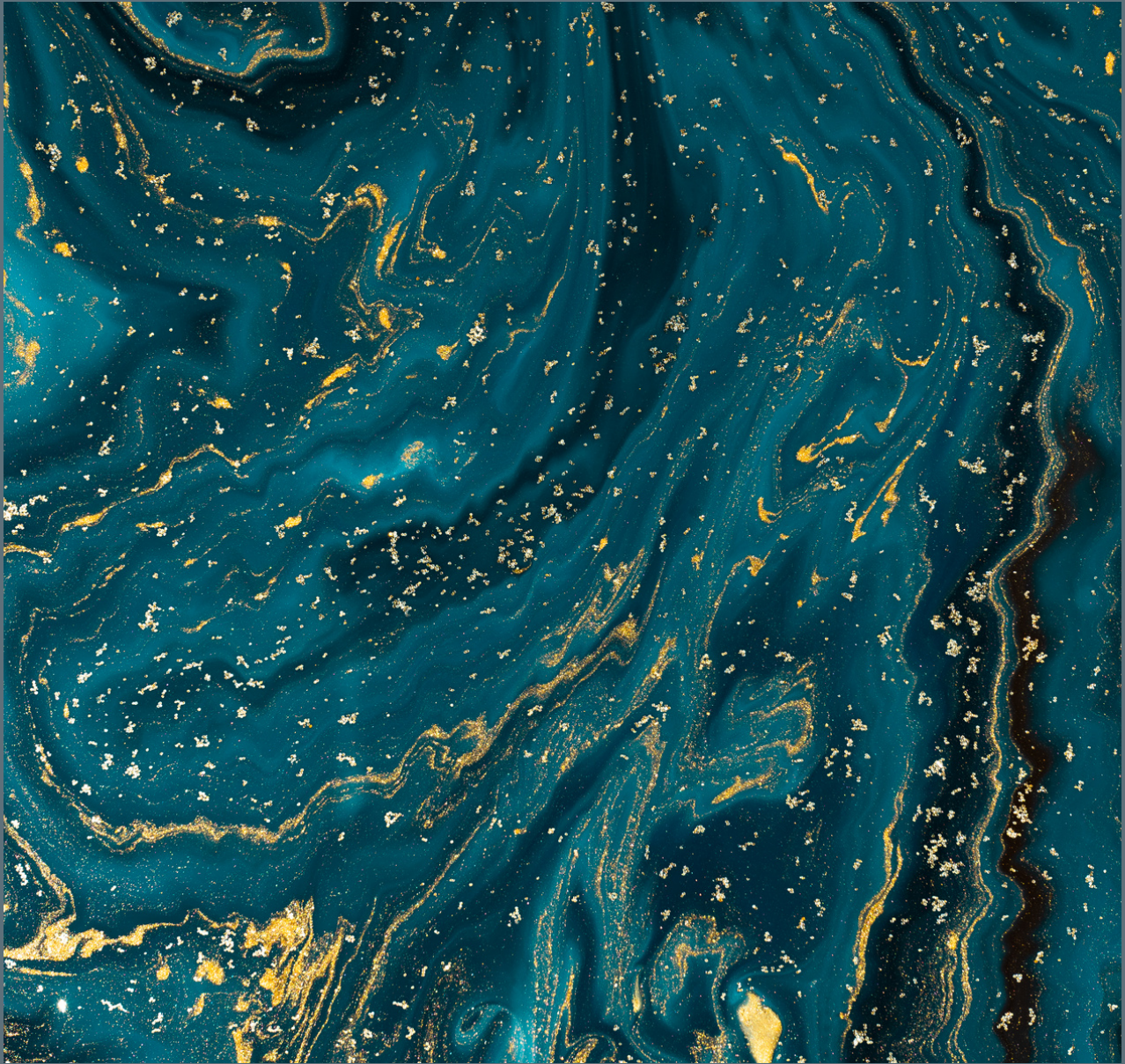


WORK, MONEY & THE MOTHER WOUND

# WORKBOOK



How the Mother Wound can manifest in our careers and how we can transform it into empowerment, success and abundance.

BY BETHANYWEBSTER

# W E L C O M E

*Hi There!*

**Thank you for investing in yourself by signing up for my free masterclass series entitled, "Work, Money & the Mother Wound: How the Mother Wound can manifest in our careers and how we can transform it into empowerment, success and abundance."**

**Our mothers were our foundation and template for womanhood. We learned from them, explicitly or implicitly, what was SAFE or UNSAFE for a woman to do, have or be. We may still be unconsciously carrying old, outdated beliefs or patterns from childhood which cause us to limit or sabotage ourselves, stay small or hide instead of speaking our truth, showing up confidently, and shining as the leaders we know that are meant to be.**

**The Mother Wound is a major obstacle in women's leadership. As we commit to this profound inner healing work, we can break the cycle so that we can own our gifts without shame, clearing the way for women and girls of the future.**

**Knowing how the Mother Wound shows up for YOU in your work life can empower you to step into the version of yourself that feels more confident, more sovereign and more unstoppable in your career. I'm excited to show you how!**

**To your full healing and unapologetic unfolding,**

*Bethany Webster*

## ABOUT ME

**Bethany is the author of "Discovering the Inner Mother: A Guide to Healing the Mother Wound and Claiming Your Personal Power," published by William Morrow. Bethany speaks, consults and mentors around the world, sharing her growing body of work that is raising the standard of women's leadership and personal development.**





# GETTING STARTED QUESTIONS

To prepare for the first masterclass webinar, take some time reflect and answer the following ten questions.



**01** What **BELIEFS** did your mother convey to you (implicitly or explicitly) about having a career, being a success, working at a job, feeling competent and on purpose?

---

---

---

---

**02** What was your mother's relationship to her career? Describe how that played out...

---

---

---

---

03

How did you see your mother navigating her peers, colleagues or bosses?

---

---

---

---

04

How did your mother handle money and financial planning?

---

---

---

---

05

How did your mother's beliefs about career and money impact you as a child and as a teenager?

---

---

---

---

06

What was it like for you when it was time to work or focus on your own career?

---

---

---

---

**07** How did your mother relate to you as you started to become more independent from her and have your own separate life, including career, work, money?

---

---

---

---

**08** What are some negative beliefs that you may have internalized from your mother about money, work and career?

---

---

---

---

**09** How are these negative beliefs showing up your life now? What kind of challenges are they creating?

---

---

---

---

**10** What would you like to create instead? How would you like to transform these challenges?

---

---

---

---

## 28 MANIFESTATIONS OF THE MOTHER WOUND IN OUR CAREER OR PLACE OF WORK

**Which of these resonates with you?**

**Are there others not on the list? If so, what are they?**

- Working in jobs in which you feel unvalued, unappreciated or unseen by others.
- Feeling “trapped” at a job that you don’t like, feeling a sense of urgency to get out of it and helplessness about your job situation.
- Noticing yourself collapse in moments into “inner child states” such as teenage defiance, power-over defensiveness or little girl helplessness or fear.
- Working in jobs that do not pay you enough but you feel you can’t get anything better.
- Feeling like the “Work Mom” who must take care of everyone or whom everybody turns to when they need help with something.
- Attracting bosses who have similar traits to your mother that feel triggering: rejecting, hypercritical, talk behind your back, use you as a therapist, a sense of not wanting you to outshine her, power dynamics, setting you up to fail, holding you back, etc.
- Working in jobs that force you to work long hours leading to burnout and exhaustion.
- Having to deal with coworkers who trigger old feelings about other women or your sibling dynamics, such as competition, triangulation, feeling excluded, manipulative, asking you to over-function, not wanting to threaten them or “feeling never good enough” compared to them, etc.
- Dealing with toxic office dynamics: The staff resemble a dysfunctional family.
- Competition and/or jealousy with other women at the workplace.
- Other people stealing your work and/or not giving you proper credit.
- Ambivalence about work friendships: Feeling like others have an agenda for themselves, seeing you as a means to an end.

- Feeling like you're meant for much more in your career but feeling paralyzed or unable to get any momentum with what you really want to do.
- Concurrent stress in your relationship with your mother, a sense of waiting for your mother to give you permission to go for more, or wishing for her approval of your work life, or wishing she would encourage you or say she's proud of you.
- Unconsciously seeking "mother figures" at work who you idealize but always seem to disappoint you and leave you feeling abandoned.
- Noticing yourself tolerating and accepting horrible treatment at work from bosses and/or colleagues but feeling helpless to do anything about it.
- Difficulty setting boundaries at work for fear of reprisal or not wanting to offend.
- Terror of speaking up at meetings so you stay silent and yet frustrated and resentful.
- Set your sights too low for new positions for fear of not getting what you really want.
- Desire for a new career leap but feeling fear of negative reaction from friends or family if you make more money or have more success than them.
- Being uncomfortable with being visible. Hiding or shrinking from the spotlight.
- Avoidance, perpetual lack of clarity or "not ready" syndrome.
- Fear of success (or fear of loss if you step into even greater success).
- Fear of surpassing or threatening your mother if you really shine.
- Scarcity mentality: Settling for things because they feel like it's the best you can get.
- Poor boundaries, saying Yes when you'd rather say No.
- Feeling like you always have to put others' needs before your own.
- Feeling paralyzed by fear of being judged or criticized.

# MOTHER WOUND PAIN FROM CHILDHOOD AND HOW IT CAN SHOW UP AT WORK FOR WOMEN:

To support you in getting skilled at seeing the link between past and present, below are some situations that show the link between childhood pain of the Mother Wound and how it can show up at work.

The work situations resolve more easily once the original childhood situation is addressed through reflection, journaling and inner mothering work to help the inner child digest the original pain from the past and feel the safety of the present moment.

01

## CHILDHOOD SITUATION

YOUR MOTHER BONDED MORE STRONGLY WITH ANOTHER SIBLING, LEAVING YOU TO FEEL EXCLUDED (TRIANGULATION)

## WORK SITUATION

WORK DYNAMICS WHERE YOU ARE EXCLUDED OR SEEN AS AN OUTSIDER OR THREAT TO OTHERS. THIS LEADS YOU TO FEEL NOT GOOD ENOUGH OR WONDERING WHAT'S WRONG WITH YOU. ENGAGE PLEASING BEHAVIORS TO BE ACCEPTED.

02

## CHILDHOOD SITUATION

NEEDING YOUR MOTHER FOR SUPPORT BUT FEELING HER REJECT OR SHAME YOU BECAUSE OF HER OWN FEELINGS OF INADEQUACY OR JEALOUSY.

## WORK SITUATION

FEMALE BOSS IS THREATENED BY YOUR SKILLS AND GIVES YOU LESS CHALLENGING WORK TO DO OR ACTIVELY THWARTS YOUR PROGRESS AT WORK.



03

## CHILDHOOD SITUATION

AS A TEENAGER, THE PAIN OF NOTICING THAT YOUR MOTHER SEES YOU AS A COMPETITOR RATHER THAN AS A DAUGHTER. (COULD BE JEALOUS ABOUT BOND WITH FATHER, YOU EXCELLING AT SCHOOL, OR BEING PRETTIER OR MORE CONFIDENT OR HAVING THE CHANCE TO FULFILL DREAMS SHE COULD NOT, ETC.)

## WORK SITUATION

YOU MISINTERPRET YOUR BOSS'S NEUTRAL INSTRUCTIONS AS TRYING TO HOLD YOU BACK AND SO YOU BECOME DEFIANT AND OPPOSITIONAL TO HER.

04

## CHILDHOOD SITUATION

WAS PUNISHED FOR SPEAKING YOUR TRUTH AS A CHILD AS YOUR PARENTS SAW THAT AS DISRESPECT.

## WORK SITUATION

PLAYING IT SAFE; YOU FIND YOURSELF HOLDING BACK AT WORK IN AN EFFORT TO PROTECT YOUR JOB SECURITY BUT YOU DON'T ACCESS YOUR FULL POTENTIAL OR THINGS YOU ENJOY DOING.

05

## CHILDHOOD SITUATION

GROWING UP WITH A "DON'T UPSET YOUR MOTHER" MANDATE IN YOUR CHILDHOOD HOME

## WORK SITUATION

YOU FEEL PARALYZED WHEN NEED TO SPEAK FRANKLY TO YOUR FEMALE BOSS FOR FEAR THAT YOU'LL BE TAKING UP HER TIME, PUT MORE BURDEN ON HER WHEN SHE REALLY NEEDS TO BE INFORMED.



06

## CHILDHOOD SITUATION

YOU WERE A PARENTIFIED CHILD AND YOUR MOTHER LEANED ON YOU FOR ADULT RESPONSIBILITIES SUCH AS COOKING AND CLEANING.

## WORK SITUATION

FEMALE BOSS PUSHES ALL THE WORK ON YOU AND YOU FEEL PARALYZED TO SET BOUNDARIES OR SAY NO. FEAR OF HER LASHING OUT OR SEEING YOU AS WEAK OR LESS-THAN.

07

## CHILDHOOD SITUATION

YOU WERE A PARENTIFIED CHILD AND YOUR MOTHER RELIED ON YOU EMOTIONALLY FOR SUPPORT LIKE A THERAPIST OR AS HER COUNSELOR. THIS OVERWHELMED YOU BUT GAVE YOU A SENSE OF CONTROL.

## WORK SITUATION

YOUR FEMALE BOSS DUMPS HER PERSONAL PROBLEMS ON YOU AND YOU FEEL HELPLESS OR POWERLESS TO SPEAK UP AND SET A BOUNDARY WITH HER. YOU BECOME ENMESHED WITH HER AT WORK TO KEEP THE PEACE BUT WANT SPACE.

08

## CHILDHOOD SITUATION

YOUR MOTHER WAS CODEPENDENT WITH YOU AND SAW YOU AS AN EXTENSION OF HERSELF. YOUR SUCCESSES WERE HER SUCCESSES. THE PAIN OF FEELING STOLEN FROM.

## WORK SITUATION

ANOTHER WOMAN AT WORK HAS STOLEN YOUR WORK OR PASSES IT OFF AS HER OWN. YOU FEEL INTENSE RAGE BUT PARALYZED TO SAY ANYTHING TO HER. YOU COLLAPSE INTO FEELING LIKE SOMETHING IS WRONG WITH YOU OR YOU MUST HAVE DONE SOMETHING WRONG TO BE SO UNSEEN OR UNAPPRECIATED.

09

## **CHILDHOOD SITUATION**

THERE WAS NEVER ENOUGH MONEY GROWING UP. SOMETIMES YOU DIDN'T HAVE ENOUGH TO EAT OR HAD TO WEAR CLOTHES THAT HAD HOLES IN THEM.

## **WORK SITUATION**

YOU HATE YOUR JOB AND HAVE BEEN THERE MANY YEARS. YOUR HEALTH IS DETERIORATING BUT YOU FEEL YOU MUST STAY IN THAT JOB. TOO SCARY TO LOOK FOR SOMETHING NEW THAT MIGHT NOW WORK IT. BETTER THE DEVIL YOU KNOW.

10

## **CHILDHOOD SITUATION**

YOUR MOTHER WAS UNSTABLE AND WAS SOMETIMES DISASSOCIATED OR WOULD MENTALLY CHECK OUT. BAD THINGS WOULD HAPPEN LIKE SHE WOULD LOSE MONEY AND YOU'D HAVE TO GO WITHOUT BASIC STUFF.

## **WORK SITUATION**

YOU FIND YOURSELF SPENDING MONEY ON THINGS YOU DON'T NEED BUT HELP YOU FEEL SAFE. SPENDING FEELS SAFER THAN SAVING. BUT THAT KEEPS YOU UNSAFE BECAUSE YOUR SAVINGS IS LOWER LEAVING YOU VULNERABLE IN A CRISIS.

11

## **CHILDHOOD SITUATION**

YOUR PARENTS WOULD BE ON A ROLLERCOASTER WITH MONEY, THERE WERE TIMES THERE WAS A LOT AND TIMES THERE WAS NONE.

## **WORK SITUATION**

NOT ADEQUATELY PLANNING FOR A SOLID FINANCIAL FUTURE. AS SOON AS MONEY COMES IN, YOU FEEL SUCH INTENSE RELIEF THAT YOU FORGET TO ADEQUATELY PLAN FOR THE NEXT "EBB" IN YOUR FINANCIAL CYCLE, CAUSING YOU TO FEEL BLINDSIDED WHEN ANOTHER LULL SHOWS UP IN YOUR CASHFLOW.



12

## CHILDHOOD SITUATION

YOUR PARENTS SPENT MONEY ON THINGS LIKE ALCOHOL OR DRUGS BUT NEVER HAD ENOUGH WHEN IT CAME TO BASIC THINGS LIKE HAVING A RUNNING CAR OR KEEPING THE ELECTRICITY ON. YOU FELT COMPLEX FEELINGS: COMPASSION FOR YOUR PARENTS FEELING SO DOWNTRODDEN BY LIFE BUT ALSO ANGRY THAT THEY DID NOT ADEQUATELY PROVIDE FOR YOU.

## WORK SITUATION

YOU'RE STARTING TO MAKE SOME SERIOUS MONEY THROUGH YOUR JOB OR BUSINESS AND HAVE UPGRADED YOUR LIFESTYLE ACCORDINGLY. HOWEVER, YOU'RE NOTICING THAT YOU FEEL INCREASINGLY SAD AS YOUR SALARY GROWS AND FEEL UNABLE TO ENJOY IT. DEEP DOWN, THERE'S GUILT ABOUT HOW YOU COULD NOT SAVE YOUR PARENTS FROM THEIR PAINFUL SITUATION WHEN YOU WERE A KID, A SENSE THAT YOU'RE LEAVING THEM BEHIND OR ABANDONING THEM BY HAVING FINANCIAL FREEDOM.

13

## CHILDHOOD SITUATION

YOU GREW UP IN A TOXIC FAMILY AND PLAYED THE ROLE OF "FAMILY SAVIOR" OR "FAMILY RESCUER." YOU MAY HAVE MEDITATED FIGHTS BETWEEN YOUR PARENTS, MOTHERED YOUNGER SIBLINGS OR PROTECTED SIBLINGS FROM PHYSICAL VIOLENCE.

## WORK SITUATION

YOU FEEL COMPELLED TO SAVE THE WORLD, START A MOVEMENT, BE A SAVIOR FOR OTHER PEOPLE SUFFERING AND OFTEN SPEAK UP FOR THE MARGINALIZED. YOU OVER-FUNCTION, EXHAUST YOURSELF WITH SO MUCH WORK BUT EMOTIONALLY FEEL LIKE YOU'RE RUNNING IN PLACE. NO REAL PROGRESS GETS MADE. REPLICATES THE HELPLESSNESS AND POWERLESSNESS YOU FELT AS A CHILD UNDER THE PARENTIFIED CHILD ADAPTATION.



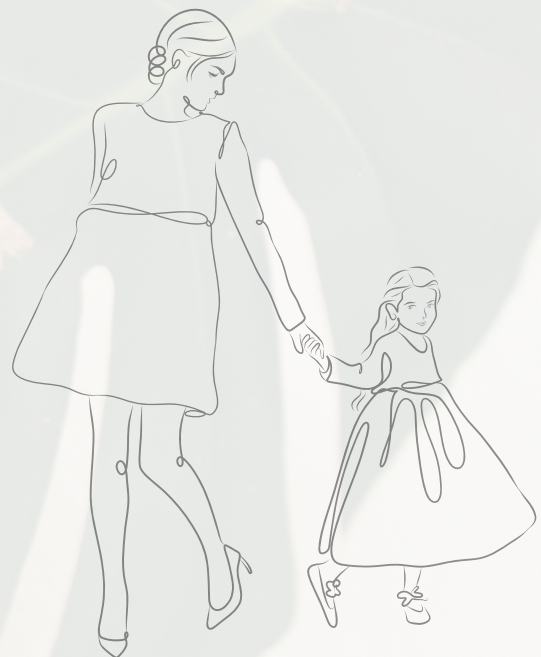
## LET'S TAKE A MOMENT TO REFLECT ON YOUR PROCESS SO FAR:

What thoughts, feelings or emotions came up as you read the workbook so far?

Which of the above situations resonates with you?

Think of all the work situations you have had in your life. How has the Mother Wound been showing up in your work life? What have been the themes? Are there any common threads? What feelings come up as you reflect on this?

Think about your ideal work situation or current work goals. What are they? What do you want instead of what you are currently going through? Write down your ideal work situation right now below.



# Process for Clarity on The Mother Wound at Work

---

We repeat what we need to repair. Stressful and painful situations at work give us a powerful opportunity to heal the past and transform the false conclusions you came to as a child when you were enduring traumatic experiences.

The current triggering situation is arising to help you transform the deeper belief or emotional pain that has kept you stuck. As you work with your inner child, you help her to transform those old, outdated beliefs and step into the safety and empowerment of the present moment.

Below is a process to help you make that crucial link between what happened in the past that is triggering the current painful emotion or limiting belief, so that you can transform it into a positive new empowering experience that affirms the truth about the present moment, which is that the pain of the past is over and you can make a new choice now that affirms your truth and fortifies your sovereignty as an empowered woman.

You get to be the mother to your inner child that she needed then!  
And in the process create new options and choices for the future.  
You got this!



## 01

### **Reflect on a stressful situation at work or related to work.**

For example, perhaps you are feeling unseen, unvalued or unappreciated by others you work with. Perhaps you are feeling unrecognized for the good work that you do.

Notice the intense feelings around it. How do those emotions feel in your body? Where do they arise from in your body?



## 02

### **Acknowledge the feelings that are coming up for your inner child.**

When feeling an overwhelming emotion, pause, take a breath, name the feeling, and connect with your inner child.

Example: “Little Bethany, I see you’re feeling really sad and angry right now. You’re not alone. I’m here with you in these feelings. It’s OK to feel what you’re feeling. I’ve got you.”

## 03

### **Identify the Original Situation of the past.**

Reflect and inquire into what past painful situation the feeling is arising from. A question to ask yourself is: What situation from the past does this emotion remind me of? When did I feel this way as a child?

Example: “I realize that this anger reminds me of the pain I felt as a child when no matter what I did, how good I was, how polite and quiet, mom would ignore me and tell me I was bad when I made a mistake or did something wrong. I felt so much despair and powerlessness that she never saw my pain and never helped me with that. She was always so distracted, rushed or overwhelmed and it felt like I was invisible or she just saw me as a burden.”



# 04

## Empathize with the feelings of the past that are coming up for the Inner Child.

Once you have some sense of the situation of the past from which the feelings are arising, validate the legitimacy of these feelings in that context of the past. Empathize with the inner child, mirroring back the feelings and where they come from. Let the feelings flow.

Example: "Ah, I see how this anger and despair you're feeling right now is really about the past and how unseen, invisible, and misunderstood you felt as a kid. It's about how lonely you were due to the emotional neglect and how mom was so emotionally unavailable to you. That makes total sense to me. Your feelings are totally normal and natural in this situation, given your childhood history."

You can also say things like:

- "I'm so sorry you went through that. It wasn't your fault."
- "You didn't do anything wrong. You were an innocent child doing your very best."
- "Mom and Dad had their own wounds and challenges and could not give you what you needed. Even so, you have always been good, lovable, whole exactly as you are."
- "Your emotional needs are healthy, normal, and were totally appropriate in that situation."



# 05

## Differentiate the Present from the Past.

Reassure the inner child that while this current situation FEELS very similar to the old situation, it's actually very different. Provide evidence of how he/she is SAFE NOW.

"Little Bethany, while this situation of feeling unseen, invisible and unappreciated at work understandably feels very similar to the past when we had to endure traumatic loneliness as a kid, the truth is that now is very different from back then. You are not trapped anymore and you don't have to endure this by yourself as you did when you were a kid. No one can abandon you anymore. I'm here as your adult self, Big Bethany, to keep you safe, reassure you, protect you, and remind you that those days of despair and powerlessness are over because you survived childhood. All your feelings are welcome now. I'm here for you and I love you no matter what. I will speak up on your behalf at work and make sure your needs are taken into account. I've got you."

Other things you can also say:

- "Your feelings are all OK with me."
- "I love supporting you and seeing you. You matter to me!"
- "I have plenty of support in my own life. You don't have to take care of me. I'm here for YOU."
- "I'm the adult and you are the child. You get to receive."
- "You get to be a child now, and focus on growing, playing, learning and exploring."
- "All is well. You can rest in me. I love taking care of you."

# 06

## Provide a Positive Vision.

The Inner child needs to have a positive, nurturing vision of the present and future to trust that life is safe, despite past experiences. Explain in simple language that the pain of the past is over and the future will continue to get better and better. No matter what happens in the outer world, she will always be safe within you.

Example: “Little Bethany, life will continue to get better and better as we heal from the past and allow all our emotions to be felt. Those painful emotions are showing us the pain of what has happened in the past. It makes sense they are coming up now. We no longer need to fear situations like that in the future. They already happened and are simply being digested now so you can be at peace more and more. Even when other people cannot see you or appreciate you, I will be here for you no matter what, to the best of my ability. I will make mistakes sometimes as your inner mother, but that’s not because I don’t love you, it’s simply because I’m human and I’m learning. I’m always here doing my best to keep you safe, protected and to support your freedom and joy. All is well.”

# 07

## **Take an Empowered Action that anchors the positive Vision.**

The last step is to take some concrete action that is affirming and demonstrates the truth of the positive vision. It could be as simple as doing something that was not possible to do as a child, perhaps setting a boundary, saying what you really want, or even walking out the door to show that you are free to make your own choices.

Example in the context of feeling unseen or unappreciated: “Little Bethany, we’re no longer dependent on other people to see us to feel safe, valued and appreciated. Even when other people let us down, disappoint us, are distracted or misperceive us in moments, you are still safe, loved by me and valued by me.”

An empowered action step to follow up with this could include:

Giving yourself a hug, making yourself a lovely meal, doing something that helps you feel deserving, such as taking a nap, using some luxurious skin products or give yourself a hand massage.

Another example of an action could be confirming with a trusted friend that even though he or she can get distracted or let us down sometimes because they are human, that even then they still value or care for us. Their behavior isn’t personal, it’s more a reflection of the things they have going on in their lives. The trusted friend can say something like “Yes, sometimes I am busy or struggling with things in my own life, and it doesn’t mean you’re not important to me.”

## GENERAL MINDSETS FOR HANDLING “MOTHER WOUND” TRIGGERS AT WORK:

- Your current job challenges are always preparing you for something better.
- Always look deeper for answers. The trigger has roots in the past. The current situation is just a powerful catalyst for old emotions to become conscious and transformed. As my therapist always says, “Triggers are Treasures!”
- The goal is always to show up to work as your empowered, sovereign Adult-Self, not a reactive child part.
- Signs that you are “merging” with your inner child: urgency, desperation, overwhelm, reactivity, anger, adrenaline rush, or feeling frozen. If these arise, simply take some space in some way, whether to take a deep breath, take a brisk walk, shift your focus to lighter matters until you feel more regulated.
- You can’t leave something in a final way until it has no “charge” for you anymore.
- Re-frame triggers at work as a positive adventure! It’s like solving a puzzle that unlocks your next level of transformation and career success.
- Use the challenges at your current job to launch you forward to your next.
- Life gets easier when we proactively approach it like school: “What is the lesson I am being asked to learn in this situation?”
- Instead of being reactive, adopt an attitude of curiosity and compassion. Be the compassionate witness. Imagine that you are a detective and just observing everything very closely. What do you notice? This creates some distance through which we can see things more clearly.



- Whatever we fight becomes stronger, whatever we accept transforms.
- All our feelings are welcome and deserve attention and investigation. But it is NOT best to act on our feelings. Give yourself the gift of time to pause and reflect, so that whatever action you take is something you CHOOSE from a place of sovereignty, rather than a hair-triggered reaction based on your past painful experiences.
- Even though you may feel trapped or powerless in moments, you are actually NOT trapped or powerless. Feeling trapped and powerless is the perspective of a child. Feeling the power of choice is the perspective of an empowered, sovereign adult.
- Power tip: True power is in calm non-reactivity. When we react strongly, we give our power away and become entangled in other peoples' stuff.
- Make a practice to take space to think, reflect, ponder things and soothe the inner child. Once that turbulence has abated, then there is space to consider empowering next steps.

## **POWERFUL QUESTIONS TO ASK YOURSELF WHEN TRIGGERS ARISE IN YOUR CAREER:**

1 - What is the most empowering response that I can bring to this situation? (This helps you regulate and come from the perspective of a sovereign adult, not a reactive, panicked child part.)

2 - What lesson am I being asked to learn in this situation?

3 - What pain from my past is coming up for healing in this situation?

4 - How can I best support my inner child in this situation? What does she need from me to feel safe and secure?

5 - How can I speak on my inner child's behalf as an adult, rather than speaking to others AS my panicked inner child?


# HOW OUR CAREERS TRANSFORM AS WE HEAL THE MOTHER WOUND

---

- Increased capacity for pleasure and allowing good things into your life without guilt; fully savoring your one precious life.
- Radiating a transformational presence that others can pick up on. You inspire those around you to live their best life, simply by BEING authentically and unapologetically who you are.
- Experiencing more spaciousness in your relationship with yourself, more creativity and playfulness; less need for control, perfectionism and less rigidity.
- No longer equating career success with getting approval from the “good mommy.”
- Understanding that you are already worthy, good and whole, and have been since birth. Nothing you do career-wise can add to that worth. It’s always been there fully intact and inviolate by external situations.
- Releasing the need to please, change or prove anything to your mother and thus, releasing the projection of your mother onto your bosses or colleagues.
- Not letting work dynamics disturb your inner peace. Staying more calm, grounded, and non-reactive overall and especially during stressful situations.
- You know what is within your control and what is not and so you have more focus, clarity and self-confidence.
- You let people have their responses to you and don’t take it personally. You rise above the nonsense and hold a steady energy of sovereignty, integrity and goodwill even if sometimes others cannot rise to that.
- Your wellbeing and inner peace is no longer contingent on other people validating you or seeing you a certain way.
- The “impossible dream” is no longer pushing you to change people or push things that are not right or best for you.





- 
- You trust yourself, you trust life to bring you what you need, you trust that all is well and you got this.
  - Living more in the present moment and easily turning away from trauma-based negative thoughts.
  - You accept that your mother's challenges are her responsibility, not something you can ever fix for her. This frees you to no longer over-function for others or feel obligated to carry what is not your responsibility.
  - You understand that people can only see you clearly to the extent that they can see themselves clearly. You gradually release the need to control how people see you.
  - Abundance mentality: Receiving more abundance in your life than you ever imagined possible. Being in touch with the truth of your deservingness without fear or guilt.
  - Your inner life is a top priority and self-care is a non-negotiable.
  - Clear boundaries: You easily say NO to things that do not serve you.
  - Your integrity is your north star, it's the guiding light and helps you navigate when situations are murky.
  - Increasing sense of stability and inner safety in the face of uncertainty.
  - You have made peace with the fact that you can't change others or convince them to understand you, liberating you to be an unstoppable and authentic, a true leader.



---

# Guided Visualization: Freely Stepping into your Power and Purpose

Stand up. Take a deep breath. Feel all the stress leaving your body. Imagine light pouring on you from above, like a shower of golden light purifying and fortifying your energy. Allow a sense of wellbeing to wash over you.

Imagine that behind you is a long line consisting of the higher selves of all your female ancestors. This is not their human selves, but rather their Divine Selves who have only positive aspects and only want the very best for you.

Imagine that you can feel the combined power of their high frequency energy. Imagine that they are sending their blessings to you, each of them, going back countless generations, see them sending forward to you their collective blessing and deep permission to live to your full capacity of sovereignty, power, choice, and to live your unique destiny whatever form that may take.

Imagine them saying to you the following:

“We bless you. We send you the purest, highest light to support you on your destiny and purpose in this lifetime. We ask you to go forward into your own separate, unique and sacred destiny with our blessing and with no guilt, no apology and with nothing holding you back whatsoever.

You are our dream come true and we want nothing but the best for you, as you see fit. Know that you are free, you are free now to be your full self at full capacity, to fulfill the divine pattern of your own unique destiny.

We send you total permission to let go of anything from us you may be carrying.

Go forward to the fullest, with our love.”

Imagine that pure energy coming into your body from behind, washing you with light, love and clarity, nourishing every cell of your being.

Whenever you feel ready, say to yourself,  
“I receive this energy, I take it within me and I step forward now with your blessing into my highest destiny and all that is best for me.”

Then, when you're ready, take a literal step forward!

Notice how that feels!

Imagine all the highest selves of the women in your lineage cheering you on and celebrating your liberation with total joy and exhilaration as you have taken the step.

Carry this energy with you and call upon it whenever you need strength or feel any trace of doubt and want to reconnect with that sense of blessing, freedom and liberation. You may simply imagine their joy at your stepping into your own destiny and say to yourself. “I am free, free to be fully me!”





## READY TO HEAL AT THE CORE LEVEL?



**Uncover what many women have called the missing piece on their healing journey. Start healing the Mother Wound and create the “inner safety” you need to become the unstoppable woman you’re meant to be. Explore my best-selling online course Healing the Mother Wound.**

[LEARN ABOUT THE COURSE](#)

## **DISCLAIMER:**

The content of this guide is informational in nature and intended to inspire women to fulfill their potential. The information is based on my own education, life experiences, memories, perspectives and opinions. While I do have two degrees in psychology, I am not a licensed psychotherapist. If you are seeking medical, professional or legal advice, please contact those professionals who are licensed to provide that information

All written content in this document is copyrighted intellectual property. Bethany does not authorize others to teach or distribute her work. Any of her written materials including this document are intended for personal use only. No written material from this document may be reproduced without explicit permission from Bethany Webster in writing.

THANK YOU.