were you encouraged to do acts of service for others?

Were your basic survival needs (food, clothing, shelter) met as a child and young adult?

Do you have any experiences you would describe as traumatizing? If so, please describe.

How did your experiences of grief or trauma make you feel about yourself and others?

Did you feel peaceful as a child?