

Courageous Awareness

by Carol Dorsey



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As a child I noticed a lot of “things” in my space. They may have manifested themselves as a bird that landed close and looked deep into my eyes, a dew drop that twinkled a heightened light toward me from a patch of grass, or the way I could feel the deep sadness in someone’s heart. I found that energy fields around me were closer and could be tangibly felt at times, especially

when I first awakened from sleep. My dream at 4 years old showed up as a ball of energy shaped like a zooming, grey, sideways - shaped teardrop circling around the door entrances in my Grandmother’s home in the darkness. That ball of energy was my spirit essence and not a dream, as I found out 36 years later when I had a similar occurrence as I slumbered. I have never felt Joy as I felt it in those moments of speeding through the air. **Yet, I was fearful of these experiences and pushed them away, not realizing I was burying the keen awareness I was born with.** I did not want to be different than others because I already felt like the outcast in my family and my life.

I was invited by LCM’s Editor Anya Sophia Mann to join a group of women with the goal of achieving ‘My Best Year Yet’. With trepidation, I agreed to meet. I wanted more from my life. Yet, I wasn’t sure I had anything beneficial to offer as I was in a state of depression and worthless abandon at that time. What I discovered is that all the women had a piece of me and I had a piece of them inside my heart. We merged our energies during these heart-felt times together. We quickly bonded as we shared our life experiences and were graciously coached by Anya. As I relaxed and became more conscious of my breathing, I felt more space around my heart and body. This space allowed me to sense more and be aware of everything in my presence.

Key Points:

- As I relaxed and became more conscious of my breathing, I felt more space around my heart and body.
- I found that once I quieted my mind, it came.
- It just takes one courageous step.

Pets are my joy and my work with them has especially provided me with their unique, beloved energies. On a coaching call Anya encouraged me to intuit about one of the women’s dogs. That was not something I knew how to do, but Anya knew I was wired for it. I was fearful that I would be seen as a fake and be humiliated. I found that once I quieted my mind, it came. I saw the dog in his panicked state, with pain and a physical disturbance. I can’t explain in this writing how empowered I felt, but it was amazing. On another occasion, I was asked to intuit about a puppy another woman was considering adding to her home as well as to the concerns of her daughter’s dogs. It was an accurate description of the furry babes and revealed important insights for them to consider. I was amazed at myself and my power.

My world has changed. **Through my own courage, I allowed this gift to come forward.** I can sense energy when I am walking in nature, when I am with my own furry beings, when I call upon it from the Universe. This experience with the group has left me with an awareness that can only be achieved by loving myself and being very present within. As Anya says, “It just takes one courageous step,” and she’s right! Thank you Anya and beautiful women of the group for supporting me as I gained the courage and awareness to “See”. LCM

Carol Dorsey is founder of Carol’s Pet Café, in Wilmington, NC, encouraging a holistic way of life for optimal pet health. Coaching around relationships with your pets, and intuiting for your pets is what she loves to do. As an LCM Associate Carol also writes LCM’s “Pets Are People Too” section.

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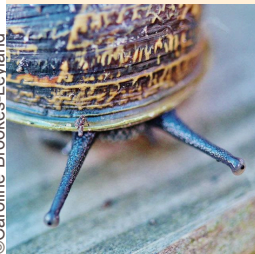
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