

# **The ABC<sub>s</sub> of LIFE**

**Anke Otto-Wolf**

SEDONA SOUL BALANCE, SEDONA AZ



# **The ABCs of LIFE**

**Your new Alphabet**

**A to Z**

**Words of Wisdom, Inspiration**

**Elevation of Energy**

**Guidelines for a Stress-free Life**

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SEDONA SOUL BALANCE & TOLEY RANZ STOPS BULLYING

# **Your Spirituality is YOUR Art of living YOUR Life!**

## **The ABC<sub>s</sub> of Life**

**YOUR path to a healthy, productive Future  
begins with the letter Z 😊 - zero limits!**

**A**uthentic power is YOU

**B**egin the process of 'de-shaming, de-blaming, de-guiling'

**C**lear your thoughts and actions of negativity

**D**emand of yourself a new path of actions

**E**merge as victor over doubt and disbelief

**F**irmly believe that you CAN, just follow your instinct

**G**ive love generously to your Self, gain more life curiosity

**H**ave trust in your gut-feeling

**I**dentify challenges before taking action, improve relationships

**J**oy needs to be in your daily emotional diet

**K**indness in your soul solves many problems

**L**earn opening up to new thoughts, ways and actions

**M**anifest positive thinking

**N**ever go against your gut feeling or against your heart

**O**n a deeper lever you know when something is right, go for it

**P**lan your days ahead

**Q:** is it true that the mind lies & the heart speaks the truth? YES.

**R**efrain from judging others, reenergize your life

**S**eek advice – from within

**T**rust yourself

**U**nearth the energy, love and abilities that you ARE

**V**erify clarity and truth, adhere to it

**W**ithin is the place for answers

**X** it out if it doesn't feel right!

**Y**es and yes again, you can do it

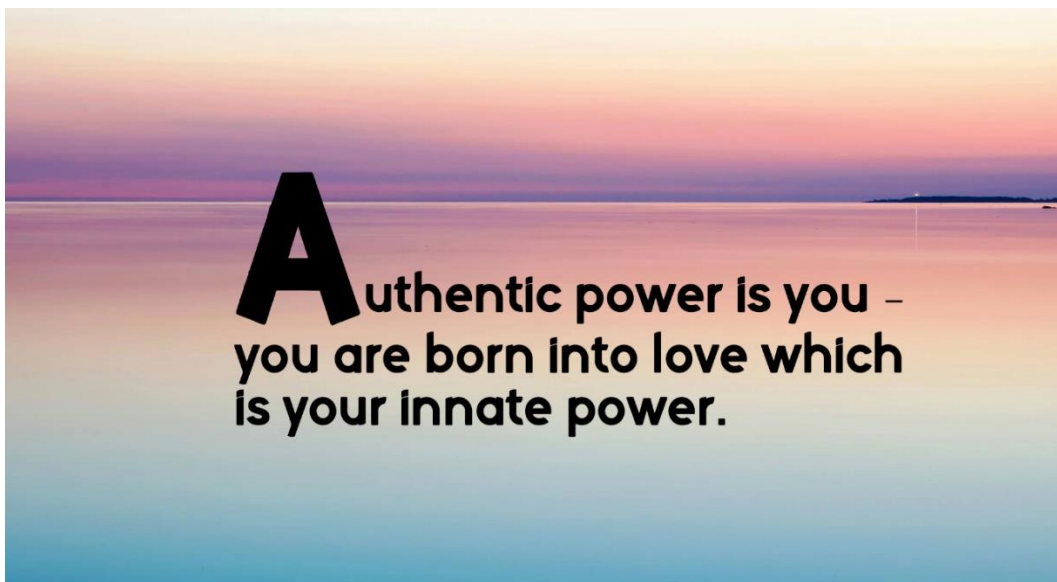
**Zero limitation**– do not limit yourself- this is your mantra!

**Experience the amazing ABC of Self-Empowering Change.**

- Imagine ditching Guilt, Blame, and Shame
- Improving relationships
- Overcoming emotional burden
- Taking care of one's own Soul



Sedona, AZ – Tranquility at Rachel's Knoll



## **A** **Authentic Power is YOU –** **You are born into Love which is your innate Power**

Your authentic power provides understanding and forgiveness in walking with you into purpose of life, and teaching you kindness for Self. This, your authentic power allows you to recognize your own vulnerability, and your own strength instructing you to embrace your Self-Value & Empowerment.

Take a moment and jot down a few thoughts about your authentic YOU-

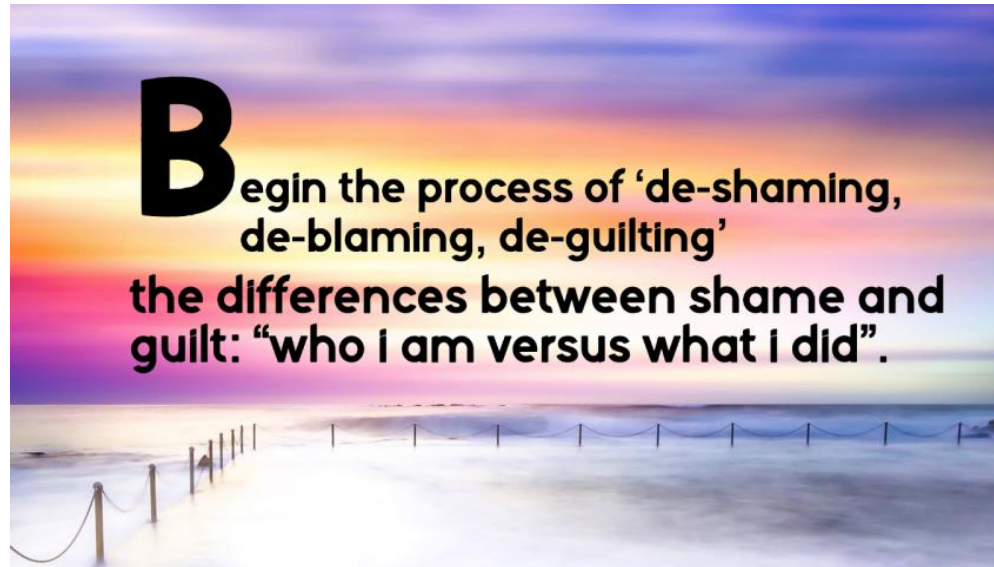
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**B**egin the process of 'de-shaming, de-blaming, de-guiling'  
The differences between shame and guilt: "*Who I am versus what I did*".

**Guilt** emphasizes what someone did wrong and is tied to beliefs about what is right and wrong, moral and immoral.

**Shame** on the other hand, emphasizes what's wrong with us. The result is often an inward-turning behavior - avoiding others, hiding our face, removing ourselves from social situations. Therefore, shame can be devastating.

**Blame** is assigning the responsibility for a wrong or fault. Example: they blame me for everything, he blames me. This tactic is used frequently by bullies, abusers. You KNOW when you are being blamed for something the "blamer" did, it wasn't you; KNOW- this is not your responsibility!

Possible fear of more blame and increasing negativity might keep you from countering; therefore, clarify any doubt and take a good look at the truth, your truth.

Figure out why the words above might resonate with you, be true to yourself-

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Always know: You are in charge of YOU.

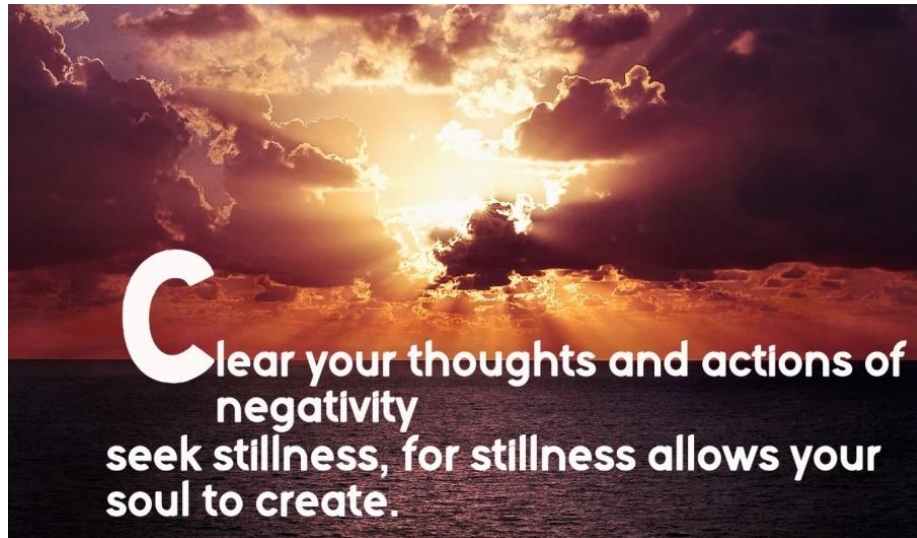
There are three particular life principles that help to align your perspective with the perspective of divine essence and thus inspire profound personal transformation. They are:

- 1) Seeing the Divine in all;
- 2) Nurturance of life; and
- 3) Gratitude.

When you apply these principles, a deeper meaning will be revealed to the seemingly random events of your life experience.







## **C**lear your thoughts and actions of negativity Seek stillness, for stillness allows your soul to create

In stillness new thoughts are born and your mind can go to work reiterating those new, positive ideas. At the same time your actions begin to soften mirroring your emotions.

Is there a path to silence? The path to silence is any path that brings you to your heart. All spiritual paths eventually are leading to silence, as all paths are taking you home. 'True silence cannot be attained, as it is always present. True silence will reveal itself to you, when you go beyond definition or logical explanation, when you become receptive and are willing to listen'.

What gives your soul stillness and silence?

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## **D** Demand of yourself a new path of actions – Feel stuck and without direction in life?

Do you need a totally refreshed road map of directions in life? The path you're on is leading nowhere, doesn't feel right and the results are not satisfying either, right? Take stock, jot down what you dream of, want to accomplish and long for. Pick the one that seems the easiest to you at present. Map it out. Do it. Go for it. Take small steps. You will get there and the path leads you to Self-Empowerment.

Yes, put it on paper:

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## **E** **Emerge victoriously over doubt and disbelief –**

Feeling inadequate is so often the result of self-doubt and disbelief in one's own actions. The lack of inner peace and 'feeling good' thoughts, force you at times to think 'I've had it!'

Now collect your thoughts and strength, take a look at one single incidence and decipher it with Qs like: what makes me doubt myself? Why is others' voice stronger than my own inner voice?

And discard what doesn't feel right. You will feel lighter and more successful. Do it.

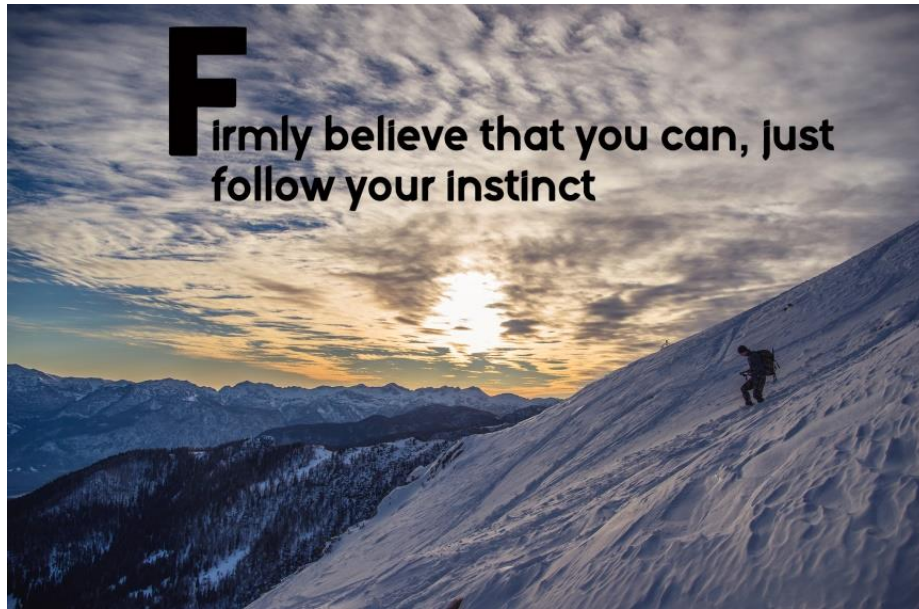
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## **F** Firmly believe that you **CAN**, just follow your instinct

Grant you that you might not be able to paint as well as Georgia O'Keefe, or sing as beautiful as Celine Dion, but- I betcha you CAN sing and paint, right?

Since you have been working hard on discarding self-doubt, you are now ready to embrace all of your gifts and talents to do the things you want to do. Believe in your ability that you CAN!

Your instinct says so, write it down. Remember, you are what you think you are.

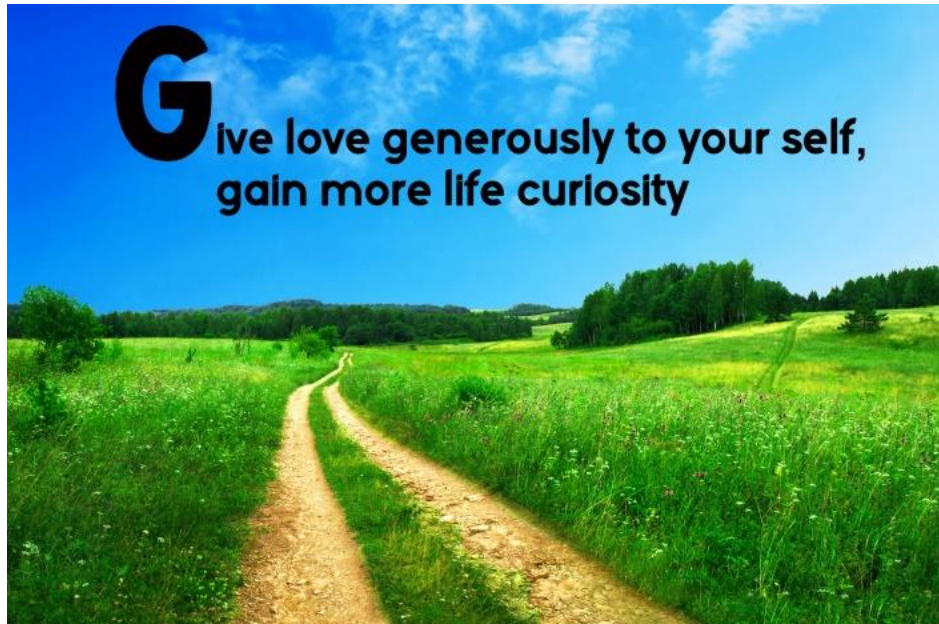
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## **G Give love generously to your Self, gain more life curiosity**

Pamper your Self; feed your Soul with beauty, light and new impressions. Become a bit more 'selfish', yes- be selfish because you come first! Let a shower of joy and laughter flow over you in a daily routine. Take time for your Self during the day and say loudly "I love you" while you're looking into the mirror. 😊

These steps will inevitably lead to higher energy frequencies and you begin to open up to new things, adventures and more curiosity for life.

Yeah- go for it!

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## **H** Have trust in your 'gut-feeling'

Remember when your child said one morning "I don't feel right in my tummy, I feel sick" and you, convinced that he / she is just acting up, you sent your baby to school, only to find out later that a bully got a hold of your child, or the test was not studied for, or the counselor ..... well, you know what I mean. What happened? You did not trust your child's gut-feeling; nor your own. \*

Remember, that gut-feeling never ever lies. Listen to it. Many time you're not getting the answers immediately, yet- you will.

So, absolutely trust your gut feeling, listen to those signs, and react in a positive ways, have patience and love for Self.

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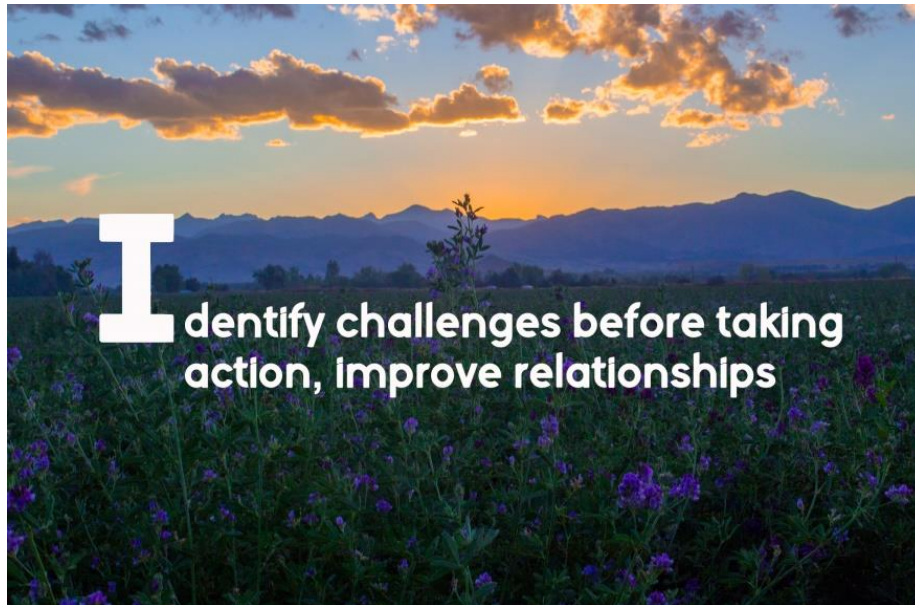
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\* TOLEY RANZ STOPS BULLYING at <https://www.tolytan.com>





## **I**dentify challenges before taking actions to improve relationships

We learn from mistakes encountered during living, and in most cases we decide to do better next time around. This is developing wisdom at a greater rate instead of mechanically floating through life according to 'the school of hard knocks'. On the other hand, wouldn't it be more advantages to plan?

And identify challenges before they become reality? Preparing for necessary actions calls for growing self-awareness and self-belief; self-empowerment changes attitudes and increases energy frequencies affecting the relationship with one SELF.

Which are your challenges?

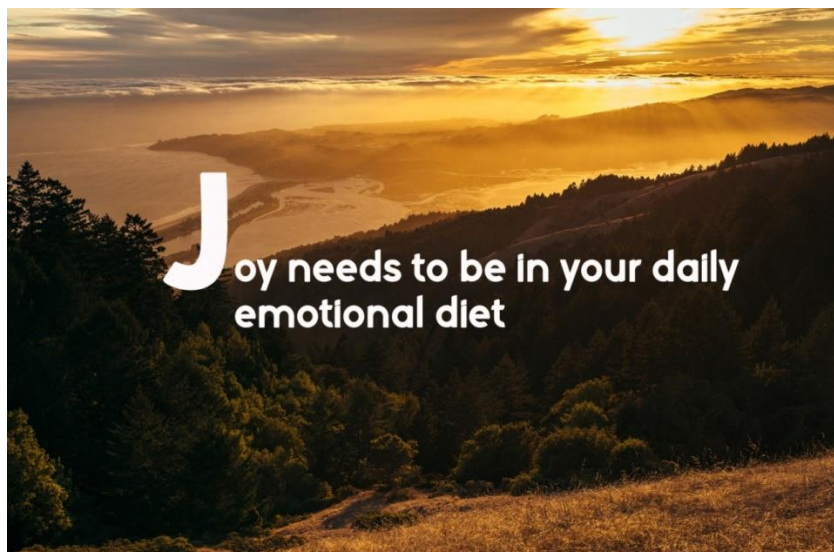
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## **J Joy needs to be in your daily emotional diet**

Tell me what gives you joy? What puts a smile on your face, in your soul and in your heart? Is it the hummingbird feeding? Or your toddler's 'mom' call?

FIND joy in everything; yes everything. Look, listen, and feel consciously and you do find the joy you're longing for. Embrace joy as if it is going out of style, feel the vibration of joy in your blood and in every cell of your body.

Make it yours at any moment. Joy rewards you generously for it changes attitudes, turns negativity into positive thoughts and actions. Hope this read gives you joy.

List joyous moments, how were they created? Repeat them.-

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# K **Kindness in your Soul solves many problems**

**Kindness** is a behavior marked by ethical characteristics, a pleasant disposition and concern for others. It is truly known as virtue and recognized as a great value in many cultures around the world. Great thinkers said that it is *"helpfulness towards someone in need, not in return for anything, nor for the advantage of the helper him/herself, but for that of the person helped"*.

It is utmost important, at least in my book, that we fill our soul with kindness, and enjoy the desire of helping; but not only for others, we need to learn to help ourselves.

So, be kind to your Self, pamper your Self, have patience and give your soul an overload of kindness.

When and how will you express kindness?

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## **L** **Learn opening up to new thoughts, ways and actions**

One way to accumulate wisdom is through decisions and consequences; countless times as a result of having used skills not known to us before. Thus, the depth of wisdom is based in how one utilizes knowledge.

We grow our knowledge by being open to new ideas and thoughts leading to a new path and experiences. Along that way it is imperative to see, feel, recognize, smell and embrace newness as it crosses one's path.

Be open minded, open your heart, open up YOU. Transformation is coming your way.

HOW?

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## **M** **Manifest positive thinking** **The Power of Positive Thinking.**

Do you know how to harness thoughts so you get the Life you really want? Then, train your brain to create abundance, happiness and success in every aspect of your life. You see, positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results. You deserve it.

It takes practice. Worries and negative thoughts often accompany us when an important event is in front of us. Prepare for it! Give eventualities no room for growth! Practice positive thinking, like the 'I can' attitude, and focus on the end goal.

OK, here we go:

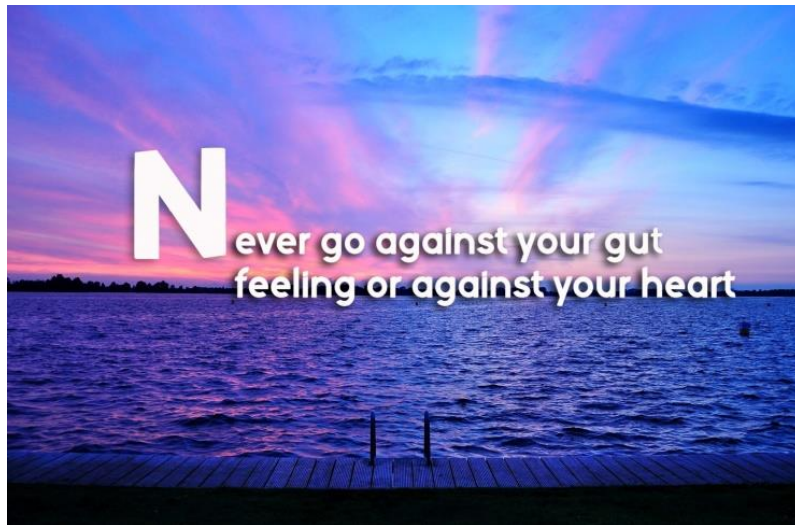
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## **N** Never go against your gut feeling or against your heart

Do I hear a 'ohmy, I just did' – only to find out it was wrong. Our soul balance and also soul wisdom comes to us in the form of intuition which again is a subtle form of communication from our soul telling us what serves us well. Living consciously and developing one's intuition will connect with your soul wisdom.

That little voice within\* is not just saying *don't trust them, don't walk down that alley, don't go to that party tonight, don't sign that contract* - it isn't just a passing subconscious thought, it is your innate intuition ringing the alarm bell! Listen to it and pay attention to your 'gut-feeling' – it is the truth.

Did you ever experience this? How and what happened?

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\*teach it to your children at <https://www.toleyanz.com> TOLEY RANZ STOPS BULLYING





**O**n a deeper level you know  
when something feels right

## **O** On a deeper level you know when something feels and **IS** right –

So, listen to your Self; when it feels right, all is quiet and calm within. However, when we feel the 'alarm' bell of our gut feeling, the solar plexus or Third Chakra, it is high time to go to work on Self.

It is a complex network of nerves, and simplifying it, let's say it's in back of the stomach. It truly is a beacon of light, radiating energy from the center of our body. The conscious feeling of calm energy or the turmoil of the gut-feeling is the truth. Pay attention to the message and live in your truth.

In letter N above, the topic is similar; see how it might benefit you:

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## **P** **Plan your Day ahead**

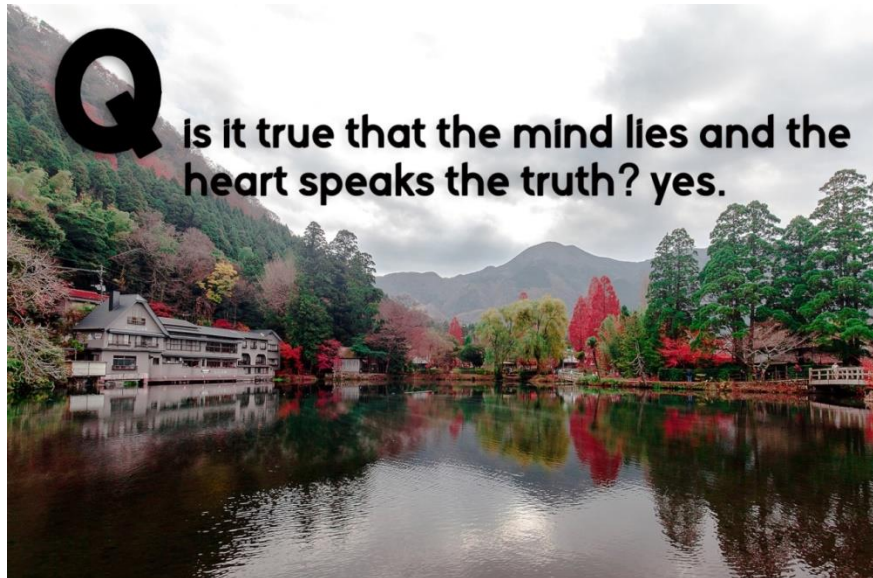
Did you know that time management helps to increase productivity, reduces stress, and improves results? Efficient time management is the key to getting the most out of your day.

Have you ever noticed that you did and did, worked and piddled-only to realize that nothing got accomplished that day? What an awful feeling. Short 'time blocks' for the day might be the answer. Simply block off time for breakfast and stillness on the patio; then, a few hours for work, kids, shopping, phone calls, etc.

The afternoon might call for client services, activities with the kids after school and the evening.... just take your calendar and schedule the 'time blocks'. The very first one mentioned is the most important one of the day: time for your SELF! Time for your Self is the key to a 'non-hectic' day!

Here are a few tips:

- a. have more conscious control of your time and energy
- b. a daily schedule / routine that proactively addresses your priorities
- c. involve others (family members) more efficiently toward a goal



## **Q is it true that the mind lies and the heart speaks the truth?**

In your heart and your 'gut feeling' you know when something is right, whatever it is. It feels right, your energy is soaring, and you're ready to go for it. Then, the *but if* sets in and you begin to doubt your Self. You are torn and the longer you remain in this state, the powerful knock-knock of 'reasoning' and the 'logic' make themselves known and you are on the verge of listening to those sent by your mind. Stop! That's your mind waging war against your heart.

Listen to your heart. Your Self-Value and Self-Belief guides you to the soundest decision.

Note a few instances of your own, learn from them:

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## **R**efrain from judging others, reenergize your life

*Be mindful. Although judgment is a natural instinct, try to catch yourself before you speak, or send that nasty email and do any potential harm. You can't get your words back. Pause. See if you can understand where the person may be coming from. Try to rephrase your critical internal thought into a positive one, or at least a neutral one. After all, like that dog in the trap, we really don't know the reasons for someone's behavior.*

Moreover, isn't a judgment of others' behavior or words, an indictment of ourselves? Are we really so much better? Who says so? So let's refrain from it, and jump start our compassion, our empathy, and our understanding for others.

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## **S** **Seek advice – from within**

Being willing to listen to the heart, and focusing on being Soul-centered is life empowering and is setting the stage for advice from within. Remember, *you were born happy, creative, and comfortable in your own skin. Those qualities are inside of you, waiting to be rediscovered.*

Remember the stillness your soul is in need of. Let's reclaim those values by giving your subconscious (memories of past) the signal to stop blocking self-love, abundant success, and self-value. You deserve it.

Which advice will you seek from within? Meaning, believe in yourself.

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T

**Trust yourself. Avoid people who undermine your self-trust.**

Those who systematically undermine your self-trust are the ones who use you or don't want you to succeed; sounds familiar? Well, they're the *"dream smashers and naysayers."*

Looking back into your childhood you realize that you had no power in choosing the 'right' people in your life. But guess what? You have the control power now!

Take inventory about the people around you. Can you depend on them? Do they give you unconditional support? Do they listen to you and hear what you say? Do you really want them in your life? Trust your Self. Chose the positive energy people who make you laugh and smile contributing to your karma. Trust your Self.

Your Inventory:

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# **U** **Unearth the energy, love and abilities that you ARE**

Choose to live consciously - consciously learn from mistakes you encountered and lived through, and decide to do better as a result. This allows developing wisdom at a greater rate than if just mechanically floating through life according to 'the school of hard knocks'.

By now you must realize that each value we have addressed is not complete if it is not intertwining with all the others of the ABCs of Life. Energy is you. Your energy is flowing, growing .... You are ...

Meditate on your energy, your being. Prepare for it:

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## **V** **Verify clarity and truth, adhere to it – live by it.**

Truth sets you free emotionally and Clarity is the canvas for your Plans and Goals to Liberation and Independence; truth is harmony, success of any kind, and YES- it sets you free, it liberates, fills your being with amazing vibes; maintains your karma's balance, fills you with lightness and light, it does not hide, and makes you love yourself even more!

CLARITY- leads to visions and goals, avoids paralyzing thoughts and actions, eliminates frustration, keeps you going forward, keeps you free in thought and actions, reduces emotional burdens, gets rid of unnecessary negativity, being clear also makes a case for decisions. Even decisions that turn out to be not so good or beneficial; always know that those decisions can be altered with another set of decisions. Just to be clear 😊.

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# W **Within is the place for answers**

Within is the place for all knowledge. *"All knowledge is within us. All perfection is there already in the soul. But this perfection has been covered up by nature; layer after layer of nature is covering this purity of the soul. What have we to do? Really we do not develop our souls at all. What can develop the perfect? We simply take the evil off; and the soul manifests itself in its pristine purity, its natural, innate freedom".*

To reach this knowledge or wisdom we are compelled to become aware of it, yet our external influences lead us to disbelief of their existence. Open your heart, mind and soul! Find stillness and listen internally for all the answers.

Here your goals to do so:

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# **X** **it out if it doesn't feel right! Release it; let go of it.**

Setting yourself free of bondage created over time through doubt, disbelieve in self, and the powerful three culprits 'guilt, blame, shame' must be your absolute goal. A long list of 'I can't' examples, means you take charge to overcome negativity. Whether we don't have the guts to quit the job now, or want to step out of a relationship- we're typically bound by our own limitations.

Just imagine the liberation you experience when you *X it out!!!!* Read over the entire ABCs of LIFE and you will detect that each links into the other weaving a tapestry of Self-Value, Empowerment, Self-Love and your innate strength and wisdom. Go for it! It's all yours.

Write down your personal goals:

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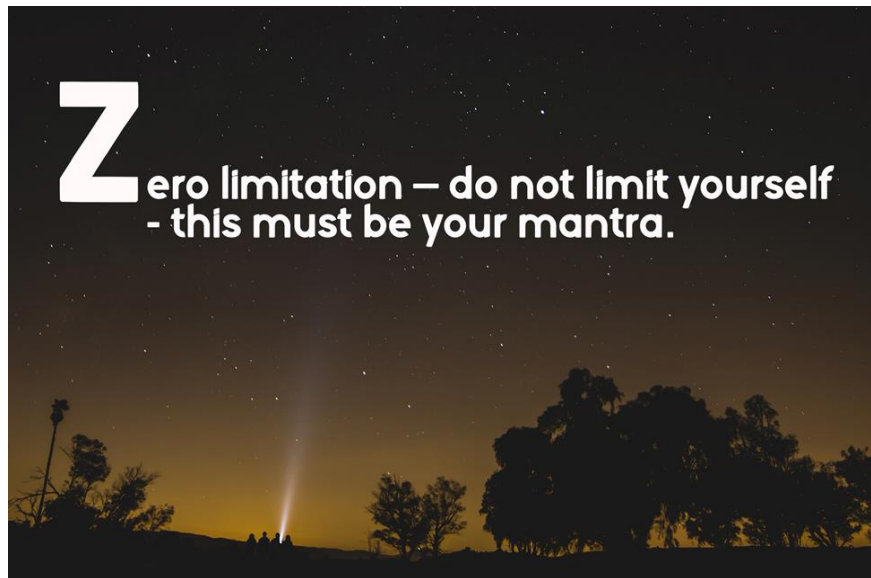
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**Yes and yes again, you can do it.**

Reassurance is the welcomed praise and input from others; yet to gain this praise it is essential that we get off our ... and DO.

How else would anyone even think of giving praise? Take small steps: have patience with yourself; be kind to self; listen to your gut-feeling and distinguish between truth and lies; express your feelings without doubting them; know that your inner strength is there, always; seek stillness; take time before making decisions; within are all the answers!

YES.



## **Z** **Zero Limits- reach for the stars, dream bigger, know you can, reject limitations, believe that innate power overcomes any challenges; and LOVE Your SELF!**

I am fascinated by Dr. Joe Vitale's approach to Zero Limitation because it is absolutely down to earth and mirrors my belief:

- *"You are the Masterpiece of your Life.*
- *Success is the sum of small efforts, repeated day in day out.*
- *The universe likes speed.*
- *Don't delay, don't doubt, and don't second guess.*
- *When the opportunity is there, when the impulse is there, and the intuitive notch is there- act, that's your job.*
- *I am completely satisfied, I just want more.*
- *The forgiving state of mind is a magnetic power for attracting good.*
- *The thing always happens that you really believe in, and the belief in the thing makes it happen".*

**Go for it.**



**Mystical Sedona, AZ**

**KNOWING the Needs of your Soul is to  
MEET those needs!**

You already know HOW to meet your physical needs:

Hungry? - you eat

Thirsty? - you drink

Headache? - you take aspirin

What about your Soul?

How to know what and when to feed your Soul?

It takes practice, patience and determination.





Anke Otto-Wolf- 2016-2020 Global Award-winning author/Shamanic Life Coach -

Is the founder of "Sedona Soul Balance", successfully embracing proven personal growth methods, and intertwining those with the ancient wisdom of Native Traditions and Ceremonies in manifesting Nature's Energy and Spiritual Balance to Self-Belief and Self-Power.

Now residing in Sedona, Arizona, Anke *Buffalo Feather* presents insightful spiritual life coaching sessions strongly influenced by her studies and expertise in Native Philosophy and Energy Healing. As a Jack Canfield trained Intuitive Life Coach and Personal Growth Expert, Anke brings a brilliant, insightful combination of spiritual wisdom and down-to-earth approach to discovering one's Purpose in Life.

Her academic background, studies in human behavior, art and music in post war Germany, led her to intense self-esteem promoting work with inner-city kids. This dedication in project schools has earned her many awards and recognitions such as from former President Bill Clinton, the Southern Poverty Center and Marian Edelmann of The Children's Defense Fund. Anke is also the co-(ghost) writer for a socially significant video against violence, "Go Ahead and Tell", which won an Oscar 1994 from the Film Academy in L.A.

Anke's TOLEY RANZ STOPS BULLYING PROJECT has initiated an international movement to assist parents, teachers and grandparents in raising emotionally healthy kids by confronting ill behavior head-on; bullying is abuse and it has to stop! Visit & join us- <https://www.toleyranz.com>

Anke Buffalos Feather's *Sedona Soul Tours* are the winner of "Spiritual Soul Guide USA 2020" (Luxury Travel Guide, London-UK), world-wide renown and sought after; reviews of her spiritual work are rated 5-star ONLY at TripAdvisor [www.tripadvisor.com/5513334](http://www.tripadvisor.com/5513334)

## Contact Anke Otto-Wolf, Sedona-AZ

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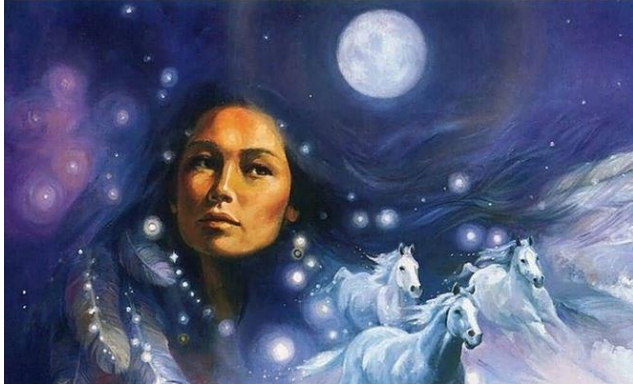
FaceBook: Give2Soul

Visit: [www.SedonaSoulBalance.com](http://www.SedonaSoulBalance.com)

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**Come TOLEY RANZ with us!** Are you interested in helping children to boost their self-esteem and standing up to bullies in school, at home, at play? <https://www.toleyranz.com>





Set yourself free, liberate  
yourself from all negativity!

Just do it.

No matter what anyone says.

I am here for you, call on me!

With Love and light,

Anke Buffalo Feather