

The Uncorked Conversation Podcast with Allyson Scammell
Episode #9: Lessons From Living in 10 Countries About Our Ability to Uncork Our Core Gifts

Transcripts

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You are listening to the uncorked conversation podcast with Allyson Scammell episode number 9. 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.

We'll also uncover how to truly experience the joy of the journey through smart time management and planning. I'm your host Allyson Scammell. Let's uncork.

What is up Shantipax nation? This episode holds a lot of meaning for me. I felt called to share with you what I've learned from my experience living in 10 countries on four continents about our ability to uncork our core gifts and be our true authentic selves. If you're new to this podcast. Welcome. I'm so happy you're here.

This is where we talk all about how we can define tap into deep in and offer our superpowers or the true talents we were born with to the people we're here to serve. Today I'm sharing the specific lessons I learned from traveling and living in different cultures and countries about how we can discover develop and unleash our superpowers on our ideal people.

In this episode I'm going to offer you three ways to go deeper into uncorking your core gifts a secret about truth and a reason to embrace the challenges in your life.

I'm going to close on the three necessary feeling states for uncorking core gifts so be sure to listen until the end. The first lesson I learned from living in 10 countries about our ability to uncork our core gifts and live from a place of true authenticity is to follow the nudges. I was nudged to travel and live abroad.

Ever since I was a child it was all I ever really wanted to do. I grew up on a family farm with a strong sense of home. Then after college I joined the Peace Corps started travelling and moving and haven't really stopped sense. So where did this nudge to travel and live abroad come from.

And what is a nudge. Anyway a nudge is an internal yearning a longing a tap a desire to take an action. Sometimes you're not even sure what the action is or the desired outcome but you can feel a burning desire for something more in your belly.

These nudges are here with a purpose and are leading you to your soul's purpose and to deepening your core gifts. My Nejd to travel for example was directly tied to the development of my core gifts. You see I grew up with a strong sense of home.

Growing up on a family farm in South Dakota then for many years of my adult life while I was constantly moving from place to place I felt like I had no home. At a certain point the road became my home and I felt most at home there and I needed to fully understand that paradox the paradox that everywhere is home and nowhere is home.

And why did I need to understand this. Because one of my core gifts is truth. I have the ability to seek and uncover the authentic nature in people and happenings. This is why I devote my days to helping people to discover their truth. And here's the secret about truth all truth is a paradox. To quote the doughty Ching the purest white seems stained the highest tone is hard to hear. The perfect square lacks corners the sturdiest virtue seems fragile.

When we understand all truth as a paradox we let go of our attachment. We understand that there are two sides to every story and the opposite of a belief we hold to be 100 percent true is also true. For example. I am not good enough is as true as I am good enough. Wait what. I imagine you would expect me to say I am good enough is the truth and I am not good enough is the non truth because this is a feel good podcast right.

But is that true. Let me explain. I am trying to grow this podcast and reach listeners in new and profound ways such as yourself. As of today I am not as good as I would like to be. As I know I will be some day. I am learning.

I am improving I am understanding the world of podcasting. I am growing. But I am also good enough because here I am talking to you and here you are listening to me. So indeed I must be good enough to make this connection. Both statements hold truth. Our core gifts are another great example of this.

Our biggest superpower is our core gifts. The shadow side of that is our biggest challenge our biggest weakness in a way so our greatest talent is also our greatest weakness. The paradox of truth getting back to my nuch to travel in following those nudges. I went from a strong sense of home to no home.

I explored deep into that paradox and discovered that all places feel like home and not like home. At the same time and ultimately I found peace in that. So the point that I'm making is that following the nudges helped me to uncover and deepen my core gift of truth.

My question for you is what is nudging you right now. What is saying create me paint me write me graphic design me explore me conceptualize me or grow me. Are you resisting the merge. If so why.

Can you feel into the resistance and then take one teeny tiny action to follow the nudge today and in following the nudges your core gifts will be revealed and expanded the second lesson I learned from living in 10 countries about our ability to uncork our core gifts and live from a place of true authenticity is to know the challenges come with deep purpose and learning when we follow the nudges towards a desired outcome.

And also when we resist the nudges. For that matter challenges appear on our path. I followed the nudge to travel and live abroad and that was thrilling for me and it was also challenging. One of the challenges was the feeling of having no community.

For years I felt tribalists at a certain point I was moving as much as every six months in those moves. I lost my sense of community and I was lonely. But it was in that loneliness that I was able

to truly here and heed the calling to do something greater.

It was then I felt called to quit my gold plated day job to pursue my dream of writing coaching and speaking. It was then I looked inward and realized we are ultimately always alone and never alone. There's that paradox again.

Looking back I see that I needed that solitude to start writing. It was in writing everyday and creating everyday from the heart. When I truly started to understand what I was called to do and then taking action towards that calling and following those nudges I got the clarity I needed and the people started showing up on my path to help me. The point is the challenges that show up on our path are here for a reason.

They aren't just here to make our lives difficult. They're here to help you deep in your core. Gifts from my loneliness. I was able to look within and understand my outer world was but a reflection of my inner world.

So if I wanted a true community and lasting relationships I needed to first connect with myself and build love from there. It was from this quiet place that I discovered one primary way. I wanted to express my true gifts was through coaching.

Then I started to build a virtual tribe in the coaching spiritual and personal growth communities of like minded individuals who had a similar worldview as my own. It was there I started to build the tribe that was almost aligned to me and how I wanted to live my life.

So the challenge of loneliness is the thing that ultimately saved me and led me to the true community I had been longing for. So what challenges are on your path right now. Can you identify why that challenge is here?

What's the learning point for you?

Can you embrace the challenge and own it and turn it into something that is working in your favor?

For example if your challenges that your business is not growing fast enough can you fine the bigness in its current size. If you don't have enough clarity can you find the certainty in the blurriness. If you're not meeting your financial targets can you find the abundance in the perceived lack the third and final thing

I learned from living in 10 countries about our ability to uncork our core gifts and live from a place of true authenticity is to understand we all want to feel safe love and connect and contribute to something larger. I have lived in one of the poorest and richest countries in the world and in both of those countries and in all countries I've lived in the people I encountered wanted to feel safe love and connect and contribute to something larger truly understanding this melts away.

Any concept of usvs. them because there is no us versus them we are all connected and united our energies are connected and even our humanness is connected through our shared innate desires. These shared innate desires to feel safe love and connect and contribute to something larger are also the key components to sharing your core gifts to the people you are here to serve.

When we feel safe we're able to open up and be our most authentic self. When we love we create from our highest vibrational place when we connect and contribute to something larger. We're motivated and inspired to share the best of ourselves to the people we are meant to serve. And this

is what we all want. It's part of our souls purpose to share. Our core gifts in a way that feels safe loving connecting and contributing.

What do you need to feel safe enough to share a deeper part of yourself. Do you need to be more selective about with whom you're sharing. Do you need to change venues? Do you need to remove a limiting belief? How can you create for me deeper place of love?

And how do you want to connect and contribute to something higher? And certainly what is nudging you right now? When you start to answer those questions and act on the nudges your core gifts appear and are deepened even further.

Remember no one on the planet has the ability to do your true talents as well as you. You are the only one who can write the instruction manual.

So these are the lessons I learned about uncorking our core gifts from living in 10 countries.

I am now in the process of moving back to the United States my home to start a whole new chapter. And as I transition I'm continuing to follow the nudges. Embrace the challenges and look for ways to feel safe love and connect and contribute to something higher. And I challenge you right here today to do the same.

And you can start with what is nudging you to take action right now. And if you are enjoying this podcast then please subscribe and leave a reading and review on iTunes so more people can find us. Until next time, please stay uncorked!

Looking for a tribe to call your own then join us at the Uncorked Cabal We're a band of rebel dreamers and schemers looking for new ways to uncork big magic in life and business without burning out. Find a link to join on my Website shantipax.com, that's shantipax dot com.