



Getting Un-Stuck

Practices for Practical Freedom

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Un-Stuck

Practical Freedom

Have you been stuck multiple times in one day? On more than several occasions and for extended periods of time? On particular issues?

Stuck is how it feels when you can't move beyond where you are according to your:

- Thinking
- Feeling
- Behaving
- Relating

When I'm stuck, I may want to move forward; even backwards feels better than stuck, but inertia, creepy thoughts or emotions appear to paralyze movement.

Stuck feels

Power-less	Un-success-full
Pain-full	Stagnant
Stale	Imprisoned

I've spent a lot of time looking at and studying how to get "un-stuck" and I've got **good news.**

Getting unstuck is as simple or simpler than getting stuck.

Furthermore, the amount of time I've been stuck has zero significance.

We can experience quantum leaps in movement after being stuck with no consideration for the amount of time that has passed.

Getting un-stuck can be boiled down to one simple concept.

Getting un-stuck is as easy as believing you can, AND then taking action.

You may remember the children's story, "The Little Engine That Could."

The little engine was up against the force of gravity itself!

Heck, gravity is a scientific law!

However, the little engine tapped into something more brilliant than scientific law.

Belief in herself to get the job done.

Interestingly, first, she did what many of us do; she went looking for power outside herself.

Exhausting those resources **she discovered the magic within and became her own hero.**

"I think I can I think I can I think I can I think I can I think I can I think I can I think I can."

And indeed, she did!

The moment she believed and began pumping her steam, momentum kept building upon itself and the force of moving forward grew and she powered herself and all the other train cars filled with toys up and over the mountain top.

Let us go back down the mountain for just a moment.

How do we get stuck in the first place?

Why do we get stuck?

We are shackled to our ego.

The destruction of the ego is inevitable if you want to live shackles off. You see, the ego is yoked to self-survival and others' perceptions. Ego wants to be noticed and stroked at all costs and is crushed over perceived failure.

Ego's game is competition and self protection which pits the soul against others at every encounter.

Ego seeks individual status which is contrary to the laws of love where freedom is found.

Ego worships at the feet of image at all times, to everyone, everywhere.

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Ego looks in the mirror and doesn't like it's reflection if the perception is less than what the ego perceives as beautiful.

Ego compares career success and privately berates those in positions above it if ego perceives those people to be less than itself.

Ego has an insatiable appetite for accolades and attention.

Ego's coping skills for dealing with it's own self hatred is to attack others.

Ego is always hungry and never content.

Ego is unable to serve others.

Ego is bothered by inconvenience.

Ego is always right while others are always wrong.

Ego needs to have the last word.

Ego is a coward. Fear is it's master.

Ego has opinions about everything under the sun and exhausts it's listeners.

Ego is never satisfied.

It's important to remember the way of ego is to resist It's own demise. Don't let this surprise you.

Remember ego's game is survival.

Understanding the way of ego and your personal determination provides the power needed to set yourself free.

How? Well, this is the fun part.

Would you believe me if I said, **there are hundreds of possibilities to unlock the shackles to ego?**

It's true.

To keep it simple, you'll discover five techniques here and if you're interested in more, you'll find them throughout my blog posts or feel free to book a coaching session with me via [email](#).

Consider all the parts that make you, YOU.

You are:

- Mental
- Physical
- Soul-ful
- Emotional (heart-ful)
- Sensual (consider your five senses)

I will provide one practice for releasing ego and getting unstuck which is the ultimate goal towards soul-full living.

Practices for Practical Freedom

Mental

The Little Engine That Could already provided a fabulous practice in the mental area.

Belief with action is powerful.

What have you been believing about your situation that may not be true? Are you replaying the same soundtrack of thoughts that cause suffering? **Imagine the outcome if you dropped your story?** What have you benefited by holding onto it? Who would you be for yourself, in relation to others and imagine how you would show up in the world by dropping your painful story. I'm certain you can discover a story that is truer without the suffering. [*Inspired by The Work, Byron Katie](#)

We are more than conquerors.

We are more powerful than our actions or thoughts reveal at first glance AND

History is littered with stories of heroes, over-comers and people who defied the odds.

The person that comes to mind in 2011 is, [Gabriella Giffords](#), the Arizona Congresswoman who was shot in the head at a meet and greet event for her constituents in Tucson. She continues to recover her speaking, walking, writing and reading abilities to the astonishment of her medical care takers and has captivated the attention of our country. Her enduring and endearing smile in the face of opposition caught my attention.

Did you know you are intended to become the hero in your own story?

Start by telling yourself you can and you will, one step at a time.

Physical

You've just got to move.

If you don't move in the physical world you just don't move. Duh!

Stuck!

Consider choosing your favorite physical activity and do it with a meditation related to your stuck-ness.

Remember the little engine's mantra, "I think I can I think I can I think I can."

The little engine moved while chanting her mantra.

Mental strength combined with movement is powerful.

Over the past two years in yoga I've learned the importance of hip movement and shoulder release as a means to release emotional baggage.

Consider practicing hip circles; remember playing the hula-hoop when you were younger? I bet you had no idea how that physical movement relieves stress and tension. I picked it up a few summers ago with my daughter, Esther and I had a grand time.

Hip circles are simple. Stand up and circle your hips. Put on the music and you may even begin to dance.

Shoulder release provides similar benefit.

Women particularly hold stress in their shoulders. Over time, we can literally build up physical stuck-ness that feels like concrete in the joints of our shoulders.

Simple shoulder release exercises will rid your body of all that stuck memory that caused your shoulders to lock into place.

Clasp your hands behind your back and all the way forward, as if you were going to touch your toes, then swing your arms above your head. If you're like me, you need a prop to get those hands to join. You can use a yoga strap or jump robe to bridge the gap between your hands.

Soul-ful

Connection to breath is the gateway to connection to spirit.

Breath is the physical expression of your essence.
Free your spirit by connecting to your breath.

Yoga is breath connected to movement. As we combine breath and movement, we release tensions and invite our soul to be in full expression.

Awareness of breath is the first step.

How is your breath, does it stop in your chest, is it arrested, heavy, noticeable, burdened, light, barely there?

Place your attention on your breath and set the intention to guide your breath to be deep, regular, quiet and slow.

According to Dr. Andrew Weil, those are the four qualities of healthy breath.

In Western culture, the tendency is a shallow breath that stops in the chest and hesitates or barely exhales. When we stop our breath in our chest and do not exhale sufficiently, we rob our bodies of fresh oxygen required for healthy organ function. Chest breathing is fight/flight breathing and keeps our nervous system in full throttle. If we want to move beyond a stress directed life, we must purpose to direct our breath so that our breath is in sync with what we want in life.

Practice a deep, quiet, slow and regular breathing pattern for shackles free living.

Emotional

The Open Heart Gesture is the ultimate unconditional love stature. The Open Heart Gesture energizes and strengthens your entire mind, body, and spirit system.

How to:

Sit, stand or lie down on your back. Begin breathing expanding your chest upwards and mildly arching your back upwards. Stretch arms out to your side, palms open and facing forward or upward. Continue holding the position while inhaling unconditional love and exhaling unconditional love. You can do this in a meditation state with purposed intention for individual scenarios. You know where the heart is asking to be opened and where you are in need of receiving or giving unconditional love.

Sensual

We were created with five senses to enjoy life sensually plus a sixth sense of intuition to navigate life.

- Touch
- Taste
- Smell
- Sight
- Sound
- Intuition

There are possibilities to work in all the senses toward shackles-free living. We'll talk about the sense of smell in association with essential oils.

Essential oils

According to the [Resonance Repatterning®](#) Modality book, “Fragrances of the oils go directly to the limbic brain they have a unique effect on the emotions and possibly on memory images that are held intact through charged emotional responses.” Essential oils have been an integral component of the healing arts since ancient times. Therapeutic use of essential oils is a unique field of study that requires hours of learning. My commentary is a mere simplified introduction.

In order for the oils to have therapeutic impact, they must be processed in a specific manner. [Young Living Essential Oils](#) is my recommended provider in the USA.

According to “Essential Desk Reference” textbook, the following are a list of oils for specific issues. This is a small sampling reference only.

Depression: Frankincense, Grapefruit, Basil

Anger: Myrtle

Immune Boost: Cinnamon, Clove, Lemon

Calm: Bergamont, Chamomile

Anxiety: Ylang ylang, Lavender, Lemongrass

Balance/Harmony: Rose

Happiness: Tangerine

Young Living offers a variety of blended oils.

A few of which are self-explanatory: Calming, Highest Potential, Abundance, Present Time, Dream Catchers

Tapping into the olfactory sense stimulates thousands of neurons and cells and supports shackles off living. My essential oil commentary is intended to offer a simple introduction for your experimentation.

Intuition

Your intuition, or sixth sense, is the ability to know something without evidence in the physical world.

It's an extrasensory perception that speaks via images, nudges, awareness, listening, words and stillness, to name a few.

Intuition is also referred to as the "felt sense" because it's something we feel to be true instinctively with no need for conscious reasoning.

Intuition speaks when she feels welcomed.

We must quiet the noise of life and create a sacred space for her to come out and play.

She has one prerequisite, which is the assurance she will not be met with judgment.

Are you ready for your beautiful intuition?

Listening to your intuition is a practice that gets easier the more you do it.

For the sake of this exercise I'm going to suggest silence and stillness. There may be resistance if you're a kinesthetically inclined person. It may be that you listen and hear more attentively when in motion. Well, so be it. Ignore my suggestion and do the action you can do without thought or attention.

If you prefer stillness, get quiet and calm yourself with slow, regular, quiet, deep breathing and open your heart and body to your beautiful intuition.

Consider where you need help from your intuition. Describe the situation. Be still, listen and pay attention to subtle responses, words, nudges and images to name a few. Write down your responses. What action can you do to honor your intuitive response? Make a 100% commitment to act.

Two questions I've found helpful.

1. My intuition keeps telling me to _____.
2. When I have ignored my intuition in the past I noticed _____ resulted.

“Intuition is less about divining the future than it is about entering more authentically into the present. Intuition is always operative, so common that it often evades conscious recognition.” Joan Borysenko

So, here we are together after considering practices for practical freedom.

My hope is that if stuck is where you are, my practices will help you break free so that you feel

- **Weight-less**
- **Abundant**
- **Persuasive**
- **Influential**
- **Free**
- **Possibility**
- **Opportunity**
- **Hope-full**

Did you ever imagine unstuck to be as easy as calling upon the vast supply of resources available within yourself?

Just like “The Little Engine That Could,” you become the hero in your own story. Practically speaking, please don’t pressure yourself to employ all these practices at once. Choose one or two and experiment and prove my suggestions in the reality of your daily life. Gently add more practices as you feel and recognize their benefits.



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I'd love to hear more from you!

Dana Frost helps her clients lead soulful, strength driven lives through transformed thinking and connection to the heart and intuition, powered by unconditional love, truth and grace. As a Martha Beck Master Certified Life Coach, Dana's experience spans the spectrum of ages, contexts and cultures. She is the mother of five children, ages 19-11, two of whom were adopted while living abroad for ten years. She currently lives in Chicago.

