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# FLIGHT OF TRANSFORMATION

## Unleashing the Emerging Pattern

*Often, we are deeply loyal to the failure and suffering that may run generations deep in our family systems. It's interesting how this loyalty to failure often makes us blind to the gifts that are also ours from our systems.*

*Through this Flight, you can learn to acknowledge the old patterns running your system and make room for the new patterns that are trying to emerge through you. Fill this out and let's take a deeper look. Get ready to let go of old patterns and unleash the emerging pattern in your life...*

*Note: I always have at least one person tell me that they have no history. Not so fast. Write down how you feel, what the effects are and what has to change. You might not know your history, but you are deeply connected to it.*

## UNLEASH THE EMERGING PATTERN

Write down what comes up for you when you ask yourself the following questions

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Think about one of your deepest fears and also about one of your deepest desires around that fear. Explore them both.

Write down all the things you say and feel about that fear. How do you wish it might be? What would you rather have instead? Don't be afraid to think big.

Notice if you've seen or heard this fear before in your family or even in your workplace, or maybe even at different stages of your life.

What might it cost you if you were to change it? Again, that thinking is the old pattern. This is the pattern that's trying to rest and if it's in you, it's yours to change.

Now name your deepest desire for your highest good. This is the new pattern trying to emerge. How would you feel if this pattern were to emerge through you? What would you say differently? How would it feel to pass on this new pattern to your children. Your community?

To move towards the new pattern, what one thing do you need to stop doing right now? What one thing do you need to start doing right now?