



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 47 Transcript: Process of Reclamation

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This week, we continue the excavation of our whole identity by exploring what it looks like to recover the lost parts of who we are.

Many of us no longer feel like ourselves, and we don't quite know how we got here. Abandoning ourselves rarely happens in a moment. It is often a slow, but steady, silencing and concealment of the fullest expression of ourselves over many years of surviving.

Reclamation requires acceptance. We first have to welcome the part of ourselves that's been lost. Then, we can venture on the path of redemption.

If we are in a resistant stance to the rejected or abandoned part of us, we will only be met with frustration as we try to discover who we truly are. We can't bring into focus something that we are not willing to accept and receive. We can't see something we're hiding in darkness.

The reason we often meet this tender, vulnerable part of ourselves with resistance, instead of acceptance, is because it's painful. We've worked really hard to disconnect from the pain that part of us has experienced. We'd really rather not go there. As a result, we marginalize significant aspects of our truest nature.

Reclamation requires courage and risk. Setting out to recover these lost aspects of our identity is an unknown journey. There will certainly be unexpected turns in the path, daunting caves we must enter, and fear of the dark we must overcome.

But, it's also vulnerable to risk to encounter joy. It feels tricky to open ourselves to have a chance meeting with our creative self, our playfulness and even our brilliance. Our deepest desire is to be seen; and to be acknowledged for who we truly are. And not only seen, but accepted and valued. To truly be seen is to be vulnerable.

Reclamation requires we grieve. Some parts of our story can't be fully restored. Or, maybe I should say they can't be literally brought back to their original intent. There are losses that we can't go back and recover. But, the spirit of the loss, the heart and soul of the loss, can be returned to us in full.



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Grief is a letting go, and we must leave behind the image others had for us. Sometimes we despise this image, other times we quite like it. But, it is a projection, at best. A false identity we have to strive to maintain and a mask that maintains a barrier to intimate connection with others.

We must let go of the image we've had for ourselves. I don't know about you, but I'm exhausted from performing and striving to maintain this unattainable projection of perfection I want people to believe is who I am.

When we take an honest look at our story, and identify what we perceive we need to be in order to be loveable, we can choose to create new definitions.

If we think, "If I'm always good, people will love and accept me" we can decide that goodness isn't the marker of worthiness. Or if we think, "If I'm always strong, people will love and accept me" we can reality-check the idea that strength and being in control is the marker of worthiness. Is that really true?

Furthermore, if we think, "If I'm always loving or peaceful or successful, people will love and accept me" we can change our definition of worthiness. What if our worthiness has inherent value? What if the mere fact that we were created makes us worthy? What if we are worthy of love and belonging, just because?

The only way to cultivate this new definition is through radical self-acceptance, love and compassion. As we develop this within ourselves, those around us will experience and respond to us in new, empowering ways.

Reclamation requires faith. Believing it's never too late to take a set back and make it a comeback must become a guiding principle in this process. We have to ignite confidence that restoration is possible, or we can easily lose heart.

You've heard me say how powerful beliefs are. They literally dictate our reality. What we think creates how we feel and how we feel determines the actions that we take.



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So, when we get stuck in limiting, disempowering and self-fulfilling perspectives, and quickly see things through the lens of the old story, it's important to find something to believe in much higher than what we currently see. We need the eyes of our hearts to be enlightened.

Reclamation requires we look back. What did you love to do as a child? How did you express yourself before you became self-conscious or fearful? What were your interests and hobbies before the day-to-day became overwhelmed with surviving?

There is comfort in exploring how we showed up in the world as a little person. It's like reconnecting with a long, lost friend. It's never too late to re-ignite the passions and disposition of this freer, younger part of ourselves. And, to have a little fun in the process.

Reclamation requires we look forward. It's essential we develop vision for living a life that we love. What was true of us in our younger years must be integrated into our current state of development, level of responsibility and evolution over years of experience.

Aliveness is the expression of our passion for life. Living in alignment with our core values creates satisfaction, fulfillment and a life we can live on purpose. Living in integrity with ourselves, saying "yes" to what matters most and "no" to what doesn't align, clears space to experience deep and lasting enjoyment.

Reclamation requires action. It's one thing to fill out our action guides, but we must respond with movement as we engage in new behaviors. The culmination of reclamation is expression. It's time to declare the fullest YOU by releasing your voice, reclaiming your identity and embodying your mission.

Integration is a process of reclamation. The lost parts of who we are must be discovered, integrated and embodied into our conscious life for us to become whole. Little by little, one reclamation at a time.

Let's continue mining the fullest expression of ourselves by recovering the lost parts of who we are. Be sure to download the action guide to support this process and share what you are learning on our group page.