

Alara Sage, The Power of Vulnerability and How Vulnerability Opens Us Up to Our Unique Potential - Episode 289

In this Episode:

- Alara shares her perspective on vulnerability as our willingness to be available to all aspects of ourselves
- The process she went through of learning how to connect and listen to herself led her to be open to others
- How humans are really good subconscious manipulators
- Our society's belief that being emotional and to be intense is not safe
- How our vulnerability and connection to ourselves make us able to show up very differently to others
- She talks about how she experiences the power of vulnerability in her life
- How she empowers women to connect and have relationships with their selves
- She explains why is the vagus nerve such an intricate part of our being

Notable Quotes:

"Vulnerability really starts with yourself. It's the willingness to be available to all the aspects of yourself."

"We really yearn for connection and intimacy with ourselves and we're also the ones that are so scared to really look at who we are because we've defined parts of ourselves as not okay, not allowed, not safe."

"Where we don't get hurt is when we're really open because then there's no more hiding, there are no more people pleasing, there are no more things that we're trying to do."

“Everything that is in our external starts with our internal.”

“Vulnerability opens us to the moment.”

Pearls of Wisdom:

1. Everything is about you. Everything in your physical reality starts with this connection, this intimacy with yourself.
2. You are so powerful. You have this creative life force energy in you, and you are able to create universes and so trust in your power.
3. Have fun!

Resources:

Alara Sage works with the courageous, those who are willing to show up and who deeply desire to live an authentic, creative, pleasurable and fulfilled life. With over 15 years of training and experience, she can hone in on individuals and assist them to unlock their full potential. Using her methodology, she helps people to bridge the gap between conceptual understanding of mind, body and spirit and the true embodiment of higher levels of consciousness.

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