

THE BRIDGE OF TRANSFORMATION

FOUNDATION COURSE 1

8 POWERFUL STEPS TO BEING AUTHENTIC

with Marion Jorgensen, Psychotherapist



Hi I'm Marion

I have spent my life trying to understand who I really am. I always felt that there was another "me" dying to get out.

Many of my clients have said to me that they don't understand themselves and are looking to be happier, more peaceful and have better relationships with the people around them.

Through my work, helping people who have suffered from a variety of issues such as anxiety, depression, addictions, trauma and relationships issues I discovered that when I pointed them in the direction of who they really were, their authentic Self, they blossomed and fundamentally changed.



The Bridge of Transformation series of courses are all designed to help you understand how to let go of who you have been taught to be, with all the negative beliefs and behaviour patterns that hold you back to understanding the steps to being more authentic, happier, creative and more purposeful in your life.

The Bridge to Transformation

8 Powerful Steps to Being Authentic

Marion Jorgensen, Psychotherapist



Do you ask yourself?

- How do I find myself?
- What is my purpose?
- How can I be truly happy?
- Why do I keep having bad relationships?
- I keep noticing what is wrong in my life but I don't know how to change
- Why am I not happy?
- Who am I REALLY?

By the end of the course you will be able to answer all of these questions. I will take you on a journey to discover why you were always going to have the issues in life that you have and how you are programmed with a guidance system that will point you in the direction of good mental health and happiness. This guidance system has always been with you, you have forgotten how to listen to it.

Step 1

Head Mind (Why you are set up to fail)

When we are babies we have a beautiful connection to our wisdom inside. When we are hungry we cry, when we have a tantrum it passes and the sun comes out for us again. Everything is intuitive. We then start entering a phase where we believe that our outside world is where our peace, contentment, happiness, safety and security comes from. We also have experiences and create wonderful beliefs but also negative ones about the world around us. We disconnect from our Wisdom and can end up trying to control, manage, manipulate our outer world, all the time believing that we have no power or choice to change it.





Step 2

Body Mind

We were born with an amazing guidance system inside, our inner Wisdom. It speaks to us and prods us to go in certain directions so that we have the best life that we can. The body Mind speaks quietly through feelings, symptoms and creative thought that appears from no-where.

We all need to strengthen our muscle of listening and understanding. When you start realising that feelings such as anxiety, depression, sadness etc. are there to guide you rather than scare you, you can begin to unlock the messages that will put you on the right path to inner peace

Step 3

Awareness of Self

We have the ability to be aware of what is happening in our bodies, what our feelings and emotions are saying and to notice when we are caught up in old patterns of behaviour that are not serving us well.

Self awareness is the ability to focus on ourselves and our actions, thoughts or emotions and notice if they do or do not align with our internal standards, our higher self.

We are able to notice when we are being needy, controlling, people pleasing and behaving like a perfectionist. We are also able to notice through our awareness that we have the choice to let these patterns go and listen to our inner Self that let's us know moment by moment the choices we can make that point us in the right direction.



Step 4

Inner and Outer Truth

The most powerful truth in being more authentic is Truth itself.

As humans we are exceptionally good at creating our own stories around our everything we do and say. We don't even realise most of the time we are doing it.

When we get connected to the Truth inside of us, which is always available to us and we listen to it and do what it says, it changes our lives. We find we make choices for our higher good .

Being truthful and honest with ourselves and with those outside of us makes you grounded and connected to your authentic Self.



Step 5

What is Personal

As humans we learn how to take things personally. If someone shouts at us, we believe we have done something wrong. If a man or woman "rejects" us, it is our fault. We don't get the job we really wanted... it's because we weren't good enough. The list is endless.

What if you knew that you can only take things personally if you "think" it is personal.

When you are grounded in who you REALLY are you begin to see that everyone misunderstands how life works inside of us. Everyone has thoughts that make them behave in certain ways and it therefore does not mean it is your fault. There is a sure fire way that you will know if it is; you will connect to your Truth and it will tell you.



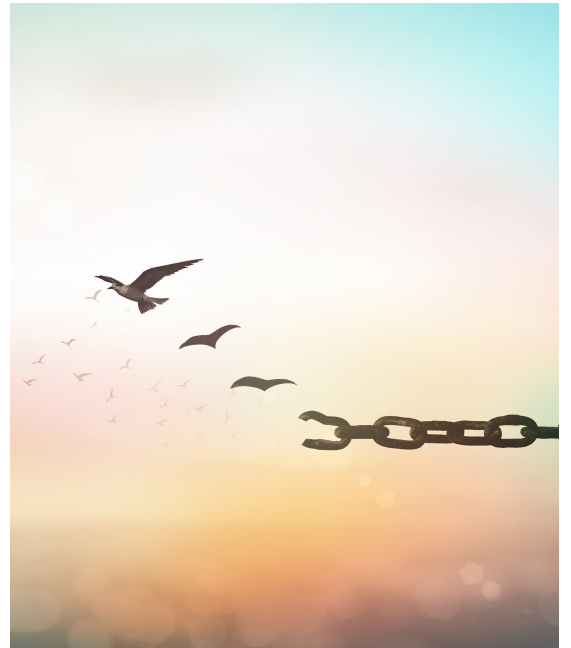
Step 6

Letting Go

Imagine you have a need to control events, people and things around you because it makes you feel safe. You don't like the feeling of being "out of control".

When you are not attached to things going your way or you are willing to allow events to unfold, you will feel relaxed even when difficult situations appear in your life.

When we "let go" we start to notice how life seems to sort out its own problems. Solutions appear which wouldn't have done so if we had tried to force the answer.



Step 7

Inner Wisdom

What is inner Wisdom? It is called many things. Intuition, gut, insight, guidance and Soul.

It is a knowledge that comes from quieting your mind, setting aside your ego and ideas of how things should be and listening for a feeling that feels truly right.

We were born with connection to our inner Wisdom. It is not something you have to learn, it is with you always. By listening for it and to it, you will find more peace and happiness in your life that you could ever imagine.



Step 8

What is Love

This is a question asked by many. I believe it is when:-

- I love and accept myself
- I can be there for myself
- I can be authentic with myself and others
- I have clarity
- I can see Truth in the moment
- I do not compromise my Self
- I can accept I am imperfect

We explore this list and add to it during the course.

**Join the 8 POWERFUL STEPS TO BEING AUTHENTIC course
by contacting Marion enquiry@marionjorgensen.co.uk or
visit her web site www.marionjorgensen.co.uk**

CHECK OUT UPCOMING COURSES

The Bridge to Transformation Foundation Course 2

Powerful Steps to having a Healthy Relationship

- Do you consistently keep choosing the wrong partners?
- Do you choose non-committers, users and controllers?
- Do you think you are in a good relationship but are having doubts?

Then this is the course for you because I can help you see what you are doing wrong and show you the steps to attracting a healthy relationship which is loving and fulfilling.

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