

TRANSCRIPT

YOU ARE YOUR HEROES

Hi, I'm Rebecca Campbell, bestselling author of *Light is the New Black* and *Rise Sister Rise*, and for many years I've been teaching around the world, inspiring people to spend more time with their soul.

Welcome to the second video of the Free Masterclass for Lightworkers. In this video, I'm going to be sharing with you a tool that will shine a light on what is rising in you and the unique gifts that you have to share. I believe that you are your heroes. The people who inspire you and that you admire the most are not separate from you. Rather, they actually are you and the qualities that you most admire in them are actually the very qualities that are wanting to rise in you. This tool will help you pinpoint exactly what is rising in you. I've taken many of my clients through this exact process and am really excited to share it with you.

Now take a moment now to download the PDF below or you can just grab a notepad and pen. Okay, so the first inquiry question is 'who or what is inspiring you right now?' Just let yourself write intuitively. The second question is 'what is rising in you? What creations are wanting to be birthed by you?' Okay, turn to the next page. If you are using the PDF then you're good to go. If you're using a piece of paper or your notebook, then I want you to fill your page with 16 boxes; four across and four deep. In the left-hand column, I want you to fill in the four boxes from top to bottom with four people that you admire the most. These are your heroes, the people who inspire you.

Now fill in the words that describe the qualities of each of these people in the boxes to the right; so three words that describe the people that you admire the most - and it doesn't matter if the words repeat themselves. Actually, it's really good if they do. So you might want to press pause while you fill in yours and then come back when you're done. Okay, so out of all of the words that you've got written down I want you to circle the three that stand out to you the most. So for me I'm going to choose deep sea diver, artist and power. So these three words that you've circled, they're not only ready to rise in you, they actually already are you. These are things in you that are bursting to be seen and bursting to be tended to.

The amazing thing about this exercise is that every time you do it, something new will likely come up because our soul is always calling us, which means something new is always rising in us. Those people who inspire us are inspiring the callings of our own soul and the things that we are being inspired to step in to. When I first did this exercise - it was probably about five years ago - it was very clear what was rising in me was being a teacher and being a writer. All of the people that I had chosen as my heroes and the qualities that they represented to me were all about writing and teaching and stepping into being a professional in this spiritual industry. When I did this exercise a couple of days ago what came through for me was 'artist', and women who have really stepped into their power.

So that's what I love about this exercise, that you can come back to it time and time again as a check-in for what is rising and new in current time. So, in the comments below I want you to share the three things, the three words that came through for you on what is rising in you, and then watch out for my next video where I'll be taking you through a process to discover your life's message and really call in your people.