

**Welcome to the FREE SPECIAL REPORT
Exclusively for Sensitive Souls:**

**How To Find The Confidence
To Say What You Want And Express How You Feel**

Dear Beautiful + Sensitive Soul,

This free report, that I have the pleasure of sharing with you here, contains pieces taken from my forthcoming eBook, to be released sometime during the spring of 2009.

The report is designed to support and inspire you to do the hard work that it actually takes (for many sensitive people) to find the freedom and the self-confidence to say what they want to say and to express what they really feel.

The ideas and assertions presented here are the result of my own blood, sweat and tears. They are totally biased!

They are the result of my own personal journey to get to know myself, to learn the difference between what I truly believe and what I was **taught** to believe, and to find the self-confidence to stand up and speak my truth—even if it wasn't "pretty".

It is my hope that the report will contribute something new to your own journey of authenticity and self-expression.

What I share with you here is stuff that I was dying for someone to say to me, so perhaps it's just what you need to hear right now.

And if you feel so moved, I would love to hear from you. Email me at:
sarah@sarahmalik.com

Warm wishes,
Sarah

We all live in the context of the world

We are each born, raised, and live in the context of strong economic, financial, cultural and social systems that create, perpetuate, and in large part, determine what it means to live and be in the world today.

They determine:

- + How we feel about ourselves
- + How we feel about other people.
- + What we believe is right and wrong.
- + What we believe is true and false.
- + What we believe is possible to do in life.
- + What we think is important.
- + How we define success and failure.

The web of beliefs we have is the global intellectual and emotional glue that motivates the dreams and desires as well as creates the fears and emotional scars of millions of people worldwide.

We are all a part of it.

We are not separate from it.

To me, it often seems like we do not even realize how we live and make choices according to values and beliefs that are anything but authentic to who we want to be and to what we want to express.

But given the fact that you are reading this report, I believe you are being called to question and confront much of this in your life.

There is a seed inside of you that has you wanting more than the usual life. More than what you were taught to believe was possible.

You might be wanting more than the usual formula of: Suffer to fit in and follow the rules and be “good”, just so that the next generation and the next generation and the next generation after that can grow up and continue the same perpetual cycle of suffering to fit in and follow the established rules.

The seed is the part of you that wants more than what others seem to be satisfied with. But it will not leave you alone. It will not let you blend in. Something wants expression.

Feel the fear and do it anyway

Ironically at the same time that there are these strong forces that work to keep us living by various rules and beliefs, we also receive some messages that tell us we can have whatever we want.

“If you can dream it—you can have it!” The saying goes.

“Just feel the fear and do it anyway!”

And this sounds great. And by looking at some of the very successful people who have followed their dreams and overcome great odds, we know **at least intellectually** that we might be able to have what we want.

But if it’s really true, then why does it seem so hard for you to experience it in your own life?

Why is it so hard to use this advice and freely express yourself?

From what I can see, the reason it seems so hard to have in your own life is because there is much more to self-expression and desire than just “Following your bliss.” or “Feeling the fear and doing it anyway.”

Or else you probably would have faced your fear already!! Right?

This report is designed to help those of you who are frustrated with this advice, who are tired and weary of not seeing the way. Who just can’t seem to figure out how to generate the confidence and courage to express yourself. And for those of you who are ready to try a new way.

What Creativity and Self-Honesty have to offer

To try a different approach, I recommend exploring what Creativity and Self-Honesty have to offer.

I want to introduce the idea that the inspired path, the path of fulfilling your purpose, the path of making your sensitivity and your unique insights serve you and help you with your self-expression, as opposed to being a barrier to it.

Try seeing the path to self-expression as: **A Creative Path.**

As the path of the **artist.**

I say this so bluntly because the words “creative path” and “artist” may not fit for you. They may not feel at all related to what you are struggling with or to what you’re looking for help on.

And that’s okay, if you’ll just bear with me, I’ll show you why I think the terms artist and creative path can be so helpful.

First off, artists are driven by something inside of them that’s wanting expression in the world.

And that’s what is coming through you in the form of your fears and your desires.

You may be very clear on what you are trying to achieve or the yearnings and pangs of your heart and your desire may still be vague. But you know something wants to come out, because you keep feeling the urge to move forward and do something but then you get stuck by fear.

This is **because** your desires are **inherently and by definition: creative. They are about wanting to express something that must come through you. (and it is not about changing who you are in order to fit into how the rest of the world is)**

Or else you’d be happy with the ideas and opportunities that world has already shown you. You’d already say what you want to say and do what you want to do. It would not be this hard!!

But because you’ve not been able to find your way using the 1-2-3 steps of the usual solutions, I’d like to suggest that you are being called to create a path that fits for you, that is unique to you and who you are, that only you can come up with.

That perhaps you might want to STOP trying to fit in. STOP trying to be good. STOP thinking there is something wrong with you.

And begin to think about what if you are supposed to follow the energy, the ideas, or the movement that want to come through you, as an artist does when they feel compelled to produce the next piece of art.

As opposed to looking to the outside world to find out what is right and wrong and what makes sense and what doesn't.

How about letting inspiration be your guide instead of relying on the established wisdom and the judgments and limitations of your thinking mind that wants you to stay quiet and follow along? How about you STOP trying to "figure it all out"?

What if acceptance and expansion of your energy and creativity is what you need? As opposed to more self-rejection, beating yourself up, and fitting into the roles and ideas that the world has already set up?

Following your creative flow may be the only way to find your way.

Letting inspiration be your guide

To create your own path of self-expression, you need to let inspiration be your guide.

But letting inspiration be your guide is easier said than done, right? If it was that easy, you would have done it already.

Allowing your path to unfold through inspiration is no small task.

Just take a quick look at a handful of beliefs you are up against:

- + It's good to be "polite".
- + It's not nice to disagree.
- + You don't want to offend anyone.
- + You want to be a good person.
- + You don't want to rock the boat.
- + You want to make a good impression.

And these are just a few. I'm sure you can think of many more. It's easy to see that there are strong beliefs at work in the world and inside of you (inside of us all) that cut you off from your ability to follow the inspiration and expression inside of you.

Heck, it seems too risky to follow your heart!

Who would want to do it!? It seems crazy!

Look at all you have to lose: It looks like your whole identity as a person, whether you are good or bad, is on the line based on how you act.

But it's also obvious that we don't have much of a model for functioning and living our lives independently or creatively or authentically.

It seems obvious that we, as a culture, don't know much about how to follow a creative instinct inside of us, unless it keeps us safely within the confines of our current belief system.

This means that to create a life you really love, to learn how to more freely express yourself, you have to take a step out into the unknown. Beyond what you believe. Where no plan exists. Where true creativity and authenticity exist.

An artist plays in the unknown.

So what in the heck do you do if you cannot create a plan, if you cannot follow guidelines and steps? How will you know what you should and should not do?

It means that you have to develop a deep trust in something beyond your mind, beyond the labels and the categories that your mind has for what is right and wrong.

You need more experience trusting the force that grew you from just a few cells into a new born baby. The same force that moved you to take your first step and to utter your first words.

It means you must develop a trust in yourself that you, as a living being, have more important things to do than your mind has yet conceived. So that you can follow your flow, your desire and your inner energy.

But how do you do all of this!??

Developing trust through Self-Honesty

We have already said that we each individually, as well as we collectively as a culture, have beliefs that limit us and that limit what we can experience and what we can have and do in our lives.

And now I'd like to add that there is a significant chance that what you actually are wanting to express, that what is your true desire and who you naturally are, is actually something that exists **outside of the boundaries of the box of beliefs that you are currently living inside of.**

But this alone is not the full story, for many teachings talk about overcoming the limiting beliefs that box you in. And while this approach can help you to overcome some of the beliefs that are limiting you, it doesn't necessarily help you to break free from the biggest beliefs that are holding you back.

The reality is that to really get out of your limiting box and to begin sensing what you really want to express (that exists outside of the box) you have to go through many dark layers that make up the walls of that box.

If thinking positively doesn't work

Have you ever noticed, that when you seek help for building confidence, that the guidance and exercises tend to focus on how to think positively, how to "fake it until you make it" or some other rah-rah kind of thing?

That approach can be helpful.

But the only problem with that approach is that it may not confront the very beliefs that are preventing you and keeping you from realizing and having what you want.

The very beliefs you need to rip apart and look at may remain untouched, unexamined and safely in place if all you do is look at how to adopt a more positive mindset. And then you'll be left wondering why you just can't seem to find more confidence!

You may stay stuck and in denial about your true desires, and be no closer to the authenticity or clarity that awaits you deep inside.

More about these layers

Now these layers are dark but not just because they are negative and limiting.

These layers are dark because bringing up these layers and looking at them (which means being self-honest) makes you feel really, really bad.

And who in the hell would want to feel like that? (isn't the path to freedom and self-confidence supposed feel good!?)

No one would want to feel this bad unless the box they are currently living inside of has become as painful or more than the pain that it will take to get out of it.

Like the poet Anais Nin wrote, "And then the day came, when the risk to remain tight in a bud was more painful than the risk it took to blossom."

Are you one of these people?

And on the other side of all of this feeling very bad? You authentic self-expression awaits you and probably what you are craving for the most!

(and hey, pssst...hint, hint...if you're looking for why you have so much fear and anxiety, the "cause" of it may be found from the pain of living inside the box, the pulse of desire and expression that exists outside the box and the relationship between those 2 things)

The light will flow!

My own personal struggles, to know myself and to find peace within my life, to sort out who I really am and who I really am NOT, have taken me on a search stretching over years and years and involving book after book and workshop after workshop.

And now, with the help and support of my own mentor, Sarah McIntyre, I have learned that if you face these negative and dark layers of the box, through honesty and full self-acceptance of whatever is there, **then the light in you, the love in you, will automatically flow. What you really want will come out. It is facing your negativity and darkness that is the real work.**

I do find this extremely ironic, don't you? How dark and painful the road to what you really want can be—especially in light of the glowing and beautiful phrases like, "Follow your bliss" and "Do what you love, the money will follow."

But aren't you glad you are beginning to get this now? And doesn't it make sense why the philosophies that tell you exclusively to follow what you love and to think positively haven't really gotten you to where you want to go?

So thank you for taking the time to work through this material. I wish you much love as you continue along your journey to authentic self-expression and creation.

And if you like what you've read so far here, then watch for the complete eBook version coming soon!

My best to you,
Sarah
sarah@sarahmalik.com