

Journey Book



Stephanie Trager

ALIGNMENT THREE:
Your Story is Your
Medicine

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YOUR STORY IS YOUR MEDICINE

In weaving the story of our lives, honing our special note in the grand symphony of life, extracting the gifts, the lessons and learnings, and in distilling our vast intelligence, we realize there is great wisdom. That wisdom when extracted with intention becomes our medicine.

There is something so uniquely ours, deeply entwined as our essence, full of potent medicine for us and for the world, it's bursting, bubbling, calling for you to connect the dots of who you are, where you've been and where you're called to go.

As with everything Higher Purpose, it's HOW we hold it- with honor and reverence that infusions more potency.

Whether for you only or for others to hear, let's weave your medicine story.

There are 4 parts to this exercise:

1. Ways to Cast Our Stories
2. Mining for Magic
3. Mythical (s)hero's journey
4. Tuning the Key in Your Note (keynote) of the Symphony of Life

PART ONE: WAYS TO USE OUR STORIES

We'll dive into our stories for healing and growth and then weave together a quantum spell (spelling) of mystery, learning, beauty and grace. For some our traumas are unhealed. This may be the moment we dive in, shed light and offer healing. Telling the story may be part of the healing or maybe it's not ready yet.

We know we're healed when our stories no longer carry a charge or trigger old – or fresh – wounds. When there is little to no charge, when we have extracted some or all of the gifts – the medicine, our stories are ready to be woven with golden thread.

When we have not yet healed them all the way, we weave as the hero in our journey, carrying the wounds home to be seen, heard, felt and healed.

ACTION:

List 8 Major life events.

For each event **list 3 lessons, or growth edges you moved through** after (choose experiences that are past and on a scale of 1-10 at least an 8 on the scale of already healed. (10 = totally). Can you see the medicine?

What became your a source of power for you, a sense of wisdom, a sharpening of your gifts as a result of this experience?

PART ONE: THE FIRESTORY

How you use this story is up to you. The idea is you can plug this story in any time someone asks about you. Or you can use for a talk you share, perhaps in an interview, a keynote, a personal tale, or a Firestory.

You begin to hear yourself 'spelling' this story, "storyspelling" a new version of your past, where you're off the triangle of disempowerment, you're speaking your truth, you're owning your power as a creator.

We'll use the format of a Firestory to get started.

The Firestory: The purpose of the Firestory is to inspire others offering an elixir of transformation while conveying an idea that was magic mined or learned from your experience.

Share a (vulnerable) part of yourself and perhaps a part that no one yet knows. Allow a new perception of your own journey to emerge so you may see the maturing, growth and evolution of purpose in the events of your life. When we weave our story – even if you've done it – from where we are today, with the new lens of who we are now, today, we see the golden thread that arches through our journey.

A new meaning may surface. We see who we really are and why we do what we do.

YOUR STORY IS YOUR MEDICINE

Connecting the dots in our stories gives life to the flame within. Even if you've given tons of talks and delivered keynotes, today you are a different person. From your ascended place of higher purpose, give this exercise a go and see what emerges. May your now story rekindle and spark a new level of magic. The Firestory is short- can be 5 minutes or 30. You can always add this story to other talks or presentations.

TYPES OF AUDIENCES TO CONSIDER:

- You
- Those you inspire
- Those to whom you aim to gain buy-in (or sell)

ENERGETICS, YOUR VOICE AND COME FROM:

- Conscious Influence
- Powers of Perception
- Grounding
- Quantum Creation
- Cosmic Anchoring
- Love - Self and Other
- Devotion
- Sacred Invitation
- Discernment

PART TWO: MINING FOR MAGIC

This is where you commit to becoming exquisitely curious about what else is under your surface.

Who were you before you took on the identity of you? Who would you be if you gave yourself full permission to express what you need to say, no matter how unconscious it sounds, raw, real, radical...

Free that bird inside, allow its wings to spread even more and alchemize the shadow by giving it voice. **Your story is an elixir for someone out there.** Your story is your own elixir. Elixirs are medicine. When you are fully healed, you hear yourself speaking this new version of your past and you have deep reverence and compassion.

When that piece is not yet healed all the way, you sharpen discernment, you tune into your body, where does it still live? What's the medicine it has for you today? Your story has medicine no matter what stage it's in. Remember there is always a story in between the big stories.

As we pull out those chunks of our journey that mark who we have become, we're mining for magic- the medicine. And **in each piece there is the shadow aspect and there is the superpower aspect.**

I'll sometimes call these inversions -you say you want one thing and something opposite -inverted- shows up in your experience. What's the magic? What's the shadow aspect and what's the superpower aspect of that thing?

MINING AND JOURNALING ...

- What do you wish you had the guts to say?
- If you didn't care what anyone thought what would you do?
- When it comes to speaking your whole truth where do you stop yourself?
- What if you didn't?
- When you were a kid what did you love most to do that when you were doing it you completely lost track of time?
- If you stepped into the shoes of yourself as a child and went to a toy store with an allowance to buy 3 toys, what would you buy? (give it a try!)
- If you had an altar set up in your space to honor each major life event what would be on those altars?
 - List all of those major life events
 - What's on their altars and why?

MINING AND JOURNALING ...

- Next to each life event can you extract the medicine (the gift, the learning, the nectar that helped you grow)? What would you add to the altar to represent that medicine?
- Is there any form of expression you wish you could do or do more of yet you're holding back for a reason? What is it? Why are you holding back? What if you didn't? Can you give yourself permission to act out that expression right now? Later? Today?
- If your story is the medicine or elixir someone else needed to hear, it touched them deeply in their own place of resonance, what is it that helped them? What is it from your story that touches them? Why do they resonate with you and why do they resonate with your story?
- What are the WOW factor parts of those big life events?
- What are the parts that not everyone gets to experience?
- What is the medicine that even if everyone has a similar experience, few extract that medicine (gift, lesson, learning)?

PART THREE: MYTHICAL (S)HERO'S JOURNEY

Set a timer for 20 minutes (if you have more time give it 30) and let your consciousness stream free as you write this mythical story.

Open this **Tarot Card pdf** and as you scroll through pick 3 cards that speak to you- or if you have a tarot or divination card deck you may use what you have.

Shuffle the deck (or scroll with eyes close and randomly stop in the pdf and open your eyes) and pick your three cards.

The first is the beginning, "Once upon a time..."

The second represents the struggle in the middle, "and he/ she,... experienced..."

The last represents what gets to happen in the end of your Mythical story, "and he... The End."

ONCE UPON A TIME ...

Your life, your wound, your healing,

your growth, your lessons, your learning, your wisdom, your gift,

Your fairy tale future that happens next **...THE END**

GATHERING PIECES

- Describe the characteristics of your listener in detail.
- Why are they inspired to hear your story?
- Why are you inspired to create this story?
- What unique insight or perspective do you share and why is it unique to you?
- What is the MEDICINE in your story?
 - How is this medicine for you?
 - How is this medicine for a listener?
- What, if any, are the steps or process of your medicine? First you had to go through x then y, then z... (3-5 steps)
- What are you are a stand for no matter what? "I'm a stand for integrity no matter what..."
- What was one transformational or pivotal moment in your life that changed everything (you may have more than one, for now choose one or two)
- What's unique about you?
- What's one thing that you've been curious about through your life and even more through your transformational moments?

CONNECTING THE DOTS...

This part can be messy, you're extracting medicine

- What was the conflict? Inner conflict or external conflict you struggled / struggle with?
- Are other characters involved? Paint a picture with flavor, emotion and energy.
- Narrow in on three to four points you that you will expand on. Allow yourself to write as much as you'd like in a mind expelling (brain dump) process and organize the poignant take-aways within the three or four points.

PART FOUR: STORYSPELLING

Beginning, Middle and End (Future)

Putting it All Together & Creating Your Impact Fire Story

Recap: Share your hero's journey, what conflict, opportunity, challenge, lesson or experience lit you up and sparked the fire that led you to want to spread your message and impact?

You can download the **Firestory Template** from the Activate Higher Purpose Portal and do that now.

PART FOUR: STORYSPELLING

- Using all of the above insights, what was it like in the beginning?
- What was it like in the middle of the conflict, challenge, or rough patch?
- What is it like now that you have extracted the medicine?
- What is possible in the future? Draw on your mythical story here using as much of that fairy tale expansion as you'd like.
- What was that transformational moment, the circumstance, (if there were many, pick one and stick with that one for this story) that tipped you over the edge and inspired you to work toward positive impact? *{Example: I saw the ancient forests being clear cut and I knew I had to do something about it.}*

PART FOUR: STORYSPELLING

This part can still be messy, you're still extracting medicine

- Choose one big or small idea that came as a lesson or insight through your transformation or experience.
- Think of something you were curious to learn about yourself in the unfolding of this situation. Let your listeners be curious too. *{Example: I realized I always believed I had to solve other people's problems and I learned other people are best at solving their own problems. I can offer to hold the space}*
- What was the conflict, inner or external? Are other people or characters involved? Paint a clear picture **with emotion** and energy.
- Be concise. **List three or four points that illuminate your idea and expand on each.**
- Craft a timeline of **key moments, characters, conversations, breakdowns, breakthroughs and other parts of your story.**
- Appeal to an audience's senses and emotions (you can be the audience- this can purely be for you!) This process will change how you relate to your past, the story you tell and the story you spell of your now future.

PART FOUR: STORYSPELLING

Your Firestory: Use the template in the portal to plug all this in!

- Start your story at an excited part, a riveting part of the story, then weave the timeline.
- Pull us in quickly and take us on your ride.
- Add and keep the parts that matter.... Just the key parts. “Does this need to be here to convey the point, the message, the essence, the wow, the medicine?”
- As long as you offer your heart (and best yet to invite yourself as quantum creator) there’s no wrong way to do this.
- Rehearse by reading your notes out loud. Then refine. Then pull out your main 3-4 points. Then practice without the notes. You know your story!
- Practice standing and speaking ... any movements want to come in? Singing?
- You can add movement with your body that anchors parts of your story for memory.
- Practice adding the emotion that ignited the spark that turned into a fire and is ready to spread now.
- Allow your story medicine to come through.

LOVE NOTE

It may feel like a lot of redundant questions here. They are redundant on purpose!!

If you feel you've already pulled out the piece than skip the question. Sometimes we need to repeat the question to refine our innerstanding of what was really happening, to extract the gifts and medicine, to shift HOW we tell the story.

TELL YOUR STORY AS A QUANTUM CREATOR FROM A PLACE OF HIGHER PURPOSE

Some folks will be sparked by a different way the question is asked.

Allow yourself to follow this path however you feel called to! Or you can just wing it and craft your story.

This is yours. Do your best to refrain from censorship. Express the wildest truth that led you to this moment in time as a quantum creator. You can discern out parts later.

Activate Higher Purpose

Thank you thank you thank you.



Stephanie Trager

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