



HIGHLY SENSITIVE LEADERSHIP

**A Course In Business Miracles Podcast
Episode 99**

Privilege of Agency

Transcript

Welcome to A Course In Business Miracles. This is Heather Dominick, creator of www.BusinessMiracles.com and founder and leader of the Highly Sensitive Entrepreneur movement since 2010. Join me today for some genuine practical assistance and a business altering and life changing experience, A Business Miracle.

This is a Course in Business Miracles Episode 99, Privilege of Agency. Most highly sensitives have been socialized to believe that being different equals being "less than". By activating Privilege of Agency, you have the choice to see your differences as strengths. Listen in to learn more about how to access Privilege of Agency so you can let go of socialization and step into the power of your Highly Sensitive Essential Self and Leadership

Privilege of agency. So, let's talk about what this means. So, the HSE Essential Self, the best thing the HSE Essential Self can be doing is creating in your business from privilege of agency. Privilege of agency. Definition.

Definition of privilege. Let's write this down. The principle or condition of enjoying special rights or immunities. Agency. Definition. The capacity, condition or state of acting or of exerting power. And I'll read it again. The capacity, condition or state of acting or of exerting power.

So, privilege of agency within one's business. Enjoying the right to exert your power. Enjoying the right to exert your power. The socialized self, the social self is not a position of power. It is a position of fitting in. Enjoying the right to exert the power of your Essential Self. She doesn't need this other person to like her. She doesn't need this other person to post pictures about her and tag her and invite her to her podcast and comment on her post. She has the privilege of agency to do that for herself in her way.

Jen does not need a person that she doesn't really know so well to give her validation. To tell her that what she's doing is right. She has the privilege of agency. Be like, I know. I'm right. Or, like we talked about with Nova, I will call on the community that I trust. I will call on a coach team and a mentor that I've invested in because I am supported here. These people have worked to know me. These other people don't know me. I don't need my husband's best friend to approve of my business. What is that? Who is he? What role does he play? What?

We don't need the Whole Foods clerk to like us and we don't need to continue the legacy of something that our family did or did not do. Such as Monica so beautifully showed us. Privilege of agency. Privilege of agency is the ultimate flip of the switch from shadow to strength. And it is the ultimate flip of the switch of what it means to be different. Privilege of agency is the

ultimate flip of the switch from shadow to strength and the ultimate flip of the switch that different does not mean less than. And I want you to write that down. Different does not mean less than. Different does not mean shame.

Different means different. And if someone else can't understand it, there's no place for that in your business. If that someone else is someone who's close to you, like a spouse or a partner, then that requires a difficult conversation and probably more than one. But it doesn't mean shame. It just means different. Privilege of agency is changing the past social self story. Do not have your past running you. Like from what I read yesterday from Caroline Myss. Stop looking to your past to make decisions now.

As she said, "It is over." It is only you who keeps repeating it and keeps bringing it into the now. You have brought it into your business. But you get to flip the switch. And as Taylor so beautifully just highlighted, over and over and over again. In the same way that you don't do yoga once and then look like Lorna. Or you don't go to the gym once and then walk out with a six-pack. You go again and again and again and again and you continue to go. Why would you think that your brain, as a muscle, is any different than any of your other muscles?

Why do you think that you can just read one book, listen to one podcast? Why would you have that expectation? I will tell you why you would have that expectation. Because the ego mind does not want you to change. So it wants you to buy into the story, this didn't work. This didn't work. This isn't for me. The ego mind says, don't do it. Don't commit to the process. Don't keep at this. Don't change. Don't change. We don't know what's going to happen if you change. You might be miserable now, but at least we know what to expect. Choice is always yours, though. You can choose familiar, or you can choose the challenge. Is it harder than continually wanting other people to behave differently and needing other people to behave differently so that you can feel different? Because as L said, that's impossible. So you can stay on that hard path. For the rest of your life. Most people do. And most highly sensitives definitely do. Again, the good news is, in regards to these tools that I've shared with you to RAINS-It and be able to access privilege of agency, is that as has been shown by neuroscience, the brain is a malleable muscle.

It is changeable. The thing is, is that the brain is a very stubborn muscle. So the brain, and especially according to Bruce Lipton, who is a developmental biologist, is that the that the brain is a survival organ. And it's wired for the negative. Why is it wired for the negative? Protection. Exactly. Back in the day when we would be eaten by bears. But that is no longer the case. And

it's also a survival organ because it operates very efficiently. To save energy is why it goes on autopilot. So, if you experienced emotional neglect growing up because people did not really have the awareness to support you with what you needed as a highly sensitive, then your brain would have wired into protection.

Those are your shadows. Those are your coping mechanisms. But guess what? You're no longer under 18. We're all adults. And we all get to choose differently. So, accessing privilege of agency is a massive act of personal responsibility. So, for example, I can do all of the work that I do to really cover all of the bases, to design programs that are really a match for what a highly sensitive needs in order to be able to succeed.

But I can't do it for you. So it's a massive act of personal responsibility.

Thank you for listening and I hope you enjoyed this episode of A Course In Business Miracles. If you're ready to learn how to use your highly sensitive abilities to support your in being purposeful, profitable and empowered rather than scattered, poor and undervalued, take my free self quiz to find out if you are indeed a Highly Sensitive Entrepreneur. And if you are, along with your quiz results, you'll receive my free HSE Success Guide, which will teach you how to have your highly sensitive abilities working for you to create the results you desire in your business.

Take the quiz and receive you free success guide now at www.HSEQuiz.com.

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