

Fantastic work. How insightful has it been for you? What types of messages have been coming up for you? Who did you ask for help with these things? How did you go with your self-care exercise? How easy was it for you to complete? Don't worry if it was challenging, like a muscle it takes practice to look after ourselves, and for others to learn the new steps of your life dance. Open, clear communication is important and you and your partner and family may need some time to get used to the newer version of you.

Remember when working with thoughts, symptoms can increase, as the dis-ease between the subconscious and the body can increase. It is important to let go of what is stuck there, and wanting to be recognized and let out. For many this can be scary in itself. Journal writing, walks in the park, barefoot, creative art work, expressive singing, dancing and movement all can help release some of the built-up energy.

Meditation, especially guided meditations can be extremely powerful and asking for help from trained professionals can be invaluable and speedier in letting go of the trapped energy and memories. Hand on therapies such as massage, and Tapping or non-touch therapies such as Reiki, Kinesiology, NLP, Hypnotherapy, EFT, can also be powerful in getting into the deep root

issues easier, bypassing the conscious mind's tendency to 'control' the responses and reactions to memories and issues coming up.

Aromatherapy, Flower and Bach Essences activating the smell sense, which also bypasses the conscious mind, is another powerful tool. Working with the sub-conscious and body energies helps to transform heavier energies to lighter ones, and installing more positive, powerful vibrations in the body.

"Your destiny is to fulfill those things upon which you focus most intently. So choose to keep your focus on that which is truly magnificent, beautiful, uplifting and joyful. Your life is always moving toward something." ~

Ralph Marston

Reading inspiring, self-help, educational books; attending classes, seminars or other self-development groups can speed up the change process. It is amazing what happens when the mind chooses change, and the actions are

followed through with how much easier life becomes, in our own head that is. Yes, there may still be some conflict and challenges as you and others adjust, but it is worth it in the end.

Change is a constant, a given that happens with or without us being present in the moment. Just like the sun comes up and goes down without us doing or thinking anything around this. Life goes on, and unless we take stock and become conscious of our choices, the good the not so good and everything in between, the only thing we can claim is ignorance. I would also call it being an Ostridge. While is it 'easy' to not make choices and allow other people to make them for us, our parents, friends, partners, bosses, society etc. we hand over our personal power and free will. When things don't work out the way we would rather them be, we have a built-in escape route – they made me do things I would rather not do. But, you gave them authority to do so.

As we become more aware of ourselves, people, situations and 'what we have always done' our inner feelings may start to what seems to be yelling at us. News of a disease, such as diabetes, can be a shock and if not, still a potentially confronting diagnosis depending on your relationship with it. For many, they go through the stages of grief, and it is important to allow yourself to do this. In doing so, it also gives yourself the gift of taking stock

where you are at, and often it is a crossroads from which you have several choices you can make.

While this may seem like a harsh concept to come to terms with, I have lived with it firsthand. I made a choice in the earlier stages to go with the flow, and let other dominate the actions and end result? I quickly felt used, ignored, and not important. See the flip side of all of this is when we hand over authority to others to make choices; we inheritably say to ourselves we value another people's opinion more than our own, so I'll just follow them. Following others to learn is very different to blindly following and doing what you are told or expected to do. The latter is an error in self-respect and care, the former is taking charge of one's own life and destiny. After all, who is going to be accountable on your death as to your life's achievement and wise use of your talents? You are!

There are plenty of books on the topics of how our character traits, values and beliefs develop. In a nut shell this is the breakdown:

- Inherited via our DNA. Yes, that is right, the genetic coding given to us at conception is the makeup of your parents. This predisposes you to all sorts of things. Fortunately, it is not a guarantee all the characteristics such as health, attitude, behavior etc will be yours. See, DNA, genes are only open and closed in response to the information they are bathed in.

We have the power to choose what goes into the bathing solution. A win for us.

- Our emotional and physical imprint is altered, or enhanced very early on. During pregnancy, the Mother's emotions and her body chemistry influences the developing fetus's growth, DNA etc. If the baby is a girl, then that little one is already growing the eggs for her children and these can also be altered during this time. The message 'inherited sins' or 'sins of our forefather's' holds scientifically true. The unborn also hear words and sense things going on, good and bad, so whatever the mother is exposed to during that very early time, the memories and imprints are starting.
- Early childhood when we are so open to learning, is critical. Not only does the child hear, see, sense, but they also feel the touch, the hurt, etc. With limited insight into the nuances of relationships, and how to interpret this, the messages of 'this = that' or beliefs about the world 'should' be is started.
- As children grow older, before the age of 7, patterns of behavior and believes are fortified. They learn how to respond, initiate and interact to ensure their survival. To get food, comfortable etc, but for some how to stay safe and protected. Our sense of value in the world comes from this early grounding, and depending on the primary messages we hear,

feel and are re-enforced will pretty much dictate the rest of our lives until we choose to take charge.

- We also learn during this time core beliefs about everyday life. Relationships, work value, money, roles, acceptable choices etc. Parents and main carers are like Demi-Gods – the center of the child's universe and learn very quickly what goes down, start to disconnect from the inherit God self, or Higher self, belief they are inherently ok, and good beings, and that everyone else is too.
- This shift can result in considerable changes in behavior, depending on the child's interpretation of the experiences. For me, personally, I vowed to be the good girl, layered over my previous belief that I wasn't important enough to be looked after, and that I wasn't particularly wanted. Believe me, this still runs, deep and though it is getting lighter, patterns around this still show up. The advantage now being an adult, who chooses, is I can see it, respond and get help to move and let go.

- Pre-teen, early teen and early adult. We have all been there, many have moved through it with their own teenagers. The push and pull, the boundary lines being tested and proven, adjusted and reset. In many ways, teenagers are re-living their 0 – toddler years to see if their early interpretations and assumptions really hold true. They are asking if this me? Do I fit, is this what I want to be? Self-esteem and belief issues are paramount, and depending on the associations made early on, and reinforced during this time can create quite unpredictable outcomes.

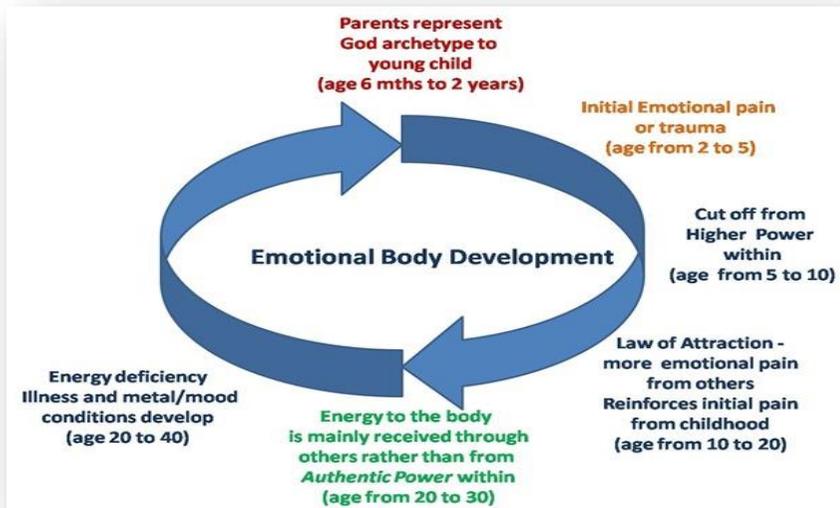
now the child has more choice. They are expected to choose, and will often test both sides of the coin to see which is a better fit for them and what they believe.

Thank fully, these experiences don't need to be set in stone, however, it is as much about the teen as it is about the adults and peers they are interacting with. Reliability, trust, belief etc.

Generalised Stages of emotional development and adaptation of Eric Erickson

To help show how we develop our ideals of ourselves and our interpretation of the world we experience is shown very well in the outline of NLP philosophy. The filters mentioned are what we create over time. They are our interpretation, what we are told, what we experience and what we distort to keep ourselves safe and thriving.

These experiences are stored in our brain/body as memories which like filing folders in a filing cabinet are called upon when similar experience is occurring at later stages of life. If the experiences are similar enough to reinforce the first and subsequent message, the file gets bigger, and more ingrained into the mind body. To give you an idea, a child is born and cherished. It is held, loved, responded to almost at whim. This child may, and more so if this



Why? It is beyond the parent's or primary carer's direct influence and

behavioral message is repeated over time interpret their survival and affection relates to making noise. We have all thought at times that it is the children who rule the house and this is one way they may very well. They learn very quickly how to get attention and their needs met, because they are dependent on their carers.

On the flip side, a child who may not be cared for so carefully, can easily learn not to be important, or making noise doesn't bring out the love it needs but an unhappy parent. They can also be very resourceful, resilient and persistent. These are generalization, but the research does provide consistent evidence around these ideas.

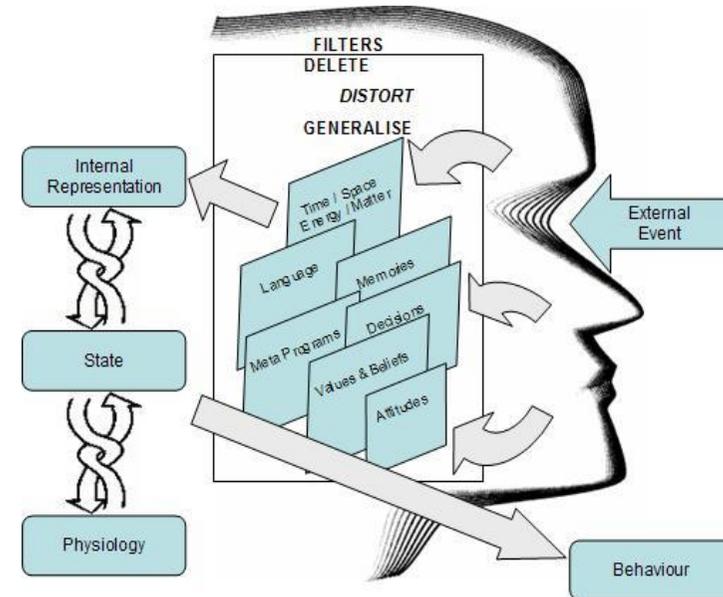
What happens when a child or person doesn't follow this generalized pattern? I think it is because they learn fairly quickly how to look after themselves and that they were ultimately in charge of their destiny. They just learnt the lesson about 2 decades earlier than adults who grow up and start making conscious choices to do things differently.

Another analogy to work with could be how the earth has been created. The big boulders are created in our early years, with our inexperience or understanding. Early on, the various parts of life are big things – magnetized boulders. Over time, the situations and experiences are more familiar, and their impact is smaller – gravel, but reinforce the area around the boulders. Because they are magnetized, the smaller things are attracted to the bigger



beliefs and boulders, layering the ideas and notion as they are experienced over time. It is possible for other big things to seemingly land in our world, the question then is, is it an older issue or belief being exposed as we have worked through our life, or has something big 'landed' in our paddock that belongs to someone else?

Also keep in mind that there are so many aspects of life, layers, and small details in everyday that is influencing choices. What I previously described is gross overlays to very intricate details of a person's experiences.



Before anyone thinks badly about their history or that you are stuck in being the way you currently are there are ways to move through the layers that have been created over time. Another way of seeing this scenario is as can be seen in the next diagram. The bedrock, the foundation of our lives is the deeper issues we accumulate over time. Just like in life, boulders can be discovered at various times as

1. We uncover some truths or experiences which show them up;
2. We choose to do an excavation to find the deeper issues that are blocking us from create our dream lives.

The type of fruit, trees and flowers of life are influenced by the type of soil or programs we are running. What are your ideals, values, beliefs of how things 'should' be? Keep in mind though there are no should's in life but a string of choices from which you choose to live your life.

Indicators of what you believe your life should be like include, based on the idea the world is a mirror of our inner world:

- Relationships – the type, and quality (not number) who and why do you choose to spend time with?
- Inter-dependency – the levels of cooperation and support within relationships (Stephen Covey)

- Finances – enough, abundance, and spending habits; when and why you spend money. Pleasure, pain, punishment, reward etc.
- Happiness/contentedness – levels of being ok with life. The frequency of feeling ok with life, or that ahh relaxed feeling in the various aspects of life.
- Words and phrases, we use – patterns of speech, unless we are really aware of what we are saying and consciously choosing words; sentences, phrases and points of view reflect our inner beliefs around the topics being spoken about. How we see ourselves, others, our 'shoulds' views and outlook of what things are, based on our inner values and concepts created.
- What we seek out
- Desire to feel or level to feel – fear vs safety
- Everyone and I mean everyone is 'faulty'. No one has evolved into being the perfect being, no one is fault free. I think we view or see others and see a clearer version of what we would like to be, or as we heal more and more of ourselves, we are seeing our potential in others. Remember, the world is a mirror, and therefore, what we choose to see, what we focus on is in essence a reflection of what we see in ourselves.

By now, you may have started to uncover some parts of yourself as you have honed your awareness into your body and maybe your feelings. This is good and healthy. If, however, you have started to uncover a few home truths that you are surprised about or unsettling, it is important to ask for support and help.

There are several modalities available to support you; however, which one or ones you choose it is vital you feel heard, understood and an improvement in your sense of being. If any modality makes you feel worse emotionally, it may not be the style or the time for you to undertake that modality, move onto the next one. Trust that when you are ready, the teacher will appear and part of the entire process is to start to listen to yourself more, and to hear what you have to say.

In the meantime, there are some reflection exercises that can be done in your quiet time. Even by reading the question, as you may have already experienced, starts to open up parts of what you are starting to look at. This is good. Remember; whenever you start to get out of your depth ask for support.

The following are taken from the book “The Inner Edge” by Richard Wedemeyer and Ronald Jue (2002). The text is particularly useful to help uncover ‘what’ is behind the reactions and behavior choices you are making. It is about increasing your awareness even more than seeing that

you are eating or doing things that are not in your best interest. It can be used to explore all aspects of behaviors and thought patterns.

What this is referring to is the knee jerk reaction; predictable behavior and your go to reactions (not response) to people, situations, topics of discussion. We all react to things as we ‘always’ have, and until we become aware of the reactions that are not congruent, or supportive to the character whom we choose to be then our lives may be very slow to change. By completing the activity below, and answering the reflective questions each day, you are preparing the mind to be more open, receptive and able to change towards the type of person you would rather be.

The four steps of working with hidden beliefs

1. Recognition – become aware of a behavior pattern
2. Responsibility – own the pattern
3. Research – uncover the underlying belief and dynamics being seen
4. Retrofitting – modify outdated patterns that are not serving you

Recognition, you have already been doing this to some extent, maybe even more than you realize. However, your patterns can be quite cunning and choose to remain hidden from yourself. After all, you have lived with

yourself for how many years, and you are likely not to see yourself as others see you. Your quirks, idiosyncrasies, things that drive some people crazy etc. that makes up part of you.

If you are ready to be open to a different way of thinking then do the following and continuously throughout your journey.

- Take some time out to sit and reflect on your choices that you have made that could have contributed to your current state. Choices around the amounts and types of food, exercise, stress management, relatability to other and anything else that comes to mind. Often you will recognize them by recalling “I should have done.....” write these insights down, and for each, consider
 - What similarities do each of the incidents or insights have?
 - The circumstances in which the ‘shoulds’ presented
 - Who else was involved in the choices (partners, friends, stressors etc)
 - Triggers that prompted you to choose the actions you chose
- The more clarity and common theme of these insights you are getting closer to the core issue or pattern.
- Listen to the voice inside that is giving you messages. It could be saying “This isn’t quite right” “There is something I am missing here”. Be open

to hearing the small whispers or even that uneven feeling of things not being quite right. It is very likely not all kosher.

Responsibility – own the pattern. Once you become aware of what, how and why you are doing or saying things, you have a choice. You can choose to continue doing what you are doing, or you can start to take steps to change. You may benefit from engaging a professional to help guide and account for change in the early days. For most, the new behavior could be quite foreign and you may be very unaware of what and how to do the newer steps. Engage others around you to keep on track. Not in a nagging way, only to remind you of what you had committed to, and then allow you to choose to do or not to do in that instance.

Research – uncover the underlying belief and dynamics being seen. Ask others with whom you spend time with, could be family, friends, or colleagues whom you trust for their honest response. As mentioned earlier, we don’t see our behavior simply because we live with ourselves all the time. Others are transient and see a different side of us. If you ask another though, you must be willing to hear the insight, and it may feel like criticism if you choose to receive it in that manner.

Another powerful research method is to ask quality questions. Questions are thoughts looking for answers and so ask away. The list of possible questions includes:

- “Is what I’m doing similar to or reminiscent of something that was done to me?”
- “Does this pattern reflect what was done in my family?”
- “What kind of feelings do I associate with this behavior?”
- “Whom am I addressing in this situation?”

During this, you may have memories arise or feelings around various situations. The stronger the feeling or the more memories that arise in a pattern the bigger the belief boulder is.

Now the fun can start as with the memories there are usually voices or phrases spoken that are linked to the situation. These are like the key with which you can turn in a different way with reframing and make new cognitive associations to historic issues.

Common phrases include, but not limited to:

- ❖ “Never trust your feelings of instincts”
- ❖ “You deserve a reward, you have been working so hard”
- ❖ “Do as I say and not as I do”
- ❖ “Finish everything on your plate before you leave the table.”

- ❖ “There are poor people on the other side of the world who don’t have what you have.”

You get the picture, the associations can be about anything, and the core issues can relate to any part of life, and is reflected where ever it can be noticed. After all, our deepest self wants to be heard and respected, and it will make its self-know. By the way, the deepest self is love, and so what is not of love is pushed up to be looked at, cleaned and removed if need be.

Retrofitting – modify outdated patterns that are not serving you.

Retrofitting is like the cleaning up process of change.

- Recognise your triggers to your previous knee jerk reactions. Are there similarities in character between childhood authority figures and co-workers, family friends etc? Do you respond or react in a similar way as you did as a child or wanted to as a child with these people now?
- Stop look and reflect if this is appropriate response given the situation and the people involved.
- Learn new ways of relating and responding to people. If a previous behavior or thought was not supportive, and you think it could be changed to be more productive think through and describe the following in detail:

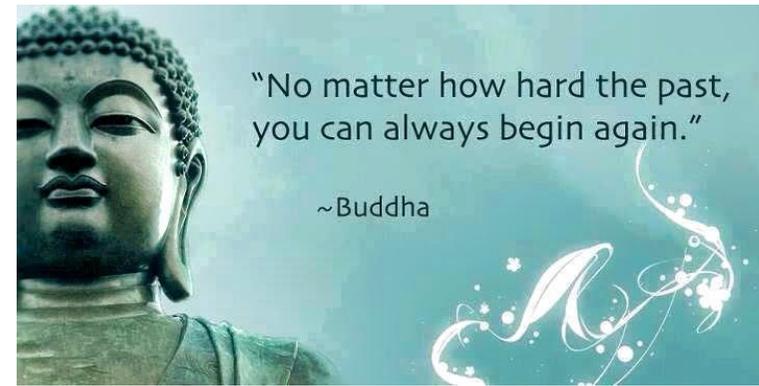
What is the ideal outcome?

- What would it look, feel and be like?
- What or who would need to be different? Different people involved, different ways of talking, acting, being etc.?
- What resources or changes do you need to learn?
- Who can help you achieve this, and
- How will you know you have achieved the change?

Outlining the answers to these questions helps you to map out a change plan and also starts the sub-conscious to help set up the changes you would like to create.

These actions and questions are quite powerful. You are creating awareness, from which you get to choose the next step; the reaction and the potential outcome. Keep in mind, the other people involved have been doing the previous dance with you for some time, and if you start changing, then they maybe at first confused or out of step with you. It is then your opportunity to show them the new dance steps of interaction to re-create a smoother flowing life around the things that are important to you. They may choose to go sit out for a while and watch you, this is ok, it can be quite unsettling for others to see a newer version of people and it can be confusing as well. They may need some time to reflect and respond or they may choose to walk out of the dance hall altogether.

One of the best things about doing this type of work, beyond looking at what we eat, drink or do is, that when we resolve deeper issues that are trapped in our psyche or in our body we re-direct the energy that was keeping the deeper issues deep which is then free to be used to play and have fun with life.



Preparation for the coming week

What self-care are you committing to this week? _____

How many times and for you long? _____

Describe how it will feel to do this self care activity. _____

What is your commitment for focused change this week? _____

What do you need to do, or plan to bring it together? Some ideas could be meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.

How will you know you are achieving your commitment? _____

How will it feel to complete your committed to activity? _____

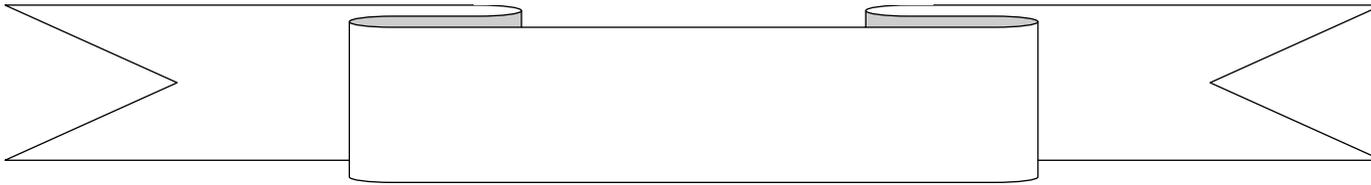
What might it mean in the bigger picture of what you are working towards?

Who do you need to contact to ask for help to action this commitment?

What is the real cost if you don't follow through? _____

What is the cost benefit of following through? _____

Week's Focus



Tasks to complete this week towards your goals

1. _____
2. _____
3. _____
4. _____
5. _____

Important activities to include in this week's planning

- 1.
- 2.
3. .
4. .
5. .

Self Care, reward activity Ideas

- Sleep in without guilt
- Walk in the garden/park
- Play with children/pets
- Help someone else out
- Write in your journal with honesty
- Speak with friends
- Go to a local art gallery
- Buy flowers for the home/office
- Get facial, pedicure or manicure
- Go for a drive to somewhere new
- Be a tourist for a day
- Watch the stars at night
- Get out in nature
- Continue a forgotten hobby
- Explore a new hobby
- See a strength in our self
- Go on a picnic
- Test other radio stations
- Write out your dream day/date/life

Meal Ideas – Focus on _____

Shopping List

Day 15

"He who is afraid to ask is ashamed of learning."
Danish Proverb

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

Dinner _____

- Strengthening Stretches/relaxation
- Books reading to learn and grow Self-care activity

In your Life's Journal record the following for the day:

What great thing happened today? _____

Place this in your achievement board.

What emotions and feelings stood out for you? _____

What memories do you recall came up during the day? _____

What theme, or common emotions, if any were there between the memories?

What is the lesson you can take from today's self care activity? _____

What dreams or hopes were awakened during today? _____

Place these on your dream board.

What step or action can you take tomorrow towards achieve your goals?

Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation? _____

Tap out heavy emotions or complete forgiveness exercise

"The quality of a man's life is in direct proportion to his commitment to excellence, regardless of his chosen field of endeavour."
Vince Lombardi

"It's the possibility of having a dream come true that makes life interesting."

Paulo Coelho

Day 16

BGL before

Breakfast

BGL 2 hrs after

Morning tea

BGL before

Lunch

BGL 2 hrs after

Afternoon Tea

Dinner

- Strengthening Stretches/relaxation
- Books reading to learn and grow Self-care activity

If there's something special you want to do, now is the time... if you want to make a difference in the world, now is the time. Don't be fooled into thinking you should wait until you are older or wiser or more 'secure' - because it doesn't work that way. The wisdom will come. The security will come. But first you must begin your adventure. Anon

Ron Atchison

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Tap out heavy emotions or complete forgiveness exercise

"We often have the same unrealistic expectation about diet as we do about ourselves – perfection"
Mark David

Day 17

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

Dinner _____

- Strengthening Stretches/relaxation
- Books reading to learn and grow Self-care activity

A Native American grandfather was talking to his grandson about how he felt. He said 'I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one.' The grandson asked him, 'Which wolf will win the fight in your heart?' The grandfather answered: 'The one I feed.'
Native American Story

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Tap out heavy emotions or complete forgiveness exercise

Day 18

The obstacle I see is not the real issue. Anything is possible
Carol Adrienne

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

Dinner _____

- Strengthening Stretches/relaxation
- Books reading to learn and grow Self-care activity

"Serendipity is when you're looking for something and you find something else that's even better. ... Synchronicity is when two independent variables happen at the same time, in a pseudo-meaningful way. Serendipity is scientific, synchronicity isn't"

Michael Gruber

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Tap out heavy emotions or complete forgiveness exercise

"If you have knowledge, let others light their candles at it"
Margaret Fuller

Day 19

BGL before

Breakfast

BGL 2 hrs after

Morning tea

BGL before

Lunch

BGL 2 hrs after

Afternoon Tea

Dinner

- Strengthening Stretches/relaxation
- Books reading to learn and grow Self-care activity

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Tap out heavy emotions or complete forgiveness exercise

"Good character is more to be praised than outstanding talent. Most talents are, to some extent, a gift. Good character, by contrast, is not given to us. We have to build it piece by piece -- by thought, choice, courage and determination."

~ John Luther ~

"When I loved myself enough, I stopped blaming myself for choices I had made - which made me feel safe and I took responsibility for them"
Kim McMillen

Day 21

BGL before _____

Breakfast _____

BGL 2 hrs after _____

Morning tea _____

BGL before _____

Lunch _____

BGL 2 hrs after _____

Afternoon Tea _____

Dinner _____

Strengthening _____

Stretches/relaxation

Books reading to learn and grow _____

Self-care activity

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Tap out heavy emotions or complete forgiveness exercise

"The essence of maturity is the ability to balance courage with consideration. Is your courage tempered with good judgment and tact, or do people find your boldness obnoxious?"
Stephen Covey