

**The Uncorked Conversation Podcast with Allyson Scammell**  
**Episode #16: The Secret to Upleveling Your Natural Genius**  
**Transcripts**

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You are listening to the Uncorked Conversation podcast with Allyson Scammell. Episode number 16. Hello and welcome to the uncorked conversation.

A podcast for soul guided passion filled women entrepreneurs who want to uncork big magic in life and business without burning out. We'll get to the truth. Of how to uncork our core gifts. The ones we keep hidden inside, and how to infuse those gifts into our personal and professional life in a way that feels like magic. Also uncovers how to truly experience the joy of the journey through smart time management planning. I'm your host Allyson Scammell.

Hello my dear Shantipax Nation. So first things first. I have a cold. You'll hear it. And I didn't want to stop podcasting although I know it's not nice to listen to a nasally voice but I wanted to keep the episodes coming for you in service to you.

So that's my first point. My second point is I often wonder if I should small talk before I start an episode.

A lot of podcasters like to talk about the weather where they are and what they've been doing and how fabulous their life is. And well you guys are busy so you don't really need to hear about the weather in Maine.

And I'm a big believer in not talking about how great my life is or anyone's life and to show be an example of a great life. Show not tell. So I decided going forward. I'm just going to dive in no small talk. Let's just get straight to the goods. OK. This episode is a continuation of our core gifts deep dive in episode 13 and 14. We discovered how to define our core gifts and shadow gifts.

Episode 15 we looked at how we can spend more and more of our days in full expression of our core gifts inside of our zone of genius. And today we're gonna talk about how to up level our mastery to take our expertise to the next level to live deeper in to our core gifts. I'm really really so excited to be talking about it to you. So, in today's episode we will explore why up leveling is so critical in our lives, what the secret to the upper level is so stick around for that and why up leveling has to be uncomfortable.

Okay let's get started. The growth and development of our core gifts is like a shark in the water. If it stops it dies. The unique talents we are born with are wired to always want to expand and grow and sharpen and evolve.

It is encoded in our DNA. If that growth stops we either we get annoying feeling that will never go away that we could be doing more.

We will be out of alignment and that will show up in all areas of our lives.

This is why it is so critical that we set the intention to always grow and expand our core gifts and to explore that and give it time and space and attention and when we live deeper into our core gifts it is a glorious feeling. The rewards we get are greater abundance greater confidence. We become a bigger expert in our field. We have more energy because nothing is more energizing than being steeped in your core gifts.

We get deeper connections we get greater insights greater clarity deeper creativity. It's just the list goes on and on and on. And I spend my time visualizing a world where we start to prioritize this in schools and businesses in the government and we start to rethink the way we learn and the way we teach children the way we teach others. We rethink the way we define what is genius because we're all geniuses in our core.

And that is what I envision and when we get to that vision the world is going to be a much more joyful. Amazing is easeful loving connected place. So how do we do it. How do we live deeper into our mastery. There are several ways to do it but there is one secret way that is the most powerful by far. And that secret is to confront the fears that come up on your path to expressing your core gifts and the fears that make you calk up your true authenticity and your superpowers because of how we have been taught in modern society.

Most of us think that if we want to get better at something we need to crack open some more books take another class get a degree get a certification get some sort of piece of paper that says we are really good at something. We've arrived at that level of expertise. You often don't hear people say go confront a fear. You want to get better at some go confront the fear. And that's exactly what I'm saying to you today. And the reason why is you are the manual writer the blueprint creator of your core gift.

No one else no one else who's ever walked the face of the earth. So there's no way that you could read what someone else has to say. I don't care how wise they are that will really truly enable you to create a more complex and developed blueprint.

You, my dear, are the only one and I want to be clear here. I'm not saying don't crack open a book don't get a degree don't learn from others. Yes yes yes. We're always learning from others. If you want to learn how to do open heart surgery indeed you're going to have to crack open a book. I'm talking specifically here about being an expression of our core gifts. So there's no book that we can read that will help us do that.

What I'm saying is taking your core gift expertise to the next level requires you to look inward and not outward. And when you look inward you ask Where am I corking myself up? Where am I afraid to express who I truly am? Where am I afraid to take an action that I know in my heart I want to take? Why am I holding back? Where am I holding back? What am I afraid is going to happen?

And here's the super cool thing about confronting your fear on your path. The reward you receive for having the courage to do that is you up level your core gift because you use your core gift to push through the fear to overcome the challenge or the obstacle whatever it is that's on your path.

And in using your core gift. You learn a new aspect of it. You learn a new solution to a problem. You get deeper insight you go deeper into your unique talent in the process and very often after you confront the fear, however is so relieving and freeing and really fabulous.

And I'm going to give you a concrete example of what I mean by this and this is where we start to talk about discomfort. You hear a lot of successful entrepreneurs say that you have to be willing to be uncomfortable in order to grow your dream. And I say they are 100 percent right. Being uncomfortable includes a lot of things but to me it also includes confronting the fears on your part to being in full expression of your core gifts. So let me tell you I realized really it started in 2005 that I was in the wrong career and that I had to do a hundred and eighty degree career change.

So I did that. I started by creating every day. It's all I really did. I got up in the morning before work and I created for an hour and a half every day on Saturday and Sunday I created and I created what I was feeling nudged to create.

Looking back I was really doing everything right because I was not at all in a position to quit my job and just you know be that creative that I wanted to be. I was not ready I did not have the clarity but that creating every day laid out a path before me that eventually gave me the clarity to where I am today.

And nothing was really scary at first. I was just getting up to my thing. I was the first thing I worked on was I was writing a memoir. And I was writing my story every morning and it was all good and I had my coffee go in and I was love in the process.

And nothing got scary until one thing I started to share what I was writing. And that usually is when the fear kicks in when you have to give your creation your offering that piece of yourself to someone else. That is when it gets scary and the more people you give it to or try to give it to the more exposure you receive the scarier it often gets.

So in my little memoir I was writing the first thing I did was share with three people and let me tell Yeah I shared it with three people who were trusted big fans of me who I knew weren't going to pan it. And because I'd never shared vulnerable writing to anyone before.

It was really really scary to share that manuscript with those three people who are gonna say Allyson we love you and support you no matter what. And I remember shipping I printed out three manuscripts. I shipped it to the three people and I was just like oh my gosh oh my gosh oh my gosh they're gonna hate it. I suck, I'm horrible. Why did I do it all?

The brain just kicks in and does all sorts of crazy stuff. And I was in a deep deep place of fear. And interestingly enough one came back and said they loved it. Another came back and said so so. And the third came back and said they're not ready yet. And so I got the gamut of feedback which is exactly what I needed at the time so I decided that the memoir indeed was ready for prime time and it wasn't.

And I then went on to other creative pursuits and I just kept creating what I was feeling called to create and then my next rubber meets the road moment was in 2013 when I launched my blog Shanthi parks and for those who don't know I started Shantipax as a Peace blog because I wanted to create a peace revolution in the world.

And I did. But the revolution really happened in my life inside which I guess is how all peace revolutions ultimately start and get momentum when we find the peace in word and in launching that blog. It was my next big stab of offering up something I was creating from the heart in a vulnerable authentic way to show my true colors to other people.

And I was terrified. Again the blog was going out to 10 of my closest family and friends who would have loved me and supported me no matter what I wrote. But I really felt so exposed and vulnerable. But I face that fear and I kept writing blog posts and blog posts and blog posts and guest blog posts and I kept trying to find new ways to share my work with new audiences.

And every time I pushed publish or submit. And faced another part of my fear. And every time I wrote something more raw or I went deeper into a subject. I confronted the fear of uncorking my core gifts and. I grew deeper into my mastery. Now in 2018 I can crank out a pretty darn good blog post in no time.

And I'm happy to share it with any audience I still face the fear about this subject matter. If I'm going to go really raw into a topic I'm still living into that fear. So I'm still confronting fears almost every day but I am light years ahead of where I was five years ago when I first started blogging.

And guess what. I don't have 100,000 followers. You don't need to have a bunch of people following you to experience this growth. You really just need an audience of at least 1 1 person

that you're sharing yourself to. And when it starts to feel easy to share with one then move to 2 or 4 or 10 or 12 or 100 or 1000.

However fast the process goes for you but with each fear you face. You're expanding. Growing and living deeper into your mastery. And so that is why it is so important to feel (air quotes) discomfort on your journey. And I say air quotes because if you don't do this process if you don't face the fears. If you are just okay with being on a plateau then you will feel so much more discomfort and it will be so much more unsatisfying for you than if you took the leap.

And you went for living your full potential and the reward of feeling that discomfort of facing the fear is so sweet and when you face the fear and you move past it and flow into it and past it. It is so relieving it is so freeing. It is so rewarding it is so gratifying. And it leads to magical and mystical results that you can't even imagine that just show up in your life and you think how on earth could that have happen. Well you made it happen.

So to recap we are born to upper level we are born to keep getting better and better at our natural genius and the way to get better to upper level to live deeper into your expertise is to confront the fears on your path to living your full potential. And in doing that you will feel uncomfortable but it is so worth it.

The reward is so sweet and it is a good kind of uncomfortable it is that I know I'm taking things to the next level. Uncomfortable and in no time that uncomfortable it will feel completely normal if it's something you've been doing your whole life. Because we're talking about your core gifts here and you sharpen and deepen and evolve and expand your core gifts. Every time you do it.

So my challenge for you today is, and you will not be surprised to hear, is confront of fear that you have been resisting that needling fear that keeps coming up as it's related to that needling action that you just want to take. And the fear has prevented you from doing it and it has made you cork up.

I want you to get out a piece of paper and a pencil and write the fear down. Sometimes we fear the fear so much we don't even want to acknowledge it. And there's so much relief. It's amazing how much relief you can feel in simply acknowledging it. So right the fear down first say I want to do action acts but fear why is preventing me from doing so again I want to take action acts.

But fear why is preventing me from doing so. Then say what is one thing I can do to confront fear why what is one thing I can do to push past it so I can achieve action x. Do it today do it this week start before you're ready.

I heard that line for Marie Fallouts, probably one of the best things she's ever said, start before you feel ready. And when you do confront the fear when you do take the action it will feel good

and thinking about it and rueing about it and worrying about it will always almost always be the worst part.

That is all I wanted to share with you today. I'm just feeling so tingly because I love this topic so much. And if you are feeling it all aligned to what I have to say I would be so grateful if you went to iTunes or pod bead or wherever it is you go and you subscribe to this podcast and gave it a very nice rating and review and maybe share with a few friends again.

So grateful for you for whatever you do. And as you know until next time please stay uncorked. Looking for a tribe to call your own? Join us at the Uncorked Cabal Facebook group of planners and intriguers finding new ways to infuse our core gifts to life and business. Find the link to join on my website Shantipax dot com. That's s h a n t i.