

My name is
Wendy Goldberg,

and I am the Founder of the Benjamin Goldberg Foundation. Healing is at the heart of our work, so I wish to offer not a map, but more of an allowance to navigate life. This guide was developed to anchor what I found to be true from more profound events in my own life. I believe this guide can be used for just about anything – you fill in the blank.

Wendy





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acceptance, pause, going inward

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know how relationships serve, have gratitude, let the universe play

I get asked, “How do you do what you do?” when describing some of the events in my life. I never devoted much thought to it actually.

A great analogy would be that of a tree. With the ability to withstand strong winds and storms, its deep roots can bend and sway without breaking. Like a tree, one can endure challenges, setbacks, and obstacles, and at the same time continue to grow and thrive despite its environment.

I got asked the question so often that I decided to develop this guide to anchor what I found to be true. It was designed from the more profound parts of my life —the dirty, the tangled, and the weird, so I assure you it has been tested.

It is often said that healing takes time, but it also requires the right opportunities. Rather than a bypass or temporary fix, it is an exploration into YOU. If you are in need of a skilled driver, I am at your service.

How do we heal? How do we navigate? Those are the questions.



We are individuals, and we are wired to figure it out.

The systems in the body want us (our consciousness) to solve our problems, and our minds and body do not limit that awareness. The more we can find a way to allow that flame (that information) in, the more whole we become.

In each of us is an exchange center of reflecting, doing, and being.

It is your guidance, and whichever way it presents, it is the matchless version of you. We meet ourselves where we are and go for the ride. It's like having an internal compass steering the way to navigate and heal, no matter what shows up; whether it's a U-turn, a roundabout, or a hill.

Reflection involves the rebounding of our energy, which helps us pause and assess our inner state. It requires us to step back and gain a holistic perspective, enabling us to see ourselves in our entirety instead of fixating on our perceived shortcomings.

Engaging in reflection is the access to doing, as it helps us support our motivations. Our unconscious mind initiates actions, which greatly influences our behavior. Research suggests that 90% of our actions are determined by our subconscious.

Once we have taken the time for acceptance and doing, the next step is to simply exist, the being. It is learning to release the desire for complete control and embrace the flow of life.

The theme of this guide revolves around putting the user (you) at the center of the process.

◆◆ *What if you changed the landscape?*

◆◆ *What if you looked within, accepted what has been presented, and chose to do it differently?*

I invite you to put this guide to the test. Pick something in life that is showing up; a problem, a challenge, an unexpected something; you fill in the blank. As the author, actor, and director, you hold the power to rewrite the script. **Grab a pen and paper, here we go...**

THOUGHTS

1 Reflecting

Reflecting is to think deeply or carefully about and/or embody and represent something in a faithful or appropriate way. To reflect requires a) acceptance, b) a pause, and c) going inward.

a) Acceptance

It was explained to me once by a friend that if we could see everyone's problems in a big glass bowl, we would be more inclined to address our own. It's a gentle reminder to recognize and take ownership of our own challenges. **Acceptance can be lopsided because it is harder to accept and surrender when things are hard.** However, the same rules apply in good times. To take what shows up (no matter what it is) and not wishing for it to be different, like there is nothing to lose. Acceptance is key —shifting to the interest in what is around us, not fear of it.

To accept, ask yourself these questions:

What is showing up right now?

What is on the other side of this?

Is there something to learn here?

1 Reflecting

b) A Pause

Taking a moment to pause between actions, whether a voluntary decision or a situational necessity, allows a settling in and can help foster a greater level of acceptance.

In moments of tranquility, valuable insights seem to flow towards you as if they were meant for your personal growth. These brief interludes offer a window of knowledge on matters that were once incomprehensible, providing much-needed clarity.

No rash decision needs to be made until you are ready.
Pause...it is all okay.

To pause, ask yourself these questions:

What needs to happen now, if anything?

Am I receiving any information about this?

Am I clear about the next step?



1 Reflecting

c) Going inward

When I say go inward, I mean go into that place inside yourself that feels comfy and safe, like home. My ritual is in meditation, but it is different for everyone, it could be a run, a long shower, or listening to music—you will find your special space.

A mantra can help; it can bring you back if you falter. Mine have changed over time, as I become more aware of the words I use; **the things we say and think matter**. It is important to be aware of our physical and energetic bodies, as they are attuned to our thoughts and actions.

We must say what we mean, and mean what we say, because anything else takes us further away from our individual truths.

To go inward, ask yourself these questions:

How can I find that place inside of me?

What do I want out of this situation?

What is the highest and best outcome for the situation (maybe everyone involved?)

2 Doing

The next step is action, taking what was revealed in #1 and putting it into motion. Doing requires a) allowing for shifts/transformations, b) staying in the moment, and c) moving with precision.

a) Allow for shifts/transformation

Allowing for transformation leads us to become the best version of ourselves. It involves rolling with changes that will continually shape us. **No need to run to anything else, it is only back to you, my friend.**

It is less about the projection (what is artificial) and more about our intention of what is real to us. You don't have to match anything in your external environment, you just have to be you.

The process can be exhausting, and it's natural to feel like giving up or taking a break, but this approach doesn't yield positive results. **If we are living, there is always more to be done.**

To allow for shifts and transformations, ask yourself these questions:

Am I willing to accept change?

What is my go-to response when things change?

Could I have a better response to allow for change?

2 Doing

b) Staying in the present moment

Living in the past and/or the future is exhausting because that is not where our energy can be best utilized.

One way to break free from the worry of what was and what will be is to shift your focus from ‘what if’s’ to ‘what can be.’

By staying completely in the moment, there is less room for regrets about missed opportunities and past mistakes. This allows you to experience contentment without guilt or shame. No one moment is any more important than the other. When we embrace the fullest extent of experience, there is nothing to look back on. **There is no would of, could of, should of’s.**

As for the future, it is not written. Aligning with what has not happened is unsustainable.

2 Doing

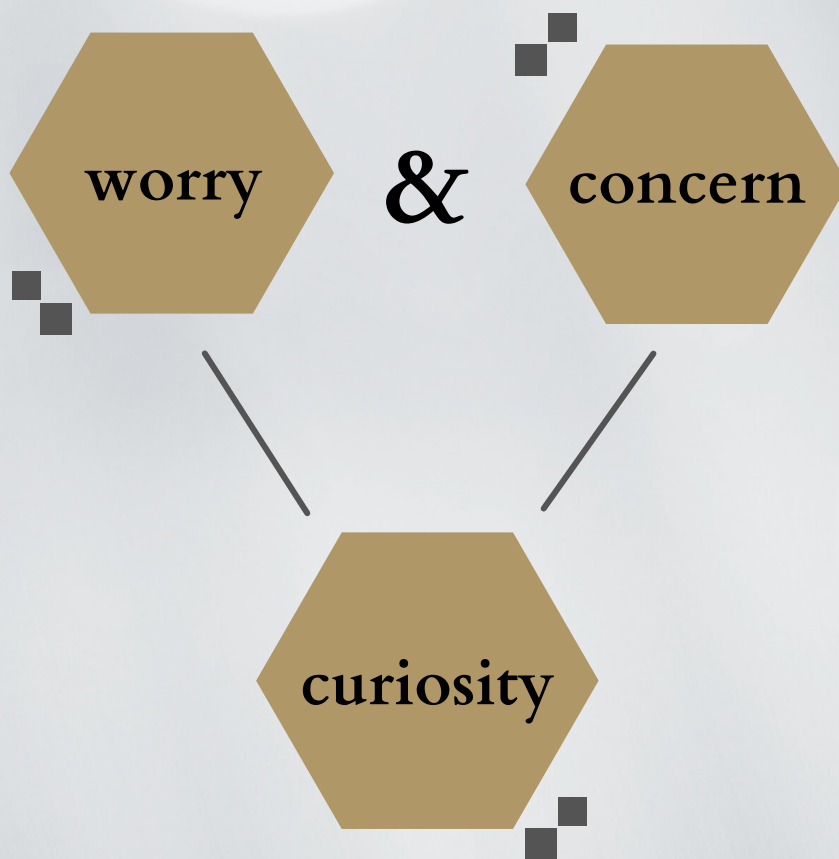
Suppose we reframe our worry or concern into curiosity?

To stay in the present moment, ask yourself these questions:

When was the last time I stayed fully in the moment?

When was the last time I was not fully in the moment?

What can help me stay in the moment?



2 Doing

c) Moving with Precision

Ben was famous for saying, “Let’s go.” It was often to leave a situation because whatever was happening was complete; no reason to linger. It is a great example of how to keep moving. We are not meant to be static; we are designed to move with freedom of our individuality.

As we move, assessing the factors that may ease unnecessary distractions or mental clutter can also be useful. As a recovering news junkie, I seldom watch news broadcasts and instead rely on a couple of web pages to stay informed. I can confidently engage in conversations without needing repetitive news stories.



2 Doing

We all manage different aspects of our lives, and compartmentalizing them can be advantageous, ensuring that no single area becomes overwhelming. **By finding balance, all components can work together seamlessly, much like pieces of a puzzle fitting together perfectly.**

Achieving a lighter and more aerodynamic state — energetically, not being weighed down has benefits. It can allow us to perform smooth and streamlined actions that carry us further.

My old neighbors would say, "Here she comes out of the bat cave," as I pulled my car out of the garage and took off. Yep, it was true, my actions were not generally without speed or intention.

To move with precision, ask yourself these questions:

Is there anything currently weighing you down?

How can I release the things that are weighing me down?

What else can I shed to move easier?

3 Being

Being might very well be the hardest part, having been conditioned to do everything; but we don't have to. **Being requires a) knowing how relationships serve, b) having gratitude, and c) letting the universe play.**

a) Know how relationships serve.

Relationships are essential to a fulfilling existence and the ultimate expression of our love. So, how do we let them serve their intended purpose? **We focus on the connection of our interactions, not the attachments to the relationship.**

Even the closest, most intimate relationships aren't really ours; they are on loan. When we attach to the relationship itself, it hinders freedom —ours and others.



3 Being

We each are living out the perception of our mind, body, and spirit at any given time and must be aware of how it relates to the scope of our lives. Relationships can help us serve our purpose in the world; therefore, we may be far freer than we comprehend.

By cultivating an understanding of each other rather than what is right or wrong, this or that, we can relieve unnecessary pressure in our relationships. Giving our love to it, that is it, expecting nothing in return.

Operating from this place, we can become untouchable. What is there to argue, prove, or explain? **We just are, they just are.**

To know how relationships serve, ask yourself these questions:

Who in your life is supporting you?

Is there someone in your life that is blocking your path?

Is there someone who could be of service to you?

3 Being

b) Have Gratitude

In gratitude, there is a realization that it is not just us. We ask of things from spirit, God, source, the universe, (whatever you want to call it), and to receive them requires the acknowledgment that there is something higher at play.

One of my mentors would say, “Thank you, bring me more.” It sends a message of gratitude. I say it in meditation, directing the phrase to my internal council. I notice when I do, they become more engaged. **Using gratitude can make things easier.** It's like being in a flow, where everything falls into place and feels supportive. It is where the path becomes clear, and the doubts and questions fade like they were not real at all.

To have gratitude, ask yourself these questions:

What am I grateful for right this second?

Are there things that you could be more grateful for?

When was the last time I said, “thank you”?

3 Being

c) Letting the Universe Play

Okay, the fair question here may be — what is the universe? Wikipedia's version says: the universe is all of space and time and their contents, including planets, stars, galaxies, and all other forms of matter and energy. The definition seems all inclusive to me. The universe is listening; there is no hiding. Every thought, every move we make is known.

It requires a great deal of trust, but if you have arrived at this step, then the real work is done. You just need to watch it unfold, letting go of any expectations on how things will turn out. The outcome will be revealed in time, but it may not match what you initially envisioned.

Imagine you're in the process of searching for a new job and you've reached step 3. You've already sent out your resume, and now you're waiting for a response. The alternative to feeling anxious is trying to remain optimistic and trust what you've done up until this point. Remember, the job you think you want may not actually be the best fit for all those involved. There may be a higher line for you to follow, so keep an open mind.

3 Being

In my opinion, the universe is vast and all-encompassing, and it has a way of guiding us toward what is best.

To let the universe play, ask yourself these questions:

Am I looking at this from all angles?

What are the things that the universe could manage better?

What are you willing to let go of?

THOUGHTS



Even though this guide was used to manage situations I pray most will never face, it can be used for just about anything.

What we face in life is relative; no measuring stick or standard way to compare—it all counts. I find this process works because the answers are in each of us individually. Who knows us better than we know ourselves? **It is the YOU to rely on, come back to, check in with that will always operate for your highest good.**

Learning to navigate life's challenges by becoming aware of our thoughts (mind), actions (body), and intentions (spirit), we gain a sense of self-trust that can change everything. We can shape our lives and continually shape our reality. It's like being the alchemist of our own life.

You don't need to search far, the pillars of reflecting, doing, and being are already there: *acceptance, pause, going inward, allowing for the shift/transformations, staying in the present moment, moving with precision, knowing how relationships serve, having gratitude, letting the universe play.*

They may have to be on repeat, because none of us are getting out unscathed. Life goes on, and it will take courage to face what will become known. To look at it, play with it, master it. And with practice, it becomes the new standard. The strength that will be gained is not fading, it instead will ripen your essence. **It is worth the journey.**

Wendy

DATE:

MOOD:

DAILY JOURNAL

THOUGHTS

GOALS

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TO DO

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