

Empowered Living

ISSUE 01 - JULY 2016

WHY I'M
DONE HIDING
AND HOW YOU
CAN STOP
HIDING TOO

CALLING ALL *SENSITIVES*

It's your time to
S H I N E

Hiding Out?

Take the Quiz

3 SURE-FIRE WAYS TO SHIFT
FROM HIDING TO **SHINING**

THE
PREMIER
ISSUE

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Ask Michelle

Your Questions Answered.

No Longer Hiding



*As an emotionally sensitive person, it is pretty common for us to hide.
My comfort zone was to stay just under the radar.*

Flying under the radar meant safety. With few people being able to see me, I got the reward of not feeling their judgment. Because, for us emotionally sensitive types, we FEEL that judgment regardless if anything is said or not.

The caveat to flying under the radar, I found, is life isn't as fun or abundant as it could be.

As a person who feels so much, you are likely going to have a desire for the goodness of life. I do!

Being a person that has such sensory experiences - why not have them feel great? This means going for your ideal, which can't be done flying under the radar.

Fortunately, for you and I, our emotions are going to be there to clue us in when something isn't working any longer.

That has been the case for me in all areas of my life. My feelings have been there to help me become a better receiver toward:

- *Loving & Caring for myself, both my internal wellbeing and physical health*
- *Having a deeply loving relationship, both emotionally and physically*
- *Healing my relationship with money*
- *Deepening my spiritual connection*

Each of these experiences involved internal pain in the short-term, in order to overcome the unconscious constraints I had to receiving.

In the long-term, my negative emotions empowered me to claim my hearts desires.

When negative feelings show up, know that this is an opportunity to create a deep transformational shift teaching you to receive your ideal



*The Universe has a deep knowingness
that the more you are able to receive,
the more you have to give!*

*In order to give, serve, & love others,
as our hearts have been built to do,
we MUST overcome the fear of
judgment, persecution, and ridicule.*



Signs You've Been Hiding

Take the Quiz!

DIRECTIONS: GIVE YOURSELF A POINT FOR EACH ATTRIBUTE BELOW YOU'VE BEEN EXPERIENCING IN THE LAST MONTH.

Have You Been Feeling...

- | | |
|--|--|
| <input type="checkbox"/> A knowingness you are meant to share more but are uncertain how to move forward | <input type="checkbox"/> Misunderstood |
| <input type="checkbox"/> Like you are spinning your wheels | <input type="checkbox"/> Invisible |
| <input type="checkbox"/> Anxiety, sadness, boredom, or frustration (Give yourself 1 point for each that applies) | <input type="checkbox"/> Unaccomplished |
| <input type="checkbox"/> Guilty for wanting more | <input type="checkbox"/> Like a fraud pretending to have it together when you don't feel like that inside |
| <input type="checkbox"/> Like you don't fit in | <input type="checkbox"/> Worn out |
| <input type="checkbox"/> Unimportant | <input type="checkbox"/> Urges to overly turn to food, alcohol, drugs, exercise, sleep, tv, social media, or shopping to escape/avoid how you internally feel? |
| <input type="checkbox"/> Not Valued | |

IF YOU RESPONDED YES TO 10 OR MORE: It's time for an Emotional Empowerment Make-Over! Get my complementary FEEL training kit here: <http://www.michellebersell.com/feel-training-kit/>

IF YOU RESPONDED YES TO 5-9 ATTRIBUTES: Sounds like you are in the midst of transforming your life. I'd like to support you to speed up that process by checking out my free training for Emotionally Sensitive found here: <http://www.michellebersell.com/emotional-like-me>

IF YOU RESPONDED YES TO 0-4 ATTRIBUTES: It looks like you are doing a great job living your ideal life. My only suggestion is to make sure there isn't one aspect of your life that is less than ideal that you are unconsciously tolerating. Check out this blog to help you identify those areas where you may have blinders just to be certain! <http://www.michellebersell.com/5-ways-you-may-be-selling-yourself-short/>





Putting an End to Hiding

The reason most of us hide is a fear of judgment. But who is really doing the judging?

Sure, sometimes, it's the haters on the sidelines. More often than not, it's the gorilla on your back (aka your ego/inner critic) telling you all the reasons you should feel shame for being you.

Below are 3 sure-fire ways to shrink your gorilla to a cute little monkey you can easily choose to ignore!

Daily Dose of Self-Acknowledgment:

Once a day, get in front of the mirror, look into your eyes, and share what aspects of yourself make you proud.

Ideally, rather than focus on your external accomplishments, honor yourself for ways you stepped outside your comfort zone, allowed yourself to be authentically seen, and intrinsic aspects to yourself you are proud of.

Result = *greater self love*

Create Your Own Standard:

When your gorilla starts to attack you for not measuring up, determine whose standard you are measuring yourself against. For most of us, we inherited standards of others. Does that standard fit with your value system or is it cruel? What standard can you create that is life enhancing rather than life depleting? How can you switch your standard from being based on the external to honoring you for showing up in a way that makes you proud?

Result = *greater confidence*

Recognize the Truth to Others Opinions:

The truth is people's opinions are none of your business. What people state or share says more about them than it does you. Live your life in a way that makes you proud of you. If you have a moment when you lose your way, trust that the larger side of you (the loving/ life affirming side) is more prevalent than the shadow side. The more you accept this about yourself, the more you'll find yourself with others who feel the same.

Result = *greater freedom*



From Hiding to Shining!

*“Create a
ripple effect
in the world by
integrating
boldness,
power,
love, and
compassion
together.”*



In a world where people are fiercely afraid, it is the emotional sensitives who need to come forward more than ever.



Now that you recognize the signs and ways you may have been hiding, it's time to give yourself the antidote: Allowing Yourself to SHINE!

Shining is simply another level of love, for yourself and others.

For yourself, you are signifying the love in you matters more than the fear within you.

The more you allow yourself to shine, regardless of others reactions, you overcome self-doubt with greater confidence. The greater your confidence, the more positive impact you can have on others.

In a world where people are fiercely afraid, I believe it is the emotional sensitives who need to come forward more than ever. You have the compassion to understand others fears, because you've felt similarly at one point. With your understanding, rather than shame others for how they feel, you can influence them to find greater compassion and trust.

My belief is if we want a loving and compassionate world, we first need to know how to give that energy to ourselves. From there, you will create a ripple effect in the world by integrating boldness, power, love, and compassion together.

Want to join a revolutionary movement to heal the world's relationship with their feelings?

Check out these videos I created just for you!



CLICK ABOVE TO PLAY THE VIDEO

Ask Michelle

Your most pressing questions answered

A follow up question came in from Marissa in NJ.

Marissa writes:

“Michelle I loved what you shared in last week’s Empowered Living Magazine where you wrote ‘What other people think of you is none of your business.’

Can you share more about how I can let go of caring about what other people think of me?”

Marissa, I shot a quick video for you!

Join me on the Milwaukee lakefront as I explain why you likely care about what other people think and how to overcome this tendency.



Want to have an empowered understanding to a current challenge your facing?

Do you desire greater clarity regarding a topic covered in Empowered Living Magazine?

Submit your questions to:

support@iiee.training

I'll pick the question that I sense is also on the hearts and minds of others that needs answering.

Thanks for your courage in taking action and speaking up - that is the beginning of Empowered Living!

Warmly,

Michelle Boud



Spotlight

*Teresa "T" Sammarco shares what it is like to go
from hiding to SHINING!*



Her Completed Dream

Singing the National Anthem at a sold out national baseball game

**Children's book author, entrepreneur, and makeup artist
T Sammarco shares with ELM her journey of coming
to Michelle knowing she was hiding and what she
overcame to realize her dream.**



How did you feel when you were hiding?

It's interesting ... we think we are safe when we are hiding, we think we FEEL safe — no risks, no chance of failing, right? But hiding is insidious. It feels like a layer of protection, but there is an erosion, a corrosion that happens quietly, over time, but is surely a devastation of the soul. Hiding is MISERY. I didn't recognize I was hiding until I started seeing Michelle. My life seemed pretty great on the surface, yet I was yearning for something more — something was tugging at me that longed to be tapped into. I just didn't know what it was. There was something very powerful about the act of SPEAKING to Michelle. She possesses this amazing way of picking up on energy and hearing the inner TRUTH.

What Fears did you face in order to shine?

So many fears, so many inner and outer critics were spinning around my brain. I was SO anxious. I mean heart-poundingly-running-to-the-bathroom scared! I really had to look at my fears and change my view of what they meant to me. I didn't shut them out, I brought them in. This is a technique that is unique to Michelle that has been profound for me and so many others. We can't just deny our negative emotions, or negative experiences. When we embrace them as a part of us that is human, we stop judging them in ourselves and they become less powerful. When we allow ourselves to be less than perfect, we allow ourselves to be free. Freedom allows us to shine.

I'll never forget when Michelle really brought me clarity on why I couldn't seem to let go of singing, even though I'd faced so much rejection and difficulty in pursuing it. I was babbling on in a stream-of consciousness as she asked me just the right questions. Somehow she got me to the WHY. Why do I really want to sing? My answer was simple but powerful; "Even though my voice isn't perfect, I feel I can move people with it. This is my gift, and what I have to share". She stopped me and had me write it down. It was my absolute TRUTH and she knew it. Now I do too. Taking ownership of that freed me up to let my voice be heard, and for me to be seen.

What is it like now that you've allowed yourself to be seen in this way?

When I finished singing the National Anthem to 42,000 people at a sold-out Brewers/Cubs game for ALS it felt INCREDIBLE. I felt powerful, humbled and delighted all at once. And it wasn't perfect but I had moved people. YES!!! I really allowed myself to take it all in and am still a bit high from it a week later! I know I will likely always deal with a certain amount of anxiety. But I also know that feeling fear will ALWAYS be better than feeling nothing.

It's Your Time to Shine!


Learn how to use your emotions to realize more of your truth & experience more of your potential by attending IIEE's annual event!

Watch the videos, see what is possible for you, and join me!

Here's the link:

<http://iiee.training/event/>

I can't wait to support you through a deep transformational process!!



Michelle Boudt

JOIN ME

**SATURDAY
NOVEMBER 12TH
&
SUNDAY
NOVEMBER 13TH
2016**

CLICK TO LEARN MORE



Thank You

More to come soon... Stay Tuned!