

# THE FLOWER OF POWER



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# About Your Guide

## NATALIE REIMER ANDERSON



Natalie Reimer Anderson is a Spiritual Guide, Empowerment Coach, Holistic Nutritionist, Motivational Speaker and Workshop Teacher who combines her expertise in spiritual practices, cutting-edge health and fitness hacks along with cognitive and somatic therapies to transform lives. She is known for her inspirational personal story of healing her autoimmune condition through the power of radical responsibility and self-love.

Her multi-disciplined approach serves to remove limiting-beliefs about self-worth, draw clear personal boundaries to reclaim self-sovereignty, consciously design your best life from your deepest desires and support the body to optimal health. She is affectionately known to her clients as the “Boundaries, Beliefs and Behaviours” Expert.

Along with being a mother to two teenage sons and married to the same wonderful man for 30 years, Natalie can be found traveling, attending and teaching at festivals and retreats, cheering on her son's volleyball teams, devouring esoteric texts, furiously dancing at live music shows, laughing with girlfriends and organizing various events to better her community.



Time To Bloom!



# THE FLOWER OF POWER

## YOUR PERSONAL EMPOWERMENT PROCESS



The Flower of Power Personal Empowerment Process was designed by Natalie Reimer Anderson, The Self-Love Coach, to assist you in creating your BEAUTIFUL, BLOOMING LIFE. This intensive system will help you create the life YOU desire by...

- Identifying what areas of your life need your attention
- Recognizing and releasing limiting beliefs that are blocking your abundance
- Determining your core values so you can stand firm in decision-making
- Getting in touch with your soul's desire of what you truly wish to consciously create in this life
- Learning a technique to help you be present and weather any storms that may come your way
- Giving yourself permission to live your dreams into reality through daily disciplined habits and intentional actions

In these pages you will design a personal action plan based on the life you desire to create, with practical steps to follow that will move you confidently and with greater clarity toward your goals.

**We are all gardeners, planting seeds of intention and watering them with attention in every moment of everyday.**



## My Pledge to my BEAUTIFUL, BLOOMING LIFE

I, \_\_\_\_\_, commit to ME  
and to the intentional and action-oriented CREATION of my one  
beautiful, passion and purposed-filled LIFE!

I will choose to continue to unearth, make conscious, and challenge my limiting beliefs and stand firmly in my core values. I will recognize that the point of power is in taking personal responsibility for my own life and that NO one else is responsible for my choices and creation.

When I don't blame, I bloom.

I will be open to and keep my eyes focussed on the blue sky of possibilities and the sunshine of daily disciplined practice so that I am prepared for the storms that may come.

I will cultivate my own growth, resilience, adaptability and true nature as I consciously choose and intentionally live in the garden of life. I am my responsibility.

And just like a flower in the garden, I will not compare myself to other flowers surrounding me. I will stand tall, feet firmly planted and my face lifted up to the sky, grateful for this beautiful life.

# THE FLOWER OF POWER

## Blue Sky of Dreams and Possibilities

- ~ this is where your dreams exist as possibilities
- ~ always face the sky to find your purpose

## Sunshine of Daily Disciplined Practices

- ~ you are what you repeatedly do
- ~ a daily dose of Vitamin D- Discipline

## Choices Raining Down Everyday

- ~ be prepared and you will overcome any circumstance
- ~ use the R.A.I.N. strategy to be present and prepared

## Petals of Life to Blossom

- ~ each one needs care and attention
- ~ they grow from your true self

## Core Values

- ~ the stem on which you stand in decision-making
- ~ you are only as strong as the stem that holds you up

**Core Beliefs** lay beneath the surface in the soil of the subconscious. This soil feeds your life whether you realize it or not. You are rooted deeply, so soil quality is important to nurture your best and most abundantly healthy LIFE. You can choose to change your core beliefs if they are not serving you and choose affirming beliefs.



# PETALS

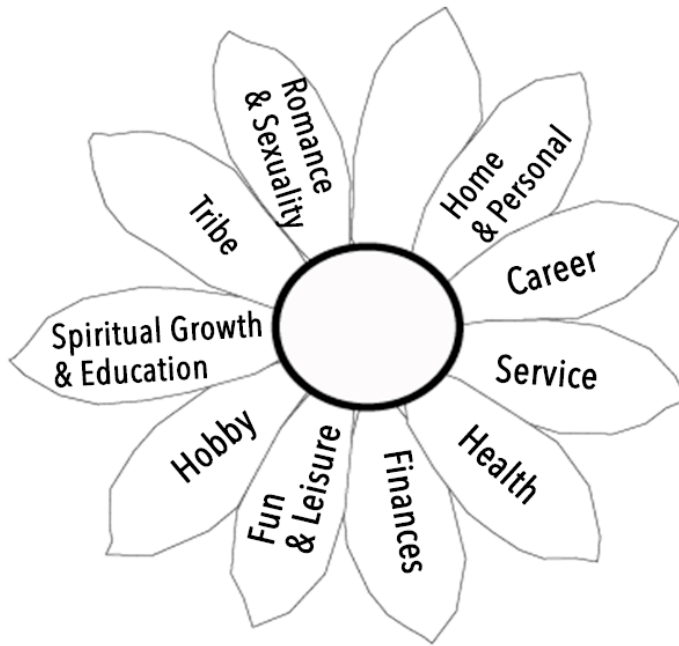
**YOUR BEAUTIFUL BLOOMING  
FLOWER PETALS**



# CHAPTER 1

## PETALS - THE ASPECTS OF YOUR LIFE

Each petal represents an aspect of your life. Colour in or rate each petal according to your sense of fulfillment in that aspect of your life on a scale of 0-10. (For example "0" would be left blank =very unsatisfied, "10" would be fully coloured in =completely satisfied). The blank petal is for you to fill in if there is something you'd like to add.



List the 3 most fulfilled:

List the 3 least fulfilled:

What do you perceive accounts for the difference?

What would a 10/10 look and feel like in each of your lowest 3 petals? (Describe in detail)

What one step or change do you think you could make to improve each of those 3 petals?

What would a 10/10 look and feel like in your middle 3 petals? (Describe in detail)

What one step do you think you could make to improve each of these 3 petals?

What would a 10/10 look and feel like in your top 3 petals if not yet at 10/10? (Describe in detail)

What one step could you make to improve on these petals even more?



# SOIL

**YOUR SUBCONSCIOUS  
PROGRAMMING  
and CORE BELIEFS**



# CHAPTER 2

## The Soil of Your Subconscious Beliefs

What core beliefs do you feel you have that are blocking you from reaching your full bloom in the petals (aspects) of your life? Some you will know immediately while others will continue to be uncovered as you dig deep in the soil of your subconscious.

To begin the excavation process start by asking yourself:

What are 3 prominent memories I have from childhood/adolescence/young adulthood where I learned a life lesson or decided something about myself and the world by either observing others or participating? How did it make me feel? What did I decide that this event meant about me as a person?

For example:

My mom was really late picking me up from school when I was 5 and I remember feeling like I was abandoned and no one loved me. It made me feel sad, scared, lonely and insignificant. My resulting core belief about myself became "I am unloveable, insignificant and people will abandon me."

### **Childhood 0-7 years old**

### **Adolescence 8-14 years old**

### **Young adult 15-21 years old**

What are some family beliefs that were passed down to me? Hint: it's often based in a saying or figure of speech that you heard repeatedly, i.e.; "money doesn't grow on trees", or, "stop crying or I'll give you something to cry about", etc. What core beliefs did you internalize due to hearing those phrases repeatedly?

What common themes exist in your stories? What "lessons" do you see repeating in relationships or places where you are stuck?

Now for each one ask yourself: are these beliefs true or is my confirmation bias causing me to only see evidence for them being true? Is it serving me to continue to believe these to be true? Am I ready to let them go and replace them with new and beneficial chosen beliefs?



Now complete this powerful exercise to begin to swap the old belief with your new chosen belief. Writing it out gives it more power in your subconscious:

OLD PROGRAMMED CORE BELIEF:

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REPLACE WITH NEW CHOSEN BELIEF -starts with "I am...":

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Old:

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New: I am...

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Old:

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New: I am...

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Old:

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New: I am...

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Old:

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New: I am...

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# THE "CHASE, CHALLENGE , CHOOSE, CHANGE" METHOD

## HOW TO TRUST YOUR TRIGGERS TO RECOGNIZE AND RELEASE LIMITING

### SELF-BELIEFS

Created By Natalie Reimer Anderson

**Chase:** When you are triggered by someone or something, this is a sign of a self-belief that is coming up to your awareness because it wants your attention to be healed. The trigger is drawing your attention to an unhealed aspect of your shadow-self that is being unmasked. But be alert because your ego will rush to blame and make it about someone else. It's not. It's about you and what you truly desire to heal. Trust your triggers as gifts to greater freedom. Use this as the opportunity it is.

To be clear, this is not to condone someone's bad behaviour or to pretend that you are not allowed to be upset (spiritual bypassing) but rather, to take full responsibility for how you let it affect you in the future. In order to take back your power and heal this incorrect self-belief that is being revealed, you must take full responsibility for how you have allowed it to affect you and what you will do to heal it.

In this step we "Chase" the belief because triggers will come and go frequently and quickly, rising to the surface to reveal the belief until the ego stealthily pulls them back down to hide them again. If you want to heal these self-beliefs you must pay attention to the triggers and patterns that surface in every moment.

**Challenge:** In this step you ask yourself; what is the belief I have about myself that this person/event is showing me? What have I made this mean about myself? When did I begin to believe this about myself? Note: It was likely 'installed' between 0-7 years of age when your subconscious mind was most impressionable. Think way back but don't fret if you can't find the origin point. After you've identified the belief beneath the surface, then ask; is this belief true about me and/or the world or is it possible that the child misinterpreted the situation to mean something that wasn't true? Do I want to continue to believe this about myself and/or the world?

We have forgotten that our beliefs are choices based on interpretations and not absolute truths. This includes our inherited and cultural beliefs. Beliefs are malleable and up for debate in every moment and as new evidence presents itself. The problem is that we have forgotten that we chose most of our beliefs about ourselves at a very young age and we continue to choose to believe them as adults. Due to time passing and our human tendency toward confirmation bias, we forgot that it is we who have chosen to believe things about ourselves and our world that just aren't true. And like a bad detective we have lived our lives looking for only the evidence to support our mistaken belief to be true. But what if they are not? Would you choose to believe something else?

**Choose:** Step three is to do just that. Make a new choice! After you have determined that what you have believed for so long about yourself was just a choice that you have reinforced through your behaviours, you can begin to choose what you would like to believe. Here you ask yourself; what do I want to believe about myself? What self-belief can I choose to support my highest expression and best life? How can I begin to look for the evidence of my new belief being true?

**Change:** This step will repeat as necessary until you have reinforced your new belief. Every time you see even the slightest evidence to support your new belief being true, celebrate it and write it down in an evidence journal. Soon you will have a mountain of evidence and will begin to live your new beliefs into being thereby creating a new reality for yourself with your new healthier self-perception. And almost as if by magic, your relationships will also transform with a depth of compassion and allowance for those who come into your life. Your triggers will become fewer and further between and you will have greater freedom and inner peace.

# WHEN THE ANTS COME MARCHING IN

## IDENTIFYING AND OVERCOMING **AUTOMATIC NEGATIVE THOUGHTS**

We all have them. Automatic negative thoughts or ANTs, that overrun our garden and can prevent our blooming. They cause us to second guess ourselves and to run “what if” and “worst case scenarios” in our mind constantly.

Their first purpose was to shield us from negative experiences recurring by “beating us to the punch” so to speak, but when our brain assumes the worst possible outcome as a way of protecting us from them actually happening (negativity bias) it can get carried away. The problem arises when these thoughts become dominant and overtake our life, leaving us in a rumination loop that is hard to break free from.

According to the brain research of Dr. Aaron Beck, when you think a negative thought your brain releases chemical and electrical signals that overload your limbic system, overtime causing a neural pathway to be forged that is then very difficult to avoid. This leads to moodiness, anxiety, irritability and even depression. The cycle of thought, response, repeat -is difficult to break but, there are ways to regain healthy self-concept and to reclaim your mind from the ANTs.

### **Types of Common and Destructive ANTs:**

**Mind-Reading-** When you constantly attempt to guess what other people think about you it is paralyzing and exhausting. We waste so much time and energy wondering if they dislike us or view us negatively that we can't have healthy interactions and genuine connection. This can be very isolating and limiting when we think the whole world is against us.

**All or Nothing-** You think in extremes or absolutes. Using “never” and “always” in your speech and thought patterns, like; “I never win”, or, “I’m always the odd one out”.

**Labeling-** Calling yourself names which leads to a self-fulfilling prophecy. Statements like “I’m such a loser” become feeling-beliefs that inform your future actions.

**Thinking With Your Feelings-** Feelings are not facts but they are messengers. It is important not to see them as absolute truths but as signals to underlying beliefs we have about ourselves that are actually untrue. Be careful not to make negative conclusions about yourself based on your feelings, like; “I *feel* like an idiot” but rather to chase and challenge the mistaken belief it is signalling.

**The Blame Game-** When we blame we can't bloom. We give our power away to people or circumstances that we blame for our actions or reactions. If we don't take complete personal responsibility for our life we are powerless to affect positive change.

**Fortune-Telling-** This is when you use the past to predict the future especially in a negative way. “I've been passed over so many times, I'll never get that promotion, so why bother?” -type thinking. We tend to predict the worst possible outcome when we draw on the past to predict our future. But the point of power is in the present moment and every good turn of events has to begin somewhere. Why not now?

### **How to Stop the ANTs from Taking Over:**

**Identify** which ANT you are dealing with so that you can see what is triggering your negative feelings and then use the appropriate solution.

**Confront** the ANT with a positive rebuttal. Challenge the ANTs with positive thoughts or affirmations and practice repeating these until they become automatic.

**Reframe** your ANT by writing two columns of old thoughts and their positive new “reframe”. For example; “I'll never get that job” becomes “Getting my dream job will take hard work. I am up for the challenge and will take pride in myself along the way”.

**Practice** mindfulness and meditation. Being present, pressing the pause button on life, and going within to quiet the mind is a powerful tool to silence the ANTs and bathe the brain with feel-good chemicals while also forging the new neural pathways that will become stronger with consistent practice.

**Seek** help from a coach or clinician who understands neural plasticity and can compassionately guide you to a new truth and freedom.



# STEM

**YOUR CORE VALUES**





# THE STEM OF CORE VALUES YOU STAND UPON

## CHAPTER 3

Our core values are a set of qualities that we should strive to live by. They are crucially important to our sense of the world and how we interact with it. When we live in accordance with our values, our external actions & behaviours match the internal qualities important to us. When we do not know and live by our own values we may become indecisive, anxious and drained. BUT, when we know and live in alignment with our values we feel confident, energized, purposeful and clear to make decisions while living authentically. We stand strong on a firm stem that is deeply rooted.

Let's discover what core values you are standing on. Ask yourself:

When have I felt happy, fulfilled, proud and full of purpose? Be specific about why.

When have I felt frustrated, unfulfilled, empty or annoyed?

What activities make time fly and make me feel like I'm in the "flow" of life?

Who are my role models? What are the qualities they possess that I admire?

What are my natural gifts and abilities that I or others appreciate about me? When do people turn to me for help?

Read through this list on the next page and check any and all values that resonate with you. Once you feel like you have captured all the values that are meaningful, look at each one and ask yourself these questions:

How was I taught the importance of this value?

What feelings come up for me when I think about this value?

Do I embody this value in my life right now? If so, how? If not, why not?

Can you identify this value translating into actions and behaviours in your life currently or previously?

If not, what do you think is preventing you from embodying this value ( this could be a core belief, internal program or an external force)?

Is this value really MINE? Hint: if you think it is something you *should* embody, it might be a core belief or a self-concept rather than your authentic value.

Now, narrow your list to your top 5 and answer these questions:

Imagine your ideal self in every aspect of your life 5 or 10 years into the future. What does your life look like? Take time to detail every aspect and what it might look and feel like when you are operating from alignment with your core values.

## **MY TOP 5 CORE VALUES**

1.

2.

3.

4.

5.

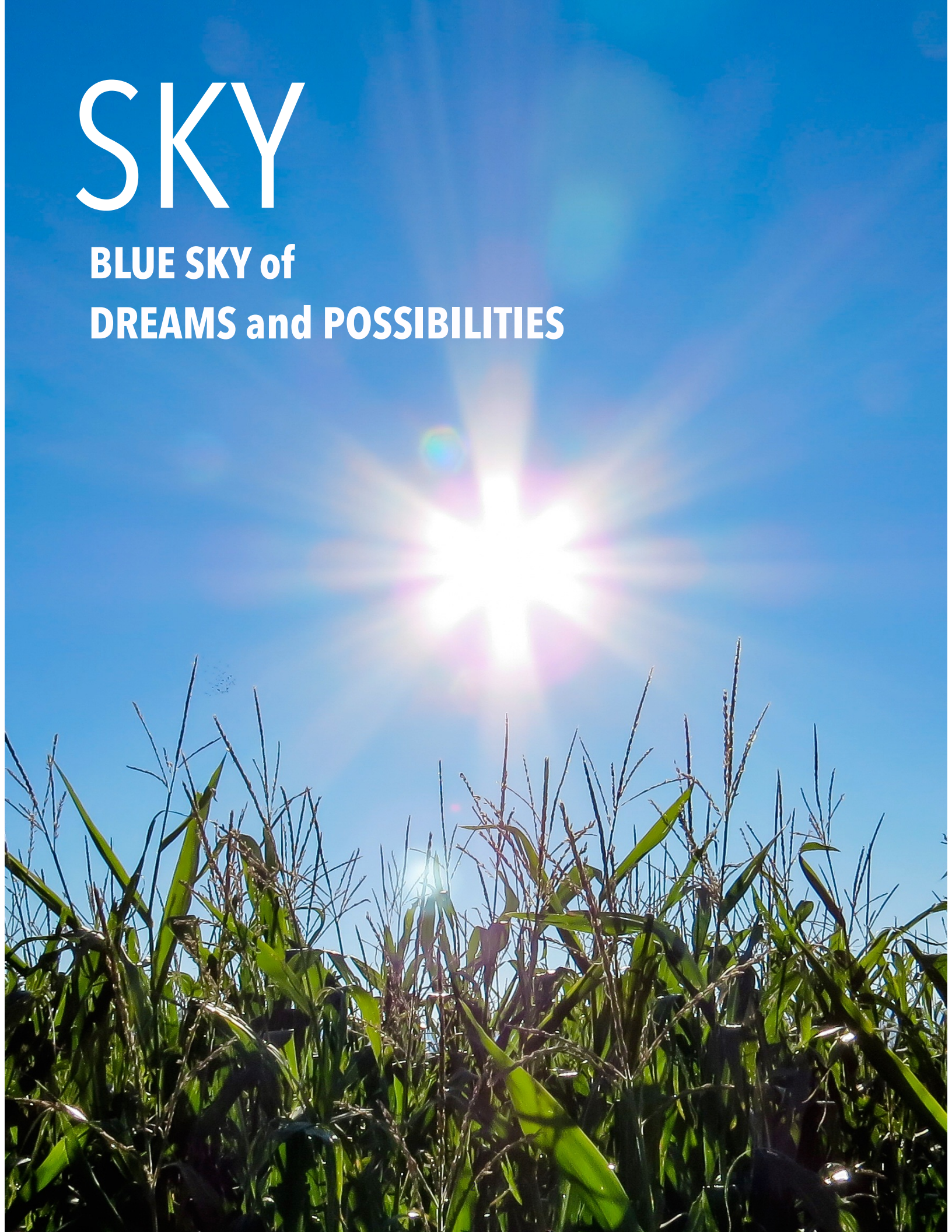
**LIST OF VALUES** -this is not a complete list, if a word listed reminds you of a different value not listed that resonates more with you, write that down too:

abundance	credibility	optimism
acceptance	curiosity	passion
accomplishment	daring	peace
adaptability	decisiveness	power
affection	determination	popularity
altruism	discipline	poise
ambition	empathy	practicality
assertiveness	enthusiasm	rationalism
assurance	fun	realism
audacity	generosity	reflection
authenticity	gratitude	reliability
autonomy	growth	reputation
awareness	health	resilience
beauty	honesty	recognition
boldness	imagination	resourcefulness
balance	independence	respect
brilliance	individuality	responsibility
certainty	inner harmony	security
challenge	knowledge	self-respect
citizenship	influence	service
change	integrity	spirituality
clarity	leadership	stability
commitment	learning	success
community	intellect	status
compassion	intimacy	trustworthiness
competency	introspection	truth
contribution	love	unity
confidence	intuition	warmth
conformity	justice	wilfulness
congruency	kindness	wonder
connection	loyalty	wild-hearted
consciousness	meaningful work	wealth
consistency	meaning	wisdom
control	mindfulness	
conviction	non-conformity	
courage	obedience	
creativity	open-mindedness	



# SKY

**BLUE SKY of  
DREAMS and POSSIBILITIES**



# BLUE SKY - DREAMS and POSSIBILITIES...

## CHAPTER 4

There are NO LIMITS except the ones you impose on yourself. If you can dream it, your higher-self is telling you that you can have it and BE IT! Use these next pages to DREAM BIG! The sky is the limit! Be BOLD and don't censor your desires. These pages are for PASSION, not practicality. So go on and give yourself permission to dream BIG!

## **FUTURE-SELF MEDITATION**

This is a powerful and effective meditation where you will be guided to meet your future self to ask and receive answers. Relax and keep an open mind. Allow any and all images and messages to come forward that wish to make themselves known. Your higher self knows what to reveal- trust yourself and the process.

After the meditation, stay in silence and immediately use this space below to write down everything that was revealed. Be as detailed as possible.

# BLUE SKY

# Dreams without goals remain dreams

5-10 Year Goals: Date\_\_\_\_\_

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## Discipline Step

## Purpose/Inspiration

### Accomplishment Date

[illegible]



BLUE SKY     Dreams without goals remain dreams

BLUE SKY     Dreams without goals remain dreams

1 Year Goals: Date\_\_\_\_\_

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## Discipline Step

## Purpose/Inspiration

### Accomplishment Date

[illegible]

# BLUE SKY

# Dreams without goals remain dreams

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## Purpose/Inspiration

### Accomplishment Date

[illegible]



# DAILY/WEEKLY SCHEDULE FOR TURNING DREAMS TO REALITY

## Daily Checklist

Time	Action

## Weekly Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM							
PM							
EVE							

# SUNSHINE

YOUR Daily Dose of Vitamin D

DISCIPLINE & DEVOTION



# SUNSHINE

## CHAPTER 5

The science of Epigenetics teaches us that OUR DISCIPLINE, not our DNA, designs our DESTINY!

LIFE is not happening to you, it is happening FOR you, THROUGH you and BY YOU!

**"You are what you repeatedly do. Excellence then, is not an act but a habit."**

~Will Durant, American Philosopher

The secret of your future is hidden in your daily routine. So let's get down to the business of habituating excellence by creating an intentional daily routine. We create ourselves in our daily routine. Goals without routine are wishes, routines without goals are aimless. The two work best hand in hand. Further to that, when you add the essence of "devotion" which means to vow and to consecrate, you bring forward your full commitment to living your life as a sacred offering to life itself and that you are choosing the path of conscious creator/gardener.

To be the creator-gardener of your life you must design and plan your foundational practices- your daily dose of "Vitamin D" for discipline with purpose and intention or "devotion". With clarity of purpose in your practices and focus on your end goal, you will be prepared to weather the choices and challenges that will rain on you daily. To exercise and demonstrate devotion to your life and to activating your divine human potential, is how to live a sacred life that is a gift to Creator which delights in your devotion to your glorious life.

Your daily disciplined practices are a demonstration of your devotion and serve to build habitual behaviours that soon become easy and effortless. But you must begin with conscious choice and deliberate action to catalyze lasting change through consistent practice over time.

(copy as many of the following pages that you need to focus your intention and energy for creation.)



Daily disciplines/practices

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Dream for my \_\_\_\_\_ petal

Rain of Daily  
Choices  
and Challenges



TOP 5 VALUES I stand on

- 1.
- 2.
- 3.
- 4.
- 5.

MY NEWLY CHOSEN core beliefs... I AM...

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Dream for my \_\_\_\_\_ petal

Daily disciplines/practices

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Rain of Daily  
Choices  
and Challenges



TOP 5 VALUES I stand on

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MY NEWLY CHOSEN core beliefs... I AM...

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Dream for my \_\_\_\_\_ petal

Daily disciplines/practices

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Rain of Daily  
Choices  
and Challenges



TOP 5 VALUES I stand on

- 1.
- 2.
- 3.
- 4.
- 5.

MY NEWLY CHOSEN core beliefs... I AM...

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## WEATHERING THE RAIN

When life gets challenging and the rainstorms come, they can either drown us or water us! How we have mentally prepared and the strategies we employ when times get tough can make the difference whether we grow through what we go through or get washed away. Use this process to keep you on track and moving towards your goal.

**R**ecognize the daily choices, challenges and circumstances that might come your way and block focussing on your dreams. Recognizing means consciously looking at your lifestyle and habits and acknowledging the thoughts, feelings, beliefs and behaviours that affect you. Simply knowing what your tendencies and echoes of your former beliefs are will give you a level of preparedness to meet any challenge that may come with self-confidence.

**A**llow the experience to be and **A**ccept that you are learning and growing through it. Allowing means letting the thoughts, beliefs, feelings, challenges and circumstances be there when they come without going into self-judgement or overwhelm but to continue to exercise patience, to keep working at the process and to cultivate your growth over time. You may even choose to see challenges as a way to test your focus and resolve.

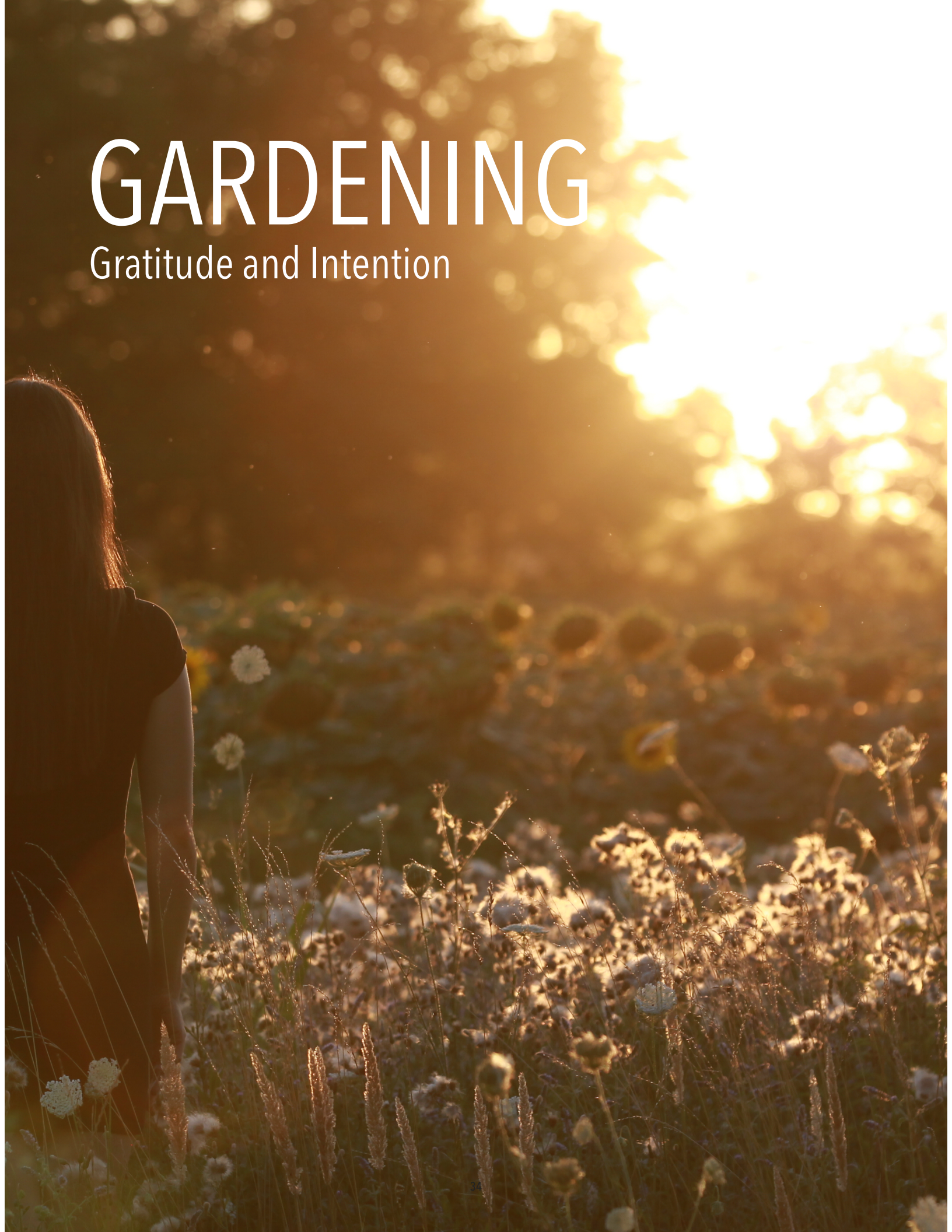
**I**nspiration- reflect again on your inspiration and remember why you started. Every shift in behaviour, belief, or habit takes time. Remember your big WHY and keep your eyes on the prize; your inspiration. Then get yourself back up and keep growing.

**N**-Nurture yourself. Be kind and patient with yourself as you go through the process of transformation. Take time to reset through targeted self-care and self-compassion. Treat yourself as though you were a child learning to do something new. Extend the same love and guidance to your child-self who learns best with kindly encouragement and consistent support. You will succeed! No RAIN, no flowers!



# GARDENING

Gratitude and Intention



# GARDENING

## CHAPTER 6

The purpose of a gratitude practice is to keep your blessings and accomplishments at top of mind so that you vibrate with the highest frequency and become a magnet for all good things! When we focus on what we have to be grateful for we override our tendency toward negativity bias which keeps us in a paralyzed state of fear and lack. The secret of having everything is believing you already do, so take an inventory daily of the gifts the universe has delivered and rest assured that your wishes are already fulfilled!

Take time each morning to list what you are grateful for. This sets the tone for your entire day and sets the stage for your receptive frequency. Then, take the last 5mins of every night to reflect on your day and what you are thankful for and also what you desire stated in the present tense as if you are speaking it into existence. This is a lucid and powerful time when your subconscious is at it's most fertile so whatever seeds you plant in that last 5 minutes will grow through the night in your dream time and will come to pass in your waking life.

Intention setting is another way we can consciously attune our attitude and emotions to how we desire to interact with our world. When we are intentional, we are consciously choosing how we show up rather than blindly letting ourselves react to the world around us- we put ourself in the driver's seat of life. Starting the day with an intention for the day is an empowering habit to get into.

The next two pages are a template you can follow to make it easy to get into this powerful habit. When we write things down we amplify the power of manifestation.

The third page is a quick sheet to use daily to create your day by focussing your intention. What you cultivate grows!

# GRATITUDE MORNING MAGIC

Date: \_\_\_\_\_

Today I AM:

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Today I AM grateful for:

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Today I pledge to:

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# BEDTIME REFLECTION AND SEED PLANTING

Date: \_\_\_\_\_

Tonight I AM:

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Three things that happened today that I AM Thankful for:

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What I will choose tomorrow to make it AMAZING:

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# Create Your Day

**I *GET* to do this!**

Today's Affirmation: I am...

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Today's Intention: I will...

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## Today's To Do's

### PILLARS:

**What?**

**How much/how long?**

\_\_\_\_\_ MOVEMENT

\_\_\_\_\_ READ

\_\_\_\_\_ WRITE

\_\_\_\_\_ NOURISH

\_\_\_\_\_ HYDRATE

\_\_\_\_\_ CONNECT

\_\_\_\_\_ REST

### PRIORITIES:

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## Today's Reflections

One thing I learned today \_\_\_\_\_

One way I contributed today \_\_\_\_\_

How did I do on fulfilling my pillars? (1-5) \_\_\_\_\_ My priorities? (1-5) \_\_\_\_\_

How will I improve tomorrow? \_\_\_\_\_

I am grateful for \_\_\_\_\_

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