



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 44 Transcript: Crossing Edges

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This week, we take a look at the process of crossing edges as we leave old narratives behind and embrace a more resilient story.

Just like water in a pot, it takes time for us to reach our boiling point. But, once we do, a shift occurs and we experience a fundamental change. This is when we know we are at the next edge in our transformational process and there is an invitation for us to step over into something new and different.

Metaphorically, you can think of an edge as a threshold or a door. It's an actual transition point where we move from one place to another. On one side of the edge is the familiar and known place that causes us to feel safe.

On the other side of the edge is possibility, growth and potential. It is also unknown, unfamiliar and out of the ordinary, and this may cause us to feel fearful. The survival system in our nervous system is wired to keep us out of harm's way. We feel safer if we can anticipate the future. That's why we often get stuck at this transition point and don't step over the edge.

Crossing edges requires we move toward our fear. Approaching fear with acceptance and curiosity begins with recognizing we fear what we can't control. Any kind of change moves us outside our comfort zone, even the change we desire.

I give you permission to take a bold step over this edge - to utilize all of the tools you've gained throughout the program and find your courage to live in a new way. It begins with making a choice. And, making a commitment to yourself to move beyond your fear into the unknown so you can experience more of what you want in life.

Give yourself permission to get curious. Try things on without knowing whether or not it's going to fit. Explore new ideas and possibilities without attaching to a specific outcome.

View it as an experiment, something you can step into over the next 30-days and test your hypothesis. If it's off in some way, you can course correct. It's much easier to steer a ship at sea than trying to change direction while in harbor.



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Give yourself permission to release old stories, limiting beliefs and things that you think you know in order to discover something new. Obstacles are real, and there are things we have to overcome to cross these transformational edges in our lives. So, all the more reason to remove the biggest obstacle of all: ourselves.

When you and I attach to an old story, hold on to our known perspectives and have already decided we know how things are going to play out, we've demolished our possibility of successful change before even giving it a chance.

That's why you must give yourself permission to fail. You are stepping into something you've never done before, a perspective you've never had before, a way of feeling that is new and different. No one is good at something the first time they try it. Embrace being a beginner, as this is the only way to embark on a new beginning.

Give yourself permission to move slowly. Often, we'll move forward, take a step back, assess the situation and find our increased capacity, all so we can move forward again.

Crossing edges isn't a race and you're not in competition with anyone. Find a consistent pace of growth and keep moving forward, celebrating the milestones along the way.

Give yourself permission to expand. It's time to stop playing small. It's never too late to step into the fullest expression of your life mission and purpose, but it is an opportunity that can be forfeited through our unwillingness to take a risk. It's good to bring what you have to offer the world. In fact, you are the only one uniquely designed to do so.

Give yourself permission to receive. Express how you feel and ask for what you need. Allow people in your life to help and support you as you make this courageous choice. Invite more of what you want, provisions for the journey ahead and connection with others along the path, to come into your life in surprising ways. We can't go it alone, and we have to risk to open ourselves to receive so we can experience more of what we desire.

Give yourself permission to move into action. I don't know what it is about being human that makes us so infatuated with big, sweeping gestures of greatness. But, the reality is that prolonged, positive change that lasts over the long haul happens through many small steps.



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Make a choice to keep taking the next right step and you will consistently cross every edge your path meets. What else do you need to give yourself permission for as you make the choice to move beyond your fear and into the unknown so you can experience more of what you want in life?

We'll explore this edge, and the permissions we need to cross over it, as a community this week. Be sure to download the action guide to support this process and share what you are learning on our group page.