

Health Memories, hidden associations impacting on health

Step 1: Make a list

Make a list of 20-100 memories around money, particularly anything that still has an emotional charge of:

- Anger
- Resentment
- Embarrassment
- Shame
- Anxiety
- Others

These memories have shaped your thoughts and feelings about money and it's time to declutter them through the process of forgiveness.

Be specific and list the actual incident, including who was involved. For example:

What should go on the list?

Some ideas for you:

Major life events

- Your earliest memories about self-care, eating, exercise, health, play, work etc
- Things your parents said to you about self-care, eating, exercise, health, play, work etc
- Shared family health or aging stories
- What your family thought about people who had great health or appeared to be healthy.
- Major traumatic events in your family like sickness or deaths, hospital visits or scary doctors.
- School exercise activities, sports days, swim carnival etc
- Attitudes about weight and health
- Messages from the media around what health, wellness, and fitness means
- Mixed messages between information sources.
- Food messages around special occasions like Christmas or birthdays
- Times when you were treated unfairly or treated yourself badly around food, exercise, body image etc.

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Your career

- Needing to look or present in a way to get the job
- Fitness requirements for job entry or to keep your job/role
- Health, Fitness and wellness fads promoted by the office or colleagues that you went along with when you didn't want to

Your relationships

- Memories around all your exes and their attitude towards lifestyle choices.
- Discussions / arguments about health, medical treatments, food, exercise, relaxation, sports, alcohol, take away, eating out etc.
- Times you gave away your power with food, not looking after your own nutritional needs.
- Used food as a treat or reward and now it is triggering health issues.
- Resentments, hurts or anything you're still angry about

Friendships

- Situations where friends were fitter, healthier, thinner, more toned, more active, less medication etc, than you
- Judgements or arguments about what health means, and how to achieve it
- Times you felt like you were judged about your health and lifestyle choices.
- Being judge for not being able to eat certain foods because they triggered symptoms

Yourself

- Mistakes you've made around foods, medications, medical interventions for yourself your family members
- Eating food for comfort
- Not eating to gain control, or self harm
- Using alcohol to hide away from situations or emotions
- Money you have invested in programs, equipment or memberships that you didn't finish or use.
- Messages you've pick up from others or movies
- Beliefs you have around fit and healthy people
- Judgement you've had towards others and their lifestyles
- Anything you still feel guilty about

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Forgive some more

- Institutions (e.g, government or companies)
- Authority figures you need to forgive (e.g, Doctors, specialists, Wellness specialists)
- Concepts you can forgive (Fads, Starvation, Extreme regimes, CrossFit)
- Anything else you can think of! (Be creative)

Step 2: Look for patterns

What stories and beliefs came from those memories? For

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For example:

- "I have to put other people's need before mine"
- "I wouldn't know what was wrong with me, I'm just a..."
- "It's easy to look after yourself if"
- "I'm Just getting older, that is it. Nothing I can do about that"
- "It's in the family, my had it so I am bound to get it to"
- "Women don't look after themselves, we have to look after everyone else first."
- "This is what happens when" Listening to others' point of view of health & wellness
- Attitudes around different stages of development - toddler, child, teenager, young adult, parenting etc.
- Boys don't...../ girls don't.....

Each memory resulted in a micro-decision about your health and your ability to look after yourself and your family.

Your patterns become your story, and your story becomes your reality.

Step 3: Clear and forgive

It's time to release the old energy, resentment and stories around each memory, and allow yourself to experience the abundance the Universe wants to give you.

Once you have your memory list, go through each one and remember what it felt like. Then say the forgiveness mantra;

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I forgive you.

I'm sorry.

Thank you.

I love you.

Then cross out the memory and move onto the next one. It's

simple, powerful and it WORKS.

You do the forgiveness work for YOURSELF, to free yourself from the burden of carrying old memories and resentments.

It doesn't mean it wasn't a bad experience. It doesn't mean that they were right and you were wrong. You are just releasing it so you no longer have to carry it.

What can you expect afterwards?

It's normal to feel wiped out.
You might feel upset and cry.
You could feel lighter.
You might feel ambivalent.

What next?

You can't overdose on forgiveness but you also might want to take a break in between.

During your next round of forgiveness, you can write an entirely new list to see what comes up. Some memories will have been released forever.

Share your story

You are breaking the cycle, creating new memories and creating a new foundation for your health.

Share your memories, including any AHA's around the story you created and what decisions you made in your life because of it.

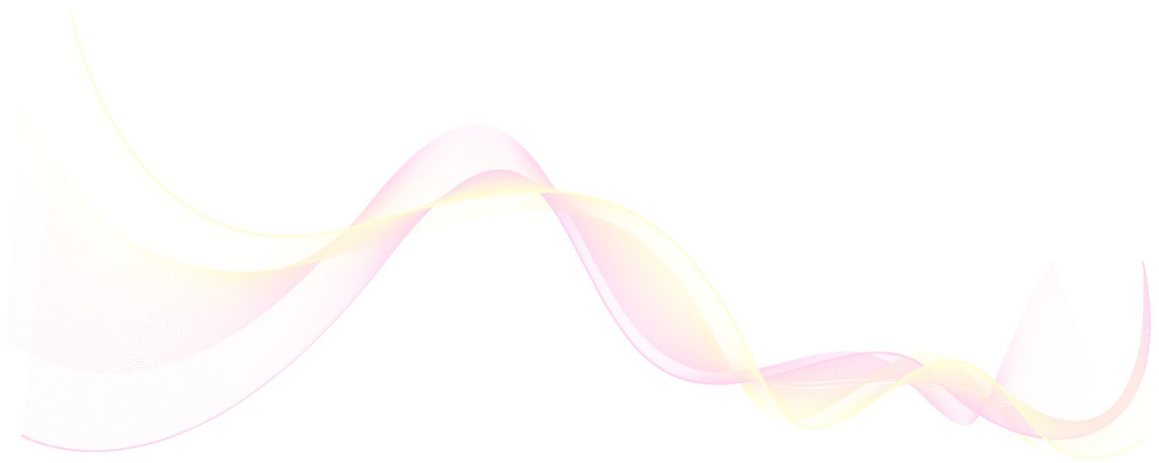
Forgiveness Cheat Sheet

Pick a highly symbolic money memory

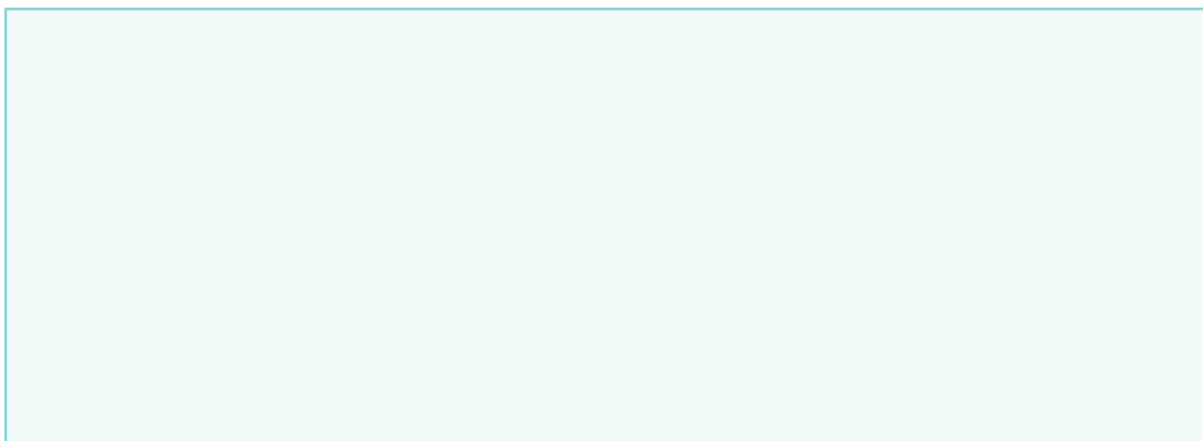
What did you make it mean?

Stories and beliefs from this memory

Who do you need to forgive and why?



How do you forgive yourself?



I forgive you.
I'm sorry.
Thank you.
I love you.