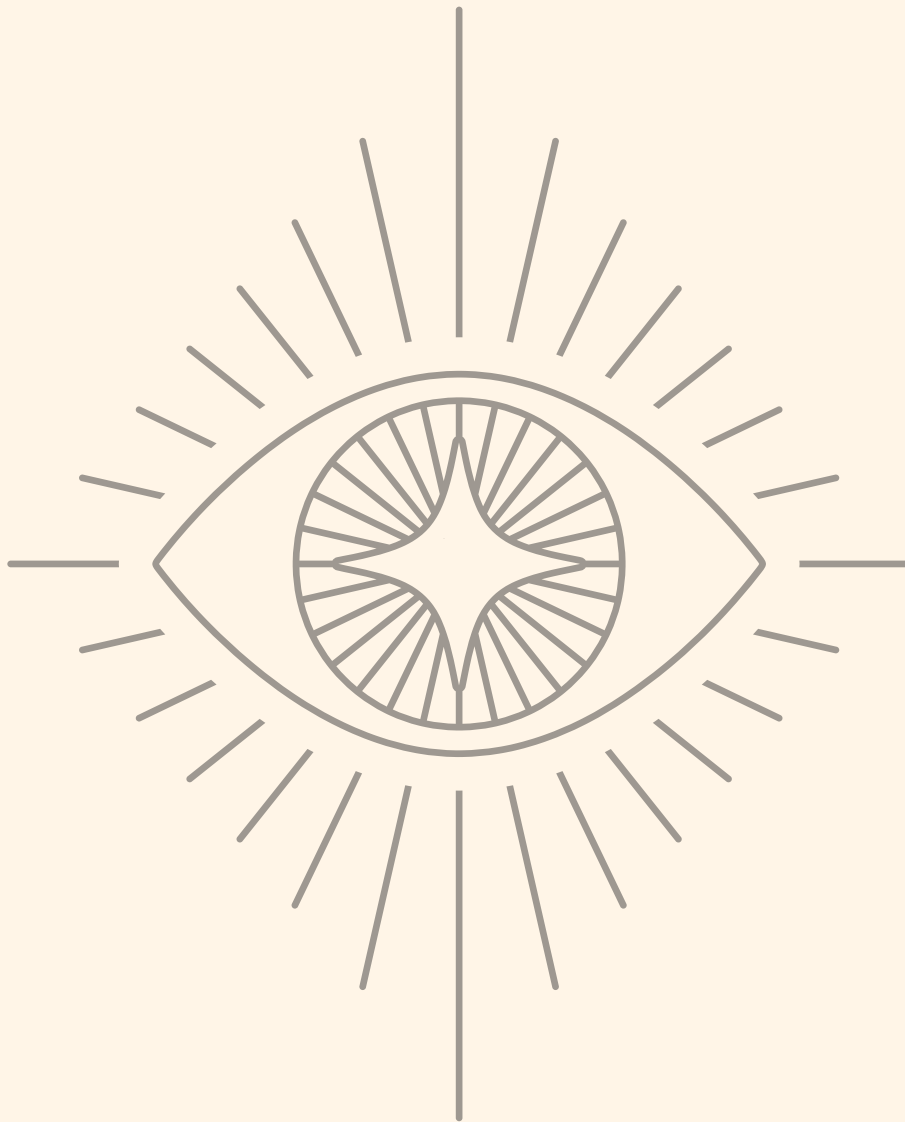


*Secrets of Awen*

---



*Rewrite Your Truth*  
*Masterclass*

# Welcome to the Rewrite Your Truth Masterclass

## *I'm Gemma - Marie*

I am a qualified teacher and I teach, guide and mentor those on a spiritual path.

I am really excited to be working with you to help you take the next step in your Spiritual Journey.

This journal is the perfect place to keep notes of what you are experiencing.

The ideas and activities within this guide and the masterclass are intended to be a starting point for you to develop your practice in whatever way you choose.

Please remember to ground yourself as often as you need to. If something feels uncomfortable or you are unsure of any of the practices please seek advice or support before continuing.

Simply get in touch (contact info below) and I will do my best to support you



*“Take the lessons of your past with you on your journey and move forwards...”*

*Nothing that has happened in your past can stop you from planning a magical future*



facebook.com/SecretsofAwen



07961 802974



guidance@secretsofawen.co.uk



@secrets\_of\_awen

# *Unlock the Truth and Rid the Lies You Tell Yourself*

*When working with the shadow, it is easy to stay on a superficial level, focusing on issues that may feel important on the surface but do not delve into the depths of what you keep locked up inside. It is true that you get out what you put into things, so try to go beneath the surface of what each question asks of you and really consider what the underlying factors at play are.*

*What are the consequences of having these thoughts, feelings and acknowledgements? Have you denied yourself something you didn't feel you deserved? Are you reinforcing a belief that is not actually true? Are you allowing fear to control your action / inaction? Are you holding onto resentment unnecessarily?*

*And what if you could release the lies? What would be the benefit? What would you be able to do differently that you can't currently? How can you honour your truth and focus on what is actually true, instead of the lies you tell yourself?*



# Who Am I?

So let's start with something easy. Fill this page (in whatever way you choose, different colours, doodles, size and shape of text etc) with words that represent who you are. Start off easy - I am a daughter, a teacher etc. And as you go on, go deeper - I am selfish, independent, intuitive, needy etc.

Don't feel that everything has to be negative, it is important to recognise your strengths and positive traits too.

# *Keep Going...*

Start thinking about these words or phrases in more detail. What is the message behind the words you have chosen? If you have written the word lazy for example - can you go further than that? Why do you think that? Where have you heard that before? Who has told you that and how has that impacted your life or created a barrier for you?

# *Moving Forward*

You can use this space to continue working or write anything else that you feel needs to come out at this stage. Perhaps ask yourself how these things hold you back, or how it might feel once you are free of these things. It may also be an idea to look at whether there is any forgiveness that needs to take place here - forgiving someone who played a part in allowing you to feel a certain way about yourself, or forgiving yourself for letting a particular situation affect you in this way. How can you grow from this now that it has been revealed?

# *What is important to you that you have ignored?*

Think about all those things you have promised yourself that you would do, but that you actually haven't done. Of these things, which are you most annoyed with yourself about? It might be too late now, if it is - how does that make you feel? And if it isn't, why haven't you made a start?

# *But Why?*

Choose one thing and go a little bit deeper. Ask yourself why you haven't done it yet, change the focus from an external to an internal - this isn't about blaming someone else. What could you have done about it, why didn't you? What has that meant for you?

What are the consequences of your actions?

How will you benefit from facing this?



# *Moving Forward*

You can use this space to continue working or write anything else that you feel needs to come out at this stage. It may also be an idea to look at whether there is any forgiveness that needs to take place here. How can you grow from this now that it has been revealed?

*What have you held back that needs to be said?*

Now is your chance to say whatever it is that you have always kept inside, unsaid. Feel empowered as you take control and perhaps relive a moment from a new perspective and a new outcome.

# *But Why?*

Now go a little bit deeper. Ask yourself why you haven't said this before, what would the consequences have been? How could you have handled this situation differently? What could you have done about it, why didn't you? What has that meant for you?

How does it feel to release this?

Why is it important to release this??

# *Moving Forward*

You can use this space to continue working or write anything else that you feel needs to come out at this stage. It may also be an idea to look at whether there is any forgiveness that needs to take place here. How can you grow from this now that it has been revealed?

# *Moving Forwards*

*As you move forwards it is important to recognise that your shadow self not only hides the things that you don't want to admit, it can also lie to you about the positive things in your life. So it is worth remembering what these are.*

*Life is full of ups and downs. In order to appreciate the highs you must also acknowledge the lows. As humans we have the ability to feel a wide spectrum of emotions and you should try to be open to experiencing your emotions in all their intensity. And yes, some will be painful but some experiences will take you to the ultimate heights of joy and love and fulfilment.*

*Even on your darkest day you are able to look back and see the moments of light and know that the light will come again. Remember to be kind to yourself. Identify the lies and search for the truth. Acknowledge, accept and grow,*



# *How do you reward yourself and remember your accomplishments?*

Sometimes we can get so carried away with where we want to be that we forget to look at how far we have come. Although the end may seem like a long way off, take a moment to look back and realise what you have achieved. Make a list of your accomplishments so far this year, this month, this week - no matter how small. And now ask yourself how did you reward yourself for those accomplishments?

# *Celebrate Yourself*

How do you honour yourself? What activities can you re-label and use as part of a celebration to mark those moments in your life where you should be acknowledging your achievements? Use this space to continue working or write anything else that you feel needs to come out at this stage.

# *Stop hiding and flourish*

How can you now acknowledge the truth from the lies? What thoughts and beliefs need to be rewritten? What new beliefs or truths will you now recognise?

Use this space to continue working or write anything else that you feel needs to come out at this stage.



# *Rewrite Your Truth*

## *Masterclass*

Of course, this is only the beginning. Once you have completed this Masterclass there are a number of things you can do to further your understanding of who you truly are and take control of your Destiny.

There are a number of Masterclasses you can sign up for, or if you are looking to go further in-depth why not chat to me about taking a course to further develop your spiritual practice or sign up to my programme!

### **Other Masterclasses Available:**

- Working with the Elements
- Moon Magic
- Seeing Your Aura
- Learn the Tarot
- Creating Sacred Space
- Working with Pendulums
- Meet your Inner Guide

*And Many More...*

## *Secrets of Awen*



To sign up for a Masterclass or to find out more about working with me, simply get in touch! (contact info below)



[facebook.com/SecretsofAwen](https://facebook.com/SecretsofAwen)



07961 802974



[guidance@secretsofawen.co.uk](mailto:guidance@secretsofawen.co.uk)



[@secrets\\_of\\_awen](https://instagram.com/secrets_of_awen)