

The

ASK



Wise Moms

Program

with Souzzann Zink

Use the Principle of -

*A*traction and more

*S*piritual laws with your

*K*ids

Workbook Section - Class 1

The fastest, most time-efficient, and loving way to help your children become:
Kind, Confident & Creative is to Empower them
(not manage, manipulate, or punish them)

The core of empowering your kids is modeling and mindful planning & practices.

ASK stands for 2 things:

The acronym:

Use the Principle of

*A*ttraction and more

*S*piritual laws with your

*K*ids

Plus the most effective thing you can do anytime you have an opportunity, problem, challenge, or question with your kids -

Ask! (yourself, your kids & other wise moms)

WELCOME TO THE ASK PROGRAM!

This is an exciting time to be a mom and to be alive! We have so many opportunities and resources our mothers and grandmothers only dream of having. I am thrilled to share this journey with you. You have made a great commitment to giving your best to your children and your participation in this course deepens and expands that commitment. Please remember to love yourself each step of the way. Any work that includes healing the wounds that hide our wisdom will involve moving through some pain. I have included every resource I have found to be most effective in helping you do this in the most gentlest possible way.

You have so much to offer and your dedication in working through each lesson and exercise in this course will pay rich rewards in releasing those power gifts to your children. Use everything it includes to make this as easy and deeply transformative as it can be. I look forward to guiding you to be even more loving, more the mom you choose to be!

with love,

Souzzann



Making the Most of Your Course

To get the most from this experience, you need to do the work.

Remember, you not only don't need to do this alone, you won't do it as well if you fail to take advantage of the support this course includes. Use the support systems you learn about as well as any included in your course itself. You need other wise moms to ask when you get stuck. Reach out to them. Choose them carefully from a place of love and discernment and then lean on them and support them. Your experience will be so much richer and easier if you do.

To make this course as accessible as possible to different moms in a variety of current circumstances, I have crafted two plans for working through it. For those who can spend the time, I encourage you to use the Full Content Plan the first time you go through the course. If you absolutely have not been able to carve out enough time to do that, please use the Streamlined Plan. This plan is also a good option for going through the course a second or third time - though you will definitely learn more if you use the full content even from repeating each class. So much deep, challenging paradigm-level information is included that you will find some of portions seem like brand new ideas the second time around!

Use all the resources included and recommended, do all the exercises with full attention, and you will be amazed at the transformation in yourself and your family.

Working Through the Course - Streamlined Plan

If you are doing the course for the first time and you are extremely tightly scheduled, you may work through using this plan. If as all possible, it is recommended to use it only after completing the course using the Full Content Plan once first.

- Watch all the videos in Class 1. For the remaining classes, watch only the exercise videos.
- Do all the exercises and participate with your community or communities of wise moms.

Working Through the Course - Full Content Plan

Use of this plan is recommended for your first time completing the course and for additional work with the program if you are able to schedule the time.

- Watch all the videos in all classes.
- Do all the exercises and participate with your community or communities of wise moms.

Course Overview

CLASS 1

Foundation of Mindful Mothering: A System & Support

Introduction, System Overview and Laws 1 & 2, 7 & 8

Support system 1: Consistent Radical Self-care

Spiritual Laws of Unity & Choice (Transmutation, Potential) and

Challenge & Forgiveness (Rhythm, Vacuum, Neutralization)

4 Core Paradigm Videos

1 Core Exercise Video

1 Audio (Exercise 2: The Forgive, Release, Transmute Process - FoRTe)

2 Exercises

Support System #1

CLASS 2

Your Mothering Wings: Superpowers & More Support

Easing Into the Laws, Law 3 introduction & Law 4

Superpower 1: “Fill the Pantry”

Support System 2: Community of Mindful Moms

Support System 3: Tools of Transformation - Feminine Key to Change: Movement

Spiritual Law of Mindfulness (Vibration, Receiving)

Making Your Environment Do the Work For You

1 Core Paradigm Video

2 Core Exercise Videos

(Additional videos may be added as needed.)

1 Audio (Exercise 1: Self-Hypnosis for Relaxation and Calmness)

6 Exercises

Support Systems #2 & #3

Superpower #1

CLASS 3

Motivation Magic & The Secret Superpower: Mothering with Ease

Core of the System, See the World as it Is, Laws 5 & 6

Superpower 2: Your secret superpower!

Support System 4: Your Kids!

Spiritual Laws of Reciprocation (Attraction, Prosperity, Correspondence),

Consequences (Cause & Effect, Karma, Abundance, Obedience), and

Appreciation (Increase, Non-resistance) - introduction completed

Boundaries, Motivation, Consequences & Collaboration - Practices with Children

2 Core Paradigm Videos

2 Core Exercise Videos

(Additional videos may be added as needed.)

8 Exercises

Support System #4

Superpower #2

CLASS 4

The Laws with Children - Developmental Strategies

Consistency, Priorities & Practical Problem Solving

Superpower 3: Honoring

Support System #5 - Collaborating with other Adults Caregivers

Complete ASK process

1 Core Paradigm Video

1 Core Exercise Video

(Additional videos may be added as needed.)

7 Exercises

Support System #5

Superpower #3

WHOLE COURSE RESOURCES

Quick Summary Videos for each of the 9 Spiritual Laws

STRUCTURE FOR EACH MODULE

Contents:

Workbook Section (PDF)

Videos

Audios (some modules only)

Class Overview

Reading & Video Notes

Exercises & Printouts

Coursework to Complete the Class

Class Resources

CLASS 1 - CLASS OVERVIEW

Foundation of Mindful Mothering: A System & Support

Introduction, System Overview and Laws 1 & 2, 7 & 8

Consistent Radical Self-care - Support system 1

Spiritual Laws of Unity & Choice (Transmutation, Potential) and

Challenge & Forgiveness (Rhythm, Vacuum, Neutralization)

4 Core Paradigm Videos

1 Core Exercise Video

1 Audio (Exercise 2: The Forgive, Release, Transmute Process - FoRTe)

2 Exercises

Support System #1

Videos

#1 - Live as Love System and Spiritual Laws Summary - 9 minutes

#2 - Overview of All 9 Spiritual Laws - 10 minutes

#3 - Laws and Models Introduction, Laws 1 & 2 - 18 minutes

#4 - Exercise 1: Radical Self-Care - 3 minutes

#5 - Challenge & Forgiveness, Perspective and Purpose, Laws 7 & 8 - 20 minutes

Audio

Exercise 2: The Forgive, Release, Transmute Process - FoRTe

Exercises

#1 - Radical Self-Care

#2 - FoRTe: The Forgive, Release, Transmute Process

LIVE AS LOVE SYSTEM & SPIRITUAL LAWS SUMMARY

Live As Love

Land • Look • Love

Mother as Mentor

Live - Land

- Carve out long periods of just enjoying your children outside active mentoring time.
- Release any old worries about your job being to entertain or “fix” your kids.
Replace them with curiosity.
- What you need to know to help and guide them?
- Take those inspired actions and then just enjoy!
- Help them be as independent as they can be.

World as Learning Environment

As (the world is) - Look

See the world as it is, in the moment and in the bigger picture.

Child as Learner

Love

- What does my child need to learn ~ in this situation or next in development?
- Many support systems they need will require you plan them out.
- You will need thoughtful periods away from them, when you are at your best, to do this.

The New 3 Rs

Radical self-care

Foundation of Living mindfully and Landing fully in the present moment

Radical Respect for Self & Others

See the world as it is (and the true essence of your children)

Foundation of Looking and seeing the truth, results in taking

Radical Responsibility

Love

Radical Relatedness

Mother from your wisdom, not from your wounds.

BRIEF OVERVIEW OF ALL 9 SPIRITUAL LAWS

#1 - Law of Unity & Choice - Being

Valuable & Capable (choices, self-esteem)

Transmutation

Potential

Thinking

#2 - Law of Generation - Intimacy

Creation

Masculine & Feminine in All

Gender

#3 - Law of Appreciation - Goodness

Deeply intertwined with the Law of Attraction

Ease

Increase

Non-resistance

Introduction, only in this course

#4 - Mindfulness - Community

Environment

Vibration

Receiving

#5 - Consequences - Law

Natural Laws

World As it Is

Cause & Effect

Law of Karma

Abundance

Obedience

Obedient to:

Truth

Law

Values

#6 - Law of Reciprocation - Truth

Law of Attraction

Prosperity

Correspondence

Compensation

Radical Responsibility is the foundation

Forgiveness practices help lay groundwork

#7 - Law of Challenge & Forgiveness - Uniqueness

Challenges - basis of some of
our deepest gifts

Rhythm

Vacuum

Neutralization

Cycles

Embrace Challenges &

Forgive ourselves and others =

Neutralization

Antidote to being buffeted by

Natural cycles

#8 - Law of Perspective - Leadership (Mentorship)

You and your children

In your home

Out in the world

Polarity

Paradox

Find the gifts in all experiences.

Embedded in our greatest challenges may be our greatest opportunities.

#9 - Love

Law Above All Laws

Openness

Interconnectedness

Possibilities

Joy

Beauty in the all the Cosmos

The Wise Moms Models

3 Steps

Live

“Land”

Be

Radical Respect

Learner First

As

“Look”

See

Radical Responsibility

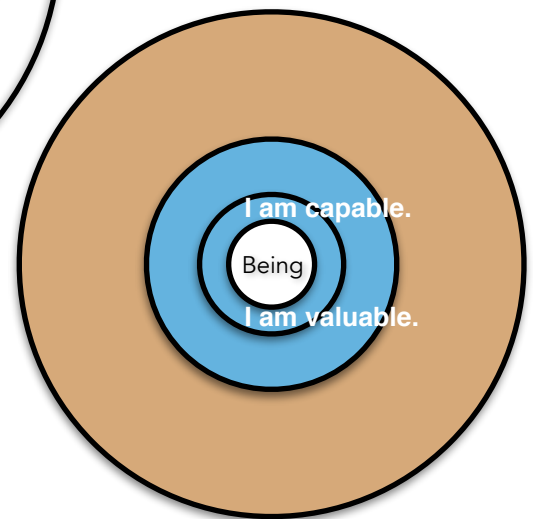
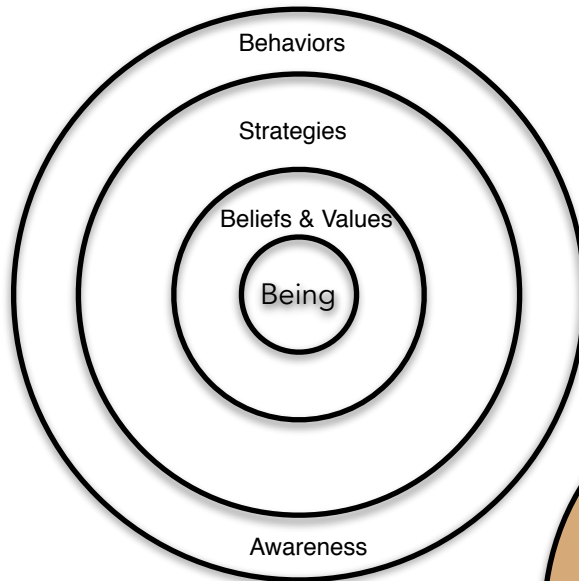
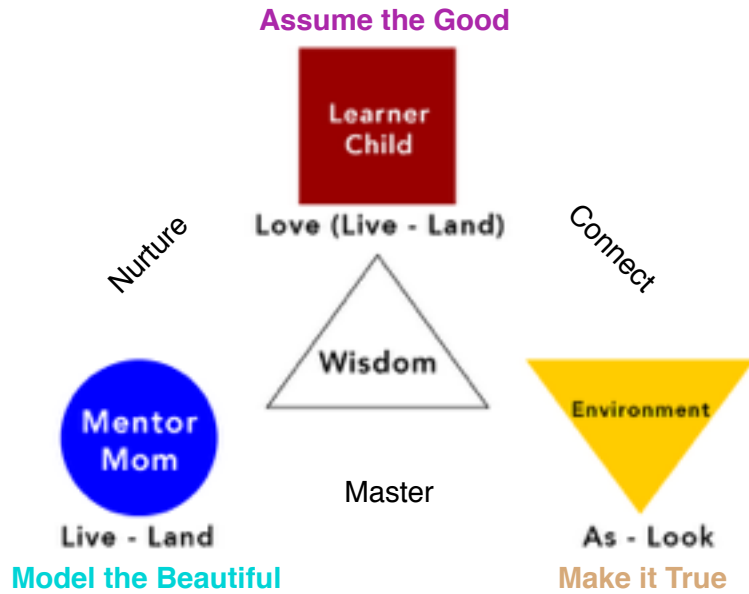
True Environment

Love

Radical Relatedness

Above & Core of the Law

Mindful Mentor



OVERVIEWS: LAWS 1 & 2, 7 & 8

These laws are touched on relatively briefly in this course. More work with them is available in other courses. Forgiveness is so essential to shifting the mindsets needed to work with the laws at the core of this course (4-6) that an in-depth process is provided to help you prepare for those inner transformations.

Unity & Choice, Generation, Laws 1 & 2

Law of Unity & Choice

Transmutation

Potential

Thinking

The strangest secret was ... we become what we think about.

Earl Nightingale

If you have a dream or dream, begin it. Boldness has genius, power, and magic in it.

Goethe

Challenge & Forgiveness, Perspective - Purpose, Laws 7 & 8

Law of Challenge & Forgiveness

Rhythm

Vacuum

Cycles

To everything there is a season, and a time to every purpose under the heaven.

Ecclesiastes 3:01

Find the limits of boundaries.

Law of Perspective

Polarity

Paradox

This is a complex law.

Purpose

Help them bring out their essential gifts without being coercive, without taking away their freedom of choice.

Reject: punishment, yelling, externally-imposed discipline.

Reflect back what you notice and appreciate.

Share your perception and offer it as a reflection - not a pronouncement or judgement (even a positive one). Let them keep the power to choose their own highest good.

Avoid praise also. It is just the other side of the coin of: punishment, criticism, shaming.

Offer appreciation, encouragement and timely reflections, instead.

Even with these empowering communications, focus on process not product.

Trust that they will thrive, improve, and mature - without “fertilizer” from you 😊.

Learning to do hard things = feeling capable.

Help them stretch. Help them master hard things within areas of natural strengths as well in subjects and skill sets that don't come easily.

CLASS 1, EXERCISE 1 - RADICAL SELF-CARE

To really integrate the new set of filters you're learning, you will need all your energy available. Start with the self-care strategies you know you've been neglecting.

Once you have a conservative plan in place (it has to feel really doable to start), then the secret is incremental improvements. No one starts out taking radically good care of herself.

Monthly or Quarterly - You take it up a notch.

Make a conscious choice to take care of yourself and the universe will conspire. . .

Once you make a decision, the universe conspires to make it happen.

Ralph Waldo Emerson

Make that choice, make that plan. Set up your visual reminders and keep it going.

Self-Care Practice #1 (possibly the one you've been putting off)

Practice _____

Frequency _____ Length of time to schedule _____

Self-Care Practice #2

Practice _____

Frequency _____ Length of time to schedule _____

Self-Care Practice #3

Practice _____

Frequency _____ Length of time to schedule _____

My Self-Care Essentials (must fit into even the busiest weeks)

Essential Practice A _____ Essential Practice B _____

Frequency & time _____ Frequency & time _____

Date for My Next Self-care Plan Upgrade (3 months from now or sooner)

CLASS 1, EXERCISE 2 - FORTE

Make a list of the experiences (or people) you need to process with a FoRTE session. Usually this process is done for the memory of a specific incident. However, if you know there is a particular person you know you need to forgive, list the name and let the memory of which incident to focus on to emerge later.

Prioritize the list and do at least the first two this week or as soon as possible.

Experiences to Forgive, Release, Transmute with FoRTE

Priority _____ Experiences (or person) _____

Notes _____

Priority _____ Experiences (or person) _____

Notes _____

Priority _____ Experiences (or person) _____

Notes _____

Priority _____ Experiences (or person) _____

Notes _____

Priority _____ Experiences (or person) _____

Notes _____

Additional Experiences or People

Use this space to make a note of people who come to mind after you make and prioritize your first list.

_____	_____
_____	_____
_____	_____
_____	_____

FORGIVE, RELEASE, TRANSMUTE PROCESS

FoRTe - Let Go & Let Love

Use this process, in its long form or short form, to transform any experience or situation from your past that you remember with any stress, resentment, anger, or any other negative associations. The first time or two you use it, read the quotations and explanations below and use the full version in the audio track.

After you feel you have a good understanding of it, you may go through the process with the audio (starting after the introduction - at about 7:20 minutes from the beginning) or do the short version at the end of this section.

To mother from your wisdom, use this process to release and transform memories that may have left wounds. Use movement exercises in this program, or others that work well for you, before and after using this process for even great transformation and quicker movement to new levels of learning.

The acronym, FoRTe, (pronounced “fort”) reminds you of the power and strength you always have inside yourself.

Forgive

o

Release

Transmute

e

Keys to Understanding Forgiveness, Letting Go & Transmutation of Energy

Refusing to forgive is allowing someone to live rent free in your head.

Forgiving someone doesn't make them right. It makes you free.

Stormy Omaritan

Forgiveness is letting go of the hope that the past can ever be changed.

Deepak Chopra (Similar sentiments have been attributed to Oprah Winfrey and Lily Tomlin.)

It is better for us to admonish the negligent, that crimes may not abound, than to blame the things that have been done.

St. Patrick

You shall not hate your kinfolk in your heart. Reprove your kinsman but incur no guilt because of him. You shall not take vengeance or bear a grudge against your countrymen. Love your fellow as yourself. I am the Lord.

The Torah

Understanding

What was the person's intention?

What was their way of thinking or point of view?

Claiming your Power

You have the power to respond as you choose.

How you respond creates your experience.

Gift of Wisdom

What wisdom or lessons did you gain by having this challenging experience?

- Mirror of your inner state - insight into what you want to change about yourself
- By counterexample - clarity about what you do not want in your life -
- Empathy for another person who goes through a similar challenge

Recognize and claim the lesson - what did this experience come to teach me?

This is what we want to keep from the experience to allow us to not need to repeat it.

Make a clear distinction between the person and the behavior.

Forgiveness

Forgive the person.

Forgive the person or people involved.

Give that person energetic permission to forgive you.

Forgive yourself.

Make appropriate decisions, with discernment, about the behavior and how it affects your future choices regarding the person involved.

Acceptance and Appreciation

What we resist, persists. When we accept an experience, we are free to move on. When we are actually able to value and appreciate some aspect of the experience, we move on to another level of learning.

Letting Go and Leaving Only Love

When the learning and forgiveness have been done, it is important to release old memories so they are no longer a burden. We also need to release any connections we hold onto that no longer serve us. Metaphors can be used to allow the subconscious mind to quickly do this sorting out of what needs to be released. We can then clear out the parts of the experience we no longer need in an easy and efficient manner.

Allow any left over energy to transform as it is released. Send out only life-affirming energy, release into the universe only love.

*Loose the cords of mistakes binding us,
as we release the strands we hold
of others' guilt.*

*Untangle the knots within
so that we can mend our hearts' . . .*

From *Prayers of the Cosmos: Meditations on the Aramaic Words of Jesus*
translated by Neil Douglas-Klotz

A more traditional translation:

. . . forgive us our debts, as we forgive our debtors. Matthew 6:11

*Shall I not inform you of a better act than fasting, alms and prayers? Making peace
between one another: enmity and malice tear up heavenly rewards by the roots.*

Sayings of Muhammad

*You shall not hate your kinfolk in your heart. Reprove your kinsman but incur no guilt
because of him. You shall not take vengeance or bear a grudge against your countrymen.
Love your fellow as yourself. I am the Lord.*

The Torah

*When you think everything is someone else's fault, you will suffer a lot. When you realize
that everything springs only from yourself, you will learn both peace and joy.*

Dalai Lama

Forgive, Release, Transmute Process

ForTe - Let Go & Let Love - Short Version

Use the Goodheart Points on your forehead (frontal eminences) as you say each statement aloud. Take as much time as you need, aided by full, deep breaths to allow each step of the learning and transformation to take place.

Claim your Power and Wisdom

I claim a new understanding of this situation, this person, and life.

I claim my power to respond as I choose, to take responsibility, and transform all situations.

I claim the gift of wisdom this situation gave me.

I discern the difference between the people and the events in this situation.

Forgive

I forgive each person involved.

I give everyone involved permission to forgive me.

I forgive myself.

I take responsibility for my role in the situation.

I am sorry for any time I withheld love.

I ask forgiveness of every person from whom I've ever withheld love.

Appreciate and Accept

Thank you. (To everyone involved, including yourself)

I love you. (To everyone involved, including yourself)

I release all ties that are no longer for the highest good.

Let Go and Let Love

I gather any remaining energy I no longer need (metaphor of your choice).

As I release this energy, it is transmuted and transformed (metaphor of your choice).

I release only love.

I give only love.

I live as love.

I am love.

TO COMPLETE - CLASS 1

If you haven't already, finish the Introduction video, reading, and exercises.

Start Here:

Access your Wise Moms Foundation Introduction here:

<http://www.souzzann.com/wise-moms-foundation-introduction/>

1. View the Video: **The New 1% - Wise Moms**
2. Download and read the ebook guide that goes with it: *Mother From Your Wisdom: The New 3 Rs to Empower Kind, Confident Creative Kids* by Souzzann Zink. This will give you the overview of the system that is at the heart of your program.
3. Download and read the tutorial: **5 Major Mistakes Even Mindful Moms Make: A Map to Mother from Your Wisdom** by Souzzann Zink.
4. Choose 3 items (strategies from the tutorial in #3) to do starting **this week** (before you start on Module 1.)

Class 1 Study & Exercises

- Review the Wise Moms Foundation Introduction ebook & tutorial
- View the Wise Moms Foundation Introduction video: The New 1% - Wise Moms
- Review your Workbook Section for Class 1
- View the Videos for Class 1

Complete the Exercises

- #A - Choose 3 items from the Wise Moms Foundation Introduction tutorial
 - #1 - Radical Self-Care Plan
 - #2 - FoRTE: The Forgive, Release, Transmute Process
 - Do any community contributions, emails, or other assignments from course bonuses.
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