

LIRA KAY



Release 20 Pounds of Pain

Practical Tools to Quit Addictions and
Create the Body to Fit Your Dreams

Release 20 Pounds of Pain

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

Lira Kay

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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-functioning 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.

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 yarning, 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?

From the very early age, I thought, I have to be of use. As an older sibling, I heard my parents say, it is your responsibility to take care of your little sibling. I did it and then I started resenting it. I didn't see what's in it for me. I felt the only thing I do is to take care of other people's needs. I remember being praised for being a good babysitter or for be-

ing helpful, not for being myself, not for the qualities I had. I associated approval and recognition with pleasing my parents and then other people as I grew older. It's a bad habit at this point.

My first reaction is to put other people first. I see now that I do it out of fear of being rejected or abandoned. I get nervous if I can't help somebody. Nervous and insecure.

I avoid situations where I am not in a position to give. I prefer giving to receiving. I think I don't deserve to be given unless I immediately give back. I spend a lot of time calculation whether I gave back enough. I don't feel comfortable to owe anybody anything. I also don't feel comfortable with accepting gifts, unless it an exchange of gifts. I feel bad if I couldn't give back the same or more.

Step Two: how did it serve me?

Doing things for others gave me a sense of purpose in life. As I didn't see value in myself separate from serving other people's needs, I honed my skills of being of service by learning to understand what people want and found the best ways to give it to them.

As I am a big giver I receive a lot of recognition and praise. I then feel good about myself. Giving is an easy way for me to feel good about myself.

I am a charitable person.

I am great at doing my work because I know how to provide a lot of

value. In fact, I over deliver and people love me for that.

I have a lot of friends because I always put them first.

My family loves me because every time somebody wants something I drop everything I do and attend to their needs.

Step Three: I forgive myself.

Reasons why I want to make a change:

I feel a lot of resentment towards people who ask me for things. I get very irritated and associate any family or friends gathering with me being busy serving everybody. I want to enjoy my family and friends instead!

I want to feel value in myself and by myself. How can I feel worthy? I want to feel I'm worth it, just as I am, without me doing anything.

I am ready to be loved unconditionally.

I want to receive freely. I had enough of paying back all the time. I know by paying back for the gifts people give me I am denying them the pleasure to be generous.

If I stop solving other people's problems they will have a chance to take responsibility for living their own life. I can empower people by NOT trying to save their day.

People can feel what they feel, I don't have to make them feel better because of my own insecurities. This way I give them permission to be themselves and experience life to the full.

If I stop doing things for others all the time, I will have this whole time to myself. What would I do with it? I can't think of anything now, but, I'm sure, I will think of something!

When I feel worthy other people will feel I am worthy too.

I can stop working so hard. Right now, I think, I have to work out of fear, but what if I can work out of love?

I can get paid so much better for my services, or get a promotion and a pay rise when I stop over delivering. Right now I am over delivering because I am afraid of not giving enough. But I can change that by including my extra value into my job description and charge more for my work.

I will have so much more time off to pamper and love myself without feeling constantly guilty.

I will actually have time and money to spend on what I like, what makes me happy.

I will be a happier person.

Self-worth will bring me so much confidence! Whatever I do or don't do, for myself or for others, I will know in my heart, I am worth it, no

matter what. This attitude is very attractive.

Step Four: I am releasing my people's pleasing habits, I burn them on fire.

This fire is fire of compassion.

Everybody deserves love no matter who they are and what they do.

I deserve love unconditionally.

Any anxiety about receiving is burning now. I see it crinkle in the bright orange flames. I am free to receive.

I am free to receive abundance now.

Any blocks I created and held on to are like the logs in the bonfire, charring and burning to ashes.

The wind comes along and blows those ashes away.

The rain comes along and washes those ashes away.

Nothing's left.

I am free to be worthy and loved as I am, unconditionally, no matter what.

I perform my Release Ritual by burning my fears of rejection and abandonment. I allow love, success, and abundance come into my life starting from today! As I see the flames dancing in the wind, my heart is

filled with worthiness and acceptance of my value and beauty. I declare to myself and to the Universe, I'm worth it!

Amen, thank you, and so it is.

Step Five: my people pleasing behavior robbed me of enjoying my relationships.

I started to believe that this world is a cynical place where everything is bought.

I stopped believing in the abundant Universe, and that it is enough for everybody.

My money mindset as a result of this was the one of lack.

I thought I have to work really really hard for anything.

I felt like I am not good enough no matter how hard I work.

I relied on other people to establish my value.

I never felt worthy.

Step Six: the opposite is true.

My relationships are here to be enjoyed. I can enjoy my relationships. I can please whomever I want because I feel generous, not because if I don't they will not like me, reject me, or abandon me. Now thinking about it, I remember having many occasions when people gave me unconditionally, accepted me for who I am. I had many inspiring teachers

in my school and in my later life. For example, my family gives me love unconditionally. It is me who insists on fussing around them. They actually want to just love me. And it's the same with my friends. My friends are like me. They have their moments, but most of the time they just love being in my company. I can rely on my friends to support me, even though I am not always pleasing them or putting them first. We just like each other, that's why we are hanging out.

It's ok to owe to somebody. It's okay to receive. I can just give to somebody and not expect anything back from them. And I can also receive and not to always payback. For example, I volunteer twice a month and help many hundreds of people and I don't ask for anything back. I enjoy giving. I also had received help from others, like many of my teachers and friends, and family members, and they did not ask me for anything back. I remember many times the total strangers would be very kind to me and help out, even with the little things. I am so grateful and blessed.

I am lovable. I am enough. I don't have to deserve love. Love is an energy, it's everywhere and is available freely to anyone. It is me who puts restrictions on how it is distributed. In reality, I could always be loved. I have many responsibilities in my life, but whether or not I fulfill them won't define me worthy of love. For example, a little baby is loved and does nothing to earn that love. I can forget or restrain myself from the harmful beliefs about me only being worthy if I am useful. I am worthy, period.

I can change my money mindset. There is enough money, love, health, and beauty for everybody. I can have an abundant mindset. For example, when I take my walks, I breathe in the fresh air, and it is enough air for everybody. When I see my children play, they have laughter enough for everybody. When I go shopping I see people buy things all the time and that will not change. People produce and sell everywhere. Right now, this exact minute, somebody somewhere had sold something to somebody. Millions of deals are made every day. Money and value exchange is happening all the time. I have plenty of value to give. Why wouldn't I receive a great monetary compensation for that? Of course, I will!

I don't have to work hard for everything. I can get the results I want feeling easy and excited about my work. I love working. I don't have to attach the label 'hard' to it. I can say exciting work. Fantastic work. Easy work. Consistent work. Focus. Discipline. My work doesn't have to feel hard. For example, I am very productive at work. I love what I do. I only said I work hard because I thought, it was a good thing. I was acting like a little girl. Really, if I think about it, I only work 2 to 3 hours per day. The rest of the time I am just keeping busy. Now, that I know my hard work doesn't mean I am useful or lovable, I can allow myself to work only 2-3 hours per day and not worry about pretending to be of use.

I am good enough. I am sure of it! I remember many examples when I was praised and rewarded for my good work. Actually, come to think of

it, I am very good at what I do. Also, I can draw the line, I know when my work is good, good enough: it's no fun being a perfectionist. It is not inspiring. It is daunting. If I allow myself *feel* good enough I can *be* good enough.

I can decide whether or not I am up to my standards. I establish what my standards are. It's difficult to rely on somebody else's standards because you will never know how you really did. Some people have high standards and others have low. It is easier to rely on my own. Also, it is not all about meeting somebody's standards and expectations, even the ones I established. Things change. I can have different priorities in my life with time. Sometimes it matters to be and do my best and other times I can just be. For example, I used to care what other people think about my presentations. Now, because I had done it so many times and am sure of myself I really don't care if anybody in the audience would not resonate with my message. Another example, I used to not care about my appearances when I was a stay-home mom, but when I started my new job I made some changes in my wardrobe to bring it up to my new standards. I didn't wait for anybody to tell me, I decided to notch up. I establish my own standards in whatever I do.

The little nagging voice in my head telling me I am not good enough is just an imaginary voice. I created it because somebody said something mean to me. But after that, it won't be mean people, it was myself who kept this voice going. I don't need to do it anymore. I am a grown up. It's just not productive, or kind. I admire and award myself for being

me because I deserve admiration and recognition. I like feeling good about myself. That is why I will admire and award myself. I can always find things for which I can praise myself. Every day I will love and acknowledge my worthiness by looking in the mirror and smiling. Here I am and I am worthy!

Step Seven: I enjoy my relationships.

I give when I feel generous.

I can say no to people.

I know my priorities.

I receive easily and freely.

I live in an abundant universe.

People love me for who I am.

I am worthy.

I am enough.

I am good enough.

I love making decisions.

I admire and award myself every day.

I am worth it!

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 worried people will not like me if don’t make myself useful to them and I don’t feel worthy and good enough just as I am, I entirely and unconditionally accept myself. I am ready to release my people pleasing behavior 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) Observation Exercise.

Find yourself a good position to observe other people’s behavior. Notice what they do, what they say. How do you think they feel? Ask yourself this question and find an answer. If you noticed the person and people you are observing don’t feel happy, if they feel frustrated or impatient, sad or nervous, do nothing. Just stay still and continue observing.

You will notice how people find ways to solve their problems, or calm down, or cheer themselves up.

You don't need to do anything. You can give them permission to take care of themselves. Now you empowered them. Thank you, your work for today is done.

3) I Am Enough Exercise.

Every morning after you wake up, put your hand on your heart and say to yourself: I am enough. Repeat this exercise before going to bed.

Though looks simple, this is actually a very powerful exercise. What it does, it applies repetition to train your brain to think a certain way about yourself. As you remember, repletion is everything! So just keep at it. It would take you a few seconds to say this sentence, but the effect is truly remarkable.

I do this exercise before I brush my teeth in the morning and at night. I look at myself in the mirror and mean what I say. I am enough! I also have a framed picture with these words in my office. I typed the words on the paper in a huge font and then printed it out. I gave the "I am Enough" pictures to all of my children. This is the first thing they see in the morning.

4) Make Yourself a Priority Exercise.

Take out the calendar you use to keep up with your daily tasks.

Look carefully at your to-do-list. Count how many things on your list actually directly benefit you. How many things you do because somebody asked you? Cross out everything that doesn't make you happy,

benefit your life, health or business. Commit from now on to say no to people.

Here is how to do it, when somebody asks you to volunteer or have a 'friendly' chat so they can pick your brains, or go to a meeting or a party you have no interest in going, say, thank you for asking, but not this time. I have a lot on my plate and could not add another thing to my schedule. I will let you know when I have time. What is the best way to contact you then?

You can, of course, omit the last sentence. Just say 'no'.

It's your life. You should decide how to live it and how to enjoy it. Remember, that people pleasing leads to resentment of the people you meant to love. Don't put yourself into a position of avoiding people or being constantly annoyed. People take advantage of you because they can. When they see that they can't, they'll stop asking. You not gonna lose their love or friendship.

Chapter 10

10 THINGS I HATE ABOUT YOU

Step One: I criticize myself harshly. I can easily name 10 things I hate about me. When it comes to what I like about myself, I am lost for words. I rely on others to tell me that. But honestly, even when other people tell me what they like or admire about me, I refuse to believe it. The ten things I hate about myself are my body, my age, my brain, my hormones, my reactivity, my insecurity, my jealousy, my fearfulness, my timidity, my impatience, my temper, my gender... Looks like I can go on and on with this list. I also tell myself whenever something is wrong or doesn't go as expected, I am not a good professional, I am not a good mother, I am not a good wife, I am not a good boss, I am not smart, I am not important. This, too, is an endless list. I feel terrible having all of those feelings about myself. I know I should be positive, but I just can't help it. I notice how bad I am at many things I am trying to do. Often I don't even try. I will fail, so what's the point of trying. I really am no good.

When did it start?

As far back as I remember I had been criticized. My parents were al-

ways very critical. Maybe they tried to do their best, but it still harmed me. Very early on I started to believe I am stupid, I am bad with money, I spend too much time dreaming, I'm too quiet, I am not patient, I am too slow, I am too loud, I ask too many questions. I remember stopping myself from freely expressing my feelings because of the reaction they might cause. I also remember acting a specific way to avoid criticism.

Step Two: one of the ways I can think the self-criticism helped me was to grow a tough skin. Nobody can hurt me more than I hurt myself. I am my own worst critic.

I like perfecting things, be the best I can possibly be, to avoid criticism.

I became very disciplined to sustain the level of perfection in my work and personal life.

I became a good actor. Having to act indifferent to criticism made me look very professional and resilient.

Because I know what it's like to be criticized I am very compassionate and try not to criticize others. I am very cautious with the words I use with my own children, my employees, and my friends.

Step Three: I forgive myself.

Reasons why I want to make a change:

Self-hatred doesn't really help me. I can imagine how many things I could have done if I didn't criticize myself in advance for the possible failure.

Life is too short to live in fear. I am ready to do all of the things I want to do even if I fail. I can always try again. Failing doesn't mean anything, except that I gave it a try.

There are certain things, like my age, my gender, I cannot change. I can learn to accept myself as I am. Maybe, one day, I can even love myself as I am. There are many tools I can use to make it happen. I am really looking forward to embracing myself as I am.

When I like myself other people will like me too. Maybe other people already like me, at least some of the people. Now I can allow myself to see what they see in me. I am curious about all of the good qualities I will discover about myself.

If I don't make a change in a way I talk to and see myself I will never feel happy. It's very hard to feel completely happy if I know I am somehow and in some ways wrong. I am ready to be happy and I want to make it happen, even if it takes me to create a new belief in my mind: I am right, there's nothing wrong with me. Right now it sounds impossible to believe, but I know I can retrain myself to see the good in me.

It's hard to like other people when I feel so bad about myself. We all have tendencies to project what we feel inside onto the outside world. When I give up on being so critical about myself I will be less judgmental.

tal and positive towards other people. There are many benefits to that. Like feeling I can trust people. They won't let me down.

Also, I can feel safe with myself. I can trust myself, too. If my inner critic is under control, I don't have to feel being constantly attacked and defensive. I can relax, at last.

I will stop being a perfectionist. I can accomplish so many things if I stop penalizing myself for every imperfection I find in my work or my relationships. I can complete so many projects!

Step Four: I let my self-hatred go.

I release any negative thoughts about myself. I am firing my inner critic. He or she is gone for good. I feel lighter already.

I see all of the harsh words I used to say to myself flash away. I flash once more to make sure nothing is left. This is how I deal with nastiness. No more! No more!

I deserve better. I am leading the way. I believe I am good. Now everybody else can see it too.

My soul was never wrong. I am sorry for doubting myself and my soulful light. I accept to see the light I am.

I see myself in the beautiful meadow, surrounded with happy souls celebrating my freedom.

I see myself dance in beauty and confidence.

I see myself in the library with many dictionaries. I read them and underline the words that describe me. Those words are powerful, positive words. I soak in the wisdom and kindness of those words. I am filling myself up with those words. I am healing my heart.

My mind listens to me. And I tell myself that I am good. There's nothing wrong with me and never was. I was always good.

I see my inner critic run away as I stand straight and powerful, filled with love for myself, for pride for who I am.

I am free to be myself. I am free to make mistakes. That doesn't make me a bad person. It only means I have tried.

I love myself.

I release the part of me which doesn't agree with that.

I have a choice. And I choose to be happy.

Step Five: Most of the time I felt either being too much or not good enough. I was very sensitive to criticism. I would fight for being right even if I might have made a mistake. I felt like I was told off again when I was given a feedback. I deliberately avoided being seen, being the center of attention.

I never felt safe with myself. I knew how I could hurt myself any time. I didn't like this cruelty about me, even if I was the only one receiving

it.

I felt hopeless. If I was so bad at everything, how could I ever succeed? I had given up before I even began on so many dreams in fear of being criticized.

I believed this world is a cruel place to live in. I was angry at God for making me so different from other people, who, I believed, were better than me.

I was a slave to perfectionism, overdoing, over-delivering, wasting way too much time to make things perfect. I hadn't completed so many projects because I thought they are not perfect.

I spent so much time, money and effort to be different, to be better, only acting on the awful perception of myself. How sad is that?!

Step Six: I understand the place criticism has in my life. It is only a *part* of my mind that acts all nasty and mean. Criticism in itself is only a feedback. It can be constructive if not taken personally. I am ready to open myself to receiving constructive feedback from the people whom I respect as experts. And I can decide to decline any feedback from people who don't qualify to give me advice on the subject. In fact, I had done it already. When I hire somebody to do something for me I understand that they are better than me at what they do. If they gave me advice or a tip I wouldn't take it personally. I paid them for their profes-

sional opinion. For example, if my editors point out my spelling mistakes or suggest a better way to phrase an idea, I would be very grateful for their feedback. If a relative who never written a book wants to suggest how to write books better I don't have to listen to their opinion. They don't qualify to give it. Same with parenting advice or financial matters. I would listen only to a specialist who has a proven record of creating a successful outcome: great happy kids, or a lot of money, in this case.

Life is not perfect, I know it. So why am I trying to do something that is not natural? Enough! Instead, I want to express myself freely and be seen in all my imperfection. I might have a long way to go to be completely free of negativity about myself, but I am willing to take the first step. If I cut down on self-criticism at least 1 hour per day, I will already have so much done, be in a better mood, and succeed so much faster. For example, today I let myself walk out of the door without a makeup. Nothing drastic happened. Nobody even noticed. Actually, one of my colleagues asked me, what I do to my skin. At first, I felt defensive, but then I realized, she was complimenting me. I relaxed and told her which night cream I use. She said thank you and carried on to her office. I feel inspired to try something new tomorrow. Maybe I will spend 30 min to prepare my presentation instead of 3 days I usually take. I know my subject so well after teaching it for 30 years. I don't need to worry about everything being absolutely perfect. I can't control everything. For example, I cannot control how other people would react to my presentation. Some people in the room may not agree with me.

They have rights to have their own opinion, just as I have mine.

I love my body. There are countless evidence of my body being really really good. My body functions even without me knowing, noticing or approving it. My body is wise. My body is a survivor. After all of these years, after everything it had been through, it is serving me very well. I am grateful for having my body. I love myself and my body.

I love my age. Unlike a child, I can make my own decisions, choose what I say and feel about myself. Not many younger people can afford it. I lived my life and my age represents my strength and power. I love and give differently, much more, as I age. For example, only now, reaching my age I can truly grasp the importance of being myself, the love I have to give, the happiness I can create and experience. I would be a child without my age. Even though it sounds like fun for a moment, I wouldn't want to be stuck in that state. With age comes the wisdom. With years comes the freedom. All that is not important can float away. I treasure every moment of being present, being authentic, of being of service. Thanks to my age I can savor my life.

I love my brain. Isn't it amazing? So complexed, so beautiful. I can tell my brain what to do, how to do it and expect it to work for me. My brain is mine and I am in charge of it. I feel powerful already. For example, when I tell my brain I am good enough, I feel good enough, then I act with confidence. I had done it many times in my past. I know how my brain works.

I am smart. For example, I am extremely good at my work. Also, I have a great family. It took some intelligence and even genius to create all that. I was not given any credit or any favors in my life, I had to use my wits and my strengths to make all my good life happen. I respect and admire myself for that.

I love my hormones. They show me I exist. I like feeling my feelings. I allow myself to be off balance sometimes. My hormones signal me about my feelings. I can use those signals to do something creative. I can use these signals to feel my body in full. I am part of nature. My hormones are in harmony with nature. There's nothing wrong with me or my hormones. Feeling different than usual doesn't have to be a negative experience. I can enjoy seeing myself feeling all different ways. For example, I can be present with myself, knowing my feelings are like waves, they come and go. I can let myself be an ocean, contain all of my feelings, yet be bigger than them. I love my hormones.

I trust myself. It is safe to be me. It is safe to be alone with myself. In fact, I don't have to be afraid to be alone ever again. I am interesting to myself. I have plenty of positive things to think about. I can soothe myself. I can stop myself from worrying or being negative. I can cope with anything. I can make great choices and decisions. For example, yesterday I decided to help myself and begin to heal. It was the best decision I have ever made. Now I am using the process in this book to release all the negative beliefs about myself. Tomorrow I will feel very different about who I am. And I did all of that myself. Nobody could do it for

me. I can trust myself from now on. Yes, I can.

Step Seven: I love myself.

I love my body.

I am smart.

I am significant.

I am important.

I am beautiful.

I am kind.

I am loving.

I am loved.

I accept myself.

I forgive myself.

I am a great mother/father.

I am a good person.

I can handle anything.

I am selective to whom I listen.

I am free to be myself.

I express myself freely and authentically.

People love me for who I am.

I am confident.

I am the best!

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 criticize myself and think something is wrong with me, I entirely and unconditionally accept myself. I am ready to release my negative self-talk 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) Journal about many of the great qualities you have as a continuation of step six. For example, write about how courageous you are, how outstanding in your work. How great mother, or father, or child to your

parents you are. How patient you can be, how determined, how passionate, how interesting. Find and write down the evidence to prove your points.

Don't skip this part, please. This is how your ego works. It wants to see the evidence. Give it the evidence, no matter how small or insignificant. Every little counts. I want your mind to be filled with examples of how wonderful you really are to over-write all of the years of negative self-talk you have had.

When I began my journey of self-love I wrote hundreds of pages describing what I am good at. All of it was true. I tell you one thing, I feel so much better living with this truth, rather than the one I lived with before.

I know you can do it. Trust me, you are worth it! Have I told you that already? I am not tired of repeating myself. And when you had finished with this exercise, I hope, you won't be either.

3) Here is one more great exercise. It is called "What I am Doing Right". It is very simple. Write down 20 things you are doing right in your life right now.

Variation of this exercise is when you write down 20 things you are doing right in your relationships. Then repeat this exercise for your health or your career, or friendships.

I can guarantee, you'll be feeling so empowered at the end.

This exercise works especially well when you feel overwhelmed with a particular situation or a project. We automatically count everything we did wrong. But this puts us down, it's not helping at all. When you diligently count everything you are doing right, your energy level rises, you feel inspired to do better and go further.

This effect is created by this fundamental difference between motivation, to be driven by fear of failure, and inspiration, to be pulled towards your goal with excitement and anticipation of success. What do you think works better in the long run?

If you think, it's motivation, think again. How much have you accomplished so far? Well, now try to be inspired instead!

Please, report to me the difference in your performance as well as how you feel in a process. I would truly love to know.

4) "Letter to Your Critic" exercise.

Write a 3-page letter to your critic.

You can have a specific person in mind or address your own dear inner critic.

First page is all about how this critic made you feel. Don't be shy or polite, say it as it is. Tell him or her how much you suffered, how many opportunities you lost, how miserable you felt. I give every permission to use the most terrible language when you express your feelings about being criticized.

Next page will be all about how you want it to be. Explain in this part of the letter how you want to be given a feedback. State if you don't want to be given a feedback at all. Set firm boundaries on how you would like to be treated. What is the line the critic cannot ever cross?

On the third page, please, write very clearly the new rules for your critic. You can write them as a list. After each rule, state what would happen if this rule will not be obeyed.

For example, if you ask for the constructive feedback to be given only when you asked for it if that boundary is crossed, what would you do? Will you walk out of the room? Would you not invite that person to your house again? If it is your own inner critic, will you give yourself permission to shut it out and do the exact same thing it criticized you for again? That would be fun!

Now, what's the next step? If your letter was addressed to a real person, I recommend cutting off the first page, and sharing the last two pages with the recipient.

Why cut off the first page? Because, at the end of the day, people who criticized you had already ignored your feelings. So what's the point of educating them on that. A productive thing is to state very clearly what do you want from them and be firm when it comes to your self-love and self-respect.

You need to be prepared to do everything you say you would do on page three. The moment you keep this promise to yourself will mark a

clear boundary with everyone who had ever tried to belittle you. You have to begin with yourself. I hope you can see this now.

Chapter 11

GUILTY OR NOT GUILTY

Step One: I feel guilty all the time. Most of what I do and how I act is driven by guilt. I get easily manipulated by anyone. They only have to make me feel guilty and I react immediately, trying to avoid the feeling of guilt, and also the consequences, like, being punished. As far as I remember, my whole existence was about being ‘a good girl’. When I was a child I often lied if I did something wrong, tried to hide my mistakes. Even now I come up with stories to get out of blame. I totally overreact when somebody accuses me of doing something wrong. I hate saying sorry.

Literally, my whole body cringes when I feel like I had been treated unfairly. More often than not I withdraw myself from the situation and don’t stand up for myself. Then I feel guilty for being a coward doormat.

I think life is unfair. Some people can get away with murder. Others always seemed to be in the wrong place at the wrong time. Looks like I am one of those people. I find myself justifying everything I do or want. I keep going on and on about the reasons I should do and have what I

want. Most of the time I give up. I even give up before actually asking or saying it out loud. My needs are totally not met because I never insisted on them to be fulfilled. Before I open my mouth I already know why I shouldn't have what I want. If I ever get a chance to speak up I feel terribly guilty afterwards and spend a lot of time justifying people saying no to me.

I am so sick of this internal dialogue. I feel like I live in fear. Keeping it quiet, not asking for what I want, having super low expectations is much safer for me.

But then I feel guilty for treating myself so poorly. I know I should respect myself and love myself. How can I betray myself all the time?! I am a really weak person. That is terrible!

When did it start?

Seems like I was born like that. I remember a dream I had when I must have been 6 years old, maybe younger. I was in hell. There were people around me being tortured. They were sentenced to die a gruesome slow death, being punished for their sins. I was one of the people. I remember the horror of not knowing what I did wrong and inevitable punishment coming my way. Everybody was screaming 'sorry', pleading for mercy, but I just froze, not being able to say anything. I remember feeling so hopeless and out of control. I couldn't change a thing, it was too late. I felt eternally wrong.

Step Two: Guilt makes me do things in life, things I don't feel like doing, but have a responsibility to do.

I compare myself to others and try to do more, so I am not worse than anybody else.

I am a responsible person and always had been.

I have integrity. I work my socks off to keep my promises.

I easily give up on myself and appear selfless, many people around me prefer me this way.

I care what people think and I am going out of my way to please them. That makes me very likable.

If I didn't feel guilty I would just sit on my butt all day and do nothing.

Step Three: I forgive myself.

Reasons why I want to make a change:

I want to get what I need and what I want.

I want to feel at peace with myself.

I deserve peace, I deserve forgiveness, just like everybody else. I would forgive, why couldn't I be forgiven, too?

Even if I got many things wrong and made mistakes, if I can't physically change this, feeling guilty doesn't improve anything.

Guilt feels like a huge load on my shoulders. I had enough of carrying it. It's time to let this load go.

If I always act from guilt, I will never know how generous I really am. I feel the kind heart that I have. Not feeling guilty is not going to make me mean or indifferent.

I am simply tired of guilt. I want to be free. I don't even know how this feels.

Feeling guilty substitutes the real change I could make. I put all of my energy into feeling guilty, while I could actually take the real steps and reconcile or make things right again. Feeling of guilt is an escape from the responsibilities. I don't want to be an escapist in my life.

Step Four: I let my guilt go.

I see myself kneeling, pleading for mercy.

I am forgiven today.

The big heavy cloud is forming above me. It bursts with rain. I am standing under this rain and all of my sins are washed away, every one of them, big and small, recent and really old. Everything I have ever done wrong, every mistake I have ever made, right now is taken away

with the strings of rain falling from the sky.

The water drips off my body, leaving a trail of clean skin behind. All of the dirt is washed and washed away. I feel clean, sparkling clean.

The rain keeps pouring on my head and shoulders. I see how the water penetrates my brain. Every bad thought I ever had, every desire, I or somebody else, considered wrong, is washed away, washed away.

I can start from a clean slate.

I can breathe the clean air around me.

I am free.

At last, I am at peace with myself.

I am forgiven.

I forgive myself.

And I forgive others.

Now I know what it feels like. Now I know what it means.

Forgiving is freedom. Forgiveness is a blessing.

No need to carry the guilt. I begin anew. I am free.

Step Five: Guilt took away my joy. Instead of giving out of love I per-

formed my duties out of guilt.

I was addicted to guilt because it made me feel right. When I got angry at myself I felt a better person, because I didn't just allow myself to rest in peace. I punished myself with guilt, and, I thought, that makes everything all right. In reality, nothing changed.

As I acted out of guilt, I began resenting the people I gave to. I felt unauthentic. I envied genuinely kind people because I never knew what it feels like to be actually altruistic. Guilt robbed me of love.

Feeling guilty made me feel like people are unfair and are taking advantage of me, and I manipulated them back. I made people close to me feel guilty when I needed them to do something for me. I felt that this is just. I played a blaming game and alienated many people in my life through this bad habit.

I lived in constant fear. If anybody around me felt angry or frustrated I immediately would think I did something wrong. Guilt made me feel responsible for other people's decisions and mistakes. I worked very hard to make it all right. When I didn't succeed I would blame myself again. I was caught in a vicious circle of guilt, shame, and blame.

My shoulders and back hurt. The load of guilt reshaped my body. I have a bad posture and my walk is heavy. I feel like I am dragging a chain and a ball along.

I don't let myself to succeed in anything. Being such a bad guilty person

how can I deserve any good luck or good fortune? People like me are not worthy of success, or love. I became great at self-sabotage.

I became very judgmental. Not only I judge myself, but I am really quick to judge others. I live in the world of right and wrong. That is all I care about. I am prejudiced, even if I don't want to admit it.

Step Six: The opposite is true! I am not guilty. I can forgive myself and others. I know what it's like to be free.

Even though, after the dream I had about being punished for my sins, there were plenty of times in my childhood when I felt absolutely free. I remember walking in the woods, being consumed with colors and smells and tastes of nature. That was the time I could absolutely relax and not think about time, being late or doing something wrong. I often feel free and content when I walk alone.

I've acted on my natural kindness many times in my life. I had helped countless strangers and many of my own friends and family members from the goodness of my heart. I know I would have done it again even if nobody would ever know about it or judge me if I didn't.

I have a choice about relating to other people, whether to be entitled and manipulate them with guilt or let them decide to be generous with me. Everybody is free to give or to withhold. I cannot take responsibility for other people's behavior. I let go of my need to control and manipu-

late. I am loved. I love myself. I can enjoy others loving me freely. I let go of the fear that if I don't manipulate them into giving or loving me, I will not be loved or given. I can be straight and simply ask for what I want. For example, I really want to invest in my business, and so far I had been resentful of my family because I presumed, they don't understand how important it is for me to have something of my own, make a difference. Well, actually, I have never told them or asked them for support. I felt resentful about my business because it seemed like I am taking time that belongs to my family, my partner, and my children. I felt selfish for wanting more in my life. My first step the act out of love and not guilt will be to show my family what this business really does for me, and people. I can ask my partner to help me figure out how I can invest and get the most return on my investment. I will make my business proposal today and let my partner help me improve it as, after all, this is what he does for a living. Why didn't I think of it before?!

I will give other people credit. Of course, they can solve their own problems and handle their own issues. I don't have to feel guilty for not jumping in and fixing their life. It is not my job. For example, yesterday, a good friend of mine told me how she handled the argument at home. I would have done it differently, but, still, she did it, she managed her life the best way she could. I am proud of her and feel relieved for not adding dealing with another issue on my plate. I empower people by letting them live their lives as they please. I don't assume a false responsibility and call myself a martyr, when, in fact, nobody asked me for assistance or help. From now on, my rule will be, wait to be asked for

help, check in with myself, whether this is something I wish to do, then proceed according to my desire. Say “no” firmly. Say “yes” out of love and overflow of energy and having plenty of free time.

I am successful. I am grateful for what I have, and what I am. I feel deeply blessed to live my life. I can count on and on the things I am grateful about in my life.

I let go of my righteousness. Life is not white and black, right or wrong. I can work on expanding my feeling palette. Judgment is only one of the feeling I can experience towards myself and the world. There are so many more! I remember feeling so full of life when I was a child. I will bring back that feeling and encourage myself to open up to reality. I can't wait to see the world without the dark shades of the critic. Yes to freedom!

Step Seven: I love myself.

I have what I need and what I want.

I feel at peace with myself.

I am peace, I am forgiven.

I give generously to people I love when I feel like it.

I decide which duties and responsibilities to attend to, because I want to, not because I should or must.

I am in charge of my time and my energy. My life, my energy and my time is precious. I have full control over how I spend it and what I invest it in.

I am kind and loving and I don't need to prove it by overdoing and over-delivering.

I love feeling free and joyful.

I trust myself to be responsible and generous from the goodness of my heart.

I am guided to give and love by my loving and generous heart.

I let other people live their lives and empower them by letting them deal with their own issues.

I am called to love myself and take care of myself.

I forgive myself foolhardily for anything and everything.

I forgive others so I can feel free and light.

I create a new pattern of love and generosity, trust in myself and others, and faith in my new guilt-free path.

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 constantly guilty, I entirely and unconditionally accept myself. I am ready to release my guilt 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) Releasing Your Guilt Process:

Step One: Write down all the guilts that you have. Pick one to work with, then attend to the next one and so on. Continue until you run out of guilt or when you grasped this new approach to feeling guilty.

Step Two: Ask yourself, regarding this one particular guilt: can I do something about it? Answer, yes, or no.

Step Three: If the answer is: yes, I can do something about it, proceed to step four. If the answer is: I can not do anything about it, then you need to miss the step four and go straight to step five.

Step Four: Take action to change the situation. Reconcile, say sorry, reach out to the person you wronged, do what needs to be done to

make things right again. What are your three action steps for this week?

Step Five: Forgive yourself and let go of guilt for good. See the exercise below to “Let Go of Guilt” where I step by step walk you through the forgiveness process.

3) Let Go of Guilt Exercise.

First, take a piece of paper and write down the story of your guilt. Release everything you say to yourself and, maybe, others, about your feelings of guilt, how wrong you feel, what it does to you and your relationships and life in general. You will burn or rip and throw away this piece of paper when you are done with your Forgiveness Process.

Then forgive yourself. Do the Forgiveness Process including three levels of your psyche.

Level one is intellectual. Be analytical about your guilt. Examine rationally why you have it, what is the pay off of having guilt. How do you create it, what is the pattern bringing you to feel guilty, what are your triggers and how you handle your guilt. How is guilt affecting your behavior? What are the consequences of that behavior? Imagine you are a psychoanalyst helping a client to unravel their story of guilt. Let go of the emotional side for a moment, be curious, non-judgmental and practical. Make a conscious decision to forgive yourself. Find 20 reasons why it would benefit you and everyone around you. Imagine what would living free of guilt look like. Then, go on and do exactly that.

Level two is emotional. EFT or tapping is the tool I always recommend when it comes to feeling your feelings. You can release your emotions once you actually felt them. Gift yourself the luxury of being present with your feelings. Give yourself permission to dive deeper, discover what is hiding behind your feeling of guilt. Express your feelings through words, tapping, or any other ways. Making art, for example, can be a great way of expressing your true feelings.

Level three is physical. Our bodies carry all the pain we ever had unless we released it. Often psychosomatic syndromes can be cleared through concisely undergoing the process of releasing the emotional traumas. Letting go of the trapped emotions can be done through various exercises. I will describe a few here. The key, of course, is not just to read about them, but to, actually, get out of your chair and do them. Most of them you can do in your chair. So, try them out right now as you read the instructions.

Releasing Through the Sound Exercise

Whenever you feel a strong emotion let yourself feel it and accompany your feeling with a movement and a sound. You'd do it typically when you feel happy or excited, you may jump up and squeak in delight. Or when you are angry you may punch the pillow and scream. This is a natural way to act. However, what may have happened over the years of suppressing and 'eating', 'drinking' or 'working' through your feel-

ings, is that you had forgotten to acknowledge, celebrate or release your emotions. So, you may find yourself, feeling numb most of the time. Maybe you like keeping busy, doing the housework or go to the gym, trying to distract yourself from your fear, worry, or anger. The exercise in deliberately bringing out the suppressed feeling to the surface may feel uncomfortable and unnatural to you. Yet, here is what you have to do to release the old pains and wounds. You will feel better at the end.

So begin with giving yourself a few minutes and a private space to do this exercise. Again, your car can be a great place for it, if you are surrounded by people at all times. Give yourself permission to feel the feelings, current and old. Reassure yourself that it is safe. It is safe because you have those feelings already and had been living with them for years. Acknowledging them will only make your life better, as there is a chance to let them go.

You can start with a particular feeling you know you want to release, or just feel into your heart and let what is the most urgent come to light. Then take a deep breath and on the exhale make a sound that would express what you feel. It might be a sigh, a roar, a scream, a cry, wailing, any kind of sound. I can guaranty it will not sound pleasant. It doesn't have to be. That is the point, we are hiding our negative emotions because we think they make us ugly. We don't want to spoil a perfect picture of a perfectly made up face. But alone, with yourself, you can take off the mask and just be. Emotions however ugly or beautiful are not what you are. It is just an experience. The nature of emotion is that it

comes and goes. What we don't let go, sits trapped in our body, blocking the good natural flow of life, of energy. So, don't be afraid to cleanse yourself of what is blocking you. Make the sound of release. Feel lighter and find your peace.

Breathing Through an Emotion Exercise

Super easy to do, and very helpful, when you want to get back to your balanced self quickly. Again, just like with the previous exercise, you can either do this when you are in the model of experiencing your feeling or bring an old feeling to surface and breath through it with an intention to release and feel at peace.

Take in a deep breath, imagine you are breathing in the energy of light, sun and all the goodness. On the exhale imagine that all the feelings and energies that are not serving you run down through your body and drain through your feet to the Mother Earth. There she will recycle that energy, she knows what to do. She has no judgment about your feelings and your energy. She just accepts it and moves it around. Take another deep breath. Sun and light in. On the exhale let go of what is not serving you, of all of the energies that are not yours. Keep breathing in and out, filling yourself up with light, and letting go of the dark.

I recommend doing this exercise many times per day until it becomes your good habit. It is a simple, yet, powerful way to maintain the most needed emotional hygiene. Happy breathing!

Shower Ritual

This is a great exercise in mindfulness. You take shower daily, right? So, just like breathing, this exercise is not going to take extra time. Not that you wouldn't care to spare extra minutes on your wellbeing, of course.

The power of a ritual is in you acting with mindfulness and intention. Your intention is to release guilt. You are mindful about taking a shower. You can help yourself to make this act more special by getting a natural soap or a body wash. But, really, you only need yourself, your awareness and a shower.

Make a prayer before going into a shower, ask yourself and all the mighty power to help you release guilt, wash away your sins. Step into a shower. Imagine that with water running down your body all the sins, big and small are forgiven. They are washed away. Use your special soap to rub off the guilt from your shoulders, your chest, feeling how a dark heavy load is leaving your body. Wash your face, let the water soak your hair. Let go of the guilty thoughts and face expressions. Let yourself feel how your face relaxes. How free your mind is. Free yourself from the aftertaste of guilt, resistance towards your responsibilities, the people you meant to love. Feel how generous is the water washing away your guilt. How indiscriminating, how non-selective. You are worthy of forgiveness, just like any other creature on this planet. You deserve mercy. You are born free. You are born loved.

Repeat your Shower Ritual daily, until you feel free in your body. Believe me, you will. Even the most wicked and nasty individuals can be set free. And I am certain, you are not that bad. Forgiveness and freedom is just a few showers away. I love you in your intention, and I salute you for taking action. Happy showering!

Visit my website shegotpassion.com for more releasing exercises. Go to the free resources page or my blog to watch the videos and get more step by step instructions on how to release guilt and forgive yourself.

Chapter 12

GENES

Step One: I have poor genes. Being fat and addicted runs in my family. I can not be better than my parents. Seems like they always had problems with food and alcohol. Or so I was told. My mother told me many times about our close relatives being alcoholics. And I could see that my own mother, my aunt, and my grandmother had been overweight for most of their lives. My youngest kid is also kind of chubby. I tell her not to worry about it. This is how we are built. We just have a heavy frame. We have to bare our cross. There's nothing we can do about it. Some people are lucky, they can eat buckets of food and stay skinny. They have a fast metabolism, and we don't.

All of my friends are fat too. We feel comfortable with each other like we are a family. We often talk about diets and always come to conclusion, they won't work on us, because we have a fat gene. Though, when we are together we feel like we are supporting each other and encouraging each other to accept ourselves, I always feel disappointed with myself when I am alone. When I look at my friends I can see clearly that they are eating badly and don't want to take responsibility for their health. Maybe I am doing the same. Sometimes I fantasize about hav-

ing different friends, the ones who are fit and healthy. I don't want to talk about weight problems or health issues all the time. I wonder what are the skinny people talking about.

My mother always said that it's bad to be obsessed with looking skinny. It is vain and superficial. She said, stop counting those calories, you are fat and there's nothing you can do about it!

I don't drink alcohol, because I am afraid to become an alcoholic like my grandfather and my uncle. I have very strict rules about alcohol for my older son. I warn him about the dangers of addictions because we have a 'history'. For some reason, he doesn't listen. Our genes are taking over. There's nothing I can do. I feel hopeless. I can't fight the genes. He's going to end up just like his grandfather and uncle.

When did it start?

It started in my puberty. I remember feeling hungry and making five peanut butter and jelly sandwiches and eating the whole pot of spaghetti on many than one occasion. My mom would say, I am eating like a horse, just like my aunt Milly. I opted out of PE at school and ended up not exercising at all for years. I was overweight by the time I was 15. I blamed the hormones. I also noticed that I became closer with my mom, she educated me about dieting and how it doesn't work for us, because we have a fat gene.

Step Two: Blaming my genes takes off the pressure. When I am stressed I tend to eat more. I know I eat more than I should. I don't want to add the worry about my weight to the bunch of issues I have to deal with already.

I feel close to my mother and my overweight friends. We can relate and talk about food and dieting and commiserate together. It's better than being alone, having no friends or family at all.

I can eat what I want. It doesn't matter that I am overweight, there's nothing I can do about it. I gave up on diets many years ago and can laugh at people who try so hard to be healthy and fit. I can enjoy myself while they are struggling.

I developed a tough skin and am resilient to criticism about my weight. I can always say, it's my genes. It's out of my control.

I have a set of strict rules about alcohol. I know I have an addict gene so I keep away from drinking all together. It makes my life much easier. I am a dedicated driver for other people, I take care of the dishes after the party, I keep my best friend out of trouble when she can barely walk, but still wants to approach that shady looking guy at the bar. I am a better person because I don't drink.

I can forgive people their imperfections because I am not perfect. In, fact, I am very forgiving. Every time somebody hurt me I find a great

excuse for them, and I let them slip. It's easy to see why they would pick on me or not take me seriously. I am fat.

Being overweight is not my fault. This is just how my life was meant to be. When I feel hurt and unappreciated inside, but still showing up as a cheerful person, I feel like I am being very spiritual. I keep my pain to myself, this must be benefitting so many people around me. Spreading anger and negativity isn't good. I am not doing it.

When I accept my fat gene I feel better about myself. I would be completely depressed if I had no excuse at all to be fat and have so many health issues.

Step Three: I forgive myself.

Reasons why I want to make a change:

I am curious whether it is possible for me to be skinny. I have never actually made a firm decision about getting in shape. Now I am willing to experiment and live without the negative parental programming for awhile, see what happens.

In the olden days, people didn't have such a health awareness we have now. Nobody counted calories or talked about the harm of eating junk food, sugar, and saturated fats. Maybe it's not the fat gene I have inherited, but a certain behavioral pattern. Avoiding strong emotions, hiding away from the responsibilities of dealing with hard issues, making diffi-

cult decisions, this is what I can trace back to my grandparents and my parents. I want to live a different life. I want to be brave. I can face the reality and handle whatever comes my way. I want to break the family curse. I am ready.

If I continue believing into what my parents had taught me I will end up exactly like them. I don't really feel inspired to repeat the life they have. I want better for myself. I am sure, my parents will be proud of me when I make something of myself. I know deep down my parents will support my urge to be healthier and happier than they were.

I want to feel free of the fear of alcohol. It is really the fear of myself, not trusting myself to be reasonable, responsible and sensible about drinking. I want to trust myself to do the best, make good choices and decisions for myself. I want to be in control of my desires and urges. I know I can do this. Yes, my relatives might have chosen their paths in life and their own relationship with alcohol, and I am free to be myself and choose my path and relationship with alcohol, too. I make a choice to be sober not out of fear, but out of love for myself and my life.

I want to break the family curse for my children. When I break the behavioral pattern I inherited from my parents and grandparents I free my children. I become their role model. I can show them that they can live a healthy life, strive for a better, healthier body, despite what the older generation had said and lived. Through healing myself I empower my children to be happier people. I love myself and I love my children, therefore, I will do everything possible, and what seems impossi-

ble, to create the body I desire to have. When I commit to being healthy and take action I give my children permission to change the course of their life for better, too.

Step Four: I let my beliefs about my bad genes go.

I refuse to accept the beliefs which were given to me by somebody who didn't achieve what I want in life. I look for the better role models and teachers. I am conscious of what I allow myself to believe in.

I know countless examples of people breaking the old behavioral patterns, despite what they were told in their childhood.

I forgive my parents for passing their limiting beliefs to me. It was not their fault, they didn't know any better. They want the best for me, they are happy for me breaking free. They are proud of me for wanting more.

I forgive myself for living a lie for all of those years, holding on to the limiting beliefs about who I am and what I can do. Now I know how to replace the old beliefs for the new empowering ones, I am unstoppable.

Today I ask for help and support from my ancestors. I am calling their spirits to assist me to let go of the beliefs about my health, my body, and my life. I see them gathering around me, elders and youngsters, souls connected with me and my family, holding the vision of me liberated from the heavy karma of the unfortunate DNA, the fat gene, the alco-

holic gene, mental disease gene, any other unhealthy genes. They welcome me, my soul, my spirit, free of limitations, free of harmful words and ideas, free of pain, free to be light, limitless, positive and inspiring. I accept my ancestors' blessing upon me. I allow myself to step into my power, be the leader of my clan, my immediate family. I accept the responsibility of my power to lead. I am grateful for this opportunity.

I broke the spell. I am awake. I am conscious of my choices. I believe in my power and my free will. I love myself. I decide what I do with my life, my body, and my health.

Step Five: Believing that I have bad genes and have no control over my body and my health made me indifferent to myself, my body and my health. I felt disempowered and helpless. It made me step back in life and allow things, life, just happen to me. It made me a victim.

I thought, life, God, must be so unfair. How come they, other people, the skinny, beautiful people, are so lucky, when I had to suffer from weight. I felt constantly angry. I separated myself from the others. I locked myself out of the world of lucky and beautiful. I envied and felt jealous of what I could not have. I believed I can never have or be like them.

I never felt good enough. I imagined there were the good genes and the bad genes. My plight was to bare the bad genes. I told myself, no matter how hard I would work, I could not have the ideal body or health. I re-

gret not even trying.

The belief that I have bad genes and cannot do anything about my weight and my health made me skeptical of other people's success. I hid behind my excuse of a bad gene to stay in comfort zone. I laughed at people who tried hard and I secretly wished they would fail as they attempt to succeed. Because if they did, I would have no excuse to do nothing for myself.

Step Six: The opposite is true! I don't have to be fat or addicted. I can choose for myself what to believe in. I have control over my life.

For example, today, as I was doing my self-care routine, I choose to eat a salad for lunch and I picked an olive oil and lemon dressing instead of the mayonnaise. My mother and my sister laughed at me for trying to cut down on calories, but I ignored them and had what I want. I was in control of making my decision about healthier food. I enjoyed my salad! I made a great choice. It felt really good to make an independent choice. Actually, I felt empowered.

I love people. Even though sometimes I feel like I don't fit in, most of the time I get along with everybody. Thinking of it, I never actually had anybody showing me disrespect. Yes, it is true, once this guy in the 9th grade said he didn't want to date me because I was fat, but then, he went out with my friend, who was even fatter than me. Sometimes we all get rejected. Also, my colleague, whom I presumed having perfect

relationships, just divorced her husband. She is not fat, yet life happened to her too.

I achieved a lot in my life. I also see many overweight people being pretty successful in life. My boss, for example, is totally overweight and he got promoted many times. Maybe being skinny and successful doesn't have to go together. I don't have to shy away from success, I can investigate what it takes to get promoted and then go for it.

I personally know at least a couple of people who lost weight despite having overweight family members. My old school friend, for example. She started this weight loss program last year and lost over a hundred pounds. She even inspired her niece and her father join her at the gym. Next time I bump into her I will ask her about the program. In fact, I will call her today and ask her. Why wait?

The fact is, I don't like being intoxicated and out of control. I don't get drunk because I never really want to. I don't like the taste and I don't like the feeling of losing my mind. I don't have to tell myself I don't drink because of my bad genes. Fear doesn't have to drive my actions. I had many opportunities to get drunk, I just don't feel like it. I go with my feelings. I am an intuitive person; I don't force on myself what doesn't make me happy. I feel happy about being grounded and centered, being authentic and true to myself.

Step Seven: I love myself.

I am enough.

I am taking care of myself.

I love looking after myself.

I love making healthy choices.

I am in control of my mind and my body.

I fill my mind with positive beliefs about myself.

I select the beliefs I would like to have and embrace them through repetition. It is easy to believe in my heart, I am good enough, I am lovable, I am in control.

My body listens to my command. I command my body to feel into natural wellness of life.

My body is wise and knows how to make healthy choices.

I do what my body naturally wants me to do.

I appreciate my parents for teaching me their wisdom and I peacefully decline the beliefs that don't serve me. I make my parents proud for doing well for myself. My parents wish me well.

I am a good person. I am all good. I am in the process of becoming the healthiest I have ever been.

I enjoy being healthy.

I love my body.

I love my decisions.

I love who I am.

I feel energized with my determination and excitement about my healthy lifestyle.

I feel inspired to change the course of my life for the better.

I am taking action consistently.

I love seeing and feeling the results of my choices.

I am in charge of my life.

Extra Tools and Tips

- 1) Many scientists and psychologists have been working in the field of family dynamics. To name a few, I can recommend the Family Constellation Process developed by Bert Hellinger in 1990s. This is a powerful process to reevaluate and change the nature of your relationship with your parents and ancestors. Please, research and decide whether this is something you would like to try. Similar ideas

about the traumas of our ancestors having an effect on our lives were shared by many psychologists. Research into methods developed by Eric Berne, Virginia Satir, Milton Erickson, Jacob Moreno, Alfred Adler, and many others would help you understand deeper your family relationships and ease out of “the bad gene” theory as something certain.

- 2) A proper accurate research into your family members’ medical history would also give you a better understanding of what is truth and what is just a passed-on limiting belief about your genetic predispositions. Separate the facts from the ‘old wives tale’. Really, some information about your genealogy can be taken seriously. But ask yourself a question: who else in your family had done such a thorough research about their genes. Why would you take for granted what they say about you, your health and your genes? Are they the experts, specializing in genealogy? If not, rely on the facts, not the beliefs. It is just a common sense.
- 3) Deep spiritual shamanic work can help you clear your karmic connections with the family members. Performing ancient rituals and asking your ancestors to guide you to wellness is a great way to let go of the old beliefs and parental programming and creating a new belief system for yourself.
- 4) Changing Your Beliefs Step By Step Process with Examples.

Get a sheet of paper or a notebook. Find a place in your room or out-

side where you can freely walk ten steps ahead.

Step One: Write down the limiting beliefs you have about yourself, your health and your body shape.

Example: I have a fat gene and there's nothing I can do about my weight.

Step Two: Write down the opposite belief.

I have a perfect slim body and am in a great shape.

Step Three: ask yourself, on the scale from 1 to 10, (10 being, I feel great about it, and 1, absolutely cannot accept this belief), how you feel about the new belief.

Example, I do not feel I can accept this opposite belief as my own. My number is 3.

It is 3 because I can see I am not in a great shape. But I don't know if I have a fat gene.

Step Four: Stand up and imagine, or draw the line on the floor, representing your 1 to 10 scale. You are at 1 with your old belief. Now walk up to the number you chose towards your new belief.

Example: I step onto number 3.

Step Five: Write down and say out loud the belief that is slightly better than the old one, that you can accept. Step forward one step.

Example: I can do something about my weight. I have a choice. (Step forward, 4.)

Step Six: Repeat the process. Create a slightly better belief than the previous one. Step forward one step. Continue in the same manner.

Example: New belief: I can eat better and exercise and lose weight just like my friend and many other people I know did. (Step forward, 5.)

New belief: I accomplish my professional goals when I put my mind to it. I can do the same with my health. I want to feel better, I can do this. (Step forward, 6.)

New belief: I make a better food choice today. With baby steps, I get into a great shape. I have what it takes. It's only the baby steps. Anybody can do that. (Step forward, 7.)

New belief: I am in the process of getting into a great shape. I love myself that is why I do this. (Step forward, 8.)

New belief: I enjoy being in the process of creating a great healthy lifestyle. I love doing what is necessary for being healthy and in a great shape. (Step forward onto scale 9.)

New belief: I can see results of my efforts to get in a great shape. (I don't feel I can accept that, so I stay on the scale 9)

Step Seven: Find the new belief that feels challenging, yet you can somewhat accept.

Example: my new belief is: I enjoy being in the process of creating a healthy lifestyle. I love being healthy and in a great shape.

Step Eight: Stay on the number that feels almost comfortable. Congratulate yourself for doing this work. You did well!

Step Nine: Use the new belief about yourself as an affirmation. Repeat it out loud first thing when you wake up and before going to sleep at night.

Example: I will say out loud to myself: “I enjoy being in the process of creating a healthy lifestyle. I love being healthy and in a great shape”, twice a day to reprogram myself for a healthy and successful life.

Repeat this Changing Your Beliefs Process with every limiting belief you have. You will end up with a handful of positive new beliefs, which would be a great foundation for sustaining a great healthy lifestyle and self-care practice in the years to come.

Remember, everything takes time. Don't rush yourself. Also, feel good about challenging yourself to reprogram your mind for having more love and success in your life. Stretch yourself. See from how many limitations you can break free.

With every day, with every little effort you make, see, how much closer you get to realizing your potential. I salute you for making a change, for deliberately shaping your life and your health. This is how you are in charge of your life, empowered by your new beliefs, inspired to create

the results you want. See, how many others would follow your lead and take control over their lives. You create a ripple effect. You make a difference.

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 soldier, 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 ener-

gy 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 reality brings us and move on.

When a wolf retreats 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 biologi-

cal, 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