

## creating in partnership — our story

Excerpted from: *Are you ready for outrageous success?* by Barbara E. Riley and Delyte D. Frost, 2008.

We came upon a time in our lives when the yearning for something new and exciting became a relentless nagging feeling, begging to be engaged or quieted. We chose to engage. After partnering as organizational consultants for twenty-five years, we knew we were ready for change. Something was rumbling inside us both, seeking release.

Our years of study and practice in personal growth, leadership, spirituality, consciousness and wellness were constellating – asking us to create something new. We sensed we were ready for our next step, both professionally and personally. Our partnership had provided us a trusted container for professional success and our ongoing learning – what was calling us?

We talked often about our purpose. What were we here to do? How could we access our container of partnership to tap into our true purpose?

We decided to gift ourselves with the time and a quiet, beautiful environment where we could open to the guidance we knew would come. We have the privilege of access to an out-of-the-way place in Cabo San Lucas, Mexico, where sun, sea and peaceful Context felt like the perfect place to “birth” our new purpose. Barbara had often gone on retreat here and was able to turn inward, reflect, learn and renew. Together, we knew we would do the same. We shared a flow of comingled expectant energy, building to create the new, to create the Unknown from our known experience together. Our destination was set; our energy high. Our joint excitement and clarity were pushing us to Create.

We set aside two weeks. Each day we would gather individually and then together – through meditation, exercise, eating, reading, napping, beach time, laughing and reflection – we plugged in, listened to each other and to the messages from our Guides. We *percepted* points of energy and strong emotions. We consulted Science of Mind daily readings. We often selected cards from the Medicine Cards, the Mayan Oracle, or animal decks, asking for guidance on our journey for that day. We noticed birds and sea mammals that appeared in our path. The messages were often ones that asked us to reflect and discuss, to explore how each message was pushing us to mine our interior *Knowing*, to stay focused on our destination.

We listened intently to our language – what were we saying about our purpose in this life?

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We asked each other:

*What are we really good at?*

*When do we feel most alive, most connected to ourselves and our purpose?*

*What have we learned that could be of value to others?*

*The Chambers emerged for us as we looked deeply into what we care most about, how we have most positively impacted others and as we asked the question: “What is our Purpose here in Earth School?”*

*We talked passionately about our life’s work, our intersecting life paths, and when we had felt most connected to ourselves and to others, when we had felt most alive, when we had been most creative, when we had been outrageously successful. We heard our language returning again and again to our hearts. We succeed when we move from our hearts. “How did we learn this?” we asked. “How have we helped others to find their heart?”*

Our process together has always been free-flowing and emergent. We have grown into ways of sensing when to push each other and when to slow down. Barbara would share stories conjuring up the language and images of times we had supported clients and friends to find their hearts. Delyte would capture the essence of our words in pockets, places and containers, drawing images and writing fragments of insight. All were collected as elements that would define the path to our hearts. Together we were able to capture our essence in concepts and notions we shaped and molded until we felt complete.

We continued to review our life’s work, finding the places where our hearts intersected with our creativity. We began to write and draw our journey.

When the Chambers had fallen into place, reflecting our experience, we realized we held a map. The map defined the path that had supported us and our clients in claiming our full Self – we had *7chambers*.

**Our hearts hold seven muscles that spiral collectively to form the four chambers of the heart.**

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We knew we held a map, a path that would prove useful to others. We felt this inside; by the amount of energy generated between us in the moment. At the end of our time learning and searching for purpose came a clear sense that others could follow this path to discover the same. Those in search of a new spark, a different purpose, a return to their authentic Self would now have a path to take, a place to learn, a way to consider every part of their existence, to find peace and success.

The *7chambers* had been created *through* us; had emerged as we bore witness to our own lives. We now had clear purpose: We are *transformers*.

*As guides on this journey, we believe we must travel where we ask others to go. Working our journey through the 7chambers, we name and commit to living our path and purpose. We are Transformers. We will do our personal part, our own self-healing. Self-healing is our walking stick and transformation our planetary path.*

**Traveling through our 7chambers, we choose to create our  
Conscious legacy.**

**Barbara and delyte embodied their beliefs...took  
themselves, the people they touched and the world  
in which they lived ... and moved all closer to the  
connection with a true Source.**

Cabo San Lucas, Mexico (June 2004)

To Create our dream, we sat together and with clear intent imagined how we would move into the world with our path of *7chambers*. It is now December, 2008 and our book is published. We created our ***outrageous success***.

Barbara E. Riley

Delyte D. Frost