

A Manna & Hive Masterclass Companion Journal

The Three Layers of the Heart

GET TO KNOW YOUR THREE LAYERS & TAP INTO YOUR GOD-GIVEN HEART EVEN MORE

A NOTE FROM YOUR COACH



YOUR INVITATION TO LEAN INTO LIFE EVEN MORE

Hey friend,

Remember a time when you just *knew* there was so much possibility within something? You sensed you were heading towards a significant moment that was filled with potential and life... that's what I had purposed to create in 'The Three Layers of the Heart' masterclass and I think we did that together!

I set out to help you notice the potential within you, the wisdom of your design and to urge you to cultivate more compassion for yourself by recognising what might be in the way, cos you can tend to what you become aware of. Was this your experience?

We're all at different stages of our faith and expression, but one thing we share as humans is that we gravitate towards going 'where the life is', It's probably why the love of Jesus is so attractive to us as humans : He's the giver of life!

It can be confusing though, because sometimes it feels like the experience of life and faith don't match up with what is true about the potential for peace, or freedom you see in scripture. Maybe you're just sick of 'getting by' and brushing the confusion aside to move through the next series of mishaps and frustration? I've been there too..

The honest truth is that life is never going to be 'easy', because we have God-given hearts in a world that is broken. What you **can** experience though, is more peace, confidence and clarity *within* life; and hopefully after watching the masterclass, you now see that it's possible.

This is where uncovering your God-given heart and all the beauty it can bring you - begins - right here in this journal. There's some heart-work to do isn't there? I gotta tell you, it's beautiful, holy work as you move to live, even more, from the unique you Creator called you to be, **so that** you can live 'fully alive' and step into the freedom and grace Jesus offers you.

Let's do this together, I'm with you on the ride.

MEL WINTERBINE
COUNSELLOR & TRANSFORMATION COACH

YOUR STARDUST SELF

LAYER ONE

Often the times we feel at our best, are the same times we feel most free. Recognising what those free moments looked like in your childhood, or when you've shown up as your best self as an adult - can point you to what it looks and feels like to show up with your God-given heart.

Take some time to get connected to your Stardust Self, in doing this, you can bring awareness to the parts of yourself that you've already been connected to,

Genesis 1:31 "God saw all that he had made, and it was very good."

What I'd also like to invite you to notice are the parts of yourself you'd like to **reconnect** to - the fact is those treasures have always been a part of your heart, you simply need to rediscover them, clear what's in the way and gently guide these expressions of you to the surface, with truth and compassion.

How good would it be to bring these valuable parts of you into your life? To integrate your layers and cultivate an undivided heart? Imagine seeing your unique rhythms, personality, talents and wisdom come to the surface! When you learn to love and accept all of you, get to show up as unapologetically you, knowing that if God called you good, He meant it.

Complete the questions below, engaging your imagination to remember or imagine a time you were at your best, or expressing those God-given qualities. Visualise yourself there, notice how your body felt, what your mindset was like, what it's like to connect with the fully alive version of you.

QUESTION 1 | THINK OF A TIME YOU WERE REALLY AT YOUR BEST, WHEN YOU REALLY AMAZED YOURSELF AND YOU'RE SO PLEASED WITH HOW YOU CONDUCTED YOURSELF. RECORD THIS BELOW:

YOUR STARDUST SELF

LAYER ONE

QUESTION 2 | HOW DO YOU KNOW WHEN YOU'RE AT YOUR BEST?

QUESTION 3 | WHAT WERE THE STRENGTHS YOU BROUGHT TO LIFE OR THE VALUES THAT YOU LIVED?

For His divine power has bestowed on us [absolutely] everything necessary for life and godliness...His precious and magnificent promises...so that by them you may become sharers of the divine nature.

- 2 Peter 1 -

YOUR STARDUST SELF

LAYER ONE

QUESTION 4 | LOOKING AT THIS LIST OF QUALITIES THAT CHILDREN COME INTO THE WORLD EXHIBITING, CIRCLE THE TOP 5 THAT YOU WOULD LIKE TO EXPRESS IN A HEALTHY WAY

effortlessly **expresses emotion**
filled with **wonder and curiosity**
communicates needs
unashamed and **shows up as herself**
assumes belonging

intuits who feels safe
hungry to learn
adventurous and tries new things
continues to grow in **independence**
accepts others as they are

QUESTION 5 | CHOOSE ONE OF THOSE YOU CIRCLED: WHY WOULD HAVING MORE OF THIS IN YOUR LIFE MAKE LIFE BETTER FOR YOU AND OTHERS?

YOUR SHAME SELF

LAYER TWO

Each layer of our heart presents a new opportunity for growth and healing, working with this framework allows you to find a deeper sense of peace and learn to let go of what other people think of you, of wondering what decisions are right for your unique make up and connecting with God on a much deeper level.

If we don't understand the role these layers play in the expression of our lives, it becomes more likely for you to remain stuck in blame (towards yourself or others) and, self-doubt and indecision is debilitating. There's a lot of internal noise that gets in the way of knowing how to move forward when you're not aware of the Shame stories that are bumping around in your heart. Is it time to quiet that noise?

The Shame Self is where you store stories and beliefs about yourself that limit your ability to 'shine' from your God-given heart.

Shame stories are created during formative moments in your life, times when you may have expressed a need, emotion or boundary because you were seeking for safety, belonging and value.

When these expressed needs are (often unintentionally) disregarded or met with hostility, you learn to shape yourself to remain connected to your care givers and therefore, to life. This unintentional shaping of your expression of your heart, continues to impact you into adulthood - to leave these old beliefs behind, you must first gently inspect them with understanding and compassion.

It's time to dust off those shame stories, and begin to allow the truth of your God-given heart begin to shine from within you.

QUESTION 1 | CIRCLE ANY OF THE STATEMENTS THAT SOUND FAMILIAR TO YOUR HEART, MIND OR SPIRIT, THOSE YOU REMEMBER THINKING OR STILL THINK...

Of course I failed
I'm not good at anything
I'm stupid/not smart
It's not worth doing unless it's done properly
It's selfish to take time for myself
I'm nothing special
I always put my foot in it

I can't do anything right
I'm too intense
I'm just being sensitive
I don't know where I belong
It's prideful to talk about what I'm good at
Being emotional means I'm weak
I can't trust my decisions

YOUR SHAME SELF

LAYER TWO

QUESTION 2 | WRITE ANY ADDITIONAL BELIEF OR "I AM" STATEMENTS THAT CAME TO MIND:

QUESTION 3 | CHOOSE ONE OF THESE STATEMENTS AND WRITE DOWN HOW THIS BELIEF HELPED YOU MEET THE NEED OF SAFETY, BELONGING (LOVE) OR VALUE (MATTERING):

As you learn the language of your shame self, you can bring compassion to the parts of yourself that believed the shame story. As you learn that self-compassion and accept Jesus' truth over you, you'll begin to heal and accept the goodness of your God-given heart, so it begins to inform the expression of identity, rather than allowing the shame stories to inform your actions.

YOUR SHAME SELF

LAYER TWO

QUESTION 4 | HOW DOES THIS BELIEF KEEP YOUR TRUE SELF HIDDEN?

QUESTION 5 | IF YOU WERE TO ADDRESS THIS BELIEF AND BEGIN LIVING WITH YOUR GOD-GIVEN TRUTH, HOW WILL YOU EXPERIENCE LIFE DIFFERENTLY? (in relationships, with God, to yourself, your choices)

YOUR STORY SELF

LAYER THREE

This layer is the action we take, the role we choose to play, what we deem is acceptable (or profitable) to show the world – it's the outside part that everyone sees. It served a purpose to you at the time you accidentally create a story self, because it hid the shame story that made you feel unsafe in some way.

When you're in story self, you get to escape feeling of inadequacy, fear or disconnection **but** it also hides your God given heart and THAT is way too precious to remain hidden.

"Whoever finds his life will lose it, and whoever loses his life for my sake will find it."

- Matthew 10:39 -

Examining and working through your story self becomes the 'letting go' that Jesus speaks of. Learning to let go of what others think and expect of you, releasing outcomes, leaving the dependence on status or external validation behind - means you will find your life in Christ and He will be revealed through you, through your God-given heart.

Your story self can often be a mix of healthy expressions of who you are *and* used as a role to hide behind - this work is about refining how these parts of you show up, so that they're not filling a gap to make you feel better about who you are, 'cos you're already good remember?

Moving towards expressing your character and choosing actions to healthily *reveal* your God-given heart helps you to experience freedom and authenticity. It also places value where it belongs, internally (with you and God), rather than externally (based on the perception of others).

I'm not saying it's easy, but it IS worth it! And as you live with more awareness and perhaps questions about what next, know you're not alone in the journey and it is possible.

QUESTION 1 | CIRCLE ANY EXPRESSIONS OF STORY SELF YOU RELATE TO:

perfectionist
people pleaser
drama queen
jokester
beauty queen
high achiever
victim
rescuer
doormat
devils advocate

peace maker
the martyr
under-achiever
boss lady
the servant
hard-arse
the spiritual person
the enlightened one
philosopher
the quiet one

hero
peace keeper
the 'kid' person
information gatherer
the doer
a fixer
control freak
the 'right' one
fence sitter
protector

YOUR STORY SELF

LAYER THREE

QUESTION 2 | CHOOSE ONE OF THE ABOVE - HOW DOES PLAYING THIS ROLE MAKE YOU FEEL SAFE, HELP YOU FEEL LIKE YOU BELONG OR MEANS THAT YOU MATTER?

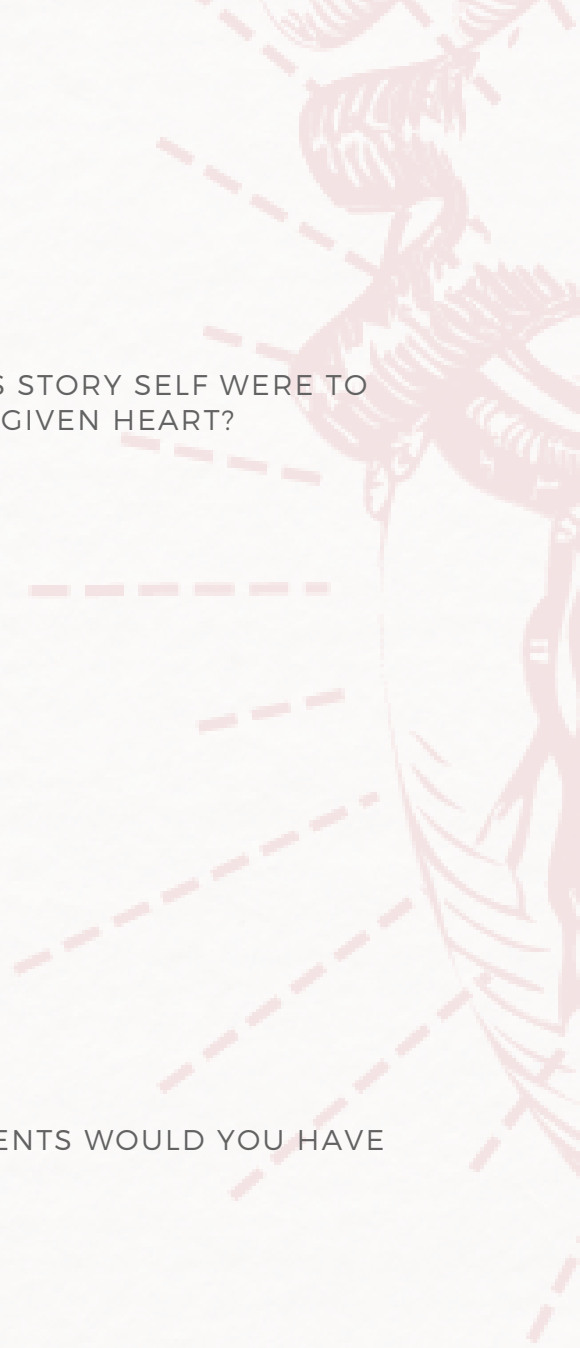
QUESTION 3 | WHAT 'I AM' OR BELIEF STATEMENTS MIGHT BE UNDERNEATH NEEDING THOSE THINGS?

But the fruit of the Spirit, the result of His presence within us: is love, joy, inner peace, patience - not the ability to wait, but how we act while waiting, kindness, goodness, faithfulness, gentleness, self-control. Against such things there is no law. And those who belong to Christ Jesus have crucified the sinful nature together with its passions and appetites. Galatians 5:22-24

YOUR STORY SELF

LAYER THREE

QUESTION 4 | WHAT WOULD YOU LET GO OF, IF THIS STORY SELF WERE TO BE COMPLETELY EXPRESSED THROUGH YOUR GOD-GIVEN HEART?



QUESTION 5 | WHAT NEW 'I AM' OR BELIEF STATEMENTS WOULD YOU HAVE INSTEAD?

YOUR NEXT STEPS...



ARE YOU SO DONE WITH HIDING YOUR GOD-GIVEN HEART?

It's possible to create change, I've experienced it and my clients do too! I would love to work with you in the empowering Masterclass Series "The Undivided Heart".

This opportunity could be for you if you answer 'yes' to any of these:

- You want to be free to live from who you are without fear of the perceptions of others
- You know there's more freedom to step into, but feeling unsure about how to fully do that
- You want to uncover who you were created to be, what brings you joy and find your spark
- You sense there are unresolved narratives in your past, you'd like to understand
- You're tired of wondering why you're being triggered and it overwhelming you
- You're ready to quiet the voice of the inner-critic and live with peace
- You want to learn to make confident decisions that align with what matters most
- You yearn to develop a connection with God that feels consistent and alive
- You're open to learning about how your mind, body and spirit work together to create a beautiful life that lean into the 'unforced rhythms of grace'

The Undivided Heart

Intake for The Undivided Heart Masterclass series is now open! Spaces are limited to keep it safe, personal and valuable.


It will include:

- 5x Monday evening classes (unpacking a framework, reflection, coaching and conversation)
- 2x Freedom Friday sessions (guided sessions to personally learn techniques to use in your daily life)
- Companion Journals for every group session to integrate the learning
- A private online community to connect and learn from shared insights and breakthroughs
- Engagement from me to answer questions in the group, and keep the work working for you!
- Opt ins to work with me one on one

Sounds amazing right? If you're keen to find out how to be involved or want to book some time to chat so you can nab a spot for yourself, get in touch with me via any of the methods on the next page, or shoot me an email at mel@mannaandhive.com.

I'd also love to hear how this journal and the masterclass has impacted you, please get in touch to let me know :)

Can't wait to chat more soon, Mel xx



"The glory of God
is (wo)man,
fully alive"

- St Irenaeus -

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