



## ADDiva teleclass series

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# Who Are You? Your Authentic ADDiva

# Accessing your Authentic ADDiva

## “Who am I?”

So what does accessing your authentic ADDiva have to do with manifesting your dreams in 2009?

Absolutely EVERYTHING!

If you set agendas, make To-Do lists, set out timelines and move toward a goal or target or plan that springs from your “head,” you will likely lose interest even more quickly than you might expect from an ADDiva mind!

The **dreams that make your heart sing** are the dreams that deserve your attention (even sporadically). To discover them means accessing your heart, your deepest, most Authentic ADDiva self.

### How can you reach that Authentic ADDiva?

#### □ Listen to your ADDiva mind chatter first

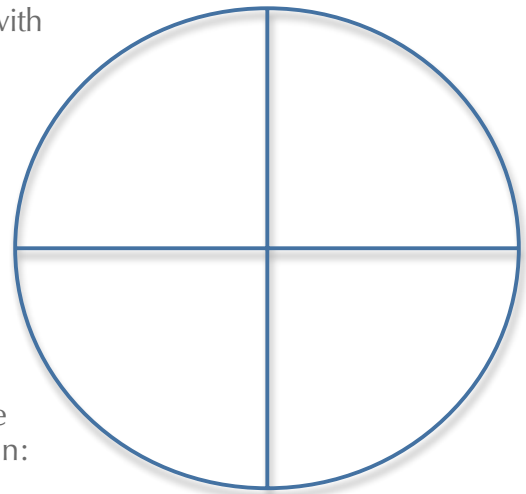
- You have to **notice what your mind is saying** before you can ask it to please be quiet...
- **Listen to the yip-yip-yip** of commands your ADDiva brain sends out (*Did you say the wrong thing again? Why did you spill that Coke on your blouse? You HAVE to get your taxes filed this month! Where is my other shoe?*)
- Allow the chatter to flow and imagine you are standing to one side, the **bemused observer, watching the show**, enjoying the fireworks
- Listen with different ears; make a choice about whether to take ACTION on the brain chatter
- Stay **awake to whether “The Monitor” is serving you** well or pulling you away from your Authentic Self
- Listening to your Monitor is very difficult; if you can do it for an hour, congratulate yourself; for a day – take yourself out for a hot fudge sundae; for a week – go to the penalty box – nobody can stay conscious that long—we all slip back into the familiar habits!
- Really **pay attention to whether you are doing things that you really enjoy**...or whether they are someone ELSE’s expectations (do you really like blueberry jam or are you still adopting your mother’s tastes?)

□ **Get back into your body instead of living in your head**

- When you are sitting down, **notice your back against the chair**, your feet on the floor or inside your shoes.
- Take a breath. Notice your body expand and collapse again.
- Notice how it feels to be **INSIDE** your skin.
- Let your **face muscles drop**, no smiling, no pretense. Let your tongue float and your lips relax.
- Now **feel your heartbeat** in your throat or temples, at the end of your fingers, behind your knees.
- You are **IN** there. That's **YOU**, breathing, pulsing, feeling.
- Take another breath and **let yourself relax** a little more.
- **That's enough** – let your brain loose again!

□ **Check in with yourself at least once a day**

- On a piece of paper, draw a circle with four sections like this one:
- Take a breath and get into your body (above)
- Write one word in each quadrant that describes how you are feeling **RIGHT NOW** (first impulse is the correct answer).
- Choose one word and insert it in the blank space in the following question:
- “How did I create \_\_\_\_\_ in my life today?”
- Allow yourself to really **FEEL** that for a moment...stay present in this moment....no **THIS** moment....no **THIS** moment...



## □ **Slow down enough to listen to your heart**

- Slow down? ADDivas don't slow down! But they can...
- No agenda is better than a specific heart question until you get the hang of listening. But if you have a topic that is urgent, allow that to settle in your mind for a moment before you begin... then LET IT GO for now.
- First, unbutton your waistband or loosen your pants so your tummy can be comfy and has room to expand (no tightening your abs during this experience!).
- Let yourself be in your body (see above), gently close your eyes and let your hands drop into your lap.
- When you inhale, let your tummy relax and go soft; notice your bellybutton move up and down as you breathe.
- When you exhale, let your body cave into itself collapsing in the center of your body – your chest. Then squeeze out a little more air, noticing your chest and your heartbeat. You can let your jaw go limp and your chin drop.
- With every breath in, notice that you are expanding, bringing more love and light into your body; and with each breathe out, notice that your heart grows more tender and emotional.
- Notice as images, colors, tastes, smells come to you; when you mind starts to interpret them, the images will stop. So let your brain have a 2-minute vacation.
- Stay present – feel the support of the floor, chair or sofa.
- Messages from your heart will begin to meander up to your brain. They may surprise you; hearts are famous for springing unexpected desires on us.
- Let yourself stay in the listening mode as long as is comfortable. Don't force it. Let it have ease and flow, ease and flow, ease and flow.
- Write down your impressions or speak them into a recorder or call your voice mail...capture them because...you will likely forget them.
- A pattern will begin to emerge for you – for me it was gardens, writing, spirituality, women...I stayed in a state of limbo for a long time before the path became clear to me.

## □ Finding time to be present, to listen, to absorb the messages.

- You don't have to schedule an hour of quiet time to "listen."
- To remind yourself of your intention, wrap a note around your toothbrush so twice a day at least you get a "jingle" to stay present and listen
- Know that conflicting messages are usually borne of mind interference – trying to make "sense" of it all.
- It's OK to change your focus – lots of times – just be mindful of your true values, your authentic ADDiva self. As long as the focus is in alignment with your values, you won't go wrong.

### **Linda-isms**

*I like to tell people that our bodies are divided into two parts: from your "ears up" (above your ears, e.g. your brain) and from your "ears down" the rest of your body). Even though there's a lot more of us from the ears down, we tend to live from our "ears up" – in our heads.*

*Getting into your body means getting in touch with your heart, your true self, your Authentic ADDiva. And it means we stay present in the moment ... a prerequisite to listening to our deepest desires and dreams.*



*let yourself shine in 2009*

the ADDiva guide to  
manifesting your dreams

## The Four Questions


Linda Roggli

What are you burning to say "yes" to?

What are you tired of wishing for?

What would make you jump out of bed in the morning (or afternoon or evening) with energy and sweet anticipation?

What one small step could you take that would make all the difference?



## The Summer Day

by Mary Oliver

Who made the world?

Who made the swan and the black bear?

Who made the grasshopper?

This grasshopper, I mean --

The one who has flung herself out of the grass,

the one who is eating sugar out of my hand

who is moving her jaws back and forth instead of up and down --

who is gazing around with her enormous and complicated eyes.

Now she lifts her pale forearms and thoroughly washes her face.

Now she snaps her wings open and floats away.

I don't know what a prayer is.

I do know how to pay attention, how to fall down

into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the fields

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

with your one wild and precious life?