

Release 20 Pounds of Pain

Practical Tools to Stop Addic-
tions and Create the Body to
Fit Your Dreams

Lira Kay

Release 20 Pounds of Pain

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To my darling clients who dared to dive deep and meet their beautiful selves
halfway, with love and respect for your courage

What is involved in losing the unwanted weight you have been carrying for as long as you can remember being hurt for the first time around? Some digging and releasing. Yes, some effort on your part. Letting go isn't easy. You know your honest answer to somebody who tells you to 'just let it go'. I wish I knew how!

So here it is, your toolbox, the practical step-by-step manual to releasing emotional pain, that had been forcing you numb yourself with food, drinks, drugs, work, even relationships, the ones that take you for a crazy spin and make you suffer. This book helps you to release anything you do right now not to feel the consequence of your critical inner dialogue about who you are and who you are not.

Lira Kay an author, a spiritual counselor, a health coach and midlife crisis expert is here to challenge you. Take the tools in this book seriously, do the work and only then begin any kind of healthy eating plan, exercising or dieting. Releasing emotional charge around many of the issues we all have is possible. It is extremely beneficial on so many levels. Getting into the best shape, physically and energetically, is only the beginning.

There is a saying, all roads lead to Rome. Lira Kay believes you are here to fulfill your soulful purpose. Anything can be a prompt for you to step into your truth. Creating the body, the health you envision is just one of the ways. So take this invitation with the understanding that losing weight can be your sacred path to your higher expression, and begin your journey today by committing to a healing process offered in this book. Hundreds of people had tested this process and got amazing results. Let yourself ease into the beautiful being you were born to be. Say 'No' to excuses and 'Yes' to yourself!

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Preface

You have a body. It is a fact. Have you ever wondered, why? I know, I did.

As a spiritual seeker from the very early age, I had been taught ‘material’ or ‘physical’ is not important. So I believed my body was a burden, a strange appendix to my soul, that has no use, and can really be a nuisance sometimes.

I did not feel any responsibility towards it and had not been urged to take care of it. Not with the same passion I had been attending to my mental or spiritual state, for example.

Being wise, emotionally stable, detached, I thought, meant being spiritual, and had been my priority.

That was before I realized that to actually do my special work in this world I need to be material. I can only affect anything, create the change, make a meaningful contribution when my physical body is equipped to deliver my truth and my value. Without my body, I would be just an idea, a fleshless angel, who with all her great intentions, can only ever be of service through, guess what? A physical, fully material and visible manifestation of the soul, somebody’s living and well-func-

tioning body.

Yes. That is the number one revelation, that made me stop being ignorant and arrogant towards my own physical existence and made me, first, accept, and, then, nurture my body, like my whole life would depend on it.

Of course, my life depends on it. Just as your whole life, living your whole soulful purpose, depends on how effective and highly capable you are at realizing your special potential within this one and only body you will ever have in this very particular lifetime.

So what are the necessities of your body? One of them is to be at the healthiest and the fittest state it can possibly be. Everything else is a sabotage of your spiritual path. Not being fit enough for the special job you came here to do, is an excuse. Do you really want to give up on living your truth, because you just seem not to have the energy and the speed you see other professional ‘givers’ have?

Do not despair, if right now you experience some incongruence between your beautiful ambition to save the world and the level of fitness your body can experience. All of this can be changed. And, no, I wouldn't want you to lower your expectations, and cut your ambitions short. Instead, I'd invite you to fully participate in what is a therapeutic healing process offered on the pages of this book, to increase the capacity of your body to fulfill the special purpose of your soul here and now.

It all begins with releasing all that is not serving you, all that is keeping

you stuck, the emotional baggage you acquired and began identifying with, as your faithful companion, your time-bounded ego, forced you to hold on to at any cost. You were genuinely scared to let go. Your ego had pledged you to stay still in this moment in time. Your ego only knows this time. Of course, it would fight every little attempt you would have to walk pass the sufferings and joys of your personal history as you know it. The more you see into your history the more stuck and hopeless you'd feel.

'I am not my history!' is a death sentence to ego.

"I am letting this dependence go" is the birth of your freedom.

Freedom looks different from slavery. Freedom looks and feels good. Slavery to ego, caught up in time, suffering through life, justified and defined by the traumatic events, looks and feels tiring, draining, and, all together, limiting.

No wonder, a beautiful soul, like your own, trapped in the cage of victimization, has no means to be realized or fully expressed. Inspiration to be and give more is in danger of becoming a distant dream, a distorted and even annoying calling, far away from your reach.

The reality is, you had forgotten who you really are. Your grand ambition is not a dream, it is the voice of your soul. Your personal history, your pains, and hurts, are the ghosts acting in the nightmare you had mistaken for your divine expression, for your life.

Waking up signifies losing your victimhood. And there's no middle ground.

Your story might be very special, as it is of your neighbor's or of that stranger in a bypassing train. I sympathize, I really do. But now, do you want to feel better? Are you ready for a change?

Yes. Good. Thank you for that. We all had been waiting for this important event to take place. This is one of those special occasions, which you will have more and more of, where your physical meets spiritual.

Your firm decision to let go is a symbolic, beautifully manifested synchronicity. It is birthed through the alignment of your intention, fueled with willpower and awareness, and pure, mystically conceived faith. Your decision to heal completely is an event that takes place on the soulful plane and marks a new level of growth rewarded and celebrated by all of the light beings, if they exist, and All There Is, if that is the name you want to use for describing the invisible divine force behind what we all know and call Life.

What this book isn't.

It is not a motivational speech diluted with some nutritional advice.

This book is for the warriors of light, looking for rapid personal growth.

This book is a missing link between yourself in this place and time, feel-

ing frustrated about not being who you're meant to be, and your future self, fully fit, and with that, qualified, to do your job in this world. This job you truly want to do with courage and at the extend, that is noticeable, valuable and meaningful to all of us, souls, that had appointed you to heal, lead and guide us. We had been waiting for you to use your very special gifts, accumulated through many soulful lifetimes.

This book is for you if you want your body to reflect the beauty and stamina of your soul.

Release 20 Pounds of Pain

Part I

ESSENTIALS

Chapter 1

SELF ACCEPTANCE

Can you accept yourself with or without your work?

Can you accept yourself with or without your relationships?

Can you accept yourself with or without your beauty and your age?

Can you accept yourself with or without your achievements?

Can you accept yourself with or without your failures?

Let's begin with failures.

Releasing any attachments, including attachment to your pain, can liberate you beyond measure.

Right now, probably, just like everybody you know, when answering the question *who are you*, you begin with stating your profession and occupation, moving on to your relationship status, revealing proudly or with embarrassment your age, commenting on your appearance. In a further conversation you'd like to be noticed and, perhaps, even envied, for your great achievements. And then, you drop the bomb. I am the one

who lived through the trauma of my life! This and that happened to me, this and that had changed me, made me who I am. You finish with triumphal exclamation: and with all that, I'm still alive and standing. Maybe not that happy or successful, or peaceful but standing. Eat *that!*

You eat *that* every time it floats to the surface. When work is done, when your kids or spouse or lovers are busy with their own stuff, when doubt about your success creeps up, when you feel like a fraud, because the little voice in your head tells you, you aren't good enough to match your status quo. Your story, your sufferings is the only sure thing you can hang on to. It is real. You see it in every line and crinkle on your face, that salt and pepper throughout your hair, in your smile stiffened with fear, the aftertaste of any survival. You feel wounded, disabled, profoundly affected. It's bad and it's kinda good.

Now, try to give up on that!

I know exactly how hard it is, to give up on feeling wounded.

Doing therapy and self-development work for years I had not felt the urge to let go. Only when I turned to my spirit I heard the invitation clearly. Give up. Your history does not define you.

I remember this one oracle card, which is coincidentally numbered 'one' in my deck, that kept showing up, The Bone Collector. A picture of an old wise lady, a medicine woman, in front of what seems to be a pile of white bones. "Don't be a victim", she says.

I was puzzled. I screamed out, I know I'm not! Yet, she haunted me. Yet, her words echoed, "Lay your wounds to rest".

What does it mean? As a spiritual counselor, I invite my clients, to listen to the messages from their spirit and take them literary. So, I decided to give it a try. I began living without my history.

I treated it as an experiment at first. I told myself, it's just for today. Let's see what happens.

What happened? Well, I caught myself again and again, feeling frustrated with myself. Everything I did was from the place I built up for years. I was a survivor. I went through my share of pain, I came out strong. I, just like you, was proud of myself for doing so. I spoke like a veteran, a wounded soldier not afraid to show off my scars. I preached with conviction, I know what I'm talking about, I lived through it. I aged prematurely into what, I thought, was a wise elder.

The discipline had got me through. My willpower and faith.

On so many occasions, really, always and every time, my spirit had been right. I had to listen.

So I shut my eyes and didn't say a word before checking with myself: who is speaking, a hero of my journey, the wounded child, a scared soldier, my shadow, or is it my pure spirit.

Here was the power. Here I felt it!

Gosh, if I had known! Without my history, my bleeding wounds, my limp, my tragedy, I am so light! I am light! I see better. I hear better. I work better. I love unconditionally. I am already grateful. I am already fulfilled. And there are no failures except the ones I want to have.

Why would I want to fail occasionally? Just for fun.

I will tell you about befriending your ego in one of the upcoming chapters, but you may already know from your own experience, without failures we don't seem real to ourselves.

There might be a time, however, when you won't even need any proof, any evidence in a form of the drama of your everyday life, to appear so human. You won't need to fail at all. You would have trained your ego to believe you are alive, even though you are spotless, shining soul, light as a feather and bright as a sun.

The Bone Collector was right. The number one step before entering the spiritual realms of who you are, your purpose and your path, is to let go. Letting go is what you want to do to be truly alive. It's time for you to stand strong, and smile openly, fearless, and ready to serve, unrestricted, in power and with the power of your spirit here and now!

Are you ready to be healed completely?

Chapter 2

SPIRITUAL MEANING OF WEIGHT LOSS

We talked about letting go of your emotional pain, your story in order for you to be free to live your spiritual purpose, to walk your soulful path. I will define what the difference is between your soul and your spirit, which will help you to see your life, your emotions, your drives and ambitions in a full light. But for now, I want to make it crystal clear, your desire to have a beautiful fit body is not vain.

If you consider yourself a beautiful giving soul, it is natural for you to want to match the inside with your outside. After all, we are always projecting. The ideal, the calling of your spirit, is real. But your body, at the state it is now, reflects not your spirit, not your divine potentiality, but what your ego concedes real.

Through the eyes of your ego, everything that took place in the timeline of your life is a reality. Divine, unless it had been visible to you like it has been for me, is not something you can prove, touch or taste.

Your ego is a small child inside of you. To grow up means to include the experience of the divine in your daily life. I will absolutely show you how to do it. But right now let's examine what your ego is and how it

will help you to lose weight accumulated through emotional eating, or quit any other addictive behavior.

Your ego was born just a little while after your actual birthday. As a shining bright soul, you entered the realms of this earthly life with a purpose. Your soul asked and even fought for the privilege of being a human. Having physical body meant rapid spiritual growth.

You see, when you are this beautiful shimmer of concentrated light, even though dancing to the rhythm of the universal divine plan and order, having a clear understanding of your purpose and the strongest urge to fulfill it, you can only progress so much. Without tension, there's not much expansion happening. Tension is only possible when the soul acquires the physical shell, the human mind and the timeline to experience.

Life is everywhere, always and forever. Life in your physical body is a special human path that is meant to bring your soul the most desired growth.

Imagine that when your soul leaves your human body it will be shining bigger and a brighter light.

Why? Why our souls are so obsessed with spiritual growth? It is the nature of life. Expansion, growth, reaching out. Every living thing on this planet, and above this planet, grows, no matter, whether this experience is conscious or not. It is just a fact.

Look around you. Even stones accumulate energy, slow subtle layer of dust, becoming more pronounced, shedding eventually their physical appearance, upgrading into a different form of life. The lifetime of a stone is millions of years, yet serves the same purpose as yours.

So, let's make it very clear, your soul came here to grow. It will grow with or without your ego participating in the whole process. Consciousness is not required for your soul to evolve. What consciousness does, it makes the truth of your growth a more profound and pleasant experience.

As a newborn, you had no ego. It lasted only a few days or weeks. As soon as you become conscious of another human being, most likely your mother, your ego began its beautiful life.

I don't want you to hate your ego.

I know way too well how connected your whole life experience is to what you can remember, or what your subconscious mind, can remember of being a person.

Person. Persona. Personality. All of that is the flavor of your life here on earth. You created it as a response to connecting with another human being. What's wrong with that?

Please, understand, that having ego is normal. In a way, you had no choice. Could you have survived, we are talking physically survived, without your mother's care and attention? What about love? Love is a

very pleasant experience. How would you deny yourself the desire to feel loved?

The baby you were, you started building up your ego. You learned to ask for love the first time you smiled for somebody else. You created a relationship in order to survive.

Then you identified with the skill of getting what you want. You identified with your personality. The older you got, the less proof you had felt of the divine unseen loving heart, and the more evidence you saw of your personality, your history, making an impact on the quality of life and love you were receiving.

Almost inevitably, right now, your ego dictates your human experience.

And your body reflects your ego.

What I am inviting you to do is to switch from identifying with your ego, and see yourself as a soul. With this intention and a little practice, your body will do what it's told, reflect who you really are.

I will show you, of course, exactly the way to do it.

I am for respecting your human path, your ego included.

Your ego is fragile. Like a spring deer crossing the countryside road, faced with the beaming lights, it doesn't hesitate to leap into the darkness and disappear from your site.

If you really want to befriend that frightful deer you would begin a slow

but steady training. Little crumbs of the deer food on the way to your cabin. Sprinkle of salt here and there, closer and closer to the windows of your house. A pile of hay in the front yard. Soon you can admire that magical creature from behind your curtain. With patience, one day, you might feed the deer from the palm of your hand, his beautiful brown eyes sparkling with trust.

Understanding of how deer thinks, what it wants, how his fear can be swapped for reliance, playing on its tastes and spur to feed, is what's going to do the job.

Hardcore pressure and direct confrontation won't work.

Your ego will protest to your attempt to tame it. But only at first. Secretly, it had been waiting for liberation. Your longing to let go is not just a spiritual yearning, it is also your ego being so freaking tired of carrying the load.

Remember, ego was born out of necessity. But before that, you knew what it's like to be free of obligations. Before, you knew the love without conditioning. The giving without duty. The power and joys of responsibility and generosity. That is the memory we are going to re-awake with this work. And we will do it in a beautiful orderly way, with the help of your ego, even if we have to feed it at first exactly what it likes to eat.

Chapter 3

THE KIND WORDS FOR YOUR EGO

Let's first establish those crumbs on the way to your cabin. What is it your ego needs to know about your weight loss process?

It is safe. Your ego is not going to be destroyed. Nobody's going to be losing out on anything!

It's important for you to completely reframe and rename your process.

We are not looking for loss, but for gain!

From now on, I am asking you to call your process: releasing weight or letting go of your pain.

Doesn't that sound so much more exciting and inviting?

We had enough pain. Gosh, can we now let it go? I am pretty sure your answer is YES!

One thing you need to know about your mind and remember, partially your mind belongs to ego, it is not that complicated.

If any therapist had told you else, don't listen. I'm pretty sure if you

holding this book you had done your share of relying on the therapy or dieting experts to hold you back. Any advanced healer would know that brain listens to your command. The command is received in a form of words and pictures. That is why many of the advanced methods for mind transformation work so fast. It really is that simple.

One of the great therapists of our time Marisa Peer had been talking about this for years. I happen to absolutely agree with her.

Just changing the way you talk with yourself can make a tremendous difference in the outcomes you live. It has got nothing to do with the law of attraction or any other spiritual frameworks. Just the biology of our human brain.

With that, your job is to imagine yourself being a soul, guided by your spirit to live up to your divine potential and release any blocks you have on the way to be fully expressed in this world and within your body.

Your body is a consequence of your soul's desire to grow. Your spirit is your connection to the higher or the highest potential that is the source of you and for you.

Your body belongs to you.

You are magnificent.

You are spiritual.

You are ready to match your physical and spiritual appearance begin-

ning right now.

You can use these words for affirmation. Read them to yourself three times a day, embrace the truth of these words, envision your new reality.

Remember, your brain just simply listens and does what you believe is true.

Truth is born out of repetition. Yes, really!

When you had been searching and seeking the truth, all it ever was, is what you had been hearing and believed to be real, by repetition only. As somebody once said, your beliefs are the thoughts you had been thinking for too many times. Start thinking a different thought and you will change your belief.

Obviously, when we are talking repetition, we mean repetition.

Three times per day is a good start. Adding tapping (see how to do this later in a book), hypnosis, meditation, visualization is going to speed it up. Once we get to the examples and exercises, I will give you the instructions for all of these methods.

Before you jump into the process, I want to walk you through this short visualization.

Right now, look at yourself, in a mirror, or just by touching and observing your body. Those lines on your face, those pounds on your hips, that belly, that back, are all conse-

quence of your story. You had been storing your pain.

Imagine how now you are bravely just looking at that pain. No hiding, no avoiding. Just looking.

You can do what the women on my weight release workshops do, feel it in your hands. Like you are digging into your flesh, and taking it out of you. For everyone to see. For yourself to acknowledge.

On the palm of your hand, you are holding that precious pain. You can put it on the table. You can look at it. You can speak to it. You can whisper the words of compassion and love.

You can accept you have the pain.

You are not afraid.

You will not avoid.

You can trust yourself.

You can transcend your pain into the thin air. You can pour the divine light onto it. Wash it away. Burn it. Release it. Forever it will be gone.

With respect, you can let it go.

You can let it go.

I am praying for you now. I feel the divine presence as I write these words. I know with all my heart, you can do this.

You can release.

You will heal.

You are loved!

I am letting the tears of joy run down my cheeks. For you, for you, the spirit wants liberation. For you, for you, my dear friend is this prayer.

Your pain had served you. And now is the time to let it go.

You *get* to let go. I am celebrating with you. I am proud of you. I love you.

Thank you for being so brave.

Chapter 4

MY PERSONAL HEALING JOURNEY

I totally understand, that for now, you might feel like you don't deserve to experience change, release your pain, be free. I get it. I had been there myself.

After losing my first husband to suicide, I did not believe I deserve to be free of guilt, grief or pain. I hid my anger and sadness, my despair and loss of faith behind the mask of a survivor. I thought I had to be strong. I didn't realize, all of us, even me, deserve mercy.

I had to give up on the idea that being strong means never be vulnerable.

I guarded my confidence at all cost. I paid for my confidence by denying myself to be present with my feelings, with everything that awakes any feelings, things, like love, inspiration, excitement, joy and ease of life, gratitude for what I have.

Confidence replaced all of those feelings for me.

I treasured the most the peaceful and quiet mind. I suppressed any pain. I avoided any life situations where I could potentially be hurt. I denied my feelings. I blocked the access to any memories that would make me feel what I had been through.

On the outside, I presented a well-established shell of a body. On the inside, I was terrified of myself. I spend years pretending to be cool, to have it all together, secretly waiting for my pain to burst out.

I thought I would be ugly in pain. I could not be beautiful. I did not deserve any attention. Any time. Any love. Nothing at all. Nothing for me.

It is hard to admit now how fake my life really had been.

How scarce I felt about happiness. How I settled for peace and quiet instead.

I, of course, just like you, could only find that peace and quiet through numbing myself.

I was reaching for anything to take me away from my pain.

Very hard I tried to convince myself I am doing alright. I avoided looking in the mirror, as my eyes would reveal the sadness and despair. I blamed my hormones for the mood swings, for the outbursts of anger and impatience. I felt constantly disappointed. Nothing was right. That was, of course, the only reflection I could project into an outer world. I lived with that fundamental feeling of 'not being good enough'. Every-

thing I did, everybody I met never stood a chance. My whole vision was clouded.

My repressed feelings about who I am, how I feel, felt like a burden I was chained to. A heavy and a miserable load I was carrying everywhere I went.

Looking back, I must have been a true 'hero' to be so miserable and yet carry on with my life. Sad, really.

I am so grateful to my second husband and my daughters to prompt me to make a change, except that there might be hope for me. Allow me to heal and take time to let go of my pain.

No one judged me for not having healed over all of those years. I was so afraid of being criticized for being fake, for pretending to be so happy and strong, but the truth was, the people who knew me and my story, only sympathized. More than that, most of them admitted, they are living the same lie.

It is hard to let go.

I would never judge anyone for being afraid to heal. I know what it's like.

My tipping point was the beginning of my self-love practice.

I searched and researched any possible ways my healing can take place. I, of course, just like you, imagined that my case must be so different. It

would work for them, but not for me.

What saved me was my natural curiosity about healing methods. I am a born healer, you see. I had been doing the work I am doing now as a healer and a teacher from my late teens. I never stopped sharpening my skills. I loved learning. And I was willing to experiment.

It took me almost ten years to confront myself and my pain. I was okay with spending day after day, and week after week, month after month to trying out every tool and technique I could lay my hands on. I had nothing to lose and everything to gain.

My husband and my daughters showed very clearly, they want the real me. They were waiting. And I couldn't wait to reveal my true healed self to them.

First I decided to heal completely. No more years in the therapist office or endlessly working on myself through hundreds of programs.

I had to put the date on my healing.

I scheduled it on my calendar.

This technique I use very successfully with my clients, who are used to dragging things along, never hoping to arrive.

Very familiar with the therapy method, as I trained to be a psychotherapist in my twenties, I refused to accept therapy straight after the tragedy. Again and again, I heard people persuading me to do it. They

didn't know what I knew very clearly, I wasn't ready. I wasn't ready to stop hurting.

This time I decided to heal whatever it takes.

I committed to therapy for 6 months.

I showed up for my appointments for five months every week. I put my whole heart into it. I cried and cried even before I entered the therapist office, in the car, in the elevator, in the waiting room. I expected to feel better at some point. But instead, I saw myself getting deeper and deeper wound up with the emotions of the past, with the intellectualization and analysis of what, when and why.

Who cares!

None of the therapy talks would allow me to be free.

Ironically, I had a lot to say, sitting on that couch, but never really talking about the real stuff. I never felt prompted to go deeper, because I was not offered a clear way out.

So I took matters into my own hands.

I was already a practicing coach. I was very creative and dedicated coach and a healer, with great skills, not afraid to use cutting edge tools, invent my own if I had to. Like I said, I had plenty of time and nothing to lose if I failed.

Not to give in to my natural resistance to feel, I hired an accountability

coach, who was experienced in grief and loss work. With her gentle guidance, and especially, listening to other people's healing stories, I gained confidence, I am on the right track. I just need to keep at it. Not be afraid to go deep.

After finishing my work with the coach, I continued to do what I had to do. I diligently worked through the hundreds of the emotional pain release tools until I found my own special process. That process, I knew, I could rely on every and any time something would come up.

I changed. I became real. I healed. I admired myself for the work I had done.

I was free.

What else happened? Everything!

The biggest change is living without a fear.

When I released my pain, I got excited about how it affected me, so I continued to use my process for every single little pain I ever had. I noticed I don't need to numb myself anymore.

To feel my feelings was safe. To be me was safe.

Nothing was in danger of bursting out.

For the first time, I experienced the feeling of being in control of my emotions, being actually focused and have a clarity that even other people would notice.

My voice was clear. My confidence was real. I owned myself.

People started describing me as the most authentic person they have ever met. And wasn't that amazing, after years of feeling like a fraud.

I allowed myself to be vulnerable without losing my faith. In fact, I have so much faith, I inspire thousands of people to love and heal themselves.

There's no going back.

You, too, once you experienced the highs of being yourself, will not give it up!

Once you know you are free, you will stay free. Nobody can take it away from you.

Releasing pain allows you to be present with yourself. You don't need to run away. Your feelings will not destroy you. You won't have to reach for the substitute of peace and quiet. No more numbing.

Does it mean I don't eat, drink, work obsessively, or what else? Of course, not. But whatever I do, I do on my terms. I am not driven by my despair and hopelessness to be whole.

I am whole. My pain is allowed to be felt. It doesn't have to consume me. I know how to release it. I teach the process. I use the process.

As a side-effect, my life transformed on the practical level too. I am excited about my life, I enjoy my success. There's truly nothing I couldn't

do. At least this is how I feel. And isn't that a wonderful inspiring feeling to have.

I wish the same for you.

I am not any different from you. Remember, I thought, my pain must be so unique and incurable, and there I am boasting about my freedom. And what about hundreds of clients who had used this process and felt relieved.

The change is possible.

There are many ways to find yourself, to find your freedom, to be healed.

I know you had been searching just like I was for some years. I invite you to give yourself a chance. Commit to being healed completely. It's possible. Even for you.

I am with you with every step of the way. I salute you for your dedication and respect you for your courage.

Chapter 5

THE PROCESS

Now we know that all we're being involved in right now is releasing and letting go. You may have some practical questions. Let's get those answers straight.

Can anyone just let go of their wounds?

Absolutely!

In the previous chapters, we talked about the *why*. *Why* would you want to do such a thing as to heal completely gives you the motivation to begin your special process of letting go?

First thing to know, it is a process. You need to do some work, make some effort.

Validating your feelings is only the beginning. What else is involved?

Forgiveness.

Reconciliation with your spirit and your soul, both playing a crucial part in how your life will unfold after you'd strip yourself down from the layers and layers of pain.

Finding the nature, the flavor of your gift and service. Recreating your persona, giving your ego a fresh start and a new face.

Acquiring skills to perform your duty, live your purpose.

Know how to be good, feel good.

Learn to ask for divine guidance and support to thrive as a human in human conditions.

Be happy.

In this book I walk you through the process I used for myself and many hundreds of people I worked with. I made this process structured, appealing to people who want to have a tool in hand and apply it to release whatever pain or personal wound they have any time they want to feel lighter and more spiritual. Spiritual, meaning, connected to their divine power and purpose.

So here it is.

7 Step Releasing Pain Process

1. Write down how many pounds you get to release.
2. See each pound as a specific pain or a wound you had. Name the pains and write them down as a list.
3. Release each pain in 7 steps.

Step One: Look at it. Write down an occasion you acquired this pain for the first time.

Step Two: Love it. Realize what it did for you, how it served you.

Step Three: Heal it. Forgive yourself for having it and prolonging it. Write down WHY you want to change now.

Step Four: Say goodbye to it. Release it with a ritual.

Step Five: Take account of how this pain or wound had been affecting you so far, what beliefs about yourself it had reinforced.

Step Six: Find the evidence that opposite is true.

Step Seven: Write down a positive affirmation stating the new truth about you and imprint this new belief into your mind.

4. Begin your healthy eating plan, exercise, or whatever else you choose as your means to shed the old skin and pounds, stop emotional eating,

or any other addictive, felling-numbing behavior, to bring the manifestation of your inner beauty to be seen in all its glory.

In Part II of this book, I will give you the examples, and walk you through the release process of many of the common emotional wounds.

What you need to know, that to do this process, you may want to help yourself with accountability.

Of course, looking and examining your pain isn't a pleasant experience. It's like pulling a tooth. Really. I get it. It's not natural. We have resistance. So get the support you need to follow this process through. You can check out my websites the resources I offer to get this help. At the end, I will give you the links you can click and get in touch with me and my team.

Another thing to know, before diving deep and releasing those pounds, you will need to re-evaluate your progress in the future.

Our mind is not complicated, as you now know, but our life might have been. We did have plenty of time to accumulate not just the pain, but the layers of it. So stripping down would take time. First time round, you'll reveal some. The next time round, you'll reveal more. So on. You can keep going.

Also, life happens. It doesn't matter how spiritually aware you are, if you believe that human experience makes your soul grow and expand,

you will have that human experience. That would include happy and not so happy events taking place. I invite you to become your own therapist. Don't rely on time to heal you, or somehow make you let go of your grieves. The statement 'time heals', just aren't true. You know it yourself. To most of our pains, we had been holding on to from our early childhood. No. Time did not heal any of them.

You have to make a conscious decision to heal.

Now you know your decision is all about accepting yourself to be completely healed. It is your responsibility to maintain a certain level of emotional hygiene. Which means, cleansing regularly. It is like brushing your teeth or eating healthy meals, every day, not once in a blue moon. Re-evaluating where you at emotionally, physically and spiritually is a practice. I will, of course, walk you through it as well.

Chapter 6

HOW TO DO THE RELEASE PROCESS

The part II of this book has examples of working through the Process of Release. I picked the most common topics.

I write the “I” statements to help you to connect with the dilemmas, pains, and wounds I describe.

I use stories and situations that may be personal either to me or to somebody I have worked with. I want to assure you, that we can all more or less relate to those pains. It’s ok if the situation on the pages of this book sounds exactly like yours, and you feel that somehow I am sharing your story. I feel for you. I am not any different from you. I know how it feels. I also know and had seen with my own eyes so many transformed lives as a result of letting go. I have faith in you. You will heal.

So pick up your special journal and while you are reading through the Deep Dive examples, go through your own release. Use your own words to name your wound. Reawaken your own life events when you dig into your memories to find when it all started for you. Cry and morn over them. It’s ok. This is your process. Your healing.

When you use tapping scripts or visualizations, know, that it is ok to express how you feel and let go of the negative feelings you had been storing in your body. Even if it seems like you never felt so strongly about the topic, let yourself go there. Most of your negative feelings had been hiding. You had deliberately suppressed them not to live with pain. It is natural. It's ok, we all do that.

Feeling your feelings gives you the most needed opportunity to release your pain. Just talking or analyzing cannot be enough. You do need to actually feel the feelings and allow yourself to feel differently.

Tapping is a very safe way to embrace your emotions, your pain, and not be consumed by it.

Of course, if you feel that you are dealing with a serious trauma, go to a specialist, a therapist or an EFT (Tapping) practitioner.

With practice, you will be able to release any emotional pain very quickly. You won't need to journal or tap for very long. 5 minutes here and there, 1-minute visualization every other night would do it for you. But at the beginning, please, take yourself seriously, give yourself attention.

You deserve to get results. You can only get results if you take action.

So, do the process.

Don't skip on any steps.

Take time to work through your feelings.

Adjust the time you work on each topic to your needs.

Continue your pain release process and work through the many personal pains and wounds you had, whether it is 5, 20, hundred or more.

It's your life, your healing.

For now, just believe me, **YOU ARE IMPORTANT.**

You are worth it!

After the process, you will agree with me whole-heartedly. I know that.

So, I trust, you are making your list of pains right now. No need to read this book to the end before starting the process. Why wait? No time should be wasted when it comes to your liberation.

Identify how many pounds you want to release.

If for you it is not about the pounds but about any addictive, numbing behavior, you can write down what is it you do because your pain is too big to feel. How many drinks, how many cigarettes or joints, how many pills or what else, how many hours of exhausting work, how many decades of watching the mindless tv, how many wrong sexual partners, how many unfinished projects, how many fitness, dieting or self-improvement programs? What do you binge on when times get tough?

Now make a list of all the pains you are aware of. There will be some that will slip from the tip of your tongue, and many others, that you will resist to admit, even to yourself.

I know that partially you don't feel comfortable to admit all of the hurts you have because you truly think, there's nothing you can do about it. I want to reassure you again. While you are thinking, your pain is just so horrible and unique, you are not alone. Somebody in this world had been where you are and had let go. You can do it too!

Be brave. Take a leap of faith. You know that your soul is waiting. You know your spirit is guiding you. You are not alone on your path and you also not alone in your celebration. Let us all celebrate you. Make the first step.

Make your list.

Begin your release process. Have a set of tissues. Get a bottle of water. Light a candle. Breathe. Have faith.

I am asking all of the light and love and blessing be with you now.

Chapter 7

HOW TO DO TAPPING

You can use the whole upcoming chapters in Part II of the book as tapping scripts. I timed it, it will take you about 15 minutes to go through each chapter.

Please, look up videos on my website or on my U-Tube channel to learn how to tap.

There are many ways to do tapping, but the most points everybody agrees are very effective to tap on are:

Between your eyebrows

On your temples

Under your eyes

Under your nose

On your chin

On your heart

On the top of your head

Tap with your fingertips lightly on all of the points in the order described.

Begin your tapping session with tapping on your karate chop point with

the statement” “Even though I feel... (Say how you feel, what is your pain) I entirely and unconditionally accept myself. I am ready to release my pain now.”

You will tap on this point only once, then continue tapping on the rest of the points, going round and round until the session is over.

Say the sentences out loud. Let yourself feel the emotions that come up for you. Cry if you have to, laugh if you feel like it. Release. Release. Release.

You can add or use any other words, make your own statements about your feelings. Go as deep as you want. Give yourself plenty of time to work through your feelings. Use your own examples. Find evidence in your own life that you can feel and be different.

At the end of the tapping, session say, “With all that I am and with all that I feel I entirely and unconditionally forgive, accept and love myself.” Take a deep breath and let it go.

For better results, repeat the tapping sessions on a daily or weekly basis. You can tap for as long as for 30 minutes or an hour or 5 min. What matters is that you connect with your feelings and let them go.

It’s ok to tap and release for as long as you need to. Everybody has their own speed.

It’s ok to focus on one pain at the time, and give it a week or so and only then move onto the next on your list. Some people feel like the

pain they have had made a serious impact and they want to spend a month or more just working through it. It's ok. I had done that myself.

Each time you tap you can begin with the script you have in a book, or just freely express your feelings. With a little practice, you will notice you have a lot to say.

Ultimately, the more you tap the more release you can experience. Don't give up, you will see the results. Everybody does!

The best practice is to commit in advance to do tapping daily, for example, for 15 minutes for a period of four weeks. Choose your own timing, of course. You can start with 5 minutes daily for a week. Whatever you can do. When you made a decision to do tapping daily for your period of time, you won't have to decide and commit again. Normally that is how people slip, making decisions can be hard. Once you're committed, you just have to do it. The hard part is already done.

Set yourself a time to do it, schedule it in your calendar, set a reminder.

Have a safe place for yourself to do it. Make sure you are not interrupted or distracted. Obviously, keep away from any devices, don't check your phone or what else. Really! You deserve uninterrupted attention.

If you have a family around at all times, which is not uncommon if you have children, let them know you need your alone time. Ask your partner to help you out, or use any possible alone time you may have. Be creative. Myself, having five children, and many of my women clients,

found a great place to do the daily tapping: in the car, after dropping off kids at school. We would stop at the quiet neighboring street, and tap away, then retouch our makeup if you're wearing any and get back home, or the office, and get on with life.

Do what it takes! Your pain release will bring such amazing benefits to everybody who knows you, not only yourself. There is nothing wrong for claiming the time and space to do your special inner work. You deserve it.

Don't hesitate to ask for the help of a professional. At the end of this book, I will show you how to get in touch with me and my team and get the practical support you need. You can also contact any EFT (Tapping) practitioner or a therapist in your area.

Part II

DEEP DIVE

Chapter 8

PROCRASTINATION

Let's not stall. Let's dive right into the deep end. Let's experience The Process by Releasing and let go of the pain associated with helplessness and apathy manifested through procrastination.

Step One: name it.

I procrastinate. I must be lazy. I feel disheartened to start anything as I know I will not follow through. I am not like the others who have discipline. I am not focused. I will fail. All I feel when I am faced with a new idea, a desire or a project, is apathy.

When did it start?

I remember handing in my homework in the first grade. There was always something wrong with it. I'd forgot to sign it, or made a spelling mistake, or crossed the margins, or made an ink spot...and that besides not getting the right answer every time... I felt hopeless. I was not looking forward to handing in my work, therefore, I didn't have any urge to complete it. In fact, I was really dreading to finish my work, because I

knew that after that I will be judged and found wrong. My anxiety about finishing my work later grew into apathy about starting anything at all. I just didn't feel excited about beginning any project. I developed a detached attitude to achievements and declared to myself, and, later, to others: I am not ambitious.

Step Two: how did it serve me?

I felt really safe when somebody would ask me about my life to say, I am just not an ambitious person. I even felt superior. I associated my detachment to success to being pure and spiritual. I thought I am better than others who hustle and feel pressured to work so hard for their achievements.

My apathy about the worries and approval of the world gave me a safe place to explore my inner life, have the inner life, and be ok with not making effort and not getting any results.

Apathy also helped me to cope when other people took control over my life. When I needed to depend on somebody. I could just say, I don't care. I am not controlling. I also felt this is an accomplishment.

Step Three: I forgive myself.

Reasons why I want to make a change:

I had enough of hiding behind my mask of an unambitious person. I always felt fascinated with success and admired and sometimes even envied people who could achieve their goals.

I am ready to make effort. In fact, I want to make extra effort, really work for what I truly desire. I always liked working, now I want to see the results of my work.

I don't have to give up halfway.

I am free to give up halfway.

I decide what is important to me. I am in control of what I do.

I realize that my desires and dreams are important.

I deserve to have, be and live what I want.

I can change my habits. I heard it takes 21 days to do it. I have plenty of time. I can definitely spare 21 days.

The payoff for me completing my projects is really fantastic.

I never experienced real success because I was afraid to be successful. I can deal with my fear of success. I can learn about myself and work through it.

I have nothing to lose. If I tried to start something, make an extra effort, and complete my project, and I failed, I am where I had always been. But if I WIN!

Step Four: I am releasing my apathy, my procrastination into the thin air.

I breathe on it.

The warmth of my breath signifies life.

I am alive.

I have desires. I have ambitions. I have a purpose.

My soul reveals itself through my drive to be what I want. I trust my spirit to be the force behind my goals. I am aligned.

I cannot fail. I breathe through the air of doubt. I am not afraid.

I feel how easily the stiffness of hopelessness and apathy is diluted with the fresh breeze of freedom. There are masses and masses of air filled and charged with freedom, with potential, with support.

I release any pain connected to procrastination I ever had. I deserve to be free to take action.

I am free now.

I perform my Release Ritual by breathing in and out the air filled with freedom, potentiality, and excitement.

Step Five: my old wound of apathy and procrastination made me believe I am not a doer.

I believed I cannot have an ambition. To be ambitious meant to care about the material goods and rely on the approval of others.

I thought if I do something meaningful, finish my projects, I will lose my independence from people's opinion, good or bad.

I believed if I don't do anything I won't be judged.

Judging meant hurt for me. I would feel like a little girl in a first grade again.

Step Six: opposite is true.

I had been doing plenty in my life. I always had been a great worker. For example, I work very hard to be a better professional, get results for my clients. I've achieved a lot. I've done very well for myself. Anybody, even I, can see that. I accept, I am a doer, after all.

I can have as many ambitions as I want. It doesn't make me less spiritual or more attached to the material outcome. For example, many spiritual people live a very abundant life. They have loving relationships, experience love, and friendship, make a lot of money, are very fit and healthy. Spiritual is not an abstraction and doesn't mean detachment from reality. All of us on this planet are spiritual, as well as physical.

Denial of reality doesn't make anyone automatically spiritual. I accept the fact, that if I am alive, I must be physical and spiritual at the same time. There is no conflict.

I decide to grow up. Material outcome is important to me. Of course, I need to harvest the benefits of my work, my efforts. Otherwise, how would I live my life, pay my bills, buy groceries? I do care whether or not I am materially rewarded for my work. I understand that it is totally normal. **For example;**

I can listen to people's opinions. It is safe. Other people's opinions don't make me dependent. I decide what's important to me. For example, many times in my life when I had been criticized, even though, I might have overreacted at times, I could still recover and continue to do what I was doing. I did not become depended on the positive feedback of every person who felt like they needed to say something about me or my work. I remember laughing and saying, if they haven't done what I am trying to do, then their opinion is not valuable to me. I don't depend on other people's opinions about anything unless I want to. I am selective to whom I listen.

Judging. I can be judged for not doing anything or for not having an ambition. People judge. Some more than others. They have their reasons. I don't have to shut myself down because I live on the planet filled with humans. Being human means having all sorts of emotions, projections. We, humans, have a complexed psyche, including me. It's ok to feel hurt by somebody judging me, and it is also ok to refuse to be af-

fectured by every little judgment that comes my way. I am strong, I can cope with judgment. I wouldn't be born a human if I couldn't be compatible with another human being. I have great coping skills and defense mechanisms. I can deal with judgment. Wow, I am feeling better already!

I can't wait to do something great! I am not in the first grade. I am not a little girl. Even though I felt hurt before, because I didn't know how to cope with somebody else judgement, because nobody really taught me how, now I can decide, to see judgment as a fact of life. For example, I heard myself judge other people. I didn't think this would make me a bad person. Sometimes I am judgmental. Typically, it happens, when I am feeling frustrated or tired, or just actually, know better. I can judge one day and then completely forget about it. I assume everybody else is the same. Nobody really tracks down how their judgment affected another person. I realize that it is a human nature to judge, for whatever reason. Judgment doesn't have to hurt. What I want to be, have and experience is waiting for me. I can't wait to start my project, make extra effort and complete it. I can't wait to show myself what I can do!

Step Seven: My positive affirmations.

I accept, I am a doer, after all.

I can have as many ambitions as I want.

I accept the fact, that if I am alive I must be physical and spiritual at the same time.

I am grown up.

I am greatly rewarded for my work.

I am selective to whom I listen. I am safe.

I am strong, I can cope with judgment.

What I want to be, have and experience is waiting for me.

I can't wait to start my project, make extra effort and complete it.

I can't wait to show myself what I can do!

Extra Tools and Tips

1) When you are ready, begin your tapping session with tapping on your karate chop point with the statement: "Even though I feel I procrastinate I entirely and unconditionally accept myself. I am ready to release my procrastination now."

Then move on onto tapping on all of the face points, and other points on your body and a top of your head, reading through the chapter.

Say the sentences out loud. Let yourself feel the emotions that come up

for you. Cry if you have to, laugh if you feel like it. Release. Release. Release.

2) Please, start a gratitude journal. It is very appropriate to celebrate every win you have, every project you have ever finished, every little accomplishment, no matter how small.

3) Track your projects, your time, your actions. Set the date for each project to be completed. Break down the project into a smaller steps, and make sure to take action consistently. Set the dates for completion of every project you have. You can do it right now.

4) Have a one touch rule for everything you can complete in 2 minutes. I learned this tip from David Allen and it totally works.

5) Find an accountability buddy, somebody to cheer you on your way.

Chapter 9

PEOPLE PLEASING

Step One: I work very hard for other people's approval. I often feel 'what's the point, who needs me anyway, if I am not useful'. I have this need to be useful; otherwise, nobody would love me. I have no value unless I do something good for others. I feel I don't deserve unconditional love. I have to earn love. I feel anxious when I don't do anything. I keep busy, working and pleasing people. I think that if I work hard enough nobody's going to notice all my faults. It feels like I owe everything to everybody. And I hate that about myself. Why can't I be like everybody else, love myself unconditionally no matter what?! I feel incredibly guilty to spend time or money on myself. In fact, I never have any time or money left after I spend it all on everybody else.

When did it start?

.....

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https://www.amazon.com/Release-Pounds-Pain-Practical-Addictions/dp/1793018790/ref=sr_1_5?s=books&ie=UTF8&qid=1546533223&sr=1-5

Next Chapter is all about releasing **PEOPLE PLEASING, GUILT and SHAME...**

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Chapter 13

GET IN TOUCH

As you worked through releasing your pain, one by one, letting go, letting it be, you started noticing yourself, the world, other people around you in a different light.

What did the world become as you had stopped being a wounded sol-

dier, as you felt, for the first time in your life, you don't have to feel hurt?

Well, number one, you stopped being in the opposition to everything and everyone. You realized as you change the inner conversation, as you address yourself with respect, with curiosity and encouragement, that people around you feel safe to treat you as an adult. They sense your new energy. Your need to protect the wound is gone. You are free now to attend to reality. To be present. To be involved. And that is exactly what creates a different response in others.

Yes, they've been patiently waiting for you to let them in. They never gave up hope in loving you.

And you can accept it now.

You can miraculously accept, that people can be trusted. That there's no need to hide or run away. You can face yourself. You can be with yourself. You can allow others to see you as you truly are.

Your pain is gone.

Number two observation you are making now is how much extra energy you have.

You see, living in a cycle of feeling hurt and then avoiding the pain through numbing and escaping your feelings takes vast amounts of energy and effort.

Naturally, we are, just like animals, meant to feel, react to whatever real-

ity brings us and move on.

When a wolf retrieves into the dark corner of the woods to lick his wounds, he is being practical. When a deer runs away from beaming lights across the road, it's what's required. A deer and a wolf don't feel inadequate or worse because they know how they feel. They just do what will help them to move on with their day as fast as possible.

Now, we had been told and taught that being in pain is not good. That fear is not normal. That pain must signify that something is really wrong with us. So we became afraid and embarrassed about our own feelings. We started suppressing them to fit the perfect picture of a super-human, unemotional, untouched by reality, stone-cold, always in control. It's an interesting question, who wanted you to feel so bad about yourself, and why, but this book isn't about that.

The main thing is, you understand now how to manage your emotions, how to feel your feelings without falling apart. You know how fast you can release any pain, and therefore, you have no need to escape what is. You can stay present. You can participate in life. You can live!

What else happened? You gained time!

Liberating from the false beliefs about yourself and how this world operates, freed a lot of spare time for you.

Your whole aim of life had been keeping yourself busy, running the race, escaping the reality of who you thought you were.

As you identified with your history, your wounds, all you had was pain. Even success felt temporary and not deserved. You found yourself setting the next goal, never sitting still, never taking a breath. You were so afraid of stillness. You were obsessed with silencing the voices that had attacked you, criticized you, reminded you of what isn't achieved, the voices of your abusers, you dragged with you wherever you went.

No more! You have nothing to do. Nowhere to run. No fighting windmills. No proving your innocence. No protecting yourself from all the feelings you rightfully have.

Most people when they think about this state of mind get anxious. But you are not the most people anymore. You had healed yourself. You understand, you see very clearly, the new path that is opening right in front of you. The path of service.

As an old soul, whose desire to be born was informed with your true compassion for other human beings, you knew, you felt it strongly in your heart, your calling is to make a difference. You did not come here onto this earth to just eat and sleep and make babies. As well as biological, you are awakened to your spiritual purpose. You really care about people.

Your healing is a key to a bigger contribution and a deeper impact you will have in the world.

Yes, you. You have work to do!

I can see your eyes, as I write these words, sparkle with thrill. You are getting excited about what you can do with your time, energy and your newly obtained drive.

You know now that you are capable, you are magnificent, you are free. Your feelings are your allies. Your ego is on your side. You walk your talk. You are actually living your life.

Courage is in seeing yourself as a spirit, letting your spirit lead.

Strength comes from attending to your emotional needs. Taking your ego for what it is, a small part of you, that wants attention, craves love and would do what you tell it to do. And now, you are educated, you had experienced the real-life transformation and healing, you know better. You are no longer treating your ego as a mysterious uncontrollable beast. You feed it crumbs, you bring it to the front of your house and you gently pet it, showing it who is the boss. The dear is tamed. You earned its trust.

What would be your next step in life?

I would invite you to step into your power.

One thing I learned and firmly felt in my heart after the healing was that it is safe to be powerful.

This is the concept I will be talking more about in my next book. For now, just trust me on that!

The more you look into yourself the more light you will see. We can both recognize the true meaning of you being here. We can both see and taste the reality of you. You are here to give.

Your soul is reflected in everything you do. Your body, your heart's desires, your reality, the people around you, all are mirroring the state of your spirit. And from now on you had allowed that reflection to be a real one. Not distorted with all that had happened to you, not clouded with hurt, not inviting suspicion and disappointment. But the reality that is full of opportunity to apply yourself, to affect and transform it for better.

Better is not an abstraction. It is not a utopia you dreamed about when you were not happy with what it is. Better is the small and grand changes you are prepared to make, for yourself and the world. Who will be the first recipient of your kindness? Who will benefit from your healing?

In all transparency, to see the fruits of your labor will take some time and effort. We are not trying to replace an addiction with an illusion. Changes you will actually make will be the one that would count. Just desire to help others alone will not guarantee your impact.

So my advice to you would be, get phenomenal at your work. Become somebody who's healing affects many. Your family, your closest circle of people, friends, parents, children, your peers, and your audience, will notice your healing the first. They might react. They might protest.

They might get inspired. Your job is to remember, healing is good, healing is necessary. Take their reaction as a sign that your life is changing, you are on the right path. Don't expect them to walk your path with you straight away. Don't try to force your enlightenment on them. Instead, show them with your new behavior, the actions you are taking daily, with how you treat yourself, what your healing was all about. Let them get curious. Let them ask you how you did it.

And you will tell them, how, and, even more importantly, why. Why was it so important for you to heal?

Begin with showing them the new side of you, not the one constrained with your story, not the one supported with all the numbing and escaping you had done over the years of them knowing you. Show them the power of being yourself. Vulnerable as well as powerful. Let them walk with you because their reason to BE in the world had elevated to the desire to serve. Just like you, driven with your calling to be a realized soul, coming forth with their spiritual purpose will help them quit the unhealthy emotion-numbing patterns. Be their leader, be their role model. Lead with your actions, not with your words.

Who can they be without their wounds?

Who can they be without their failures?

Who can they be without their wins?

Share this book with somebody you know is ready to ask themselves

these hard questions.

You did, and you knew instantly, why identifying with your ego, with your wounds, would forever keep you stuck. You've made a decision to heal completely and it led you to shed the layers of pain you had been carrying with you for decades. You saw and truly felt all the reasons why you would let go of your pain, and you had been rewarded with more time and energy, You found your calling and drive in the world. Your soul shines through everything you do. You have a body that fits your ambition to make a difference. Your soul is present. Your spirit is powerful.

I celebrate you and predict many of the souls being transformed by you. Your impact in the world is inevitable. Spread the healing. Shine your light.

I am so proud of you!

From the people in this world, from your closest and loved ones, I express gratitude for your hard work.

Thank you for walking your path. Thank you for healing yourself.

Over the years of working with my clients as a spiritual teacher, a healer, a life coach, and a business mentor I created a community of like

minded people, the givers, the shakers of this world, transformational leaders and role models. If you want to join us go to www.schoolofinspiredlife.com and learn more.

Also here you will find life coaches and healers whom I trained and certified to do an excellent job with people who need more help and support to let go of their wounds and show up powerfully in the world living their purpose.

If you wish to be certified as a healer and a coach and create your own authentic program that changes lives go to the School Of Inspired Life website and apply for the admissions interview. Part of my work in the world is to support people in becoming phenomenal coaches and healers. We both know how much our help is needed.

I am looking forward to getting in touch with you soon.

ABOUT THE AUTHOR

Lira Kay is an international bestselling author, founder of School Of

Inspired Life and mentorofcoaches.com, a contemporary professional training center for expert coaches and healers.

Lira has been assisting people to transform their lives for almost 30 years, through art-therapy based workshops, psychotherapy, practical seminars, transformative classes, art, international curatorial projects, coaching, speaking, and spiritual healing workshops.

After traveling the world, Lira settled in Walnut Creek, CA with her husband and their 5 daughters.

You can learn more about Lira's work at www.schoolofinspiredlife.com

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