

# Empowered Living

ISSUE 07 - JAN 2016

**BIG, BOLD  
& BADASS!**

*Happy  
2017!*



**FREEDOM IN BOLDNESS**



# Contents

## *Living a Spiritually Driven Life*

A Video Message from Michelle

8

"GREAT HEART  
WILL NOT BE  
DENIED"

- J.R.R. TOLKIEN -





## Freedom in Boldness

The story behind the Cover shot

4

## Big, Bold & Badass!

Being Unfuckwithable!

6



## Don't Fit the Mold?

Break it - Remake it!

9

## Emotion Hacking

Discovering & Expressing Your

True Purpose

11



# Freedom in **BOLDNESS**



## THE STORY BEHIND THE COVER SHOT

The cover photo is from the Courage to Be You event. After a day of stripping away the shame that had its invisible cloak around us, we stepped into more of our truth.

To express our truth, we used warrior paint.

The war paint isn't about going to battle with the outside world. The paint is to remind us NOT to put ourselves back into the typical skin we present in our daily life.

Then, we went out in public just a block off Michigan Avenue to prove we're able to get over our fears of showing the unconventional side of ourselves. Initially, when we tried to wave down someone to take our picture, people wanted nothing to do with us. (Who are those weirdos anyway?)

In less than five minutes, we had a taker and then another. The public eyes around us began to recognize that even though we looked very different, we were still safe. The more fun we had, the more curiosity we drew. We heard comments like, "I want to be with them" and "they look like they're having a blast!" (We were having a blast because we set ourselves free and experienced the power of breaking free!!).

It really got fun for me personally when I met some of our Graduate Leaders from IIEE (iiee. training) for dinner and kept the warrior paint on my face.

Walking alone to meet up with others meant there was no group to share the experience with me. Just crazy ol' me in war paint. And....I loved it! It was such a symbolic way to demonstrate self-acceptance because the crazy inside me was being shown on the outside. The result was a greater freedom to be playful, bold and free with strangers. While some were wary (and quickly crossed the street when I approached), others were drawn to me.

They also had crazy insides that wanted the freedom to be expressed.

My calling in this new year is to share more abundantly from boldness and playfulness. This is not a new year's resolution. This is a spiritual directive, which, for me, means there is no other option.

My life has worked out better than I could have imagined because I take the spiritual directive of my emotions over and over again. While following the empowered messages of feelings certainly isn't logical, the outcomes blow me away.

My invitation is for you to learn to do the same. Rather than fear how you feel when experiencing a negative emotion, embrace the loving guidance coming through you.

I want you to know the end goal of emotional empowerment isn't getting you to a point where life is boxed up safely and tied with a pretty bow. The end goal is acceptance of the rainbow of feelings we have purposefully been given and learn to utilize those feelings to bring you to such inner fulfillment that your insides cry with joy at times and hurt with pain at times because you've lived so freakin' fully.

For those aching to feel inner (and outer) vibrancy, I'll be sharing more with you in the upcoming weeks.

While we remain in a period of review (Mercury is in retrograde until Jan 8th), you can gain insight and clarity to the aspects within you that are ready for a re-awakening during this magical, mystical miraculous new year.

# Happy 2017!

# TWO PATHS TO GREATER EMOTIONAL EMPOWERMENT, INNER PEACE, AND HAPPINESS!

## **FREE TRAINING OPTION I F.E.E.L. TRAINING KIT**

**FOR EMOTIONAL EMPOWERMENT TRAINING  
FOR YOURSELF CLICK BELOW TO ACCESS THE  
F.E.E.L. TRAINING TOOLKIT**

<http://www.michellebersell.com/feel-training-kit/>

## **FREE TRAINING OPTION II E.E. CERTIFICATION TRAINING KIT**

**FOR EMOTIONAL EMPOWERMENT (E.E.)  
CERTIFICATION TRAINING FOR YOURSELF &  
OTHERS CLICK BELOW TO ACCESS THE E.E.  
CERTIFICATION TRAINING KIT:**

<http://iiee.training/iiee-training-for-me/>





# BIG, BOLD & BADASS!

Go to your phone and find a picture of yourself.

What do you see? \_\_\_\_\_

What are the qualities of yourself you focus on first? \_\_\_\_\_

Why those qualities? \_\_\_\_\_

From your perspective, what do they mean about who you are? \_\_\_\_\_

Now, lift off the skin as though you're taking off a costume and go to the core of YOU. Describe your essence.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What's the gap between what you allow others to see and what remains unseen?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The energy of this year begins with an invitation to bring forward the parts of your essence that have wanted to come forward but you've have been too afraid to share.

The opportunity is to recognize there is a consequence to keeping the unseen parts protected.

It is like witnessing someone lying and not saying anything. While you aren't the person doing something blatantly dishonest, you are still withholding the truth.

Trust me, I get it. The withholding feels safer because there's less of you to be judged, rejected or misunderstood.

2017 is offering a gift to deepen our own sense of love, compassion and understanding by being unfuckwithable (a great term created by Mindvalley founder Vishen Lakhiani).

## UNFUCKWITHABLE

(adj) When you are truly at peace  
and in touch with yourself  
and nothing anyone says or does  
bothers you  
and no negativity or drama  
can touch you

While the term “unfuckwithable” implies others can’t mess with you or bring you down, the truth of the matter is that the only way not to feel rejected is that you refuse to reject yourself.

It means you allow yourself to be more than the picture of yourself that you accept and bring compassion to the parts of you that are misunderstood...by you.

I guarantee the misunderstood parts of you aren't as dark as you think. They, too, are filled with love.

Fortunately, we have our emotions to help each of us reclaim the parts we have believed deserve shaming.

If you are withholding parts of yourself, you will feel sad, anxious and afraid. You should feel that way when you are rejecting yourself, right?

The empowered version of your emotions is actually trying to help you to receive the parts of you that have been shamed.

**Your sadness is a signal that you are rejecting you.**

**Your anxiety is a signal that you cannot control keeping the “unacceptable” aspects of you at bay any longer.**

**Your fear is a signal that you’ve given your power away to others to define you rather than you defining yourself from love.**

The antidote is to **love you** - the big, bold, bad ass you...like never before. I’m talking about unapologetically receiving the pretty (“acceptable”) and snarly (“unacceptable”) parts that comprise you.

This whole you offers a unique contribution to the world that can’t be made by anyone else nor would you be able to contribute at the level you are capable of sharing without the snarls within you.

So, fuck the shame that was put upon you. The world needs more love and it starts within you.

*With Bold and Brazen Love for ALL Aspects of YOU,*

A handwritten signature in black ink that reads "Mitchell Basil". The signature is fluid and cursive, with a large, stylized 'M' and 'B'.

# Living a Spiritually Driven Life

For many years, I knew my purpose was to serve and support others. Other than that tidbit - I didn't have a clue how!

There were days I was excited about the possibilities and then there were days I doubted if my vision would ever happen. A part of me would question:

**“Who the heck do I think I am to dream big?”**

Then, I figured out the how to my purpose, but I wasn't entirely living my purpose in a spirit driven way. There was a mix of fear that would come up, burn me out, take me off my path, and make me question everything. I would find myself lose my momentum to frustration, sadness, and anxiety.

The outcomes I experienced were a reflection of the inner stop and go I was feeling.

As we begin the new year, I want to support you with how to overcome the push/pull energy that often happens when you have a desire for change. Or, if you are feeling flatlined - with no passion whatsoever- there is a remedy for that as well.

Being spiritually driven means you are listening to your highest self guide you. To receive that guidance, you also need to experience your emotions. Watch the video below, as I share more on this.

When you are living your badass life, your spirit/essence/truth is guiding you with authentic passion and energy to make your desires a reality. It is only fear that causes burnout or passionlessness.

*Here's to you and your spirit driven life!*

*Michelle Basch*

PS: If your passion is to help others but you are experiencing the push/pull energy I once did, I invite you to check out this free training here: <https://app.webinarjam.net/register/32570/fc6430cd96>

Watch Here Now





# Be **BOLD** When You Don't Fit the Mold

*SORRY FEAR-BASED MENTALITIES ABOUT EMOTIONS, YOU DON'T FIT ME -NEVER DID!*



For quite some time, because I didn't fit, I felt ashamed, broken, wrong. **No longer.**

What I learned was the way traditional psychology, EFT, and other personal development strategies teach every which way to get rid of negative emotions, to be freed from them - was not serving me.



So, I broke the mold. I peeled away the illusion. I turned the teachings upside down as I realized something these other teaching didn't:

1. Your emotions are here to guide you.
2. Negative emotions are present to help you raise your vibration, give you clarity, and live a fulfilled life.
3. When you understand the gift of your negative emotions, you actually learn to receive with love and compassion more of you. That is what true freedom is!

The tendency is when you don't fit the mold, that you are alone, that there is something wrong with you.

**Nothing disheartens me more than language that reiterates to emotionally sensitive people that you need "healing."**

Healing can unintentionally imply "There is something wrong with you." Emotionally sensitive or challenged people, you don't need healing. All you need is a better understanding of your gift.

Your emotional sensitivity has already been working for you, helping you see through illusions others may present when they are unconsciously masking their own shame.

Of course, that can feel threatening to others. When threatened, they have no other choice but to make you wrong and try to persuade you that you are irrational. You aren't.

Continued next page

## BE BOLD WHEN YOU DON'T FIT THE MOLD (CONTINUED)

It's time to see through the biggest illusion about our emotional well-being, because in attempting to rid or free ourselves from negative emotions, they are growing stronger. This is leaving more people struggling (& likely thinking there is something wrong with them).

What would it be like if we turned this whole perspective on it's head and recognized that your negative emotions have a SIGNIFICANT purpose?

Instead of judging and condemning ourselves as weak, messed up, or non-evolved for experiencing negative emotions....

What if every time a negative feeling came up you saw yourself as highly attuned, aware, and capable specialist at solving highly complex problems that cannot be resolved through logic alone?

Just as our body was created with pain receivers to tell us when our physical self is in danger, negative emotions are signals to tell us when our soul, our very essence, is in danger.

The danger of your essence is not living the life you are intended to experience. The life your heart and emotions are guiding you to live.

The programming we've been fed about negative feelings isn't just hurting us emotionally, it hinders our ability to create the outcomes that bring greater fulfillment to our lives!

For every emotionally sensitive person out there, for anyone struggling with their negative feelings, I am on your side, seeing your truth, and shining a light of compassion for you to recognize the gifts within your emotional self.

Should you be ready to want to learn more about how you can get an emotional reboot and start working with the power of your emotions, I invite you to learn more about my **Emotional Empowerment Program** here:

**<http://michellebersell.com/eetsignup>**

The program begins March 2nd and I'd love to be your guide on a whole new journey that turns you away from fighting (or even witnessing) your negative feelings and instead access the fullness of their power, love, and guidance.

For those of you interested in learning more about becoming certified in Emotional Empowerment, giving you a proven process to lead others to understand their emotional selves and experience deep transformation, please schedule a call with one of our Graduates (or perhaps even me!):

**<https://calendly.com/iiee/30min>**

**HERE'S TO YOU BEING BOLD IN WHICHEVER WAY IS CALLING YOU!**



# 3 Emotional Empowerment Hacks to Live More on Purpose

It's no surprise that people who live out their life's calling are more fulfilled, at peace, and joyful.

But how do you get to the point of actually living a purpose-filled life?

To live out your life's calling, you have to be willing to listen to your heart. Often times this requires going beyond what logic or your rational mind is telling you to do.

In other words, you've got to be in touch with your inner wisdom.

The block to your inner wisdom is fear.

*Whether you feel like you:*

**Already are living your purpose but feel your talents remain hidden, or  
Understand broadly what your purpose but want more clarity, or  
Don't have a clue what your purpose is....**

**Fear is what is getting in the way between you and  
your next stage of living out your purpose.**

Trust me when I say, fear can be a slippery sucker, because as you evolve and grow closer to living your truth and purpose, your ego also evolves.

When you are clueless about your purpose, like I once was, about why the heck you are here....you'll be sad. Your ego will sound like: "Why the heck was I born? What is really the point to life? Life is hard."

When you start to get a clue but can't seem to pinpoint the next step to take, you'll feel anxious. You'll hear the whispers of your heart but your ego will fill you with self-doubt. Your ego will likely sound like: "I can't really do that. Who do I think I am? What planet am I living on to think that is possible for me? I've got all these reasons from the past that tell me to NOT to listen my inner wisdom. No one else believes in me."

When you know your purpose but you aren't fully stepping in, you'll feel frustrated. Your heart deep down knows what you are capable of experiencing if you claim your vision. Yet, your efforts don't seem to create the end result you've dreamed of having. Your ego will stop you from a fear of lack of resources, but will say things to you that don't make it sound like fear is stopping you. In other words, your ego will convince you to tolerate beliefs in your lack of power by saying: "The timing isn't right. It just isn't meant to be. I'll wait until I have the money or the exact plan."

*Continued Next Page*





**Do you notice that at each level of your purpose there is a common thread?  
That thread is your negative emotions!!!**

**Your negative emotions are your signal when you are falling victim to fear!**

**AND... the empowered version of your negative feelings are offering  
a way out of your fear.**

**When you are clueless** about your purpose, your empowered sadness is telling you to give yourself acknowledgment. Recognize within yourself what is good and working in your life. Your personal acknowledgment will become breadcrumbs that lead you to what IS next for you. If you remain unwilling to acknowledge yourself, not only will you remain sad, you will be closed off to seeing the next step that awaits you.

**When you desire clarity**, your empowered anxiety is asking you to trust in yourself. Others cannot give you what you do not give to yourself first. You must believe in yourself first, despite what others' opinions are. The more you take steps toward your heart, your anxiety naturally dissipates, and you'll feel greater joy.

**When your purpose continues to remain the best-kept secret**, your empowered frustration is guiding you to breakthrough your comfort zone. Actions speak louder than words, and remaining safe will not get you to where you want to go. You are being called to act from your limitless potential, rather than fear and lack.

Learning these emotional empowerment hacks toward your purpose is just the tip of the iceberg.

Your empowered negative feelings are a crucial component to learning to trust yourself. Without self-trust, your purpose can not be fully expressed.

**Want to learn more? Great! I've got some options for you :)**

If you want to learn Emotional Empowerment for yourself, click here:  
<http://michellebersell.com/eetsignup>

If you are interested in Emotional Empowerment for yourself and to help others, click here to learn about becoming trained: <http://iiee.training/ee/>

It's time to allow your empowered emotions to teach you how to triumph over your ego's manipulations that have unconsciously kept you in fear.

Here to living **BOLDLY** from your heart!





Thank You  
for being  
part of  
ELM

**KNOW OTHERS WHO WOULD BENEFIT FROM A POSITIVE, LIFE  
AFFIRMING APPROACH TO THEIR EMOTIONAL WELL-BEING?**

**PLEASE SHARE ELM AND GO TO THIS LINK:  
<http://www.michellebersell.com/empowered-living>  
SO THEY DON'T MISS AN ISSUE!**

*More to Come...*