

Anke Otto-Wolf

Effective Parent Strategy

Program Guide to
Parents' Self-Care



Be **CURIOUS** instead of **FURIOUS**
A Guide to Parents' **SELF-CARE** and Kids'
Emotional Well-Being

TOLERANCE AWARENESS
for Parents and Children



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Has Your Frustration reached its Limits as a Parent?

- Are You at the End of Your Rope?
- Feel like You have tried everything?
- Worried about when your Kids go back to school?
- Anxious about the new 'normal'?
- Agonizing whether your job is still available?

Is this You...?

We hear You! Relax. Come join us.

Take a look at our *Effective Parent Strategies*.

Always Know that –

YOU come first.

YOU are the Most Important Person in Your Life.

YOUR Self-Care comes first. Period.



TOLEY RANZ

Program

Effective Parent Strategy

A Tolerance Awareness Program for
Parents and Children

“How Not to Fly off the Handle”

STUCK at HOME Program Introduction

Anke Otto-Wolf

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-INTRODUCTION-

Congratulations on grabbing a copy of the “Effective Parent Strategy” e-book! You're now well on your way to not “Flying off the Handle” during stressful times.



Hello, I am Anke Otto-Wolf, I help individuals and soul balance seekers from around the globe, to realize that SELF-CARE and taking care of one's soul ought to be priority in life.

My story- Having endured the unimaginable cruelty, coercion, and the loss of personal liberties during the WWII, and the consequent division of my native country Germany, my most inner rebellion took place. I knew there had to be an out. Feelings of frustration, helplessness and emotional stress, were a struggle that put me on a journey to find myself. To my utter astonishment, I found myself within *me!*

Those years of profound insight and experiences were challenging as a single mom of three, yet- they guided me to fulfillment. And now I am sharing with you; so, please never hesitate to connect with me for guidance. Love and light to You!

Anke Otto-Wolf, Shamanic Life Coach/Award-winning Author, transfers *her brilliant and successful philosophies and teachings* to her newest achievement, the -

- **TOLEY RANZ Program**, a dazzling approach to helping Parents and Children to reach their highest goals
- **Anke has transferred** her wisdom of how Parents/ adults can live their life to the fullest, to benefit Children's inner strength and values; moreover, how to guide Parents and Children to live emotionally strong and healthy during challenging times
- **SEDONA SOUL BALANCE**, the award-winning Self-Empowerment program for adults, especially for women, is in its fundamental approach a *Renovation of Life for Everyone*.
- Please, read on, the author has combined the strategies and ...-



In a solid shift in -

- assisting Parents to maintain their self-assurance in stress filled times
- helping Children to live fear free
- being able to stand-up to bullies
- demonstrating to Parents that there's no need to 'loose it'

This innovative Program uses a unique Teaching Aid-



TOLEY RANZ

The complete program method for home and school

TOLEY RANZ the whimsical character

- Is Parents' most valuable teaching tool and aid
- It conveys strong support for emotional health and productive behavior in Children
- Toley Ranz represents a child's inner most voice of wrong and right- assisting parents in teaching
- It promotes self-esteem and self-value for inner harmony
- Toley Ranz re-awakens Children's curiosity in learning through motivation and self-belief

The **TOLEY RANZ**

Effective Parent Strategy

focuses on Children's emotional Well Being through Parent's

Self-Care

Parents, always Know that –

You come First

You are the Most Important Person in Your Life.

Your Self-Care comes first. Period.

Are you stressed? Reached the end of the rope? Experience burn out?

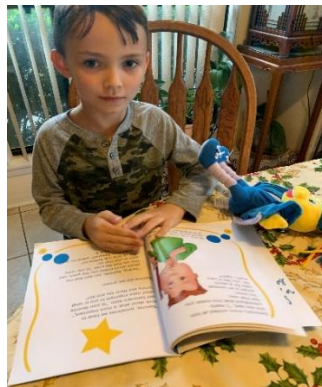
Have you ever wondered how to get your Kids to comply, without screaming or losing it, have you?

The **Effective Parent Strategy** takes the Steps to vital SELF-CARE which are the Guiding Points on this Journey of Tolerance Awareness for Parents and Children.

KNOW – Your Child is dependent on YOU and is waiting for- **YOUR GUIDANCE**.

- Remember, your child only cares about one thing: **GETTING THEIR NEEDS MET**
- Once you understand this, you'll shift your focus from
- "how do I get them to stop" or
- "how do I get them to comply" to

"What IS IT my Child needs RIGHT NOW?"



Imagine, once you recognize whatever NEED your child has,

- you're able to meet this need and
- ALL THE EMOTION MELTS AWAY;
- become an

“Emotional Detective” and be
“Curious instead of Furious”

- And-
- then, and only then, can Kids use a clear head and reason to comply with whatever request you have.



Imagine reaching your own calm Self and being able to help your children; being a successful “Emotional Detective” plus THREE simple MMM themes for you and your children is truly based on your Self-Care.

Here's How This Powerful Method Came About

The Three Themes

Mindfulness – Meditation - Moments

As a teacher in an inner-city 'project' school I communicated with parents regularly, and recognized that the children's inability to concentrate, to focus or the like, were quite often found in the homes.

This led me on the path to help parents to reduce stress, and incorporate meditation, stillness and self-awareness in their daily routine. This again, led to parent workshops, teachers' conferences and individual sessions.

The method or strategy I have created for children is extremely effective due to its reach the soul of a child.

For example-

- Music was the vehicle to calmness (classical music)
- Daily 'silent moment' before the day began
- Children were "hooked" on this feeling of calm and quietude
- Visible change happened- they sat still!
- None of the aggravating behavior or audible word exchanges

Results set in immediately with productivity, and children's curiosity in knowledge awoke. Even though 'my kids' lived in inner-city poverty-stricken conditions, and came to school hungry many a times, they embraced the classroom atmosphere; they changed before my eyes:

- Their souls found the answers they were yearning for
- They engaged in feeding their own soul's beauty
- They learned to stand up for their beliefs
- They boosted their self-esteem, and learning became joy

Eventually, the TOLEY RANZ PROGRAM developed into a powerful tool in class and at home. It began to change "my" children's image of themselves.

Here is a point that can't be stressed enough:

- Only through constant repetition will it 'sink' in!
- Being mindful together as parents and kids, or teachers and students
- is bringing in stillness
- which can be greatly deepened by adding a short meditation or 'moment of stillness'.

If only a few moments a day, these exercises provide guidance to most valuable skills and tools for self-assurance, and self-awareness.

As an example, my students became immediately aware of their own power within, the "believe in Self" approach. After only a few times listening to classical music, which demonstrated this "feel-good" feeling, they asked for more- so we repeated it! In most cases, children will ask for more whether at home or at school.

And one more thought- when combining the awakening of curiosity in children through the Toley Ranz character and its teachings, it develops learning abilities in already the youngest children.

Here's how you can approach it:

A **Mindful Meditation Moment** at the start of the day, or just before going to bed, can provide you with unexpected results! A few starter ideas for your moment of stillness with your kids:

- first, close your eyes
- be comfortable and still
- listen to your inner silence

Remember “counting the sheep?” – well, that is a form of meditation given to us by our grandmother; it works. So, use it!



“Imagine you’re standing on top of a hill holding the string of your kite which is rising up and up until it’s touching the clouds... follow the clouds, feel light and smile.... ” (add your own words)

“You are in the backyard observing a tiny flower swaying in the breeze... feel the breeze in your hair.. feel it.. ” (add your own words)

Using the Toley Ranz method gives children and parents a joint approach to “feeling good” about themselves; moreover, it creates harmony ‘within’ and in their interactions.

This is being mindful carried by meditation and stillness at any moment in their daily routine.

Imagine the three MMM method during these stressful times-
it only takes five minutes a day!

Mindful – Meditation - Moment

And Now, we're Stepping into Your **SELF-CARE**

The **Effective Parent Strategy** takes Steps to vital SELF-CARE which are the Guiding Points on this Journey of Tolerance Awareness for Parents and Children

First Step when a breakdown happens, it starts with

- becoming an "Emotional Detective"
- be "curious" instead of "furious"
- assess the situation quickly
- begin asking result-oriented questions
- determine
- WHAT it IS your child's need now!

Sometimes it can be hard for us as adults to verbalize what we want in a situation...

- Can you imagine how much more difficult it is for a child?!?



They only have a fraction of our vocabulary and far less understanding of their own emotions-

GUIDE them through the emotions.

Next Step, you need to get a clear understanding of frustration and anger

- Both- yours and your child's
- **What** it is
- **Where** it comes from
- **What** to do with it and
- **HOW** you can change it

So, you might want to ask yourself -

"What is it that I, the parent (grandparents, teacher), need right now?"

- Is it cooperation?
- Do I need the feeling of being heard?
- Do I need help with chores?
- Demand stop fighting with their siblings?
- Or do they just need to LISTEN to me?

THEN...after understanding what YOU need, you can then begin to get a handle on what it is your child needs by asking, again- response oriented questions.

And always again- refer to the three M-theme:

Mindful Meditation Moments

And finally, the third Step-

You can avoid many of the common frustrations you experience by

- Setting mutually agreed upon Limits and Boundaries in advance -
- Know that this means 'positive cooperation'

Those positive cooperation limits and boundaries

- Eliminate the 'negotiations' – the back 'n forth-
- That can take place in moments when limits are broken and
- Allow all parties to have
- A clear understanding of what happens next!
(schedule, plan, be precise)



You ask WHY this works? And WHY is it that all you have tried- did NOT work?

Well, our approach takes out all the charge of the moment and gives you the time and space YOU NEED to explore what's really happening and causing the emotional breakdown...

- Instead of taking it personally and
- Responding with big emotions of your own
- You are meeting the needs of your child

And by meeting the emotions with patience, understanding and empathy, you model for your children how to handle big emotions!

That's "*toleyranzing*" for the future 😊

The Secret is modeling how to navigate those big emotions by actually doing it yourself :-)

Imagine a more pleasant future for you and your children, because the breakdowns become fewer and fewer!

Your Self-Care gives you the self-assurance, the self-belief to deal with your Child's needs with understanding, empathy and kindness.

THE one-stop Program

for Parents' & Teachers' emotional Health

and being mindful Adults.

"It begins with us, the parents - only we can initiate change in our kids and for our kids"- Anke Otto-Wolf



Effective Parent Strategy

focuses on Children's emotional Well Being
through Parents'

Self-Care

Taking the Steps to vital *SELF-CARE* are the
Guiding Points on this Journey

***SELF-CARE focuses on the whole person,
addressing the Soul, Mind, and Body-
it's a VITAL MUST.***

On this Journey let's take a close look at the author's book that guides the reader through the **"ABCs of Life"**, a compilation of experience, knowledge, and wisdom. Make it YOURS!

First-

- **self-awareness and**
- **self-management constitutes**
- **your Self-Power**

Second-

- **social-interpersonal relationship skills**
- **are relationship powers -**
- **are your Innate Powers**

Third-

- **ethical decision-making skills**
- **responsible actions**
- **lead to your overall Self-Power**

Then, and only then, can this knowledge, those skills and those experiences be transferred to Your Children as a lasting impact on THEIR lives.



The **TOLEY RANZ** *Effective Parent Strategy* Program

- assists parents to feel secure within themselves, and
- find positive solutions to daily challenges-
- improves parent-child relationships during stress filled, challenging times

Most of all, this program helps parents become aware of their own inner strength during most difficult times while raising emotionally healthy children, and protect them.

You ask again WHY this works?

Check out the *Toley Ranz Program* Bundles (Home & Classroom Editions) www.toleyranz.com

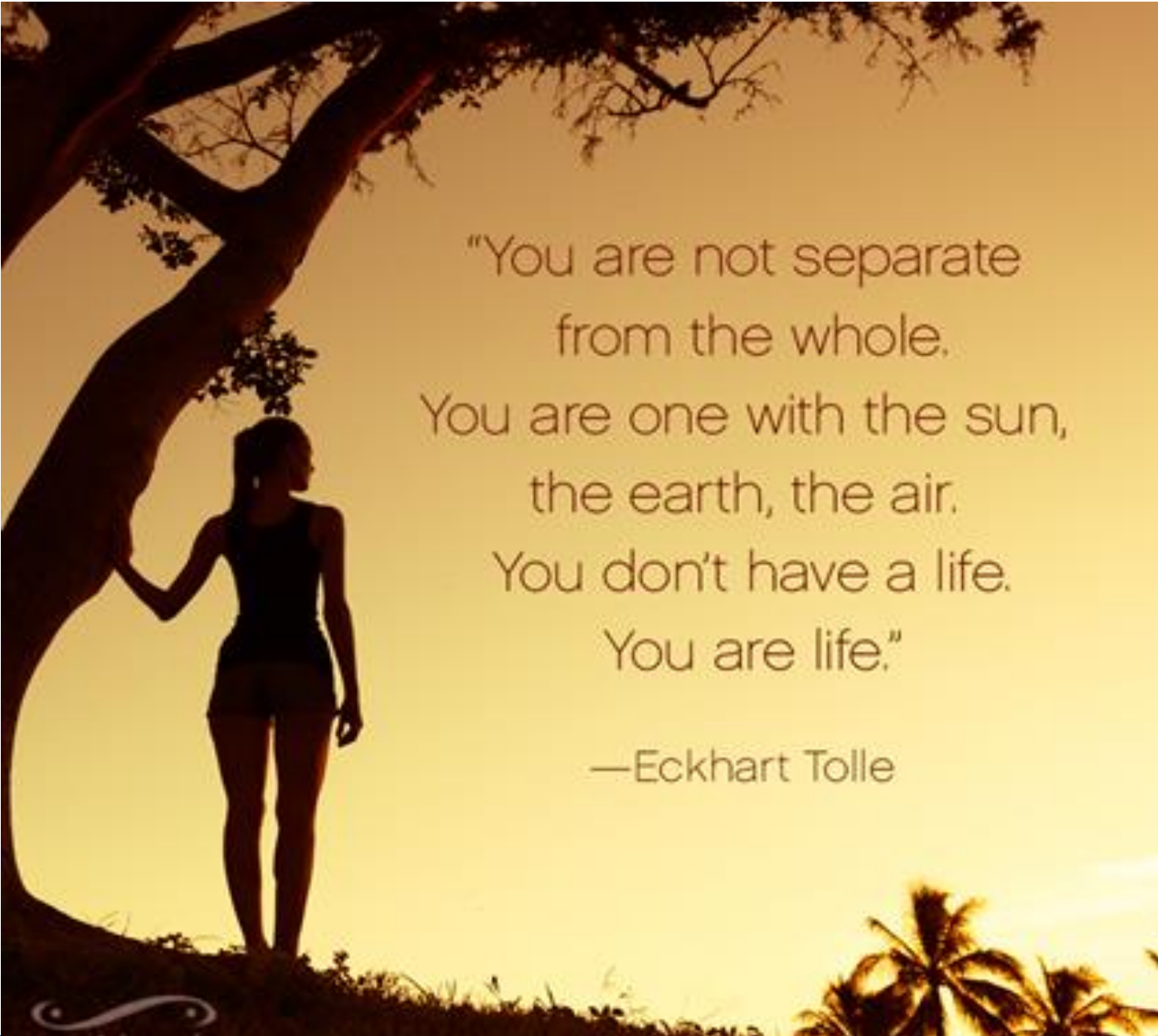


But first- it's time for YOUR

Self-Care

Here is YOUR copy of Anke's book

'ABCs of Life' -



"You are not separate
from the whole.
You are one with the sun,
the earth, the air.
You don't have a life.
You are life."

—Eckhart Tolle

The ABCs of Life

Anke Otto-Wolf

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Sedona Soul Balance



The ABCs of LIFE

A New Alphabet

A to Z

Words of Wisdom, Inspiration, Energy,
Guidelines for a Stress-free Life

Anke Otto-Wolf

Buffalo Feather

2016, 2017, 2018, 2019-2020 Award-winning
Shamanic Life Coach / Energy Healer / Author/Founder
SEDONA SOUL BALANCE & TOLEY RANZ STOPS BULLYING

Your Spirituality is YOUR Art of living YOUR Life!

The ABC_s of Life

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

Authentic power is YOU

Begin the process of 'de-shaming, de-blaming, de-guiltying'

Clear your thoughts and actions of negativity

Demand of yourself a new path of actions

Emerge as victor over doubt and disbelief

Firmly believe that you CAN, just follow your instinct

Give love generously to your Self, gain more life curiosity

Have trust in your gut-feeling

Identify challenges before taking action, improve relationships

Joy needs to be in your daily emotional diet

Kindness in your soul solves many problems

Learn opening up to new thoughts, ways and actions

Manifest positive thinking

Never go against your gut feeling or against your heart

On a deeper lever you know when something is right, go for it

Plan your days ahead

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

Refrain from judging others, reenergize your life

Seek advice – from within

Trust yourself

Unearth the energy, love and abilities that you ARE

Verify clarity and truth, adhere to it

Within is the place for answers

X it out if it doesn't feel right!

Yes and yes again, you can do it

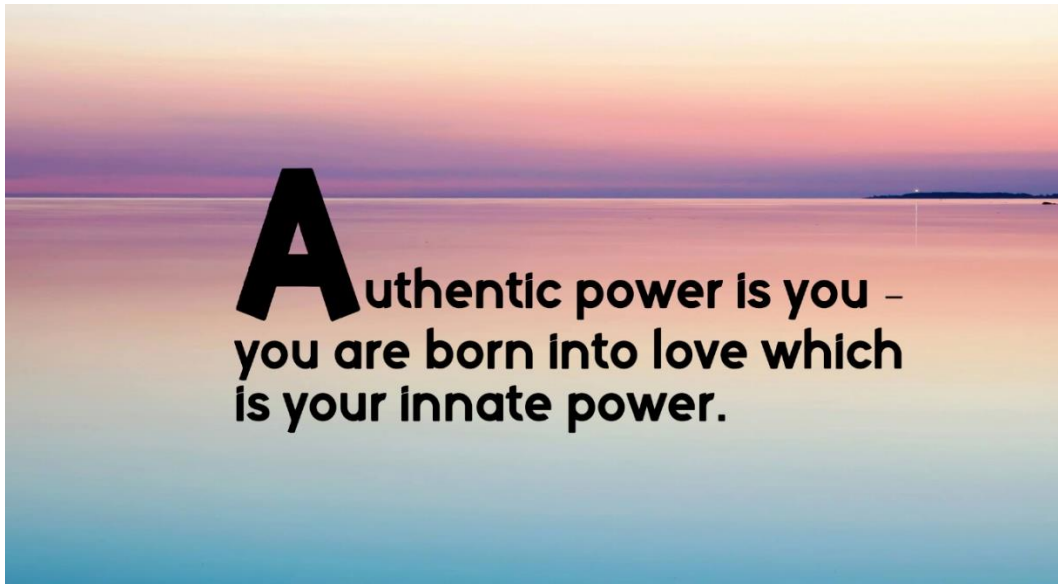
Zero limitation– do not limit yourself- this is your mantra!

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



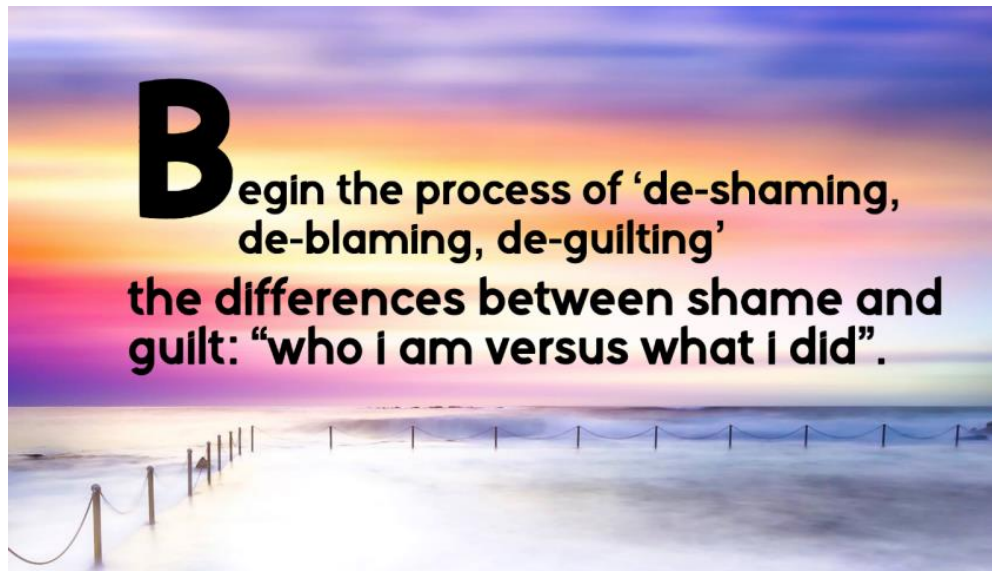
Sedona, AZ – Tranquility at Rachel's Knoll



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-



Begin the process of 'de-shaming, de-blaming, de-guilting'
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-

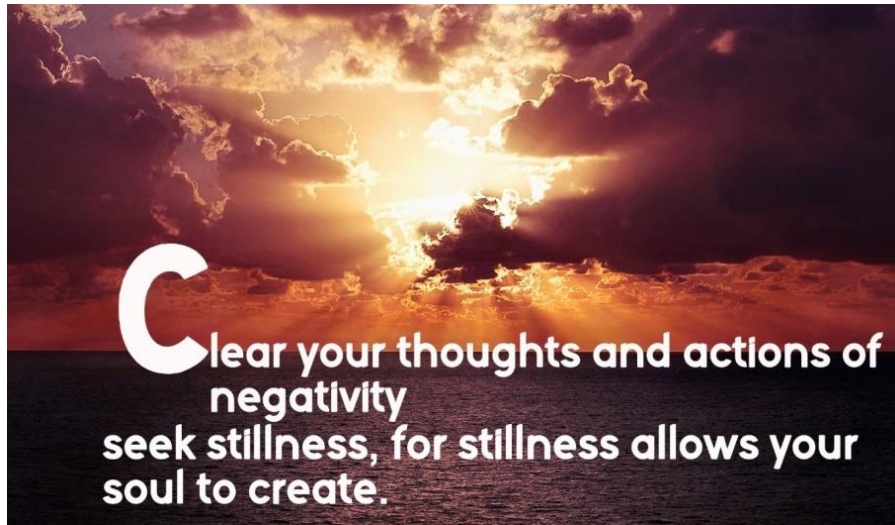
Always know: You are in charge of YOU.

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 Clear 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?



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:

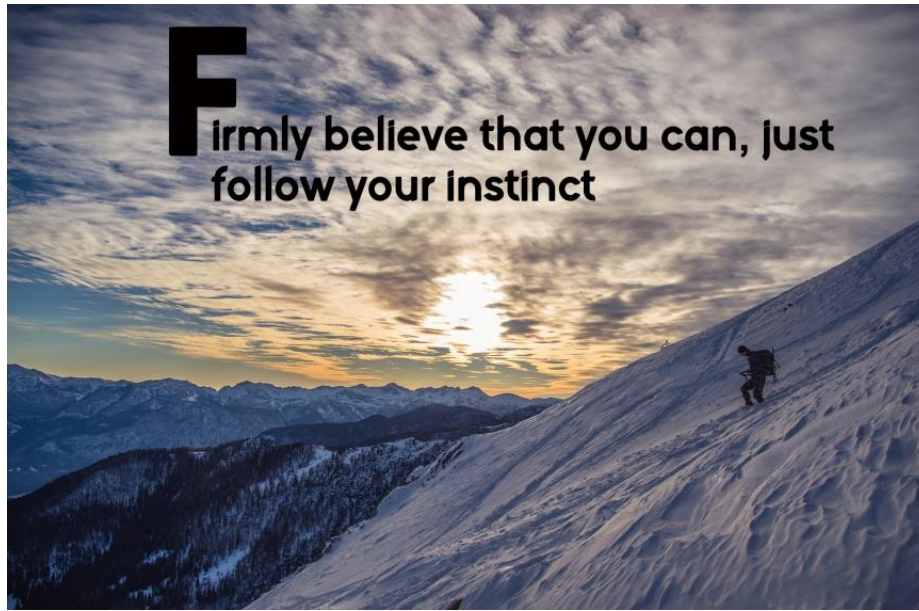


E **Emergence as victor over doubt and disbelief –**

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.



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.



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!



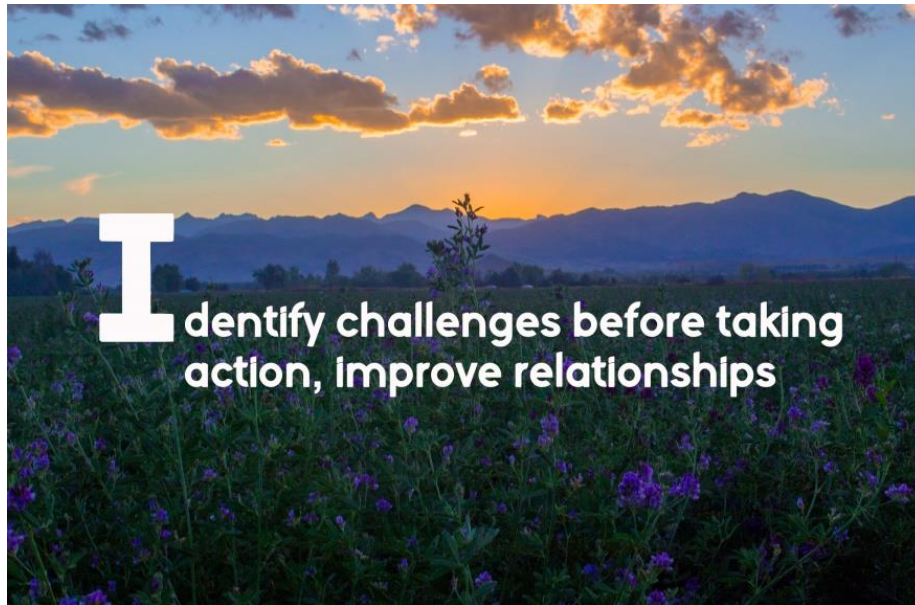
H Have trust in your 'gut-feeling'

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 way, have patience and love for Self.

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

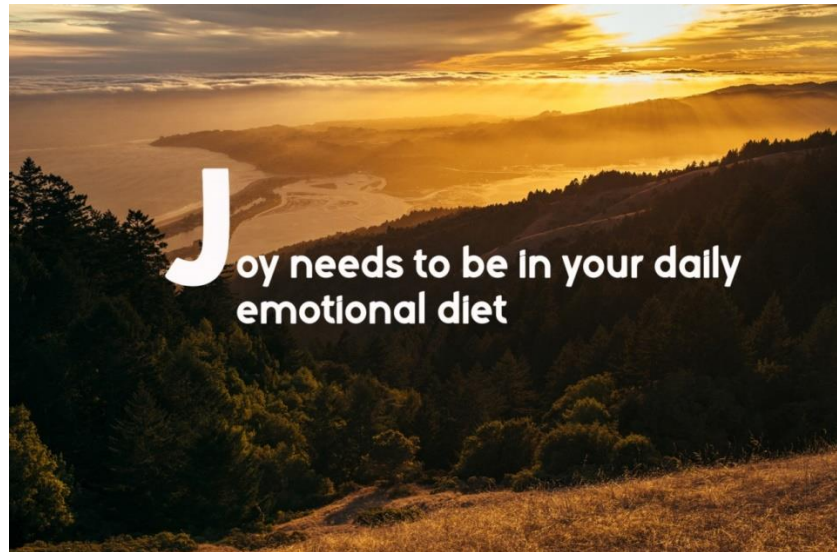


I **Identify challenges before taking actions to improve relationships**

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?



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.-



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?



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?

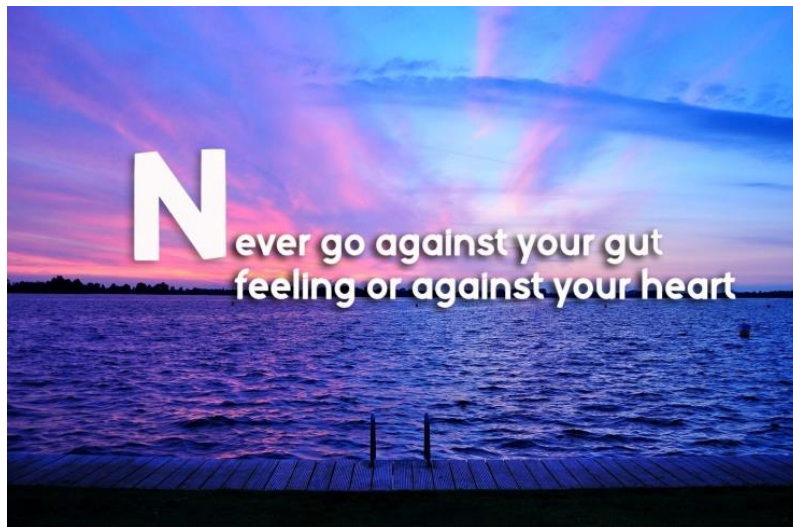


M **Manifest positive thinking**
The Power of Positive Thinking.

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:



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?



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:



P Plan your Day ahead

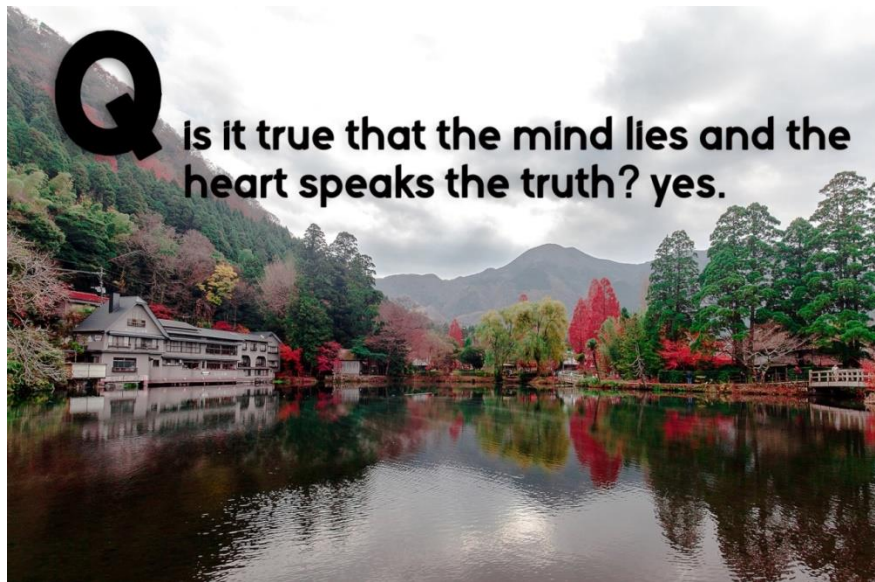
Did you know that time management helps to increase productivity, reduces stress, and improves results? Efficient time management is the key to getting the most out of your day.

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:



R Refrain 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.



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



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:



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:



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 😊.



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:

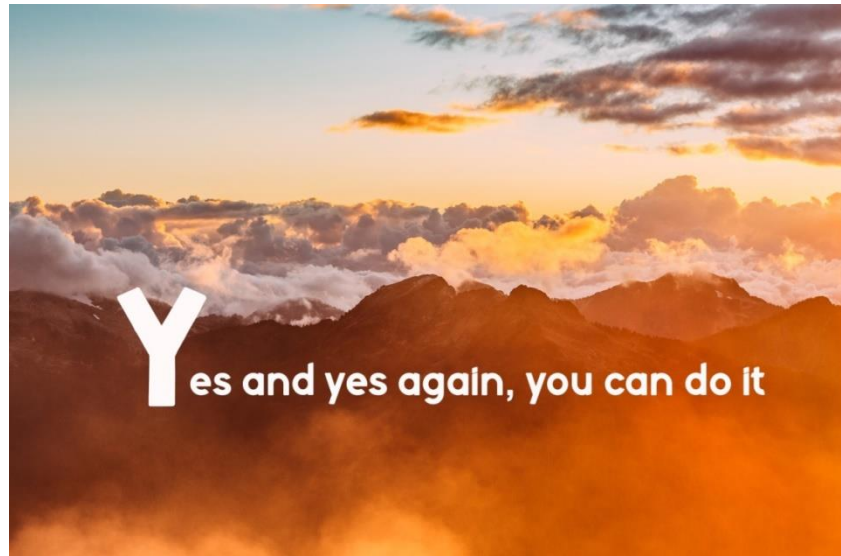


X **it out if it doesn't feel right! Release it; let go of it.**

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:

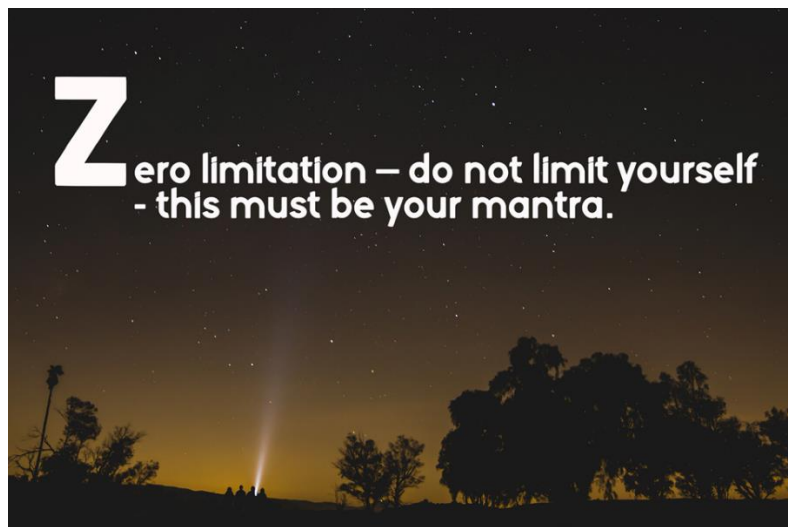


Y **Yes and yes again, you can do it.**

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!

Write down your thoughts:



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 meditate (or take an 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 through 2020 Global Award winning author/Shaman 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 Edelman 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 world-wide renown and sought after; reviews of her spiritual work are rated 5-star ONLY at TripAdvisor www.tripadvisor.com/5513334

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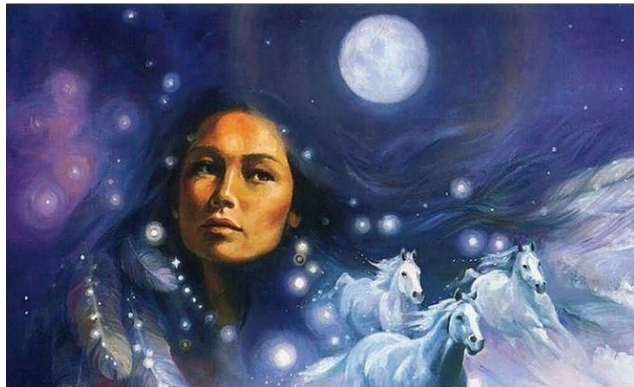
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Learn more about individual Life Empowerment Coaching Sessions (Sedona office, phone, skype) and for *Women's Self-Value & Empowerment in* seminars, online courses, workshops, books, presentations, etc. on fb, the website.

Are you interested in helping children to boost their self-esteem and standing up to bullies in school, home, at play? <https://www.toleyrantz.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