

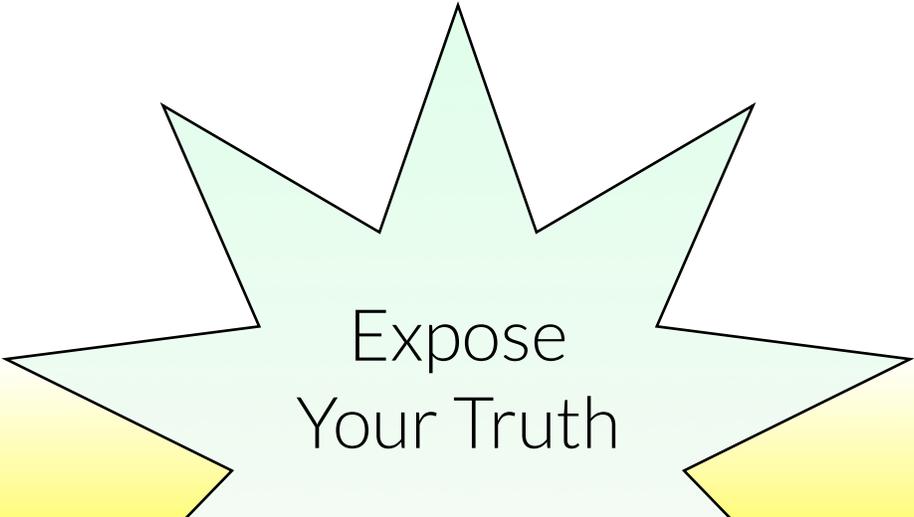


THE POWERHOUSE PROGRAM

A S N E A K P E E K

VULNERABILITY

MASTER CLASS 4



Expose
Your Truth

Exposure is Strength

By now you may have noticed a theme weaving itself throughout this program. In each and every master class, I have invited you to power your one precious life by making yourself known fully. Vulnerability is perhaps the most critical power that you can develop when it comes to actualizing your bliss, for it is the Great Liberator. By embracing your vulnerability, you expose the fullness of who you are.

vul·ner·a·ble (definition)

Exposed to the possibility of being attacked or harmed, either physically or emotionally.
Liable to higher penalties or greater bonuses, in a game.

Again, we start with a contemporary definition. Exposure is an inevitability when we become vulnerable. Thus, when cultivating vulnerability as a superpower we learn to be discern in when and where to expose our deepest truths. More on this later.

When practiced consciously, vulnerability's rewards far exceed its risk and/or the price we pay. There is perhaps no greater reward than being seen and acknowledged for who we really are... for our pains, our struggles, our dark and our light. To be able to stand fully exposed before someone and experience unconditional love, this is joy on a soulular level.

There is nothing weak about being vulnerable To be fully seen takes extreme courage, and lots of it! Vulnerability is power conditioning for the heart and soul. With each degree of exposure, you gain a deep-seated strength. The strength to overcome shameful thoughts and reach forth anyway. Calling upon humility as an alliance, you actively surrender to your truth: exposure becomes the new habit and way of being:

*Vulnerability is our most accurate measurement of courage...
Courage a habit, a virtue... you learn courage by couraging.
~ Brené Brown*

Would you prefer not to risk of exposure? Does the thought of sharing your secret self - your dark passenger - feel too unbearable? That is certainly your prerogative. Yet remember that anything that requires you hide has a hidden power over you. Fear will continually hold you hostage and keep you from the happiness you deserve.

You can't hide and be happy.
You have to choose.

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