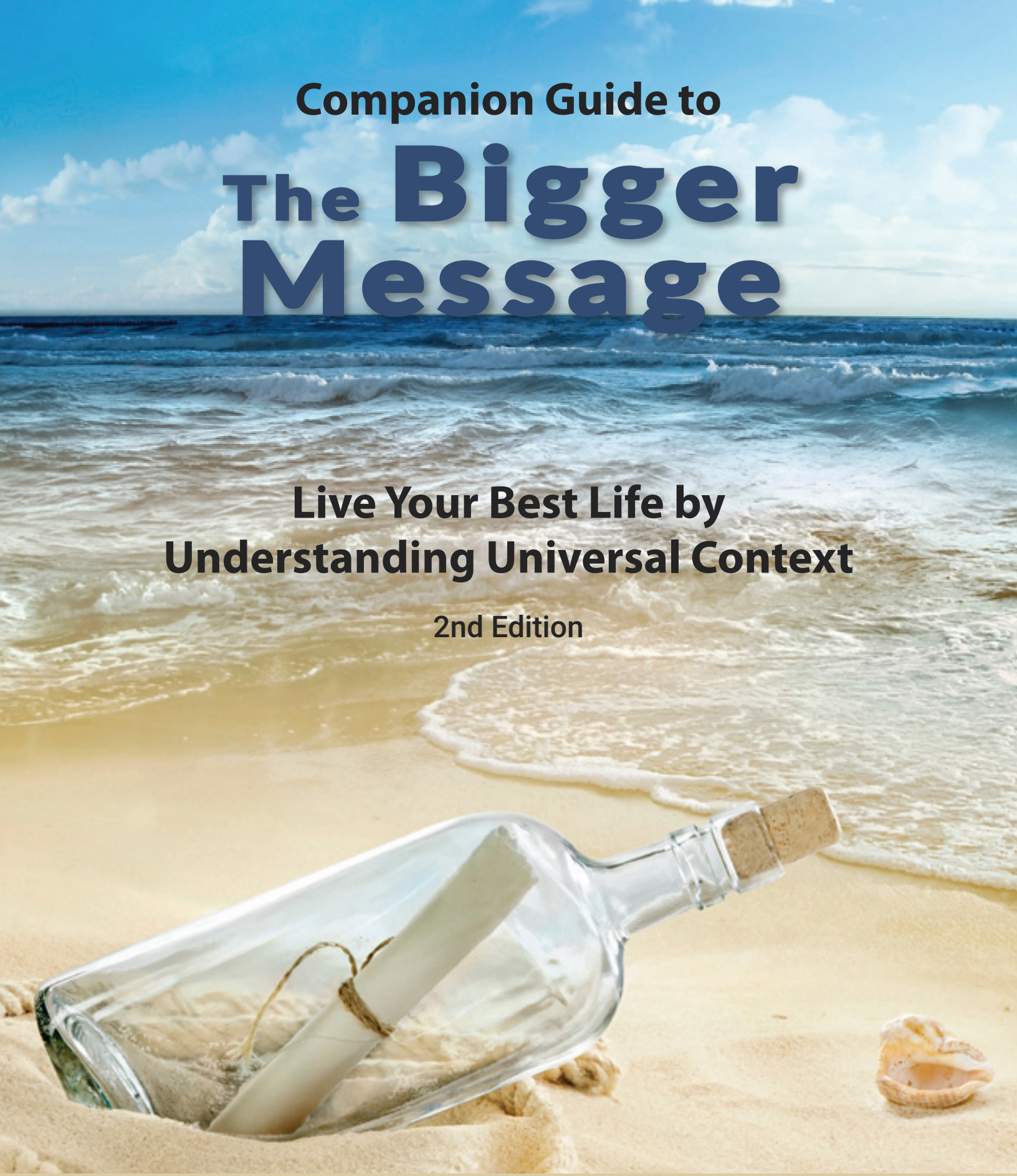

Companion Guide to The Bigger Message

Live Your Best Life by Understanding Universal Context

2nd Edition

LYNN M. SCHEURELL

Companion Guide to

The Bigger Message

Live Your Best Life by Understanding Universal Context

By Lynn Scheurell

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Introduction

How do we create our world? What are we here for? Why do we matter? Why do things happen the way they do? What does it all mean?

Finding the answers to these questions, and others, is what keeps us busy for most of our lives. The single pursuit of understanding how change works, what the bigger message is, and how we create or deny our evolution is fascinating on every level. It is our individual and collective life purpose to discover and distill these huge questions into something that makes sense.

The truth is that we must live in alignment with personal knowingness. Knowing what you want, and then giving yourself the permission and resources to go after it, is a big part of why you are here. You are part of a greater whole that is only served by you being your true self. You being anything less takes away from everybody and everything else.

It may seem a bit convoluted or counter-intuitive in the initial awareness of it, but when you understand that you ARE the power to create what you want, the world suddenly feels very different. Then, once you get that, what do you do with it? And how do you begin the process of intentional change by understanding the Bigger Messages?

That is what the book explores; to get the most from it, this Companion Guide pulls out questions and exercises so you can take notes on cues and clues for your potential Bigger Messages as you read. This will help you process your circumstances, situations, and relationships to find the Bigger Messages and their meaning for you.

Note: what is contained here will likely not make sense without the book. And these exercises and questions are not exhaustive so there is room in each section for you to write your own notes as well.

What Is Your Now?

To make the most of this companion guide, reflect on what's happening in your life now and make a note. This can serve as a barometer of your understanding as you work through what is presented in the book; as you grow through understanding your Bigger Messages, you'll be able to see what you note here with a fresh perspective. To jumpstart your thinking:

- What challenge(s) is up for you right now?
- List three things that you judge others (and yourself) for doing.

Note your most common relationship conflicts, especially the ones that repeatedly cause your energy to drop.

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As you work through the book and this guide, check back on this page to apply what you learn in being able to see the Bigger Messages in these situations.

Defining a 'Bigger Message'

Your life has context. When you understand the meaning of what's happening in your life, you can see that it is not happening TO you but FOR you. Having this larger insight gives you the ability to thrive through even the most difficult situations. It's not really what occurs but how you relate to the situation and then make your choices in handling it and integrating the outcomes of it.

Signs of Bigger Messages

Big upheavals mean big messages that invite significant change and, if you start creating intentionally in that moment, you can often influence the forces of change that are happening anyway to bring you more of what you DO want. To the degree that things are breaking, not working, ending, and releasing is to the degree you can expect things to change in creating your biggest life yet.

Disguises that Bigger Messages Wear

What types of freedom are most important to you?

1. **Time—**they have the time they want and need to do what they want and need to do, be, or have their best life
2. **Money—**they have financial freedom to support their life choices. They may or may not be 'wealthy' . . . but they have enough to feel comfortable and not stressed about cash flow.
3. **Being—**they have time to just 'be' in their lives. They can enjoy the present moment. They don't feel pressure to always be doing something for themselves or others. They can get up on any given morning and not feel rushed into any situation or circumstance because they have the latitude to simply 'be.' (Some say we are human beings, not human doings, right?)
4. **Choice—**this, I believe, is the most powerful force for change on the planet—choice. When you have the opportunity and ability to make choices in life, whatever area of life they are in, you are in your own flow. You are tuned in to your essential power. And you have the freedom to express your commitment to your own happiness by making choices.

Differences Can Surface Bigger Messages

When you are telling yourself a story or are stuck in a loop that is not helpful to you, you will know it. Simply close your eyes, state what you think is true about a current situation, your life experiences, or relationships, and then feel your body to show you where your contrast is in that statement.

Once you've connected with your inner wisdom as it is now, go back in your memory to recall a time when you were really happy. How did it feel? What did you like to do? Who did you think you were then? This awakens your body's cellular memory and may even help you feel better right now, in this moment.

Now, once you're ready to move on, project out to how your life would look and how you would feel if you understood the greater context of your life and were happy in living your boldest life. This could be 30 days from now, a year from now, five years from now…where you are now is not a predictor of your future, so really envision your best life. What does it look like? What are you doing? What clarity do you have then that you're missing now?

Four Elements for Living A Bigger Life

When you are not living in alignment with your personal truth, or something is trying to get your attention so you can live your best life, it can be uncomfortable. It doesn't feel good to wear shoes that are too small and even worse to live a life that's too small or doesn't fit you. When something doesn't feel good, that's about the circumstance and a Bigger Message vs. who you are in your essential self; that is, who you are is trying to emerge and is making whatever is 'not you' stand out in stark contrast. You must let go of the smaller stuff to live your bigger life.

Perception Is Everything

If you find yourself in one of the following states, chances are your perception is distorted. Consider how each of the following statements may describe some part of your life right now.

1. Discontent where you aren't satisfied or at peace with what is in your life or how you're expressing your true self. When your life does not represent your truth, it doesn't feel good on multiple levels.
2. Disconnect from self, Source, and others that becomes known by a sense of isolation, a desire to hibernate, a withdrawal from social connection that is about contraction rather than expansion into something deeper within.
3. Disharmony in how things are not quite fitting or coming together.
4. Distress as a form of anxiety that reflects your inner pain, sorrow, or misgivings about something happening in your life.
5. Disease as illness OR dis-ease as resistance (in the form of not letting go of old beliefs, even though you know they don't serve you anymore, such as: needing to incessantly know more, staying in overwhelm, issues of self-confidence, the 'knowing it all' syndrome, not ready to do something, procrastination and/or over-preparation, etc.)

By identifying what is causing the 'dis-'(content, connect, harmony, stress, or ease), you give yourself a place to start learning a Bigger Message. If you aren't quite sure which type of 'dis-' is being triggered, try to imagine various scenarios (so you don't need to physically experience them) so you can surface the feelings and explore what feels more aligned with your truth.

The Consequences of Taking Action

As you act on your Bigger Messages, there will be consequences. That's called the Law of Cause and Effect—for every action, there is a reaction equal to or even greater than the original action. Basically, you make things happen through action, meaning you create an outcome or consequence of doing something different. While your intention is always positive, you may discover unintended outcomes occur as well.

How Relationships Work with Bigger Messages

It is through our relationships with others that we learn the most, which is always for our betterment even when it doesn't feel like it. In any case, where others are affected by what you have learned through a Bigger Message, remember there are different ways to accomplish any outcome.

The Bigger Message Formula

There is a clear pattern for considering how to determine where to start creating your bigger life through understanding the context and the substance of what is happening in your life. When people stumble onto this pattern, it feels like magic—because things seem to open in a nearly effortless way. They get the messages, teachings, or clarity quickly and easily and are able to apply them to get to their next level—almost like graduation from one grade to the next.

This pattern is both unique and universal at the same time. By looking at your own life using a universal 'filter,' it is possible to understand a much larger context with all the potential possibilities within it.

The core of the Bigger Message is to look at your life through the objective 'lens' of universal laws and principles to understand where there is disconnect from what is and what you want. The goal is to close the gap between where you are and where you want to be by creating intentional change through informed choices and focused action.

A Bigger Message is derived by considering a triggering event that requires clarity. That underlies any new results you experience in your life. Once you perceive the Bigger Message, you give yourself new choices from which to act which results in consciously creating and living your bigger life.

Cues and Clues

Each area of your life contains cues and clues about what is happening for you, and each message in one area of your life has an impact on the others. For example, consider the following life areas: self-care, career, family, personal wisdom, spirituality, wealth, reputation, health, significant other relationship, creativity, intellectual challenge, friends, and community . . . living more fully into each of these life areas becomes more efficient when you receive and understand your messages.

One of the more common insights many people have is the discovery that they've been trying to model up until now a particular system of being (participating with, learning from, being 'cool', etc.) that doesn't really work for them.

The Bigger Message is about seeing what's happening with the most open viewpoint possible while still giving structure so that you can take it and make it work for creating your biggest life. It's about creating success by your own interpretation and definition. After all, you—and only you—are accountable for your result.

The idea is to understand the Bigger Message in one area of your life to positively influence your other life areas. Each life area message weaves in and out and through the others but they stand on their own as well. There is a saying that 'how you do anything is how you do everything'; the idea is that you can see what you are doing in at least one life area to create a more intentional action plan.

It's All Connected

The bottom line is that everything is connected—everything. That's another aspect of the Bigger Message. That means what you do in the details of your day affects the outcomes in your life. How you look at your life and what you believe in and how you show up determines your results. The instigating event offers you the opportunity for clarity through understanding a Bigger Message. Once you have your message, you have new choices available for you to take new action which will, ideally, lead to your biggest life. It's all connected.

Principles of The Bigger Message

Which principles of the Bigger Message(s) resonated most with you about your current situation(s)?

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What To Do in the Middle of a Message

When you're in the middle of getting a message, you are essentially being 'activated' to that potential new awareness available through the Bigger Message behind the circumstance.

- What's the worst that could happen?
- What's the best that could happen?

Getting Intentional Messages

One situation in which you might find yourself receiving a message is when you are in a perpetual state of upset about something—that is a significant sign that you're hiding from your truth. So the question becomes: what are you hiding from?

To identify additional messages for yourself when you are not currently activated, ask yourself the following questions:

- Am I complaining about someone or something?
- Am I blaming someone or something?
- Has a boundary been breached? Did I not enforce or honor it?
- Am I self-medicating or numbing out (escaping to movies, watching too much tv, using substances or alcohol, over-eating, etc.) to avoid thinking/feeling something?
- Am I annoyed by someone or something? Irritated? Cranky?
- Am I avoiding someone/something? Procrastinating? Feeling under-prepared?

When you engage in a process of intentional self-discovery, you may feel doubt, question your thoughts, or feel that you don't know enough to get your messages. One way to support yourself through the process is to begin by writing out your intentions for what you would like to know as a result of your process. Then write out one question at a time, wait for clarity to come to you and write down what comes to you.

If you don't receive a message from that particular question, simply repeat the opportunity by asking another question and inviting clarity. Once you receive your Bigger Messages, you are at a choice point of whether to assimilate them into your life (or not). If you choose to apply the wisdom of the Bigger Message into your life, review the messages you've received and then break them down into what needs to happen in your life to assimilate and activate their power for transformation—this creates your action plan. For example, here is a sample that demonstrates this process.

Intention: I want to know why I can't get ahead in my career.

Questions:

- Why didn't I get the promotion? Because it would have kept me in the company—I would be happier and I wouldn't think about new options.
- Why don't I make more money? Because I'm in the wrong job in the wrong industry. I don't really care about what I do—it's just a paycheck anyway.
- Why am I so unhappy when I think about going to work? Because it's time for me to do what I really love.

Apply this same kind of thinking to any question or scenario you want to decode in your own life to see what presents.

Six Signs of Not Listening

Your Bigger Messages are always available; however, even knowing that there is something trying to get your attention, you may not be listening to your Bigger Messages. To make it easier for you to identify and focus on listening better, here are questions you can ask yourself to discern where you might not be listening to your Bigger Messages.

- Where are you repeating patterns?
- Where are you living behind shields (addiction, perfection, obsession, substances, etc.) that keep you disassociated from living your boldest life?
- Where are you re-telling stories over and over again?
- What kinds of interpersonal conflicts do you find yourself in over and over again?
- What illness or injury has shown up or repeats through your body?
- Where are you sabotaging your momentum?
- How can you reframe tough situations, either current or past, as an opportunity to receive or live a Bigger Message?

Discern your dreams and fears

There is always a positive pay-off to both your dream AND the fear associated with having it. On a piece of paper, draw a line down the middle from top to bottom and another from left to right—you will have four boxes. Label the rows as Get It and Fear, then label the columns with your Dream / Goal and then the Same or its opposite (what happens if you don't have or get it). See this example:

	Dream	Stay Same / Opposite of Dream
Get It		
Fear		

Now work through each box with the idea of understanding the positive pay-off of each square. What is the positive pay-off of getting your dream? Of staying the same or getting the opposite of your dream? For example, someone may dream of being slim AND feel that people might judge them unless they stay the same.

Repeat the process for fearing your dream—what is the pay-off for having fear about your dream? What is the positive pay-off for allowing fear to keep you in the same place or getting the opposite result?

There is always a positive pay-off to what we do and what we do not do in life. When you can reveal to yourself the positive pay-off that you may not know you are getting, you give yourself new choices and freedom to take different actions. And that's the Bigger Message…

Good Questions Yield Good Messages

Take a moment to reflect on the Bigger Messages present in your life. This requires just a few minutes of your time—it may be helpful to journal or doodle or diagram what comes up in your self-dialogue.

- What is the Bigger Message in this current situation? How does it look in a pattern?
- Is there a thread you want to unravel? Is there a pattern you want to change?
- What is your frame of reference for this situation? Is it valid for this situation?
- How can you view your current situation differently?
- As you look around your life, what are your current results?
- What results did you get that you wanted?
- What results occurred that you didn't want?
- What results haven't you noticed before?
- How can you make changes to live a bigger life?
- What is the significance of your instigating event right now?
- How large is the Bigger Message you're being invited to understand through your current experience?
- What can you do to see through the 'noise' more clearly to claim your clarity through your Bigger Message?
- What systems are needed to help you understand and live your Bigger Message once you understand them?

If you find after asking a question and getting a mushy, mixed, or partial Bigger Message, continue to go deeper with your questioning. One way to do that is to keep asking "what's under that?" and "what's under that?" You can also try mapping your answers by putting the question keyword in the center of a paper, then noting each answer around that keyword—it will look like a wheel with spokes coming from the center keyword. As you probe into each answer, write the keywords of those next-level answers around the original answer, again creating mini-wheels of association. Looking for the connections and insights using your senses, including visual and kinesthetic, can surface insights quickly because more of you is involved in the process.

The Keys To Manifesting What You Really Want

The principles (or unchanging, timeless guidelines) of manifesting what you really want:

- Life is an echo of the energy you are putting out; you will manifest your match.
- You are the Universe living in physical form.
- Trusting yourself is trusting the Universe.
- The only separation between now and what you want is your personal vibration.
- You are continuously manifesting everything in your life.
- Gratitude is the highest frequency for (on-going) manifestation.
- You must know that you are worthy of your manifestations.
- Energy always takes the path of least resistance.
- Detachment allows you to receive the highest form of your desire.
- Manifestation is more powerful when you are in communion with your higher self.

Ask yourself:

- Who am I when I'm showing up in relationships?
- Do I express integrity in my communications and actions?
- What am I expecting from others? And am I willing to give it?

Invest the next 27 days getting clarity, setting intention, shifting your mindset, and taking actions that will help you live into your Bigger Messages. As you do, become aware of the opportunities, relationships, and circumstances that you attract because they will be in greater alignment with your truth than ever before. Why 27 days? It's a number that comes from the practice of Feng Shui, symbolizing the energy of connection with collective consciousness, or higher power, in partnership to experience completion and fulfillment.

List your commitments and other takeaways here:

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Why Are Some Things Easier to Manifest Than Others?

It's important to clear space for manifesting what you truly desire. Release what no longer serves or supports you. Write a list of what you no longer need to carry with you in terms of beliefs, self-talk, judgments, perceptions . . . once it's written, light a candle and read them out loud with the intention of releasing them. Once you read them all, burn your list in the candle, then blow the candle out. Take extra time with your personal self-care to nurture yourself deeply. It is especially powerful to do this during a New Moon, which symbolizes new beginnings and is ideal for initiating intentional manifestation.

Here is another approach . . . like an archer who takes aim at a target, write your list of intentions for what you intend to manifest this month. Feel the power of what you intend to manifest build within you. Know with certainty that what you have visualized will come to pass. Allow your intentions to guide your thoughts, choices and actions. Conscious manifesting requires both the framework and the follow through of your focus, mindset and clarity. In the coming week, you'll want to take action based on your stated intentions. Without intentions, you cannot take action. Without taking new action, you cannot manifest new results.

As another technique, visualize what you intend to manifest as though you already have it. How has your world changed? In what ways can you see that your intended result has manifested? What do you feel? By taking the time to visualize in your mind's eye your desired outcome, you are 'tuning' your energy state to match it energetically. You are strengthening the signal and showing your mind that it is already here; this is the pivot point as your mind will work to solve the gap of what is . . . it cannot have incongruence. You cannot have it so solidly fixed in your mind that it is not real on the physical plane. This one action alone can supercharge your manifestation abilities so take 11 minutes a day to visualize your successful manifestation as though it has already happened. Why 11 minutes? Eleven is the number of individual contributions (one plus one) to partnership (two) and making choices; in my world, this means partnership with a higher power, showing up on the physical plane and doing what I can do, and seeking options to make better choices. And if your visualization lasts longer than eleven minutes, great! You're giving that much more juice to your vision.

To take action in the physical world, find a treasure box that you can use to collect your visions, dreams, and desires. Note what you want to experience on individual pieces of paper, then place them in your treasure box. Place the treasure box under your bed at about heart level; that is, where your heart is when you are sleeping. This activates the energy to draw in what is needed to manifest your dreams. Know that this can surface new opportunities that you could have never predicted; be ready to take advantage of the ones that resonate with you.

Integrity Is Glue For Good Living

Just as a ship's hull requires integrity to be waterproof and strong against the powerful and ever-changing force of water, you need to have integrity in your life to be able to navigate the rigors of living it.

- What projects have you put off?
- What projects need to be completed?
- What loose ends are plaguing you?
- What relationships require greater attention and integrity from you?
- What is unsaid for which you are the messenger?
- What are you tolerating in your life and work?
- What needs are you not meeting for yourself?
- If your life, including health, relationships, work, isn't what you want it to be, what do you need to do differently?
- How is your unique purpose already expressing itself in your world?
- What does integrity with your body look like?
- Do you speak your truth?
- Are you scrupulous about your standards of conduct so that people can rely on you and they know it?
- Do you keep your word when you give it?
- Are you living in the right geographical area?
- Are you living in the right type of house or structure?
- Is the exterior of your home attractive and welcoming for you?
- Is the interior layout of your home conducive to the flow of your life?
- Is the décor attractive? Does the style suit you?
- Within each room, do you like the feeling and functionality of the furnishings in the room?

- Is there anything you would change about your furnishings, furniture or artwork?
- Do you have clutter in any room? And, if yes, can you take care of it in less than an hour? (If yes, get it scheduled on your calendar and get it done!)
- Is there anything that needs to be repaired or replaced? If yes, make that a priority.
- Are you showing up fully in integrity in your career with what you know you can do?

Take the time to assess how you feel in your body. If there is anything that is unbalanced (and you will know what that is), make plans to address it.

Consider your relationships and ask yourself how you feel about each one. Notice if you feel good more often than not after seeing that person, if you are participating fully in the relationship or if you are holding back in some way. Notice what fulfills you and what doesn't, then take action to see that your needs get met.

- If your money was your friend, are you honoring it right now?

Commit to What You've Learned

Consider your outstanding commitments to yourself and then to others. Where are you lacking respect for that commitment? Where do you need additional communication about that commitment in order to honor or keep it? What action(s) do you need to take to be in integrity with that commitment?

Where are you committed to things that shouldn't be on your schedule? Where are you not accounting for something—like drive time or another person's performance?

Give yourself the gift of clarity in your commitments. Where are you under-selling them? Where are you rationalizing about your ability to do them? Where do you need support to get them done? Or are there commitments that you simply need to release because they are no longer a priority?

Use the next couple of days to review the outstanding commitments from this past year. Are there any that you need to bring forward into the new year or can you let them go? Whatever you need to bring forward, write on a piece of paper. Then consider what new commitments you would like to make for the coming year. Take the time to really look at what you want in your life to be different and what it will take to make that happen. Write down the commitments that you want to consider for the coming year.

Now go through your list with brutal honesty. Consider the outcome (is it worth it?), cost of getting (do you need to invest?), ease of implementation (what will it take from you to have this?) and, once that's done with each of your potential commitments, determine your top three commitments for the next year. You can hold on to the other ones in case you achieve your top three commitments sooner! But, for now, you will have your focus ONLY on three commitments at the most.

You are the one in charge of manifesting your results in life—what you get is what you expected to get, regardless of what you said you expected to get. Your perception matters, your attitude makes a difference, and the thought of origin underlying anything is the true compass steering you to the results you are focusing on. Clarity is your key to manifesting. It is your personal choice that dictates the outcomes of receiving, understanding, and acting on your Bigger Messages.

Now What?

Living from your Bigger Message(s) means honoring the fact that you are invaluable and a very necessary part of something much greater. By seeing how you are affecting the world around you and consciously cultivating your awareness of your presence and then how you are engaging with the greater whole through every circumstance, situation, and relationship, you give yourself the gift of your best life.

You ARE the power to create your most amazing life! By following your Bigger Messages, you deliberately shift your inner state to more easily follow the roadmap that literally unfolds at your feet as you walk it to your greater destiny.

Here's to understanding the universal context—the Bigger Messages—of your life so you can live your best life now.

About the Author

I'm Lynn Scheurell. When I was seventeen, I was in the throes of wanting to know what I was supposed to do with my life. I would ask that question to people, my higher power, my environment . . . it was a huge deal for me. I just HAD to know WHY my life would matter when I was living on purpose. That was when I heard "the voice"—the epiphany that became my life's guiding star. The message was to "actualize potential." That might seem like a wide-ranging mission, but it helped me to focus my attention, gifts, skills, energy, and work toward facilitating positive transformation in the lives I touch, from colleagues to clients.

Personally, one of my goals became to never have regrets and have good memories in my golden years so I did everything that held any interest for me. I was a wrangler and rodeo barrel racer in Wyoming. I saw the statue of David in Rome, ate potato pizza in a terrazza, and threw coins in the Trevi Fountain. I held my breath in the sacred silence of Notre Dame, felt small next to the Nike statue, rode the TGV to visit chateaus, and had espresso with friends in a café on the Seine River. I've visited all of Leonardo daVinci's homes. I pressed my nose on glass to be inches from King Tut's mask. I drove a vintage Jeep through the countryside of Guadalajara. I had afternoon snacks with breathtakingly beautiful views near Lake Guatavita, home of the Colombian Loch Ness. I partied with local reggae musicians in Ocho Rios. I took a ferry in Stockholm, touched the Jarlabanke Runestones in Täby, and witnessed the changing of the guard at the Swedish palace. I became a professional ballroom dancer and, upon finding myself partnerless, discovered the profound joy of belly dancing. I wanted to share the thrill of embracing all that life offers so I started writing; that led me to becoming a certified book coach and best-selling author.

Professionally, I had mainstream jobs as my primary income source. I did everything from restaurant management to physician recruiting to paying medical health claims to running a temp agency for insurance professionals. I worked in the nonprofit sector as a Director of Development and then was a Dean of Education in a for-profit system for a while. I've been a digital strategist and copywriter for Fortune 100 companies, visionary startups, and entrepreneurial ventures. My resume now has a 'thud' factor which, at one time, was definitely not cool. Interviewers either saw my experience as 'froggy' or as a 'thoroughbred'—now it serves me well because I can relate to so many different personalities, industries, and environments.

Speaking of which, at the same time I was trying to maintain a semblance of living between the corporate lines, I also had many side hustles. I had a retail boutique called Nouveau Ritz which was as fun as the name sounds… and a Feng Shui business that helped clients open to their true nature and live their dreams. Eventually, my business became about helping people identify their life purpose and translate it into viable business models, compelling messaging, and valuable signature systems. Ultimately, that evolved into teaching entrepreneurs and business owners about the art of change and personal transformation for self-mastery through business.

From all this deep experience, I understand the complexity and rewards of discovering and living with authenticity. Where it can be easy to stay frozen in fear, I have learned how to embrace change through claiming personal power even when the world is in chaos. Life is not a direct path to success; instead, it is what we choose to experience that makes it successful. And now that is what I teach through my life's work.

The reality is that clarity is power, and truth opens new doors. By going beyond one's own myths, the possibilities become endless and exciting. Challenges are opportunities for growth. Business is the fast-track to accelerated personal growth. Change is natural and necessary evolution vs. a reason to fear. Bold choices reflect faith and a willingness to be open to what life can bring. And I'm there for my students and clients to see and help guide their unique experience with anticipation.

For now, I'm happy to be in your world in some way. May my books bring you insights, and life only bring you good things.

LynnScheurell.com

Other Books by Lynn Scheurell

You've Arrived!: A 5-Step System to Bypass Your Logical Mind, Activate Your Intuitive Potential and Gain Perfect Clarity For Your Business

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