



**FANTASTICAL
BEING:
beginner's
guide to getting
in the zone**

jenny suddaby

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FANTASTICAL BEING

Imagine you had fantastical powers that could change things for the better. Imagine you could create a fantastic life for yourself and others. Well... you can!



You *are* a Fantastical Being! You are the most complex instrument we know of to conduct, measure, and transform energy. If you saw someone with these abilities in a Hollywood movie you would consider them superpowers. You can develop these superpowers in yourself and live your best life.

Fantastical Being is a 'made up' concept to remind you that you make up your reality as you go along. It is about living *as if* the things you do can make a difference, rather than living in a state of overwhelm where you lose all power over your own life.

You are amazing. The things you do can change the world. In fact, you can only change your world by doing things differently.

The purpose of this guide is to show you how to 'get in the zone' where you know you are doing the right thing in the right place at the right time. You feel appreciated by the world for what you are bringing into it. You feel supported in what you are doing because, when you are in the zone, more energy can flow through all areas of your life.

Your intuition helps you sense what the world is asking of you.

Your vitality gives you the strength and resilience to do what you need to do.

Your creativity can respond to the situations you find yourself in in a way that makes you feel fulfilled.

GETTING IN THE ZONE

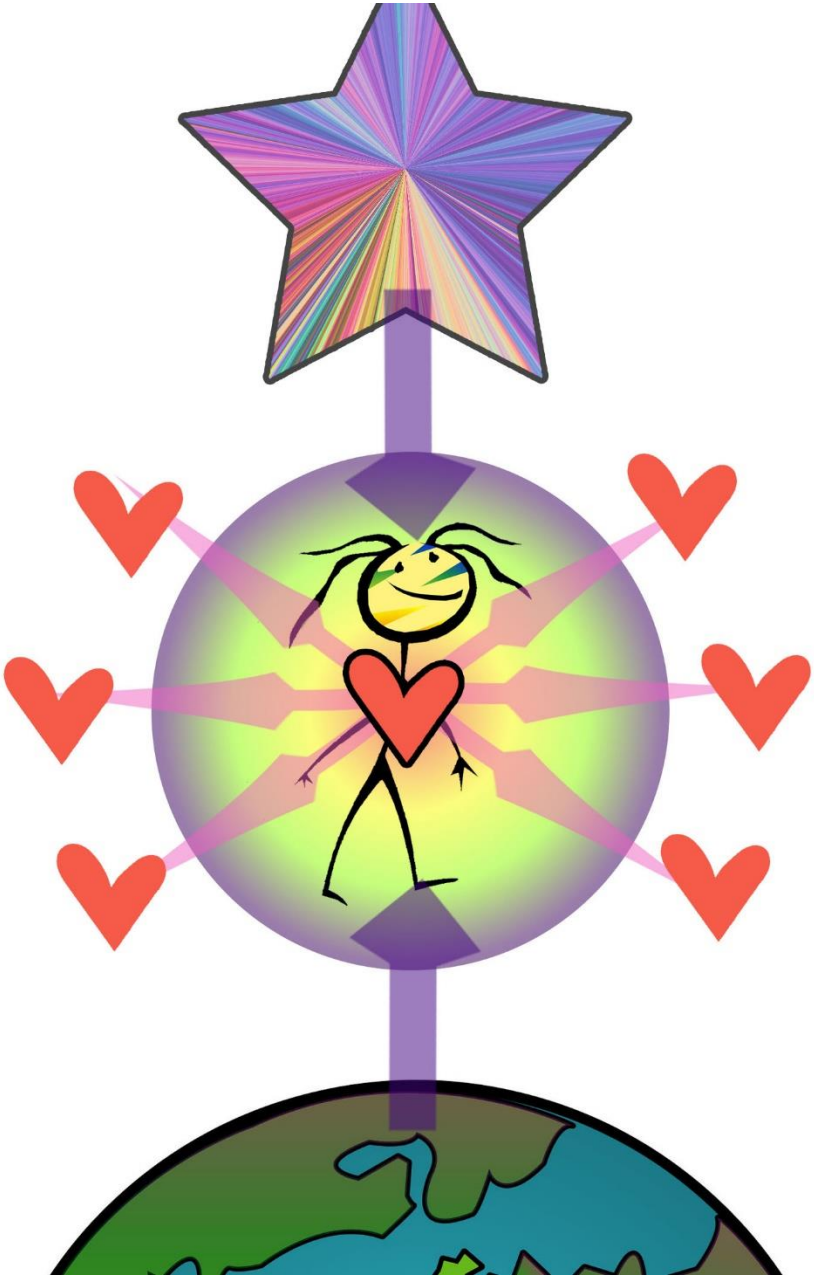
To get into a zone where you can allow more life force energy to flow through you, you have to create an energy within you and around you that we call love without judgement.

LOVE WITHOUT JUDGEMENT

You transform energy into love with your intention. Love without judgement is a quality of energy that facilitates nourishment and growth. It allows you to feel safe to be yourself. It nourishes and supports you. You need love to thrive. Judgement has a very damaging effect on you and stops Life Force energy flowing through you freely.

You can choose to replace judgement with love. As you hold more love in you and around you, you generate more love for yourself, your loved ones and your community. You help to create the conditions where everyone and everything can flourish and new things are possible.

You can learn how to move between judgement and love by practising noticing, then accepting whatever you notice without judging it and reassuring yourself that you are safe and supported.



CREATING A SAFE SPACE

The mind is whizzing and whirring all day and all night trying to come up with strategies to create safety. The easiest way to create safety is to focus on something the mind cannot argue with.

Gravity holds you on the planet. You can fall over but you can't fall off the planet. Every moment of every day, life force energy is pouring into every living thing on the planet, including you.

Returning your attention to the safety of gravity and the core of the earth, and the safety of the infinite, abundant supply of life force energy pouring in from the universe creates a resting place for the mind.

In that resting place you can invite busy mind to come out of fear. When you come out of fear, you can recognise judgement and use your intention to replace it with love.

MOVING FROM JUDGEMENT TO LOVE

The body is your home. It is with you all that time. It is where you store all the energy you don't properly process and release.

You can practice moving between judgement and love by moving between noticing and accepting without judging.

As soon as we notice what is present in the body, our habit is to judge it and attach fear to it. At that point, we have the opportunity to come out of that habit and, instead, choose to return to the safety and support of love without judgement.

Your habitual mind might put up a little resistance to this exercise to start off with, but when your mind realises how good it feels to come out of fear, it starts to join in and you can get in the zone more easily and more quickly.

REGULAR PRACTICE

The more time you spend getting in the zone, the easier it is to get in the zone. The more time you spend in the zone, the more energy can flow through you.

Make yourself comfortable wherever you are, whether you are sitting or lying down.

- Start to notice any sounds you can hear. Notice the sounds, accept them and allow them to be without attaching fear to them.
- Bring your attention back to yourself and start to notice the body.
- Ask yourself: am I as comfortable as I can be at the moment?
- Notice your response. Accept and allow it.

- Make any adjustments you need to make to become even more comfortable.
- Ask yourself: is the breath that I am taking the breath that I need?
- Notice your response.
- Make any adjustments you need to make to enjoy gentle, nourishing breath.
- Now, push all your awareness down into the toes. Start to ask yourself: what does it feel like in the bones in my toes?
- Practice noticing. Whatever you notice, accept and allow it. It doesn't matter what you notice. What matters is how you respond.
- Respond by returning your attention to gravity and the fact that you are safe and supported.
- Affirm to yourself: 'I am safe, I am supported'.
- Now ask: What does it feel like in the tissues surrounding the bones in the toes?
- Practice noticing. Whatever you notice, accept and allow it.
- Respond by returning your attention to gravity and the fact that you are safe and supported. Let the weight of the body be supported by gravity and the core of the earth.
- Affirm to yourself: 'I am safe, I am supported'.

- Now ask: What does it feel like in the soft tissues surrounding the bones in my toes? What does it feel like in the fluids serving the tissues and bones?
- Stretch your attention. Practice reaching for new information, new awareness and new experiences of yourself.
- Practice noticing. Whatever you notice, accept and allow it.
- Respond by returning your attention to gravity and the fact that you are safe and supported. Let the weight of the body be supported by gravity and the core of the earth.
- Affirm to yourself: 'I am safe, I am supported'.
- Now repeat this process, moving through the different areas of the body observing hard tissue, soft tissue and fluids.
- When you have gone through the whole body bring your attention back to your centre.
- Go through the following process for grounding yourself.

GROUNDING

Grounding is a state of being where we feel properly connected to the earth. When we are grounded, we are fully involved in what is going on for us, right here, right now. A simple example of not being grounded would be

locking the door and then not remembering whether the door is locked or not because we were thinking about something else at the time.

The fear and anxiety that come from judgement can make us feel ungrounded. When we believe that we cannot deal with the challenges we face, we are not grounded. When we ground ourselves, we can tackle those challenges head on by synthesising all of the aspects of ourselves and using those resources to meet our challenges.

- Imagine a layer of protection around you. Let it be fantastic and strong.
- Affirm your connection to the earth as something like: 'I am an energy being in human form on earth. I am safe here'.
- Feel your body firmly connected to the earth.
- Keep pushing your intention down to the core of the earth and experience this through the body.
- Start to gently move your fingers and toes, limbs and torso, neck, head and face.
- When you feel grounded, open your eyes and be ready to engage in the world around you.

RESOURCES

Fantastical Being website:

<https://www.fantasticalbeing.com>

One-to-one:

<https://www.fantasticalbeing.com/one-to-one-healing-sessions>

Courses:

<https://www.fantasticalbeing.com/self-healing-courses>

Community:

<https://www.fantasticalbeing.com/fantastical-being-online-community>

Blog: The difference between judgement and assessment:

<https://www.fantasticalbeing.com/post/the-difference-between-judgement-and-assessment>