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The Lifebook

The 7 Steps to Unlocking Your Life

Emotional Resilience for Teens & Adults
The Lifebook, The Bridge to Break the Cycles
Mark Anthony Hamilton (Buggermann)

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Dedication

Thank you for your giveaway,
Preston, Amaya, Emelia, Xanthi, Brandon and Jackie.
The sacrifices you had to have for this book.
Love Mark, your father and husband.

The Lifebook - Unlocking Your Life in 7 steps.

Emotions can be overpowering; filling your emotional bucket.
The sense of being able to cope with life's challenges are harder and more stressful, when
this bucket is full.

Through the practical exercises you will gain awareness of emotions that have suffocated
you and then be guided to use the tools in the steps to move past them.

This Lifebook nourishes you from the inside out, to make you whole again.



The Lifebook, the bridge to break the cycles; for teens and adults.

*“Stop letting your past control you, emotionally and physically.
It’s time to unlock your mind body and soul
and be the real authentic you.”*

Triggers

“Awareness is the first step, nothing will change unless you take a step; happiness is only temporary, but Joy is long term.”

Our emotions are everything, as they signify who we are in the world. Many people choose to hide, suppress and deny (HSD) life, avoiding those emotional encounters, without knowing why. Stress, anxiety and depression (SAD) will come and go, and should not linger around for prolonged periods of time. Furthermore, these should not constrict your life and put you in a cocoon; you don't just morph into a butterfly and life is all wonderfully colourful. I like to use 'SAD' as an acronym to explain these top three debilitating thoughts. If your SAD moments remain more extended than a few hours/days, then take some time out for yourself; explore your fear and the polarities of it around the situation. If you are not able to do this straight away, then take some time at night, or over the weekend to work through it, do not let it sit there for longer than a few weeks.

Over time we tend to forget what we needed to improve on life. Then a few weeks, months later, we wonder why we overreacted. Sometimes we think, oh whatever, it doesn't matter and keep going, just ignoring the signs. When you add up a lifetime of 'whatever's,' it can erupt like a volcano, or overwhelm you like a tsunami, and I do not recommend it.

There are no magic pills for life, just honest hard work. Everyone is different, do what you feel is right for you; write, draw, dance, but never watch TV in moments of despair as it is just an escape from reality. If you do end up watching a cool movie, it is ok, just make sure you do your reflective work afterwards. We can use our TV moments to have epiphanies in life, not avoidance; I love a good kids movie to gain insight. Movies such as, The Greatest Showman, Frozen, Kung Fu Panda, all have messages for life, have you been listening?

There is no right or wrong way, just signs to light up the way forward. We all have free-will, and we also can overcome our falsely held beliefs and behaviours if we choose; action with a dedication to improve ourselves and going forward then repeat is best.

Are you aware that 'anger' is not an emotion, but a reaction to an event, the same as happiness. I hear people at the start of conversations share either how angry, happy or good they are, yet rarely do they ever go deeper than that; heaven forbid you get into details; "oh you better keep away from them, they may talk too much, share their problems, share something you don't believe in!" Using words like joy, mad, glad, sad, fear and shame, I find is a more beneficial and accurate way of explaining how we are feeling and not misunderstood. Are you working in a job, talking to people that brings you happiness or joy?

Happiness is a reaction, whereas joy is something you embody. What are you working towards? Because joy can be achieved and sustainable for longer, but happiness is only temporary and in the moment. When you work for happiness, you keep striving to be happy the same as an addiction, trying to get next hit, a higher level of happiness. To be filled with joy, there is no continuum, does that make sense?

“To be filled with joy, there is no continuum, it just is.”

This also goes for anger and others alike; does it really matter? Yes, it does, as it is the energy that affects us and everyone around us. Write down the following six words and experiment with them, (Mad, Glad, Sad, Fear, Same & Joy) especially if you are already thinking, oh I'll never remember that or what's the point, this is precisely why you should.

Many people only scratch the surface and believe their anger is caused as a result of something outside of themselves, in that very moment. Yes, at first it seems like a direct link to a trigger, yet it is a learned behaviour which has been learned through either our observations or experiences. There are many learned emotional behaviours that are developed between the age of 13 and 17 years of age.

We name and blame many things about how and why we struggle through life with our emotions in society today. We can fight it, ignore it, or we can develop and grow our survival techniques and learn to live. In today's society, we tend to struggle more with our thoughts and emotions, compared to previous generations that often had to psychically fight to work and survive. Looking back at tribal days, there was little to no mental illness conditions, and I believe the main reason is that they supported each other, as a tribe or community as it was necessary for survival. Therefore, they lived not to shame and play mental games.

In tribal communities, a boy would have to leave his tribe during his adolescence, live alone and have to survive his own. He would have to take what he already learned and adapt to the new changes within the environment. He would then take what he learned back to his tribe a week or so later, so that they too could learn, evolve and continue surviving. In addition, this helped him deal with his emotions and develop his emotional brain.

The word depression, does not exist in a tribe's vocabulary. One of these tribes is in Brazil, the last free people on Earth. The main reason for this is that they band together as a community, and when one person is not well, or confused, the entire tribe will dance, sing, talk and have story time for that one single person, until he/she is right to move on. This can last from half a day to a couple of days, and they do not stop. Follow your intuition if you want to create this yourself because you can if you want to. Band together as a community with comparison and stop isolating ourselves,

Love, appreciation and intention are keys to life. It is imperative to let go of the hurt and pain in your life, to understand where it stems from. Everyone experiences pain and suffering in life, and this can affect us later in life emotionally.

We experience pain at various stages through life, and our pain passes in time. If the pain continues over a few weeks, then I highly recommend talking to someone, such as a professional such as a Gestalt therapist, as they bring therapy for the soul. Just remember, if the first therapist doesn't fit, ask for a referral to see someone else. The type of professional you want or need should give you a reasonable feeling of comfort and trust, just follow your intuition. If you never ask, you will never venture and remain where you are right now. Even the failed action is one step closer to your goals because you would have learned something.

When you overthink life, you remain stuck, anxious, stressed and depressed; it is like a rollercoaster of mental garbage. Our society, our way of coping and dealing with life, needs to change.

Every bit of fear is just an excuse; there is always a way around it. Everything is possible, you just need the drive or passion, but it's all up to you. Failing just means that your direction is not right and there are another options. Meditation and listening to yourself will help resolve this and can never be rushed. Most times, when you rush in, all you are doing is reacting and not pondering the profound thoughts. Awareness is the first step; only then will the tools and strategies help you get there; but how do we bring awareness to it all?

Tools and strategies provided in this Lifebook are here to support you, and great to fall back on to guide you through life. Once you positively empower your emotions and reduce the amount that you react too, you can start living life; breaking those old patterns is very important. Emotionally reacting to life gives away, our energy, costs ourselves money, makes us feel crap and many times don't know why, yet we continue to remain in a cycle. Are you ready for a new way of living without avoiding? When would you like to start? It will always be your choice and will require your action your energy put into it, to make it happen.

Awareness mostly come after significant events, mediation, crisis, readings, workshops or illness. Deepen your knowledge, take more time for yourself and continue to ponder your thoughts. Reflect upon each day/week and take notes, add some meditation to assemble your thoughts. Break it down into which parts you like to work on - from fear, love and hate and bring awareness to them. It is only then that you can search for the pattern behaviours and understand how to change them. Alternately, you can seek other professionals to help guide you.

Many times, we go through life in two directions; we can either hide, suppress, run away from, or we can stand up, fight and push through like a steam train. Most times, when we

explore the polarity of why we have this reaction, it can help us discover how to heal or adjust our way of living. For example, if we hate too much, then we need more love.



Practical Application Section

Complete in your journal

Take a breather and relax, have a green tea. Make sure you do not rush through this, spend time in nature or at the very least look into it. If you struggle to do this, light a candle each night for dinner, with the intention of bringing life back into one's self. Share your daily grateful with your family/friends.



What do you want in life, emotionally?



What are your current goals?

Knowing Your Personal Triggers

"We only react from experiences; without embodying the feelings of the experience, it is only judgment or hypothesis."

A personal trigger is something that causes us to have an emotional reaction and or a response to something. An emotional response is something that we have no control over, and the first step to unlocking your real power of within. We must have deep awareness and understanding of our triggers, choosing to build resilience or remove it from our life.

In life, we might know that that we have these emotional responses; however, we are usually not aware of how many we have, or how much it alters our life, thus holding us back. We mostly only have three major triggers, once they are dealt with, the others are most likely insignificant and resolve themselves.

Everyone has emotional triggers, but our awareness of them depends on how much they interrupt our life before we do anything about them. Some people already know what their conscious triggers are in life, yet they may not know their unconscious triggers. These unconscious triggers are the ones we emotionally react to and that we have no awareness of; these exist deep in our subconscious and related to our past in some form. Our triggers will crystallise in our mind during our emotional brain development (between 13 and 17 years of age), and/or a significant event. These triggers form like an addiction and emotional attachment that's relevant to the experiences around it. Also, don't assume that anger is an emotion; it is a reaction, a frustration, a worry, stresses, and or anxiousness trapped within us from our experiences. This makes more sense as you work through the book and your triggers.

Our emotional triggers are always around, some are easy to see, and others are that ingrained that we don't even realise we're reacting in a certain way. We all react to various things; we can call them triggers, emotions, shadows, it doesn't matter what label you apply, what matters is that you work on them to improve your way of life; so, you react less in life. When we don't know our emotional triggers, then we don't know what we need to let go of, release, or how to improve on in life. It is one of the biggest things in life that we can bring awareness to; it is then up to the individual if they do anything about it. If we are arrogant and don't want to know our triggers, then maybe this Lifebook isn't for you, because this is the first step of awareness otherwise, we won't know what affects us in life, let alone know be able to dive into our subconscious triggers.

Some of the aftermaths of these emotional reactions can be seen in arguments, violence, separations, lousy health, shopping, feeling like you're not good enough, or not worthy, and the list goes on. Why are so many people so trapped in a cycle of addiction? It is merely

because of the emotion behind the trigger. It is all linked to our past and our resistance to letting it go. The reality is that we also must experience some challenges in life so that we can learn, adapt and implement. Sadly, in our society today, there is no longer initiation ceremonies into adulthood, and we try and build our own tools without any professional guidance or eldership. With so much information and conflicting advice on the internet, social media, news and books, it becomes overwhelming and misleading.

In society today, we can notice or name a trigger as a form of an addiction or a fear. These are strong words and you can try to sugar coat it, but most people have an addiction or fear of some kind without even knowing it. Think of something that makes you feel better when you're stressed or anxious, how you deal with these matters. If you have no control, or continue to react and partake in these acts healthy or not, then it most likely is not a choice but an addiction. Emotional shopping, eating, sex, smoking, swearing, driving, yelling etc. Anything can form addiction and is most of the time from past events. Start pondering what you do to avoid life emotionally; then you will start realising the triggers that are underlying it. Do you have any excuses coming into your thoughts now? Do you know what you do to feel better? Addictions take us away from something that we are either hide, suppress or deny from our life.

*(Warning, some of the following may trigger you,
just keep reading through it and take notes)*

Generationally we can observe our addictions going back millenniums, the things people did to either follow or ignore (hide, suppresses or deny) living their own life. Starting way back of the engrossment of Gods and or praying. Then the wars creating alcohol addiction, sadly helping people forget what just happened to themselves or others; a lot of pain and suffering. Then the food epidemic, starting as food as a reward for children to then imitation, processed and toxic food, that is still more than half of what people consume every day. Processed sugar (treats/lollies) seems like the best thing at a kid's party; however, is the worst and not a treat at all. Why do most kid's parties have junk food? All of these can be an addiction, as it takes over someone's life and live to fulfil it.

Food is extremely bad, yet most people ignore it because it can be overwhelming. Sadly, people have been shamed if they only have healthy food at a party and question where the junk food is. Some now organise parties without food and just have a cake at the end to avoid confrontation, with others just filling the kids with anything sugar. The first realisation is that junk food, is not food, it is mostly sugar, poor ingredients, artificial colours/flavours or chemicals in a blender, or cooked up in a lab. You would be shocked to know how much of our food is not fresh food that people consume everyday. In saying this though I am not against it, our family also has it, just in moderation. Did you know that some bicarbonate

soda, and more is on our shelves, and has been made in a lab? Money and availability have been the driver of processed food from large companies, society and lack of education.

There are books that could fill a library on what is good and bad food, along with multiple studies and health concerns. Whenever I bring it up, people roll their eyes and continue to feed it to their own children every day. If we can just limit these, our health would improve.

Although food is still a gigantic issue today, the next concern on what we consume is video games. Another huge addiction, helping people to forget the day and get lost. If you have ever played a game, you would know that you can lose hours in playing, thinking that only 15 minutes had passed. Next, social media, a massive gossip funnel, however a great way to communicate if done right. Many people today are getting finger joint pains and ailments from scrolling too much and now a health concern in businesses.

Bringing us to spiritualism. More and more people are meditating and channelling more and more, I am not saying that this or any of these are wrong, just only that if you are doing it to hide, suppress or deny something in life, then it's a good chance it's an addiction. I have friends that get psychic readings all the time, continue to get told the same thing over and over again and do nothing about it; thinking their life will improve by itself from a prediction.

So what addictions are good and what ones are bad for us? Mostly I say try and do things in moderation and anything that you do multiple times a week at the same time each day, and are not able to stop for a few weeks is an addiction, and should be looked into. Ask yourself, is it beneficial to you, or an avoidance? If you are struggling with food, try and eat all your junk food only one day a week. When you consume toxic food regularly, your liver and organs don't get a break, only consuming junk food once a day per week may be an option for you. This then at least gives your body to have a break from the toxins. This is still not the best situation for your health, but something to know.

Right now, there are not many people that don't consume any junk, processed, chemically treated food every day. I am glad to see though that more people are selecting more healthy options, as more awareness and options are available. Please know that vegetarian and vegan foods doesn't mean it's healthy, some are packed full of sugars to bring it flavour, read and understand your labels and details. Carbs and sugar are they same, add them together when reading the label. If carbs or not used, they form a sugar in your body. I would love natural sugar to be separated on labels.

Many addictions are formed and crystallised into our lives during our emotional brain development period and stick with us for many years to come, sometimes we don't even remember why we first started, it has been that long. It's good to meditate and look back into your past so that you can bring awareness to the time and situations. A word of caution, make

sure you don't relive those experiences and just reflect upon them. If you struggle to do this see a professional such as a gestalt therapist, or process facilitator and be very clear about what you want, they are brilliant at underlying patterned behaviours.

Have you ever thought of exercise and dieting as an emotional reaction? Have you thought about why you can't break that cycle, whatever that looks like for you? For me, after breaking my 25-year food addiction, eating a packet of lollies and chocolate bar every day from around ten years of age, I didn't realise how confused and stuck I was around food.

Another emotional trigger that most people can relate to is road rage. You might not think of this as an emotional reaction. Nonetheless, it is most likely something that you've learned in your past that you are reacting to whilst driving. Sure, you can have the one-off road rage when you have a bad day, I am not talking about this. It's the one or more weekly episodes that are linked to something deeper. Try reflecting on your emotional triggers and remember who or where you learned this behaviour. It might have even been self-taught as a release of running late and missing out on that job or a new relationship Possibly blaming something or someone and forever taking revenge to not to let it happen again. You might believe that some events are small and insignificant, yet they repeat themselves as a sign and they add up and hold you back in life, causing pain, loss, and discomfort.

For many people, work-life is all about survival, with working for money rather than working to live and joy. Are you living to work, or work for joy? When we work to live it then stops being work and naturally becomes a part of who we are. Embrace what you do and if you have a dream, know the steps to achieve your vision and commit to it. Have you thought about what actions are common in your life when you return home from work? How do you disconnect from work when you get home? Some people experience road rage on the way home as a release, some meet a friend to vent, complain or even talk about the good times, others play loud music and others have a strong drink or cigarette; I'm sure you get the idea. It's important to reflect on how much your work affects your life and what you want and willing to change.

Just remember what those triggers are, how it affects you, where you feel it, and how much it impacts your life. I never thought that being 24kg overweight was an issue and it didn't believe it affect me. It wasn't until I lost the weight that I felt what it was like. If only life gave you that feeling of what it's like, as a drive to motive you, just so you can experience the difference so you will put the effort in. I didn't lose the weight to feel better; I just wanted more energy and to be less tired. The weight loss was the side effect.

“Our perspective matters, change it if you need to, affirmations are great tools to embody the change.”



Practical Application Section

Complete in your journal



List at least 3 of your triggers that you have?



What do you hide, suppress and deny?

Understanding Your Personal Blocks

“We have multiple emotional blocks in life, yet no one block is the same; nevertheless, just one block being removed can unlock the others simultaneously.”

Knowing what our blocks are is vital, as it is what holds us back in life if we don't. A block can be either rigid or segmented and is part of one's self; rigid being hard and not flexible with life and segmented, where you are not yourself and continue having to adapt to others. It is the thing that you get stuck at whenever you are trying to get to the next step or level in life. It is our unconscious patterned behaviour and is the biggest thing that most people don't want to look at or accept. It's something many try to work at alone and fail. By the end of this chapter, you will realise that it is tough to do this step alone, you'll most likely only scrape the surface and that's ok. You can though have an excellent idea of what some conscious blocks are in your life and work through them with hard work. It is fantastic to be aware of your triggers, why you have them, it's easier to notice them when they surface.

Blocks are generally deep and personal, entwined with guilt, shame, fear and love. Here is an example of what a block can look like: You continue to form serious relationships with people, only to find that around the three months period you end it. This has been a pattern that continues through life, and you most likely have little to no awareness as to why. Through the experiential process, you begin to remember what happened 10+ years ago and remember that in the first serious relationship that you had when you were 16, your partner cheated on you. This can create unconscious self-sabotage in your relationships. Just from this one act from someone you first loved, you now make sure you don't get so engrossed with love again, thus self-sabotaging yourself around relationships. This is just one example and if you can't relate to relationships, try work, a car that breaks down, the value of something; more expensive must be better. Our experiences will influence us, and we all have different ones and form our own opinions from them.

We all have judgements; just keep them to yourself. If a judgment gets too strong, it will block you, and the cycle continues. Remember that most things are linked to our 1 to 3 primary triggers and underlying this is our blocks. It is beneficial to start pondering all of these triggers and blocks, so your puzzle is in front of you to begin assembling it later; it will save you time.

At this stage, people think this is either all crap, confusing or clear; it's what I call the 3 C's; where people will either resonate with this and want to learn more (Clear), or stop reading (Confusing / overwhelmed) or stay in that block for various reasons (Crap). The 3 C's is a real block for many of us; I see it all the time. The question is, what will you do?

From experience, many people won't write this down. What you choose now matters! You can't have any change without taking the action.



Practical Application Section

Complete in your journal



What 'c's' are you? Clear, Crap, Confusing and why

Looking at our own emotions and zest for life; our passion with love and congruence. What does your true authentic self want? How are you going to get it? I lived in the block stage for around two decades and I was afraid of my own power and the influence of others. In my business, I never want to come across as a fraud or just hype people up, that's not real for me, and superficial. What I do want is to help people truly step into their power; yet hypocritically I was afraid of mine. I was worried that I would empower the wrong people and they use it adversely on the world. I also lived in fear that I'd slip up once, say the wrong thing and then be remembered for that one slip up. You may be able to resonate with some of these, just know that these are just the blocks that hold us back.

Our blocks can be anything and anywhere, one of the largest in the world being food, emotional eating and dieting. Dieting and emotionally eating is like a roller-coaster ride that you never get off, keeping you trapped in multiple ways. More than 67% of Australian adults are currently overweight or obese, of that most will have underlying health issues. What's worse is that 25% of children are overweight or obese; that's alarming that our children are following. These blocks are very noticeable, yet people ignore them, even after they have an illness or medical condition, people are ignoring it.

"People are only treating the symptoms and not the cause, rarely looking at the bigger picture. It will never happen to me..."

Medication should only be the last resort; we should be treating the issue, the cause and not the symptoms. Our health, hygiene, our food consumption quality and quantity matters; Your life matters!

If you are overweight internally or externally, (You can be skinny but internally fatty) nutritional cleansing and eating the best food possible is extremely recommended. I've been there, lived it, know what it's about and done my research. I didn't care what I looked like back then; I just wanted to cope with working 10 hours a day and keep up with my kids. All I did was consume nutritional products, cleansed. This removed my forever toxins, dropped

my cholesterol, four pants sizes, reduced my neck 13 centimetres, all in 2 weeks. This was not expected or intentional and shocked of the results. It is not just one magic product or thing that made all this happen.

“Know that you are enough, you are worthy and you can lower your walls and remove the blocks that restrict you, when you’re ready.”

When you implement food changes, it must be maintained for a minimum of 2-4 months for it to be a habit. There are thousands of books on food and diets, if you need support and education about food, head to your local library. If you're after nutritional cleansing and removing toxins head to my website. Just know that food is more than half of the issue in relation to our emotions. Awareness about what is real food is one thing, to break those instilled habits is from your emotional blocks. You don't need a book to tell you to eat fresh local produce without chemicals, but you might need to know how and what to cook though. I know, only months ago I cooked my first full vegan dinner and ate all of it; I loved it so much, however I was sceptical and worried. I have eaten vegetarian and vegan food before at cafes etc. I just have not made it myself that I could eat. If you were curious what I made, it was Kofta balls and Sagg. Something that I had never ever heard of, but had all the ingredients and didn't make an excuse.

Over a decade ago, I paid a vegetarian chef to cook for us at home and teach us how to prepare and cook healthy foods. The food was edible for us at the time; the issue was that even though we followed every step when we tried it ourselves, we couldn't eat it when we tried to make it ourselves; how things change.

Food affects our emotions that's guaranteed, tackling food alone is difficult; we need to work on our triggers and blocks simultaneously along with our food for optimal results. If we don't and only working on the food issue, we are most likely to react and go back to our default mechanisms. If we only work on our triggers and blocks, the food itself will trigger us, a cycle that needs to be broken together. Does this sound familiar? It's why I see failure all the time and then the reaction and failure afterwards.

Try and also to eat for what you do, in relation to the physical excursion, as our food intake is relevant to our emotional status. Just in case you missed that, I said “try and eat,” what about actually implementing it one day a week or more; not just try! When we use the word try, what do we do you may ponder, nothing! Create a day or more of eating something healthier than you already are now; it doesn't matter how healthy you are, you can always improve on it.

A trigger that reacts subconsciously is a block that you are not aware of; however, other people most likely are aware of it. It is mostly where you feel the most shame or fear and will argue the point to defend yourself. Anyone can have an opinion, so why let someone get to

you? Many people believe that if they just resolve that one issue, they feel that everything will be ok. They think that if I can just move house, get that new body, or have that job, life will all be ok. Many people don't realise that those details aren't what makes a difference. If I just had more money, closer health shops, kids that listened, better climate, things would be different. Honestly it doesn't work like this, it may temporarily be different but will not be the change you're wanting so don't wait for that to happen.

I am not perfect and not everyone would want to work with me, let alone attend a workshop/event. We all need to be comfortable with whom we are working with, whether it be a coach, therapist, facilitator or counsellor. Otherwise, you will never get to that deep block work done, as it is a painful deep unconscious area we consistently hide and avoid. These require high skills and a safe environment to explore it; also, may have a different name for it. Work through this Lifebook first, it can save you time and money.

I invite you to think about having a bad back and what treatment you may choose. There are so many options out there, yet with people's emotions, we can shut down and give up so quickly. A back can be treated by a chiropractor, physiotherapist, doctor, masseuse, kinesiologist, osteopath, muscle correction, psychic, Doctor, healer and can also be treated through an emotional facilitator. Our physical pain that we experience, may be caused by an emotional problem such as money worries, stress, toxins and more. Although we experience the physical pain it might just be a sign.

Knee pain can be a cause of not getting enough emotional support; our knee can just give way and not be able to hold us up. Our body holds onto pain in many different areas, guilt, fear and shame are trapped in our stomach and stress and anxiety is trapped in our head; it is very simple to connect to, and understand if you allow it. This is simply because our emotions are energy, the same as when we pass away, our energy is still around and we can still feel and connect to them.

In summary, everyone gets stuck through their life; what matters is how quickly we get out of it. You can have all the awareness in the world, yet we may decide not to take any action because it feels like too much work, or that you do not need it; we all have free will. Only you can make the change; you cannot blame, complain or worry about anything if you choose to take no action. Even if you believe there is no action that you can take, there always is. Sometimes taking a moment with your own thoughts is enough action to make a difference. Look into your fear and the past, so you can assemble the puzzle and notice the blocks in your life holding you back. Get some guidance when you get stuck or write it into your script and something may just pop up that makes it happen.



Practical Application Section

Complete in your journal



What are some blocks that you believe that you have?