



## Step 4. Live With Sacredness



Can you picture in your mind what your **sacredness** looks like?

It's difficult to live as a **sacred person** if we are not aware of what it means and how it would look like in our day to day lives.

So, today we are going to take some time to **awaken** our **awareness**.



Merriam-Webster Dictionary

**SACRED:** entitled to reverence or respect.

**SACREDNESS:** the quality of being sacred, inviolable, untouchable.

Life is so complex that sometimes we miss patterns or circumstances that have truly influenced us. Often it's just because we are so focused on getting by or thinking about the past or future.

Consequently, these things that we've missed are often still affecting us today without our even being aware. This is the role of our **"unconscious mind."**

However, if we look at our life on a timeline, we can see these patterns more objectively. We may begin to notice a pattern or a series of experiences that have projected us toward where we are today. Hopefully, we will notice that our life has been leading us towards something we want.

When reflecting on the patterns or experiences of your timeline, your first thoughts of the future may be negative or limiting.

"If you don't get out of the box you've been raised in, you won't understand how much bigger the world is." - Angelina Jolie

# CHANGE. HOW TO DO IT



But remember, we learned that you can change and create what you want in life by finding evidence for something greater than your limiting B.S.

Once something that was locked in your **unconscious mind** passes through your **subconscious mind** and moves into the awareness of your **conscious mind**, you now have the power to

do CHANGE!

## Your Life on a Timeline

Starting at birth, make a list of all significant events that occurred until the present. Star key events, negative or positive lessons, turning points, and key people.

Age 5 – 16

Age 17 – 21

Age 22 – 30

Age 31 – 40

Age 41 – 50

Age 51 – 60

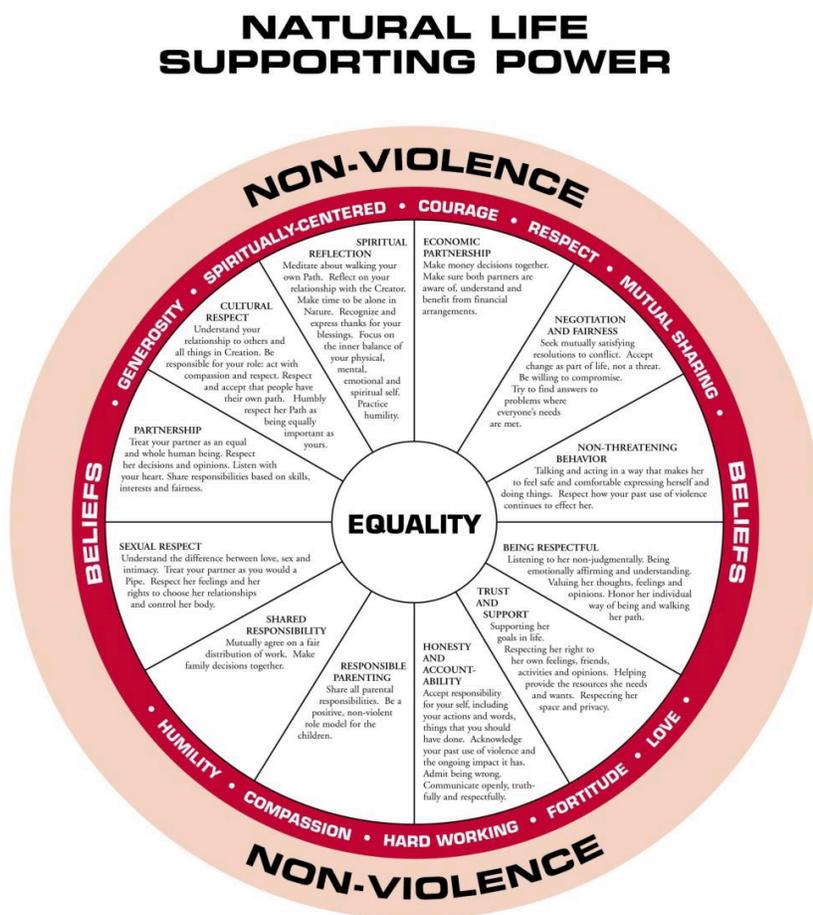
Age 61 - 70

# CHANGE. HOW TO DO IT



To live in the awareness of your sacred identity, you must say a very strong **NO** from now on to any experiences 1) that take from your “Natural Life Supporting Power,” 2) that conflict with your “Empowering Beliefs,” 3) that marginalize you in such a way that you are unable to live as the “Sacred Person” that you are.

Take a look at the wheel below. Are you ready to live with **sacredness**?



**EQUALITY**  
is natural life-supporting power  
that is grounded in spirituality, requires  
non-violence and is based on character.

Produced by Sacred Circle, National Resource Center to End Violence Against Native Women.  
Adapted from materials created by Domestic Abuse Intervention Project of Duluth model.



## CHANGE. HOW TO DO IT



Using the “Natural Life Supporting Power” Wheel, reflect on each of the four aspects of who you are. In each of these areas, identify what choices you can make to align your life with **sacredness**.

Write your reflection inside each of the areas of your wheel.

Economic Partnership, Negotiation & Fairness, Non-Threatening Behavior (**Mind**).

Partnership, Cultural Respect, Spiritual Reflection (**Spirit**),

Being Respectful, Trust & Support, Honesty & Accountability (**Emotion**),

Sexual Respect, Shared Responsibility, Responsible Parenting (**Body**)

