Evakarin Wallin: Get Unstuck: The Surprisingly Simple Solution to Free Yourself From Doubt and Confusion and Make Success Inevitable

Evankarin teaches confidence for business owners so they can reach out, be seen, noticed, and help more people have amazing lives. Find out how to change a truth in your subconscious mind that has you stuck in an emotional prison and how to believe in yourself.

TOP EMBODIMENT TIP: Don't judge your feelings - they bring awareness. Don't suppress them; listen to them. They will liberate you.

Limbic, Reptilian, and Frontal Lobe Brain: **There are inbuilt opposing forces in our brains that run our lives.**
- The **reptilian brain** fears you will not be safe. It knows that if you stay in this situation, you will survive. However, if you change, it isn't sure it can protect you. Therefore, it wants to keep you in the same place, no matter the cost.
- The **limbic brain** fears that if you pursue your dream, you will be left alone. Its responsibility is to ensure you belong.
- The **frontal lobe** wants to experience adventure, make plans, start a business, or travel the world.
- **To be able to move forward**, our reptilian brain and the limbic system need to feel that it's safe for you to change. If not, they will do whatever they can to stop you and keep you stuck (such as making you forget resources you have, or making you doubt yourself).

The Myth of Negative Feelings: **They are not a sign you're on the wrong path, but a sign something is ready to change.**
- These feelings are a sign you're on the right path and false beliefs are ready to be cleared.
- As in an iceberg, the top 10% above the surface is our conscious mind and the 90% beneath the surface is our subconscious mind. We're not conscious of what is beneath the surface.
- We let go of old beliefs and move on to new beliefs by acknowledging uncomfortable feelings.
- When uncomfortable feelings are knocking on our door, say "I see you, I hear you, I thank you."

Tips:
- **Observe body sensations without judgment - this is awareness.** Receive all the messages your body is sending.
- Negative feelings and thoughts about yourself are not bad. They just want to be heard.
- Put less focus on doing and more focus on being. It's a lie that if you do more, you have more. Eliminate stress.
- When using the expansion method, get into the state of "I don't know anything." Assume nothing.
- Make a vision that you know will become a reality. Give the subconscious mind commands it will understand.

Resources:
- ❖ **Email:** Evakarin.wallin@gmail.com
- ❖ **Courses:** Axelerate Transformation Release axeleratetransformation.com

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UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit Uzazu.org for details!**

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