



Finding the Miracle Inside

The 5 step tool that reveals your inner awesomeness

For Sensitive, Multi-Passionate Renaissance Women
in need for Clarity and - Inner- Guidance.

A gift for you from Esther de Charon de Saint Germain
Art + Happiness at www.estherdecharon.com

WHY YOU NEED TO FIND THE MIRACLE INSIDE

You are a Sensitive or HSP (Highly Sensitive Person), Multi-Passionate, Renaissance Woman. Ideas. Emotions. Feelings. They keep coming.

You are as bright as a button and love to learn. Your knowledge mountain has Himalayan size. Remember all the things you've learned? The Courses. The Studies. The insights. Aha-moments that hit you like a thunderbolt. The Life Lessons?

Maybe you've got all kinds of credentials and certificates and feel blessed with your knowledge.

Maybe you feel like a failure because you've never finished anything. Maybe you call yourself a Jack of all Trades. A Master of None. Maybe you define yourself according to the Dutch saying: "12 Trades and 13 Accidents".

Maybe you look down on your hard work, because there's no clear line. No pattern. Your life, your work experience, your education, it feels like it's all over the place.

Maybe you don't appreciate your inner library. Because you process information with the speed of a bright red Ferrari. Once you figured something out, it has become a non-issue. It has become part of your fast Encyclopedia of Experiences and Knowledge.

That's when your zest for learning and your multi-passioned heart clashes with your perfectionism. It clashes hard. And it hurts. It leaves you convinced you need to learn more. Do more. Get a clearer perspective. Convinced you are not enough.

It's when the nasty thoughts come up: "I'm a loser who never finishes anything." "I don't know enough." "I've got the attention span of a 3 year old." "I can't figure out how to use my knowledge in my business." "Why is it so hard to figure out my path?"

This is the shadow side of being sensitive AND a multi-passionate. Or multi-talented. A Renaissance Person. A Scanner. A Polymath. A Multipotentialite...

RECOGNIZE ANYTHING?

In a world where we are taught to choose, make sharp decisions, where soundbites and bite-size information are favored over depth, you stumble over your own possibilities.

Let me use my All-Over-the-Place Resume as an example.

Where others can say: "Hi, I am Amy. I research the tracking patterns of ants."

I need to say something like: "Hi I am Esther. I'm an artist and a coach. No I didn't finish Art School. I'm also an Art Historian who researched - but never published. I worked in television without any credentials. I took 5 studies simultaneously because I couldn't resist them. I traveled the world feeling like a Big Old Fraud because it was so easy to organize huge events - without any training-. I designed for the big commercial brands at day and spent my free time in Buddhist retreats. Long before it was fashionable. I also love opera and Metallica..."

Well you get the point. It can be deeply confusing. There's so much to tell. So many contradictions. When you're asked who you are, you more than likely opt for the short version. Leaving out a treasury of the most delightful experience.

However...

When you look past the blockages of being multi-talented you only find joy and wonder!

You and I are generalists. We know a lot because we have a deep longing for knowledge. Our minds are wide open! We can be tarot readers with a scientific background.

It's time to let go of the excuses. The "I am not enough" feelings. Because in reality you are crossing borders. Your entire life is a creation.

YOU ARE THE MIRACLE

There is no box big enough to contain you!

I want you to find the miracle inside you. Because there is one component that keeps everything together. The heart and soul of all those passions, talents and knowledge.

YOU are the center of the Library. YOU are the Miracle.

Knowing yourself means getting to grips with your inner encyclopedia. To embrace the inner conflicts. To thread lightly. With self-compassion.

Once you know your Inner Miracle (aka you) you'll feel it's okay to combine all your talents. Make new cross-sections. Invent bright ideas with the knowledge from your own inner Library.

Value yourself completely. All-in.

This wonderful tool I created for you helps you make sense of you, your experience and your knowledge. Using the best of you. Your bright mind, vulnerability and creativity.

It helps you to understand what's inside your Himalayan sized skills and passions.

It's a great start on your journey to embrace yourself fully.

Sending you love, light and kindness
Esther de Charon de Saint Germain

Art + Happiness at www.estherdecharon.com

HOW TO USE THIS TOOL

1. Find time and a quiet place to work.

2. Print the tool.

Print the "Draw yourself page" multiple times.

You draw yourself at least every 7 years. So if you're 37, draw yourself age 7, 14, 21, 28 and 35 and print the "Draw yourself page" 5 times.

Feel 7 year gaps are too large? Make a drawing every 2 or 3 year.

Follow your intuition here.

3. Follow the 5 Steps.

4. If you feel overwhelmed. Stop for a while and get back at it in 15 minutes. Don't wait too long.

5. Keep looking for similarities, synchronicity (meaningful coincidences) and overlaps.

Look for repeating elements. What was it that urged you to take a class?

Like love for writing, art, reading, nature, food, animals. Or your desire to be different, to not fit in. Look for contradictions. Anything out of the ordinary.

6. Observe.

7. Have fun!

STEP 1

A. DRAW YOURSELF

Get a sharpie and some pencils and draw yourself. Remember the dress you loved, or the shoes...? Draw those too. This is not about accuracy or skills. This is you remembering what you looked like. Getting in touch with yourself at that age. Start at age 7. Add anything that comes up (a house, school, special hobbies).

Maybe a special memory comes up, that made you feel different than the others.

Like: "I wanted to change the world" or "I couldn't understand why not everybody loved horses". Add those memories too.

B. WRITE DOWN WHAT YOU LOVED, DISLIKED, LEARNED AND THE SKILLS YOU GAINED OVER THAT 7 YEAR PERIOD

Feel free to use more paper when you need more writing space. Repeat the process every 7 years.

C WHAT YOU LOVED

Carefully look for similarities and overlaps. Look for elements like writing, art, reading, love for nature, food, animals etc.. Things you might consider a hobby. Who did you love? What did you love. Be specific. If you loved Comics. Which one was it. How did it make you feel? Look for things you forgot about. Like your love for playing 'Hospital', organizing parties or traveling by train etc.

E. WHAT YOU LEARNED

Find out what you learned (High School, College, University, Courses etc.). Check if your education matches a passion. There is no right or wrong. Simply observe.

F. WHAT YOU DISLIKED

Write down everything you disliked. From the aunt who wanted to hug you all the time to the stress of finishing your paper in time. Don't hold back. Don't go into the why yet. Just report.

G. SKILLS YOU GAINED

Your skills can be anything you - be happily honest here - know you're above-average good at. Forget certificates. Can bake a really decent pie? I know I can't - add it to the list. Can write spot-on articles? Add it to the list too. Don't be modest.

H. UNDERLINE

Take words that catch your eye (for whatever reason). Underline or circle everything that makes sense (or doesn't make sense yet). Use different colors to keep track. Follow your intuitive mind.

DRAW YOURSELF

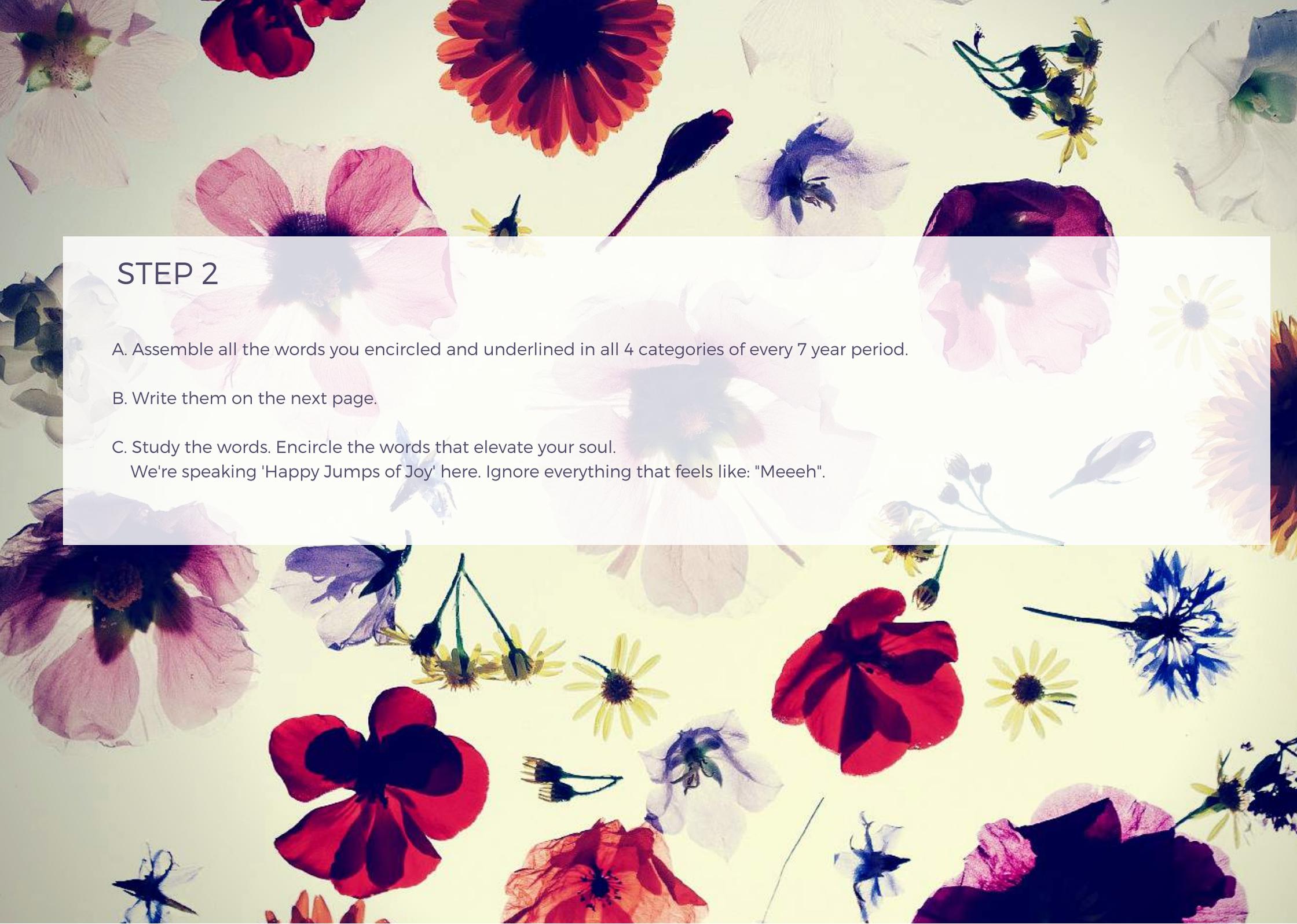
age

I loved

I disliked

I learned

Skills I gained



STEP 2

- A. Assemble all the words you encircled and underlined in all 4 categories of every 7 year period.
- B. Write them on the next page.
- C. Study the words. Encircle the words that elevate your soul.
We're speaking 'Happy Jumps of Joy' here. Ignore everything that feels like: "Meeeh".

What I loved

What I disliked

What I learned

My Skills



STEP 3.

A. Out off all the things you encircled pick 5 items that give you that golden light of joy when you read it.
Still doubtful? Try speaking it out loud. A smile means: keep it.

A hunch of the shoulder means: not important enough to help you reveil your Miracle Inside

B. This is a process. Not a test or quiz.

We evolve and change al the time.

This tool helps you to find the Miracle Inside as it want you to find it right now. Trust the process.

What I love

1 _____

2 _____

3 _____

4 _____

5 _____

What I dislike

1 _____

2 _____

3 _____

4 _____

5 _____

What I know

1 _____

2 _____

3 _____

4 _____

5 _____

My Skills

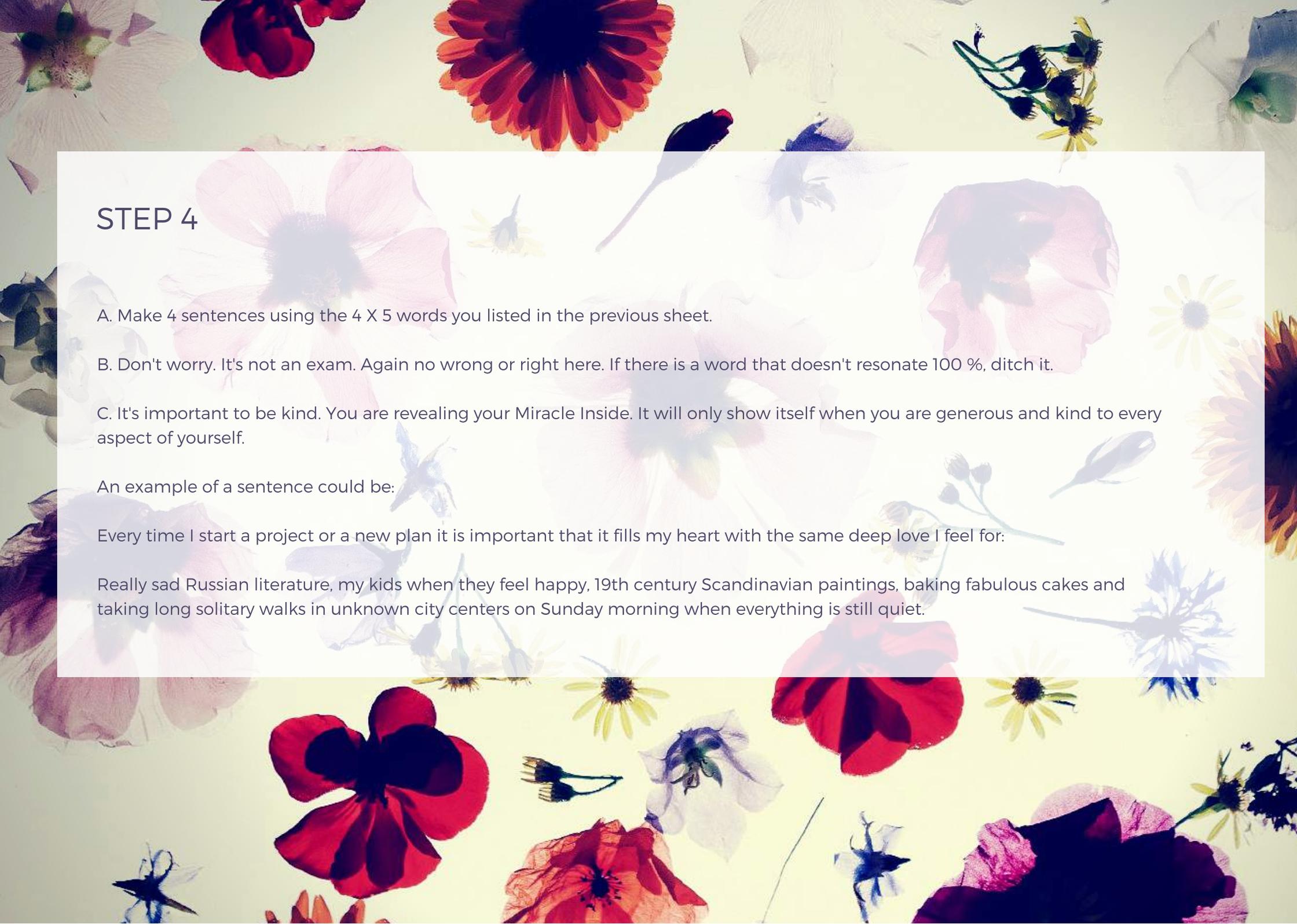
1 _____

2 _____

3 _____

4 _____

5 _____



STEP 4

A. Make 4 sentences using the 4 X 5 words you listed in the previous sheet.

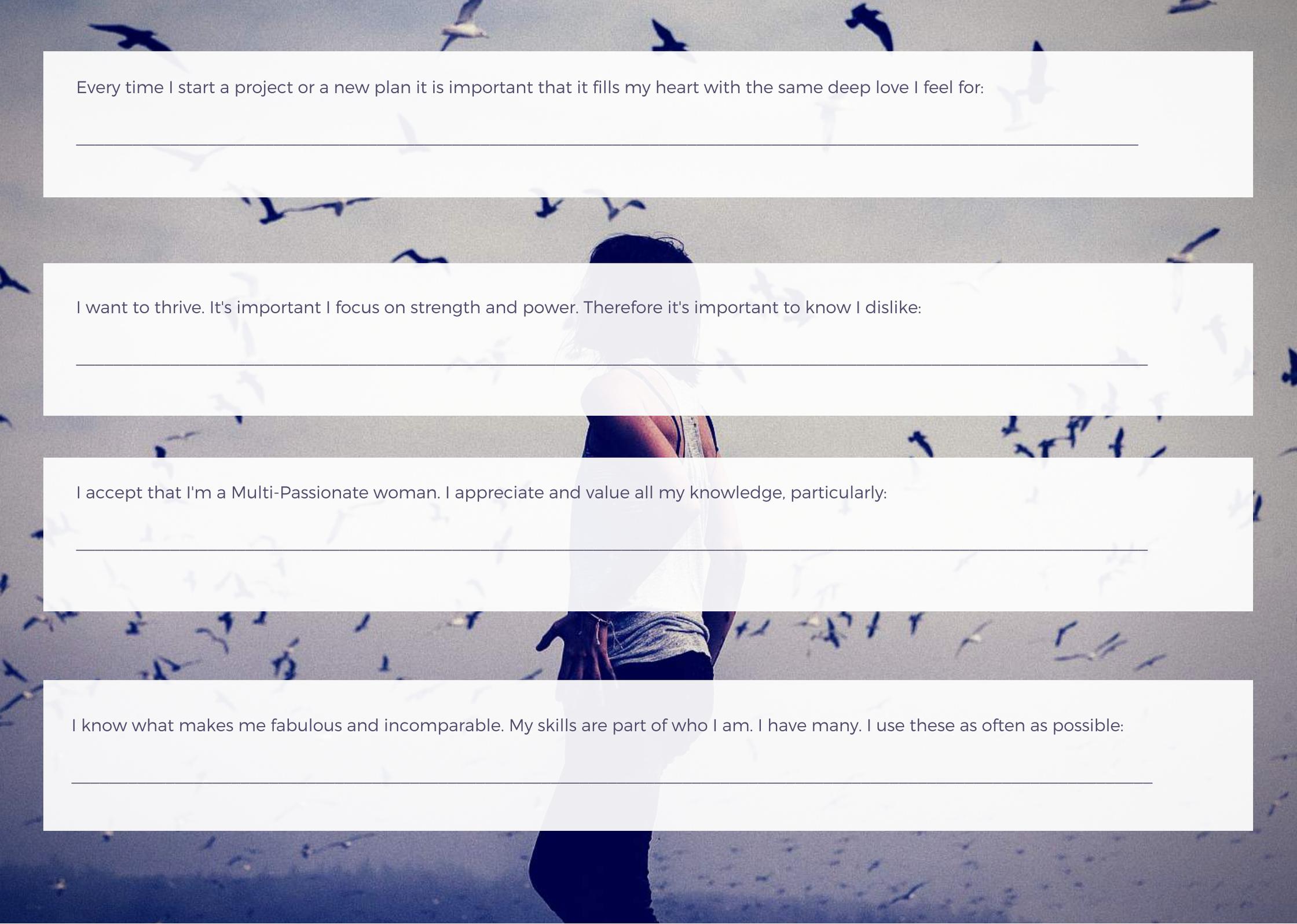
B. Don't worry. It's not an exam. Again no wrong or right here. If there is a word that doesn't resonate 100 %, ditch it.

C. It's important to be kind. You are revealing your Miracle Inside. It will only show itself when you are generous and kind to every aspect of yourself.

An example of a sentence could be:

Every time I start a project or a new plan it is important that it fills my heart with the same deep love I feel for:

Really sad Russian literature, my kids when they feel happy, 19th century Scandinavian paintings, baking fabulous cakes and taking long solitary walks in unknown city centers on Sunday morning when everything is still quiet.



Every time I start a project or a new plan it is important that it fills my heart with the same deep love I feel for:

I want to thrive. It's important I focus on strength and power. Therefore it's important to know I dislike:

I accept that I'm a Multi-Passionate woman. I appreciate and value all my knowledge, particularly:

I know what makes me fabulous and incomparable. My skills are part of who I am. I have many. I use these as often as possible:

YOUR MIRACLE INSIDE

Your Miracle Inside is you knowing, honoring, loving and treasuring everything that lives inside you.

Use the sentences to make sense of your inner library. The sentences form a new index. Instead of stacks of books all over the place you can categorize them according to your own plan. You're the librarian in charge!

Hang the sentences someplace where you see them all the time. The words will speak to you.

Soon you will see new connections. Fresh possibilities. You will notice how much you already know. How you can use that knowledge in your life. In your business. In your career.

Be very aware of the incomparable, unique, golden miracle within. Honor it.

All the time.

Remember it when you're buying a fresh loaf of bread. Remember it when you feel overwhelmed with possibilities. Or feel you're not good enough.

THERE IS A WONDERFUL MIRACLE LIVING INSIDE YOU

THE NEXT STEP

I love to hear how I can help you. Together we use your Miracle Within to bring deep change, clarity, insight. To take that big step forward. I use art and happiness to get you at your desired destiny.

We can work together 1 : 1 or you can join one of my e-courses. Let me know what you need. I happily advice you. You can make an appointment for a free Skype call on my website.

X Esther

WHO AM I

My name is Esther de Charon de Saint Germain. Artist, Art Historian, Certified Transformational Coach. I have 25 + years experience in the field of art, design, consultancy, branding and coaching.

I help you nurture your dreams into reality using art and happiness to get you there. In your daily life, Or in your business. It all starts with you.

Yes, like you I'm a Renaissance Women and a Highly Sensitive Person. I know what it feels like to live a life haunted by perfectionism, procrastination, unhappiness. I experienced the loneliness that comes with depression, feeling lost and insecure. I longed for change. And this is what I did:

I collected and studied all inner en outer obstacles that stand between "Waiting for Change to Happen" and "Real Transformation" that comes with having the courage to explore Everything - while loving and accepting yourself fully.

I brought in all my combined experience (multi-passionate remember?) and continued researching until I found a method that leads to Clarity. To Belonging. Happiness. Knowing you're enough. Using Art and Happiness as the Gate Way to real success.

I am not your average life or business coach. I don't believe in the segmented life. I believe you deserve happiness and belonging in every aspect of your life. So. If you're looking for someone whose sole focus is teaching you marketing, branding or business. I'm not your woman.

I believe you are a Truly Unique Woman. With a truly independent mind. Therefore you need an equally unique path.

Your happiness and feeling of belonging are inseperable from your goals. They are intertwined like Ben & Jerry. Like Lois & Clark. Leave one of them out and there is no story or product.

Using my experience and intuition I am able to see your potential and possibilities in full. I see what's hidden for you. By working together you soon experience what I already see present in you.

Do you desire to know yourself, have faith you can achieve your Big Dreams when you take the leap?
Do you prefer crystal clear clarity over feeling horrible and confused?
Do you long for a lot of creativity, art and happiness?

If you said "YES" three times I am your woman.

X Esther

Connect to me via the Facebook group. Via www.estherdecharon.com. Via esther@estherdecharon.com

