



The Key to Being UNSHAKABLE 6-Step Guide

Unshakable 6- Step Guide- Map

with Ginger Dunaway

An Honor

It is such an honor to have you interested in this 6-step guide-map. I truly believe that your own higher self led you here.

This is the beginning of your own hero's journey. A journey that will take you to the ultimate life goal. We all want to be that strong, centered, present person that is no longer at the mercy of that emotional roller coaster of life, no longer able to have the rug swept out from underneath us at any moment. It takes some understanding, practice, and a self-study.

This is the 6-step guide-map you'll need to understand where you are and where you want to go to find the holy grail of all treasures. If you're ready to settle into that deeply peaceful place within you, where you can live seated in the soul-self and live your soul's purpose, then get ready to take the first step.

If you're ready to feel "unshakable", immovable from your peaceful center, so that nothing can bring you down or get you off track to living a good, happy, full throttle life...if you're ready to live your soul's purpose and passion and create the life you know deep down is possible, then let's get started.



End of Life Exercise

In my 12-week program you'll have more exercises like this one that will help you get clear on what you want out of life. This end-of-life exercise is one of my favorites.

Imagine that you are an old woman/man. You have led a full life and are now lying on your death bed awaiting your last and final breath. What really matters to you in this moment? Have you led your life exactly the way you intended? Have you nourished relationships with the people that were close to you? Have you taken care of yourself and done fun things along the way? Can you look in the mirror and genuinely say that you have no regrets? **Do you feel at peace with the way you lived your life?**

This imaginary scenario will help you stay centered with your soul-self. It's a reminder to make decisions and life choices that will fill your heart and soul and leave you content toward the end of your days. Once you study this guide, this exercise will help you make daily life choices from your soul-self rather than the ego-self. **It will help you make choices that your soul-self is guiding you to make rather than choices based on what you assume others think you should or shouldn't do.**

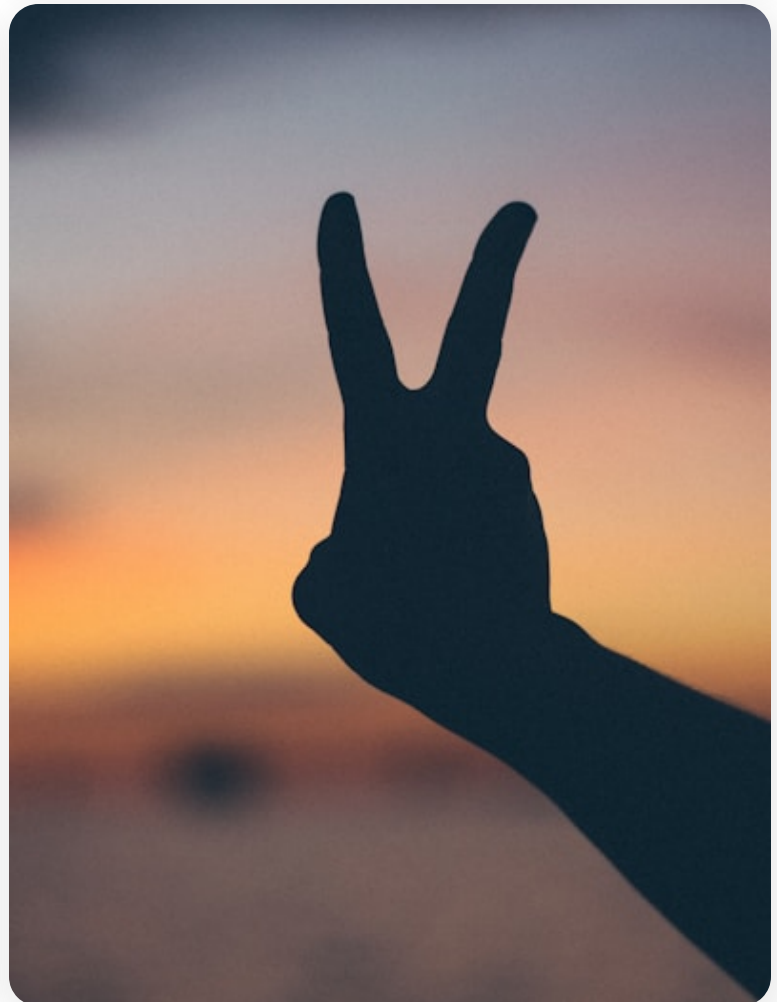
Below is your 6-Step Guide Map that we'll be going through in this guide. This map will change the way you "think" on a regular basis. **This will spark the change that your higher self is leading you to.**



For those of you who have made bad decisions in the past or have some imaginary "mark" on you that is filled with guilt and shame, this is a chance to truly "see" past that.

All my best, my friend.

This is your chance to be able to remember the loving, joyful, peaceful soul that you are...and finally find the peace that you deserve. Allow these ancient teachings and practices from yoga to start working on you, in you, and through you. They will get you back in tune with your soul-self and living the life you deserve to live filled with love, peace and bountiful joy.



Pre-Guide Preparation

In the following guide you will find the complete explanations for the 6-steps to become UNSHAKABLE and live life seated in your own soul-self. **Anytime life throws you a curve ball, go back through these steps to get you back on track.** Yoga practices will help you move through these steps automatically so don't underestimate the power of a consistent yoga practice. Remember, life can bog you down in that ego cloud of self-doubt and negativity, but you will have the knowledge and the tools to seat yourself back in your soul-self. **Life is too short to waste another moment on that ego emotional roller coaster. You can do this.**

If you start to read and the concepts seem too difficult to grasp, don't give up. These concepts have been studied for thousands of years. **Most of us are so engrained in the ego that it takes a bit of time to adjust to them. Your higher self will guide you.** Just start slow and re-read until your mind begins to grasp the concepts. My 12-week online course, will go into much more depth with this content plus give you journaling exercises to help you easily blow through any obstacles. So if you're not already enrolled I encourage you to join me. www.Spiritual-Yogi.com. **Either way, the following material is information that people spend lifetimes trying to ascertain.** It is based on the transformational teachings and practices of yoga. **And it is my honor to present to you what my soul has guided me to create and share with others. A guide-map to live an UNSHAKEABLE life. Enjoy!**

6-Steps to the ultimate life goal

Step 1

Begin Observing the Ego

by utilizing Witness Consciousness.

When we talk about becoming "unshakable" and getting firmly grounded in our own higher-self, we may not realize that this is what spiritual awakening or enlightenment is. We have to "awaken" or "enlighten" from the ego-mental construct that we have created in order to seat ourselves in the "soul-self" and truly feel unshakable. Author Stephen Cope, MSW, says in his book, "The Wisdom of Yoga", that the ego is the cause of all of our suffering. Suffering in the form of stress, overwhelm, anxiety, fear, guilt, shame, sadness, etc.



The first step to becoming unshakeable and rising out of the suffering, is to utilize witness consciousness to observe ourselves living immersed in the ego without judging it right or wrong.

Witness consciousness is a truly fascinating state of consciousness. Here we need to have a good understanding of what all the ego is, so that we can recognize it as we are using witness consciousness to observe it.

Witness consciousness is a state of mind that yoga helps us to attain. **It's a space in which we can witness, or "watch" ourselves non-judgmentally.** It's like your very own SUPER-POWER! It's a state in which we begin one of the main components of yoga...the SELF-study.

In step 1, when thoughts, beliefs, and judgments arise in our mind, we recognize them as part of this ego mental construct that we have built up around us. Now, when any subsequent emotions arise, we immediately recognize the ego-self and its thought and belief system as the cause

As we begin to simply recognize our thoughts, judgments, and beliefs as part of the ego, the subsequent emotions that these cause have less and less of an effect on us.

This might sound complicated, but it's really a simple shift that happens within your consciousness as you draw awareness to an observer inside of you that you realize is separate from all the thoughts going on in your head. **This observer is not getting wrapped up in the thoughts and the subsequent feelings and is ever present and peaceful.** The first step to awakening utilizes this observant state of witness consciousness to recognize that we are immersed in this false ego-self, like a cloud constantly surrounding us, and then to begin studying it non-judgmentally. This isn't always easy to do. It's like telling someone they have microscopic organisms all over their body. It seems unbelievable at first, until you pull out the microscope and see them all moving around.

In step 1, we begin to become more and more familiar with this witness consciousness state of mind as we utilize it to observe ourselves living immersed in this made-up ego mental construct. **Pretty soon you will find yourself utilizing this observant state automatically.** The more you practice yoga the more you will find yourself able to slow down to notice and utilize this observant state more easily.

Fortunately, as we become aware of the ego-self and shine the light of self-study onto it, the entire mental construct which has been built out of this thought and belief system begins to fade and disappear. It doesn't mean that we have to get rid of this false ego-self or the self-images that it is made up of, but **it does mean that we learn to see through them and no longer misidentify our true self with these impermanent aspects of self.**



Up to this point we have misidentified ourselves so completely with the ego-self that most of us believe we are what we think, believe and decide. **We believe we are that voice in our head constantly building us up to be better than others or tearing us down, making us feel worthless.**

We have become so immersed in the ego that we begin to believe this cloud surrounding us is a part of who we are. **We must begin to see that we are not these thoughts, beliefs, and judgments or the subsequent emotions that they cause.** This ego cloud is not a part of us but something separate that we can be led out of

What this translates to is that once we quit misidentifying ourselves with this false ego-self, we can let go of the weight of the world and now access the joy and contentment that comes innately with the true self. If you are able to notice this observer inside of you, watching quietly and peacefully, then pat yourself on the back. Now you will be able to non-judgmentally observe the false ego-self that you have built

Many people spend lifetimes completely unaware of this observant state and therefore blindly unaware of their false self's effect on their experience of this life and on the people around them.

Discernment vs. Judgment

Yoga practice gives us a process to slow down enough in body and mind to begin noticing this witness consciousness aspect from which we are able to discern and observe the ego. As we utilize these components of yoga as discipline, self-study, and practice, (components that we really hone in the 12-week program) we establish ourselves more solidly in witness consciousness and become much more aware of how we are living our lives. If we can keep judgment out of the equation then we continue moving through the steps to our soul-self more quickly. **The ego can no longer send us on that wild goose chase for happiness because we have now taken the first step to finding everything we have ever wanted right inside of our very own soul.** In my 12-week program you'll have journaling and content to help you go deep in understanding what all your ego is and where it is hiding out.

It is extremely important that throughout step 1 we utilize discernment rather than judgment. **Judgment represents the ego's thought system at work again and yoga recognizes the importance of keeping judgment out of this process.** You can discern and witness ego in yourself and others without labeling it good or bad or having a subsequent feeling about it. **Judgment is the backbone of the ego mental construct, therefore, anytime you make a conscious choice to let go of any judgments that arise within your mind, you are helping to dismantle the ego's backbone.**



Step 2

Discern Between Ego & the Soul-Self

Living In the Illusion or the Happy Dream

In step 2, we learn to discern between the false ego-self and the soul-self. We learn to discern between living in the illusion of the ego or the happy dream of the soul-self. **When we are living the happy dream, our higher self guides the mind, and we feel calm, peaceful, and quiet.** Whenever you feel peaceful, calm, and relaxed you can rest assured that you are living from the true self and remembering your connection with everyone else.

When we are living in the illusion, we are associating and limiting our self with the body and the ego-self. Our mind is distracted and controlled with old thoughts, beliefs, and judgments. We may feel all sorts of negative emotions depending on our thoughts, beliefs and judgments. **When we are mis-identifying our self with the ego-self, it can feel as if there is a storm of anxiousness and stress whirling around in our mind.** Whenever you feel anxious and stressed you can be sure that you are living in the illusion that the ego-self creates for us. **Remember, step 2 is about simply discerning where you are living from, and that's it. No need to go a step further and make a judgment about it.** This only brings the ego into it even more.



Step 2 allows us to really notice how we can be influenced by the false ego-self or the soul-self. Once we build our false ego-self, we allow our mind to be over-run by it. Now our mind is filled with all the thoughts, beliefs and judgments that our ego-self is built upon. Now our mind is limited to experiencing only ego consciousness. **This can make us feel separate, isolated and alone.**

Initially, we will move back and forth between living from the ego-self and living from the soul-self, and that's perfectly normal. **The key is to understand these steps so well that even when you are operating from the ego-self, it doesn't have the same effect on you as before.** You realize that you can move out of it at any time.

When we learn to live from the soul-self, we free our mind from the influence of the ego-self. Our higher self guides us to rise above the thoughts, beliefs and judgments that make up our ego-self and experience the joy, contentment, and fulfillment that makes up the inherent nature of our truest self. Here we experience unbounded consciousness that we experienced as young children. This is where we can tap into endless possibilities, unlimited creativity, and joy that comes from tuning into our inner spiritual guidance system. **Here we create our reality from a place of goodness, wholeness, and connection, rather than stress, limits, and fear.**

Stress, anxiety, worry, fear, anger, guilt and any other emotion that can be drummed up by your thoughts, beliefs and judgments can no longer take you down blindly into emotional chaos. You realize that you can move out of it simply at any time. Yes, it is your choice.

Use the STARS exercise throughout your day. **What makes this exercise seem even more necessary is the realization that you create your reality based on how you overall “feel” about yourself and the world around you on a day-to-day basis. Seriously.**

Exercise

Feelings Check-In for Step 2

Yes, it really is as simple as how you are feeling.

Feeling stressed?

Anxious?

Sad?

Scared?

Resentful?

Angry?



STARS

★ Stop.

★ Take a deep breath.

★ Ask for guidance.

★ Relax your face & shoulders.

★ Settle back into the Soul-Self.

Step 3

Detach from Ego

As we shift into witness consciousness and tune in to this peaceful place inside, we begin to notice that it is separate from the ego thoughts and noise going on in the mind. We begin naturally detaching from our notion of self as this ego. **As we study and observe the ego non-judgmentally we detach from our notion of self as the impermanent body, the thoughts running rampant in our head, and the false ego-self we've been building and creating all our lives.** As we become established in witness consciousness we easily see through all the tricks and temptations the ego uses to keep us within its grip.



In step 3, the ego cloud surrounding us is beginning to disappear, the made-up ego mental construct is beginning to disassemble, and we are well aware that we are more than this ego-self that we have been limiting ourselves to.

The key to step 3 is detachment. **We will find ourselves back in the ego cloud again and again, but the difference now is that we are crystal clear that it's simply the ego and no longer mistake it for our true self.**

Welcome to the gentle awakening.

In my 12-week program you will have weekly reminder videos to watch, a weekly group coaching call, and a weekly live online yoga class that will keep you in this self-study, steadily detaching from the ego more and more.

Step 4

Recognize the Desire for Specialness

and Avoidance of Anything that Threatens this Specialness

This brings us to step 4 to the ultimate life goal. Step 4 is built upon the powerful ego temptation, yearning for specialness, because it is such a powerful ego temptation to overcome. **Shining the light on this area is crucial to the ability to further yourself on the path to awakening.** As you recognize this temptation and ask your higher self's help to release it, you are once again naturally detaching from the ego and so re-enforcing Step 3.

As we move through Step 3 and begin to detach from the ego, we more easily recognize our desire for specialness and can learn to face anything that we are avoiding that threatens this specialness. **These steps, 3 and 4, rely on each other for progression out of the false ego-self to reveal the soul-self.**



It takes careful self-study to discriminate between living the happy dream and living a life of specialness and avoidance with the ego pulling the strings. **A good way to determine if ego or the soul-self is guiding you is to ask yourself if your feelings of joy are inclusive or exclusive.** If there is a desire to show off your life in any way or rub your joy in someone's face, ego is at the helm. Remember, simply being able to recognize this is a huge step in detachment. The ego won't let go of its grip on specialness very easily. **Ask for your higher self's help, and you will be guided from within.**

In my 12-week program you will be introduced to all the tricks of the ego that the yoga sutras have been talking about for thousands of years. **Knowing your obstacles helps you easily spot them and move through them easily in this self-study work.**



Step 5

Choose Spirit Now

Choose to be guided by your soul-self.

This brings us to step 5. In step 5 we choose Spirit now. This means we choose to live guided by our soul-self rather than our false self as ego. In step 5 we recognize that we have a choice. **This puts the responsibility in our own hands as to how we are living our lives.**

In witness consciousness, we can really see both sides of the fence. **We observe the ego's thought system and belief system wanting to overtake us, and we notice the peaceful, quiet place of Spirit.** From this observant state, we can decide which self we want to live from.



You can choose to live immersed in the ego-self, leading to unexpected highs and lows: feeling like a big shot, feeling like you're better or more special than others, feeling dissatisfied and unfulfilled, or beating yourself up thinking you are worthless.

In step 5 we recognize that we have a choice. This puts the responsibility in our own hands as to how we are living our lives.

Or you can choose to live from your true self and experience the peace, joy and unconditional love that is your true nature and live the happy dream.

If we choose Spirit now, the light of the higher self shines through and reminds us of our true self as nothing-less-than-perfect creations of God. **Now we are able to see clearly and see the miracle in everyday life, that we are all connected, not separate.** Our relationships still act as mirrors, but now, we see every one and every thing as a perfect reflection of ourselves as One. Now we are living the happy dream, a life of peace and joy.

Step 6

Unshakable: Beyond Ego & Living from the Soul-Self

This brings us to the last step, step-6 in which we awaken beyond the false self completely in order to shift into the fullest experience of our true self. In step-6 we are moving totally out of witness consciousness, that observant state, and into pure awareness, letting go of consciousness altogether for the moment. **This might seem scary at first, but there is nothing scary about it.** We've already done this many times without even realizing. It's as simple as shifting out of the made-up ego mental construct, into witness consciousness, and finally into what yoga calls pure awareness. **We have already made the choice to live from the soul-self, but now we are going beyond the choice into the raw experience of the soul-self.** Now we are in the experience of life again, just like when we were babies. We have no more thoughts, beliefs, judgments, or resistances to what is all around us. We are in the experience of spiritual perfection, wholeness, and the knowledge of our eternal nature.

Welcome to your truest self.



When we are engrossed in a hobby or sport and find ourselves in "the zone", that is very similar to what we are talking about here with pure awareness. You have been in this pure state countless times. It is simply being in the experience with no thoughts or resistance to the moment. Most of us cannot live in the state of pure awareness indefinitely. We flip-flop back and forth, and that's okay. We simply continue to trust this ability to step off the ledge again and again and really let ourselves go.

Savasana is the best way to master this letting go. Savasana is the relaxation pose at the end of a yoga class in which you lie down and simply relax. The poses during a yoga practice prepare us for savasana by alleviating some of the discomforts in the body, focusing the mind on something other than our habitual ways of thinking and analyzing, and releasing stored emotional stress. **The yoga practice enables us to let go of enough ego so that when it is time for savasana, the body is in a very relaxed state and the mind is ready to let go of its focus completely.** Now we can go beyond the mind and the body and drop into this pure awareness, this experience of our Soul-self quite easily.

In my 12-week program you will be given weekly guided meditations to practice to help you easily make this shift.

Anytime life throws you a curve ball, or you find the rug pulled out from underneath you again, take that situation through these 6-steps and bring it back to a higher enlightened perspective and back to a state of peace.

**This is your guide-map
to be UNSHAKABLE.
Use it!!**





This is YOUR time!!

Join my 12-Week UNSHAKABLE Program—

A transformative journey designed for women like YOU who are ready to roll up their sleeves and make REAL, lasting changes.

In just 12 weeks, you'll:

✦✦ Establish a consistent yoga practice that grounds you mentally and emotionally

✦✦ Learn the key components of yoga that many overlook—and see the impact immediately

✦✦ Experience a powerful shift in your mindset, energy, and overall well-being

This isn't just another program—it's a life-changing experience.

Most of my clients start noticing the difference after the first practice. **In just two weeks you will notice a huge difference in your mind-set and your overall outlook on your life. Imagine where you'll be in just 12 weeks.**

Are you ready to become the empowered woman you've always known you could be?

This is your moment. If you're tired of feeling stuck, overwhelmed, or disconnected from your true self, it's time to take action NOW

Let me be your guide through these 6-steps and take your practice and YOUR LIFE to another level.

Visit Spiritual-Yogi.com or email me at ginger@Spiritual-Yogi.com with any questions and get started TODAY!