



OUTER WORLD INVENTORY

AN EXPLORATORY GUIDE TO AWAKEN
YOUR AWARENESS OF WHERE YOU
ARE OUT OF ALIGNMENT



BY LAURIE OAKES

INTRODUCTION



Welcome to the "Outer World Inventory" workbook, designed to help you uncover and become aware of what no longer serves you. Laurie Oakes, Mediumship + Intuitive Coaching, is delighted to accompany you on this journey of self-discovery and personal growth.

Hi! I'm Laurie Oakes and I am an experienced medium, channel, and spiritual teacher. I help people who are ready to make a profound transformation in their lives. By following their soul's unique guidance, they will move into alignment with their soul's purpose, achieving a happier life that actually serves them.

In 2019 I began a deep dive into my journey of self-discovery and trauma release after a lifetime of not knowing why I didn't feel fully happy. I have experienced firsthand how personalized guidance delivered by a trusted medium accelerated my growth and helped me understand my life in ways I could have never imagined.

Today I work as a medium, helping others achieve exactly what I have through the process of surrender, trust, and following the guidance.

As a medium, I communicate with God, non-synonymous with religion, but the soul being that created all souls. If you believe in a Source, The Creator, or Consciousness, it is all the same with a different name. By communicating with God, your Creator, I receive messages focused on your soul's purpose and path in this lifetime.

The insights in this guidebook are the practices I have used on my own journey, and with clients to help them become more aware of what is keeping them from experiencing the weightlessness of true happiness!

SETTING INTENTIONS

Take a moment to reflect on what has brought you here. What do you hope to achieve or discover in your journey?

Activity: Create a list of personal intentions for this journey, focusing on what you'd like to gain or release.

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WHAT IS THE OUTER WORLD?

In spiritual terms, the "outer world" typically refers to the physical, material, or external existence that exists beyond an individual's inner world or consciousness. It represents the tangible, visible, and sensory aspects of reality, including the physical environment, people, objects, and events that one encounters in their everyday life.

In many spiritual and philosophical traditions, there is a distinction made between the inner world (the realm of thoughts, emotions, and consciousness) and the outer world (the external, physical world). These traditions often emphasize the interconnectedness of these two worlds and suggest that the outer world is a reflection or manifestation of the inner world.

As a soul experiencing life in a physical body, we believe what our eyes perceive to be reality. It is easy to become caught up in and distracted by the outer world.

How many of you here in your life have set a tangible goal for yourself? Whether it be a salary, savings, a house, a promotion, etc... only to be left feeling empty or unfulfilled by the time you achieve that goal, and questioning why you are still unhappy.

God says that the outer world can satisfy your desires, but only the inner world can make your soul sing. The inner world is where your soul resides, your true self. The outer world can serve as a significant distraction at times, keeping us caught up in juggling tasks or relationships that are not actually adding value, or happiness to our lives.

Whether it's from a sense of obligation, or deep-rooted limiting belief, you cannot deny the existence of the lingering weight of unhappiness in your life, but you might not know how to shake it.

This is where this exploratory guide comes in. This prompts you to ask yourself some of the more uncomfortable questions so you can be faced with the truth - if you don't make a change, nothing will change.

Our misalignment with the outer world shows us where we are living in *trauma response*.



WHAT IS TRAUMA?

God explains that young children cannot effectively process conflict. Often, you may be unaware of unresolved childhood events that still impact you today. This is because as children, we couldn't fully grasp and process the complex emotions involved, which is what we refer to as trauma.

Typically, the first 7-9 years of a child's life are critical for learning about separation, self-identity, expressing needs, and navigating a wide range of emotions. Trauma, whether subtle or severe, can impede this crucial developmental process.

Contrary to common belief, trauma isn't limited to extreme experiences. Trauma can be triggered by events that may seem insignificant to us as adults but had a profound impact on us when we were children. Children lack the capacity to fully comprehend the stress, pain, or conflict within themselves and their parents and often internalize these issues as personal wounds or flaws.

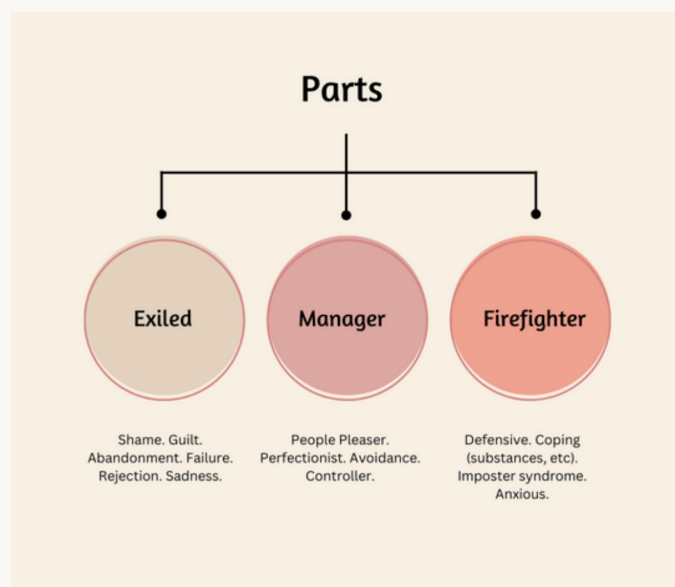
The soul is pure energy, comprised of pure vibrational energy and constantly in motion. It perpetually seeks growth in emotional maturity, necessitating growth through lessons in patience, compassion, humility, gratitude, love, understanding/acceptance, and joy.

Experiencing trauma introduces sadness into our hearts and minds, disrupting the soul's natural high-frequency vibration, equivalent to the emotion of love on Earth. This discomfort compels us to introspect and seek growth.

Remember, above all, you are a soul experiencing life in a physical body to evolve and learn--GROW. While you do not consciously recall your life's purpose or lessons, many of your most profound learning experiences occur through traumas.

When we experience traumas, we begin to form limiting beliefs about what those experiences mean about us, and we form parts to help shield us from the pain. When these parts are active, or rather, reactive, we find ourselves externalizing our happiness.

When you are externalizing your happiness you are looking to the outer world for validation. You typically take on tasks or characteristics that are not in alignment with your soul because you wish to be accepted and not face rejection. This is when it is time to take a look at our outworld.



EXAMINE YOUR PARTS

BASED ON THE IMAGES PRIOR, ANALYZE YOUR MOST REACTIVE PARTS

EXILED

MANAGER

FIRE
FIGHTER

WHAT EXPERIENCE FORMED THE EXILED
PART?

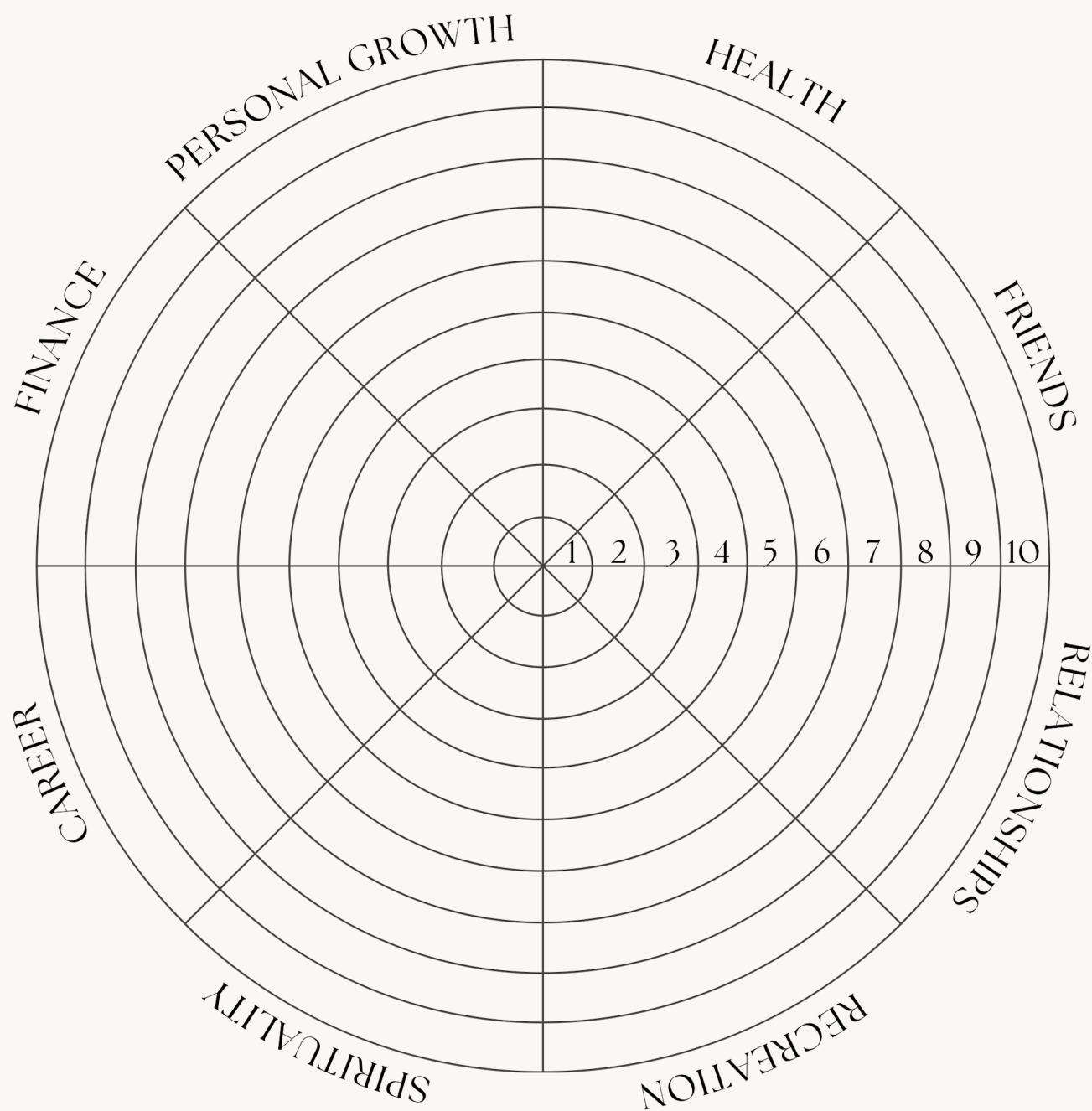
WHAT MANAGER PART IS KEEPING ME OUT
OF BALANCE?

WHAT IS THE WORST CASE SCENARIO & HOW CAN I
REPAIR MYSELF THROUGH IT?

OUTERWORLD ASSESSMENT

Pictured below is something called “the wheel of life”. It is a great tool that helps you better understand and bring into your awareness what areas of your life you wish to create change.

Think about the 8 life categories below, and rate them from 1 - 10.



OUTERWORLD ASSESSMENT

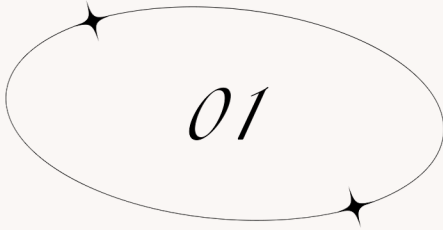
Becoming aware of the areas of your life that are no longer bringing you joy is the first step.

Take the time here to reflect on why some of the areas of your life above rank below a 5. Think critically about your relationships with each of these areas, and why you're maintaining this as the status quo.

Once you have completed your reflection, apply the 5-Step Process from the next page to each of the areas on “The Wheel Of Life”.

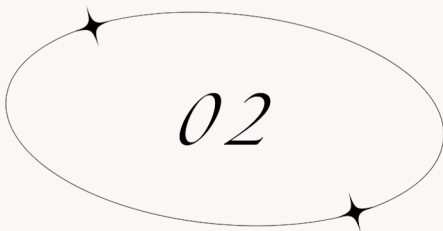
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5-STEP PROCESS



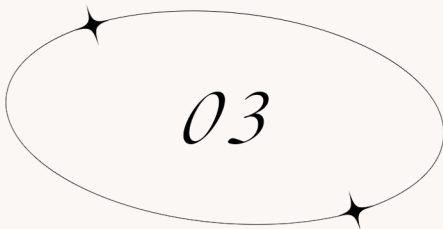
SELF-REFLECTION AND AWARENESS

- Start by taking time for self-reflection. Identify the areas of your life where you feel dissatisfied, stressed, or unfulfilled. This can encompass relationships, habits, commitments, and more.
- Cultivate self-awareness to recognize which aspects of your life are no longer serving your well-being, growth, or happiness.



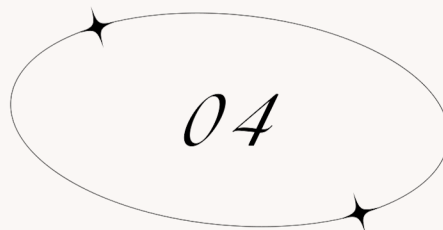
IDENTIFY THE "WHY"

- For each element you want to eliminate, ask yourself why it's no longer serving you. Is it causing you stress, hindering your personal growth, or preventing you from achieving your goals?
- Understanding the reasons behind the need for change can provide clarity and motivation.



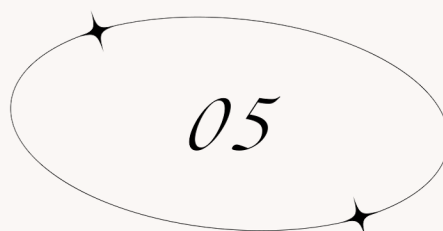
SET CLEAR GOALS AND INTENTIONS

- Define what you want to introduce or create in your life. These goals should be positive and aligned with your values and aspirations. For example, if you're removing a negative habit, define the positive behaviour you want to adopt.



DEVELOP AN ACTION PLAN

- Break down your goals into actionable steps. Create a plan that outlines how you will eliminate what's no longer serving you and introduce what will serve you better.



IMPLEMENT AND ADAPT

- Begin taking action on your plan. This might involve ending toxic relationships, changing your daily routine, seeking new opportunities, or learning new skills.
- Stay adaptable and open to change. As you progress, be prepared to adjust your plan as needed, and learn from your experiences.
- Celebrate your successes along the way.

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M E D I U M S H I P | C O A C H I N G

CONGRATULATIONS!

Taking a step toward bettering yourself isn't easy. It can require a great deal of strength to acknowledge our own unhappiness and begin to implement change.

I am so proud of you!

If you found this guide helpful and are looking to dive even deeper into the concepts provided, I offer an in-depth workbook called "Inner + Outer World Alignment"
Available for purchase at www.laurieoakesmediumship.com

Or

Perhaps you would like to explore these concepts and more in my
6-Week Course, "SURRENDER"
Guiding you to let go and embrace a deeper connection to your soul through the art of surrender.

Dive into the profound concept of surrendering to the Divine by examining your relationship between Mind (Ego), Body, and Soul.

Begin examining your innate desire for control and how it shapes your life. We'll destigmatize the need for control as a search for safety and explore the soul's desire and longing to be Divinely guided.

(Inner + Outer World Alignment Workbook Included w/ Purchase)