

Wellbeing guides
Jess Mansfield © 2023
Self-truth for healing

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It is recommended this guide be used in companion with all *Wellbeing guides*.

Purpose of this guide

“Know yourself and you shall know your world; create yourself and you create your world.”¹

In my opinion, the only way one can understand anything in life, is to understand the very vessel, and conscious platform, one has to process and assimilate such information; *oneself!*

From self-understanding, we can start working with *all* of who we are. We can recognise both the ways we may sabotage our own success, and how and if, we are demonstrating our own value.

You are a unique being in the Universe, and this is undeniable.

When we say to a being we love, “You are the most special being to me in the Universe” we are stating fact, from our heart’s perspective, because conscious beings can only occupy their own unique space at any one time. This being we love *is* the most special, because they’re the only one of their kind, in this expanding Universe. And we can love many unique beings this same way in one lifetime!

This spatial uniqueness means no one can truly understand our perspective – our viewpoint from this unique spatial position – more than ourselves.

Quantum physics has proven conscious observation on its own influences external matter. Therefore, all the beliefs we hold which informs our perception, *matters!* In this context, the need for self-understanding about how our beliefs may be affecting the external, becomes a much more relevant exercise, especially if we can change within to the point where we can see these changes reflected in the external world. As Lipton states: “... we are the answer to our own prayers.”²

Genuine self-empowerment comes from supporting ourselves with great compassion, honouring the truth of *all* we truly are and trusting we are not fixed, and can always choose to change our beliefs.

Affirmations

“It is safe to be me”³

“I believe in myself”

“I trust in the process of life. I am safe”⁴

“I allow myself to be all I am, knowing I can change anything I want or need to”

¹ Mansfield, Martha, *Wake Up World*, Balboa Press, a Division of Hay House Inc., USA, 2012, p. 225.

² Lipton, Bruce H., and Bhaerman, Steve, *Spontaneous evolution*, Hay House Inc., USA, 2009, p. xvi.

³ Hay, Louise L., *You can heal your life*, Hay House Inc., USA, 2004, p. 168. First published, 1984.

⁴ Ibid., p. 146.

"It is safe to change beliefs which don't align with my deepest values"

"It is safe to understand myself"

"I now choose to trust my intuition"

"I now choose to trust myself and trust my choices"

Actions

To help action the process of self-truth, it may help to make these affirmative statements, as thoughts, and self-talk, even if you don't feel in sync with them.

"I would rather know my truth than not, as only in the light of truth, can I make informed decisions"

"Even though I may fear what I feel, I allow safe space to address my deepest feelings"

"I trust myself in the journey of self-knowledge knowing being aware of my truth doesn't mean I have to change anything"

"I allow myself to be truly open to my feelings, and self-compassionate no matter what comes up"

"I view myself through the eyes of non-judgemental Universal love, knowing there is a very good reason for all I feel, and I can learn from all I feel and believe"

"I allow awareness for all I believe which could be influencing external situations and my reactions"

"I now choose to be open and honest about what I really think and feel"

"I have the power to change my attitude, and recognise my perception of things is my unique perspective, which is as unique as others' perspectives"

"I allow myself time and encouragement to accept all I am and I trust when the time is right I can act on new ideas and ways of being, which I feel are truly best for me"

"I allow myself to be myself!"

"I trust myself!"

Philosophy

"Who looks outside, dreams; who looks inside, awakes." – Carl Yung

I believe the adage: *The truth will set you free* is an inherently true statement for the primary reason:

It is only with accurate information that we can make truly informed decisions.

How much confusion could be cleared if we were honest with ourselves and others? Sometimes, it's not in our best interest to fully disclose our truth to others, but is it always right to be honest with ourselves? Sometimes, lying to ourselves may be a form of self-protection. These guides are never to judge anyone's choices; it is not my role to judge anyone or tell anyone what is right for them.

If "knowledge is power" then "self-knowledge is self-empowerment".

It is hard for people who have a natural propensity for honesty to consider there may be situations where sharing honestly is not advisable, specifically, those situations where the other is gleaned information as a manipulative tool, or where it opens one to others' critiques and criticisms. I have guides focusing on interactions with others and how this affects us (and how we affect others!). This guide specifically pertains to how we interact with ourselves, and supports self-empowerment in the process of accessing, and healing with, one's own truth.

Personal example

When I am brave enough to do self-truth work, I find it truly enhances my life, makes me want to work harder for the best for myself, and want to change or release those things I have hidden from myself and which have been blocking me from moving forward into better ways of being. But even with all the self-work I have done, some deeper truths have still eluded me. When I was around 28 years old, in the first significant step on conscious self-healing, I discovered Louise L Hay, and started genuinely realising the practice of self-love matters, and was essential to achieving any form of happiness or success. Soon into the work, I felt the whole world was at my feet and I could overcome any obstacle with love, light, and healing, as I was also attuned to Reiki in the same year. Yet the world I did not meet but instead got entangled in a long-term relationship where I hoarded my light; so focused on how to heal with the one other, I denied many others. But what I only realised literally the other day (around September 12 2020), is one thing I had failed to recognise, was my own worth in relation to how I represent myself in relationships and even to the world! I know self-love is essential, but I am right now in the process of assimilating what it means to feel great value in who I am as a person. My goals, my wants, my abilities, are valuable. I deserve to have this value met in mutually respectful, loving and healthy relationships. Mostly, I deserve to have it met for and from myself! I deserve to create as much success as I can for myself. A counsellor once said to me, "When we love our pets we don't ask them to be anything other than who they are, in order for us to love and value them. You are valuable just for being, regardless of what you do or don't do". And it is true, humans usually do feel the need to 'prove themselves' to others; I guess I feel in my case this has translated to self-judgements about 'needing to be good enough'. You never have to fear success or failure if you stay hidden. I am working on overcoming this and as I believe as such for all humans, I cannot be a hypocrite, and must include myself when I say:

"I am a sacred, unique being. I have the right to create the best I can for myself, and to co-create my vision for a safer, healthier world"

"I have value, not just in all I do, but in who I am"

"I have infinite value"

“When I recognise my own worth, it can be met in the external reality”

“I allow myself to know, appreciate and demonstrate my worth”

“I need to invest in those relationships where respect is reciprocal”

“When I offer love and healing to others, I must make sure there is ample supply for myself, from myself and others”

My old self-truth:

“Loving myself is important. I do not recognise my full worth, as I am definitely not as successful as my peers, and I cannot seem to get my value across to the world. My worth doesn’t seem to be reflected in those around me, or in my finances, and my relationships leave me greatly wanting. I must learn to be more assertive, or less insecure, or do better to impress these people, and the world, so my worth can at last be recognised. I require others’ recognition to feel I have worth”.

My new self-truth:

“Loving myself is important. Valuing my own worth; priceless!”

Barriers to self-honesty

There are many reasons we may not be acting in our lives as honestly as we can, and where the deeper truths about who we are and about situations may be obscured

- We lie to ourselves
- We believe others’ lies
- We don’t question our perception
- We don’t analyse our true motives
- We want to think we are a certain way, so deny all evidence to the contrary
- We become rigid with misinformed beliefs and convince ourselves to keep believing them
- We feel judgement from others about ‘how things should be’ and try to follow the ‘should’
- We judge ourselves and try to meet our judgements, clouding the deeper truth
- We have blind faith and follow a set pattern of responses with our behaviour, therefore, we don’t adapt to each situation as being a unique moment in space and time, which all moments are, meaning *each* situation requires a unique response. This means we miss a

great deal of information about what is *actually* happening, and have no way of seeing if a different response is more appropriate

- We assume what others' behaviour is about, and therefore miss any information which is closer to the truth. For this reason, it is often hard for some to see they themselves may be the 'annoying' person in a scenario, because they assume the way they are is always 'polite' and 'concerned', and see others as being the unreasonable ones in not hearing them out
- We have fears, insecurities, hopes, and desires, which we feel we must hide from others
- We don't want to be perceived negatively so we 'cover our truth' which we feel could compromise others' perception of our 'goodness'. We want to be perceived a certain way, and hide any truths which could contradict the perception
- We are embarrassed in our 'silly, stupid, shameful, anxious, weak' humanness and feel it must be well hidden from others
- We want to protect others from 'what we really think' and from our judgements
- We don't want to feel bad about ourselves or like we are a 'bad person' so we try to convince ourselves our motivations and intentions are always honourable, denying or covering what could be seen as 'selfish' actions, and because of this may find ourselves often able to justify even bad behaviour
- We say "Yes" to things we don't inwardly agree to and "No" to things we do want in order to maintain politeness, i.e., we protect the other from the truth, and protect ourselves from having to give the real explanation, this also means we deny what we really want, going against our inner 'pull'
- We support others in doing things we don't believe are best for them because we think it's the right thing to do
- We say things we don't mean to make conversation or to go along with the group because we don't want to stand out or feel awkward
- We procrastinate, blame ourselves, whip ourselves, get irritated, feel stressed, perhaps vent at others, often to escape the deeper feelings which are bothering us, i.e., we may still find 'venting pipes' no matter how much we suppress it, but these venting times are still not honestly expressing, or even making us aware, of the actual truth, unless we truly self-assess to find out what those truths are
- We want to protect ourselves from what we really think about ourselves and how we really feel about the way we treat ourselves and about our regrets
- We want to deny the way others are treating us, we don't want to lose those close to us in pushing them away, and we may fear telling them the truth about our feelings could do this, so we deny all the things which bother us, perhaps focusing on smaller botherances, but 'hinting', and 'alluding to' deeper problems, creating mixed messages and confusion

- We are afraid of anyone getting too close and 'seeing who we really are' so we keep others at bay through diversion, rejection, and giving them misinformation, making sure no matter how much others try, the truth of what we really feel stays hidden

We need to know all the ways we lie to ourselves, in order to understand the underlying truth. This tells us *why* we are lying to ourselves.

In the practice of self-truth, it must be realised our concerns about others' ideas and perceptions of us is a moot point anyway, because the fact is, *we cannot change how others perceive us*, even if we think we can! The only viewpoint which can be truly understood, and which has the most profound effect on us, is our own.

*It is our self-judgements alone which govern
our perception of how others are judging us!*

If we do want to know the deeper truths of who we are, what we want, what we feel, and what we believe, the question to ask is, *"Do I really want to know the deepest truths of all I believe, and all I am?"* Otherwise we may keep hiding from our true feelings, as an act of self-protection. There needs to be an openness to *want* to know; this is why self-compassion is essential, so we feel supported and brave enough to look deeper. Because many people may not. For all the reasons listed, some people may have many good reasons not to explore self-truth, as it could contradict much of the way of life already established; it could change others' perceptions, and be seen and judged by others as 'wrong' and 'selfish' if changes were which more closely align with heart and soul truths. It could change everything! This is true, but it is equally true, *to know the truth about yourself and your choices doesn't mean anything has to change!*

All it means is you would know *why* you are governed by those choices, i.e., you would live in the full awareness of your choices, which of course doesn't mean having to change them.

Example (hypothetical):

A child cares for their dependent parent for many years, not because there's particular fondness for the parent, in fact, there may be resentment, but because the child 'feels it's the right thing to do', and they get some kudos from 'other people seeing them as generous', or, 'there's guilt about something else in the child's life, which helping the parent helps balance this out', or, probably the most common one, 'The parent has the child in some kind of guilt-obligation cycle', which may not be fair or healthy for either party! It could be the child has the purest heart and continues to love even if they don't receive the parent's love at an adequate level. Of course the possible reasons are as unique and diverse as people themselves! Depending on our own unique situations, we may gravitate towards wanting to know the truth, or wanting to keep it hidden, even from ourselves. So in this example the child could be carrying either belief:

Lie: "I do this for unselfish reasons because I care about my parent"

Truth: "I do this because I am staving off guilt/others see me as a good person"

There are no judgements here, even in these hypothetical examples! And of course I am simplifying, as humans, we are much more complex than these simple statements, and often made up of so

many contradictions that both these statements could be true simultaneously! It could be both unselfish to help a parent, but, the obligation this requires may make the supportive child selfish towards someone else in their life, or selfish against themselves; giving outwards and never giving inwards.

But the example does show the vast difference which can exist between what we convince ourselves to be true and what is actually true.

Again, this is why the primary question in our quest for self-truth needs to be:

“Do I really want to know what I truly feel and believe about myself and about everything?”







Most of us understand the factual reality that it is not possible to get inside other people's heads and make their decisions and choices for them. Yet for some, it is not for lack of trying! But even if others go along with what we say, and do what we tell them, doesn't mean they do so willingly. People may convince us they follow our values, yet inside, they may think completely differently and hide it from us well. In this process, there needs to be an openness to finding our own truth outside of others' judgements, and even outside of our own judgements; *separate from what anyone else has told us*, where the truth only stems from one thing:

Our genuine sense of what it is we truly feel and believe.

Self-truth in practice

Please note as with all guides, this work never means condoning another's bad behaviour. It is about, at every possible time, recognising the power we do have to love ourselves in this moment, in spite of another's bad behaviour. None of these points relate to serious or even moderate abuse. I can only deeply apologise on behalf of humanity, with empathy, to anyone who has experienced great hardship at the hands of others.

Guidelines and considerations for self-truth practices, and what the practice may require:

-  An openness to be a neutral observer of your feelings, thoughts, and reactions
-  Complete non-judgement
-  A willingness to question your judgements, beliefs, ideas, fears, desires, hopes, wants, needs, memories, and perceptions
-  The ability to feel and accept your feelings, whilst maintaining the neutral observation
-  The ability to be self-compassionate *no matter what truth surfaces*
-  At all points, acting in complete acceptance of all that you are, and in all you believe, knowing you have the power of choice, to change or shift previously fixed ideas about what

'should be' and how you 'should' be. Others don't need to know when you change your inner beliefs about life and about yourself.

You can do this self-work in the complete privacy of your own consciousness!

- ✚ The commitment to keep questioning, and uncovering layers to find the deepest truths. *"Is this how I really feel?", "Is this really the truth?", "Is this what I really believe?"*
- ✚ The ability to 'flip the coin', and be willing to ask, "What if I believed the opposite is true?" I.e., looking at the opposite in its extreme can help clarify, secure, or make you re-question your current position
- ✚ The desire to want to look at all the possibilities between what you believe is true now, to what could be the actual truth, scanning as mentioned to the opposite of the spectrum, in order to catch any projections, judgements, and ways you may be lying to yourself or denying aspects of the truth
- ✚ Acting as a strong, gentle self-instructor, which could be considered guidance from the 'higher self' and 'soul consciousness' or akin to 'self-parenting' in allowing yourself to feel all you feel, think all you think, learn all you learn, and loving yourself even through recognising feelings filled with blame or shame, hatred or darkness, 'taboo' desires, weird embarrassments, painful memories, and most especially, compassion for all the ways you feel you have disappointed, restricted, and hurt yourself. Considering the effect you may have had on others is a useful practice, but remember the difference between what you think others think and feel, may be very different to what you have assumed; focus and rely on who *you* are and work out the truth this way. These deeper truths can be the hardest to bear and I believe they must be met with self-compassionate, unconditional love. Of course this does not mean condoning hurtful behaviours (to self or others), but it tends to be only through self-compassion we are able to heal these aspects at all
- ✚ An openness to truly understand yourself in the full context of all your memories, experiences, and all the ways you have formed beliefs, including recognition for all the things *you have changed*, even the things you didn't think you could change in the past! (*We often forget to note our achievements, and instead focus on what we see as our failures, and all the things we think we should have achieved already!*) It is worth noting to yourself how many times you really did do what you felt was right at the time, and as for the choices you wished you could have changed; recognising what you can do for yourself *now* is what is important. Sometimes regrets can eat up the current minutes one needs to create a better future from this present moment! To release unhealthy beliefs, and negative feelings, one must first acknowledge and understand them, sometimes one must act on present prospects and do what is right for one's self even when those feelings persist
- ✚ A genuine commitment to *removing all which is not yours which has become attached to your psyche, your ideas and beliefs*. Every time you think things like, "but this person says this and this and knows what is best", return to asking yourself, "What do *I* really think?" In wanting other people's approval, we may have truly convinced ourselves it is 'our' want, and

beliefs formed in childhood can become so integrated it may be hard to separate these from our genuine wants. Yes, others influence us and this definitely shapes who we are, but, we are each so unique it is impossible to meet all which others want for us; consider how difficult it is trying to please one person: *yourself!* And your self is the only person you can truly hope to completely understand, change, or meet the deepest wants of anyway!

✚ An established understanding about human psychology, knowing humans often lean towards assumptions, want immediate and easy answers, look outside only for the cause of problems, make things harder for ourselves, and we may also delay pain, deny desires, and, of course, there's the 'ego' mind which wants to blame, secure, convince, judge, and even punish, in its need to 'run the show', and its desperation for 'keeping things the same' because it equates familiarity with safety. The ego may be the most stubborn aspect to overcome to find the truth. Being self-aware, it is important to keep returning one's attention to asking, "What do I really feel about this? What do I really believe?" You are asking your core soul self these questions, not your fearful ego!

✚ A willingness to embrace, in order to recognise and integrate healing, all aspects of ourselves which we feel ashamed or insecure about, to be completely honest with ourselves about our core motivations, and our own behaviour, good or bad, towards ourselves and others. If one is willing to say, "I can see the negative hand I brought to that situation", or, "I can see in the process of wanting to help others, I may be denying their need for self-value", one takes ownership for their contribution and therefore can better measure and moderate the behaviour in future. Guilt is a particularly difficult emotion, and one I feel is worth scanning for, if you are otherwise unaware of such feelings. This subject is worth considering if some guilty associations can be released in the genuine acknowledgement of the fact:

*You are not responsible for other people's happiness.
It cannot be your fault, if it is not your responsibility.*

Many of us take on responsibility for others' wellbeing and happiness, and often we're simultaneously completely overlooking our own. For those close to us, who we love dearly, for children and intimate partners, darn straight we are responsible for our behaviour and must take time to consider the possible effect we have on others. We are responsible for how we treat others generally. But it's not our job to be 'everything' for others, it is more often the genuine truth, 'we need to be everything for ourselves'.

Many help others for decades, then realise, with their poor habit of receiving, not reaching out and therefore not experiencing the strength which can come from others support, there is now no one around to help the helper. The truth one may think is "Others are selfish", "I shouldn't be so giving, other people don't care about me anyway", but the deeper truth is "I have issues with receiving support, asking for help, allowing others to enrich me in what they have to offer, I have a problem with feeling I deeply deserve to feel love and valued by others, because I never let anyone in, I prefer to be independent. I don't actually want to be close with others. I guess I chose to give so much outwards so others wouldn't ever get a chance to give to me or get close to me".

When we release others from fault, we give ourselves the chance to make decisions based on our own choices; and we can choose to do what we feel is best for ourselves, from this point onwards.

Sometimes all which keeps us from moving forward is a chronic focus outwards on what others should have done to 'fix it'; this keeps us helpless; and too resentful to find a solution or action self-respecting change from within.

Again, we need to be honest about all this if we've got a chance at changing it!

- ✚ A willingness to see if our resentments and anger towards others 'matches' the way we feel about and treat ourselves. If we cannot accept the truth of our own stubbornness and of our own behaviours (say, a habit of not listening to others properly, or interrupting them) again, we may keep seeking outward a response which we can only heal from within. If we are the person who is being selfish or unreasonable, the greatest healing can be brought to all parties when we recognise this. We may be angry at others, for not doing enough, for not being there enough, for not caring enough, but if we look really, really hard within, in the deepest self-recognition, we may realise this is actually how we feel about ourselves. When we own all of our 'shadow' side – our negatively projected feelings – we free ourselves and others from the burden of misplaced outrage. Again, we need great self-compassion to forgive ourselves, and others, for not meeting our needs. We don't need to lay the blame at others' feet to forgive them.

"I forgive you for not being the way I wanted you to be.
I forgive you and I set you free". This affirmation sets us free!⁵

- ✚ The ability to 'look in the mirror', especially in situations where we have reacted badly and pride is preventing us from seeing how our own negative emotions may be colouring with bias the actual situation

In relation to others:

- ✚ An acceptance and understanding that the only person you can truly know in every nuance, is yourself, and anything you may think about others, about their feelings and intentions, even if they tell you what they believe is the truth for them, is information you can still only interpret from the viewpoint of your own perception. You could be so close with another you are as one, but unless you swap consciousness, only they can know themselves completely
- ✚ An acceptance that your ideas and perception about who someone is, is influenced by all that *you* believe about life, about people, and about yourself. This may not correlate to who another is at all. For example, you may perceive someone as being rude, when in objective reality (or as close to objective reality as we can get; this involves being open to the myriad

⁵ Hay, p. 8.

of possibilities for *all* parties involved), the person you are judging is actually being healthily assertive. Say, a young man has finally stood up to his overly critical mother. You believe people should never be rude to their parents and the mother looks perfectly nice in your opinion, therefore, the young man standing up for himself is demonstrating behaviour you see as completely unwarranted, rude, and disrespectful. What you don't see is the decade or more of criticism the son has endured, but you judge only the son in the one scene you see at the supermarket. This is a hypothetical example, and I of course do not judge anyone else's judgements! This example is not even a judgement. It reflects how vastly influenced we are from our own beliefs, and how much our own perception shapes reality as we know it.⁶ In trying to work out what people are thinking, their motivations, and analysing it all in retrospect, we must consider the spectrum of what 'could be' true for them, all the way to the opposite of what we perceived was true. In doing so we may see more clearly, the only person we can ever truly know the feelings, thoughts, and intentions of, is ourselves! We can understand how we ourselves feel and are affected in situations, for our own unique reasons. Whatever we think about others is only our *idea* about who others may be

- ✚ In recognising it is not realistic to assume we can fully understand others, the ability to then recognise our reactions to others' words and behaviours are formed from our own perception of others' intentions, *as opposed to others' actual intentions*
- ✚ A gentle practice of releasing concepts we have formed about others, created purely from our own judgements, therefore allowing us to focus only on our own feelings and how we need to address these
- ✚ A recognition that you may now read all emotional expression which you find threatening or uncomfortable, as having a 'source' experience; the angry parent, or authoritative teacher, is 'recalled' when your partner or friend gets angry. You may even read others being upset as them being angry, or them being angry means they are scared; depending on what those first experiences were, where you first learnt to 'read' and scan for those emotions (as an act of self-protection). It is worth reminding yourself:

Each person is unique and my memories of past mean people should not weigh as a judgement equally as harsh on people in the present.

This may not be the easiest thing to do in practice! We tend to have our own form of emotional armour ready to be employed at all times. But our experience, for example, how bad another's words may have hurt us in the past, does seem to automatically transplant onto every new person as well. We may even look for signs of it happening; always waiting for the other shoe to drop. Say a close friend betrayed us in high school (kissing our partner), we cried for days and hated the person for weeks, or longer. We also found out our partner was kissing many people, and so add them to the hate list (though originally we wanted to blame it all on a single seduction from the evil friend, so we could still trust the partner). This may have created near lifetime jealousy issues, even if other aspects of our lives functioned really well. Now it's a decade, or decades later, and a new partner is adjusting to a

⁶ Vicente, Mark, et al., *What the bleep do we know?* MMI Lord of the Wind Films, LLC., USA, 2004. The protagonist is sure she sees a groom cheating on his wedding day; but it is a projection of her own fears and who she actually saw was a different couple altogether. See <https://whatthebleep.com/>

relationship. We notice our new partner looking at their co-workers legs, we later find out they like their clothes, and it wasn't flirting! Of course we don't trust that anyway. What if the new partner *is* attracted to their co-worker, but because of their own unique make-up (personality) they could *never* cheat on their partner?

One partner never shows signs they could cheat, but be someone who could *easily* cheat. Another partner may be honest about their feelings of attraction for others but *never* cheat.

Either way, when it's just at the 'suspicion' stage, does this new partner deserve the whole gamut of assumption they would cheat, and do so as cavalierly as the partner in high school?

Is it fair to judge and punish present people based on past people's mistakes?

- ✚ A genuine want to recognise, often our own stubbornness works against us; if we want to be 'right' about anything it is much better if we are quite open to being wrong, for our own sakes, so we learn, and for others' sake, as this allows for their gamut of interpretations, for their truths, then, if really needed, and something where it can help another, we can always preface what we know to be true with "I am sure this is right, but I apologise if it's wrong"
- ✚ An understanding that all you judge about others, or admire, envy, hate, or covet, reflect a part of who *you* are; your opinions, thoughts, and feelings about others can teach you about yourself, and what your values are; in knowing your own values the question to ask is:

Do you honour and demonstrate your values in your own life?

What we judge about others can guide us on how we can better uphold our own values, and teach us about what may be our own hypocrisy. In this new awareness, we have the opportunity to grow and heal

How often do we recognise that we may be the person being perceived by others as negative, pushy, needy, untoward, selfish, or annoying? Yet, we often feel quite happy to feel these ways about other people! It is really unfair! We may feel indignant should others say they feel negatively about us! It is these points of judgement in our interactions which show how self-beliefs literally colour our perception of others' behaviour towards us. This makes it easy to misjudge people, and people already hide things they don't want others to see. Someone responding with anger or negativity, could be hiding a deeper sadness or even admiration; and those being polite and overly nice, could be hiding disrespect and disdain. Even then, it doesn't matter, as:

In regards to what other people say and do, the only thing which resonates with us is how we feel about ourselves.

Self-truth questions:

There may be many a "Yes" and "There's so many things" as responses to these self-truth questions.

What do you judge about yourself?

Do you feel others are judging you?

In what ways do you annoy yourself?

Do you blame yourself for things even if you would deny it if asked?

Do you blame yourself for things which are in no way your responsibility?

Do you think you are at fault but are too proud to admit it, because you have already told others it is their fault?

Do you deny yourself things and withhold your truth and need to assert yourself more?

Do you listen to others?

Do you 'fill in' the empty silences with chit-chat because you don't want to slow down or go deeper into the truth of anything?

What do you hide from yourself?

*Don't be afraid to understand all of who you are
because who you are is your greatest asset.*

You are your greatest asset!

Self-acceptance considerations

Being compassionate about our contradictions and even embracing them, can be healthier than keeping these aspects as 'separate, unwanted parts of ourselves'. Searching for deeper truth doesn't mean we can 'see everything' as perhaps some things we are only ready to learn at certain times.

Sometimes our own self-judgements keep the truth from us!

When we admit our negative emotions such as unhealthy pride or arrogance, we give ourselves the chance to free ourselves of this pattern! This is why accepting all our contradictions ultimately lead to us following our truer values.

This can relate to accepting the contradictions of love/hate, and family conflict, we can still have love and compassion for people who have abused us; it doesn't need to be a contradiction! Each can be true, we love them, *and* we despise their past behaviour. Accepting the truth about all we feel can free us.

I believe compassion is essential to the human condition and for our survival!

If your self-truth leads you to realise, *you* are the person in a scenario who is being unhealthily arrogant, this is great! As this can be worked on. When the self-analysis reveals the problems lies in another's misperceptions, we need to let go in a different way. But when it's our own attitude which needs tweaking and adjusting, this is a saving grace, as the power is in our hands. Then the only person we can fairly compete with is ourselves, and we could choose to work on healing arrogance.

*It is a gift discovering when it's You who is blocking yourself
because you alone have the power to unblock yourself!*

When it comes to embracing all of ourselves, and our contradictions, it can help to acknowledge when we tell the same story of hurt or betrayal, we are retraumatising ourselves (and possibly others) each time we do, and we are re-enforcing the 'this is the set way this is' conditioning as well. A cure for victim mentality can be to recognise (if this relates to you) the parts of you which are proud of yourself about, as whether you're aware of this, or whether you ever show it to others, you may have great reason to be proud of your painful past, because:

You're proud and on the deepest level, you acknowledge the fact that you survived. This makes you a survivor not a victim. The term 'survivor' is empowering. The term 'victim' is disempowering; unless you need to self-proclaim in order to fully acknowledge it, "yes, I was a victim of this person's behaviour". But from then onwards, it may be healthier to say "I survived this person's behaviour".

For example, I have PTSD and it can get intense. I still work, I don't take valiums or anti-anxiety meds because I feel it interferes with my self-connection, especially to creativity. I deal with the hardship of a fearful mindset, I live with it and I work on core issues to again, find, acknowledge, and hopefully release all unnecessary fears. I do not judge anyone else's choices in terms of how they cope. How could I? No one can fairly judge anyone unless they are that person, but the only person we can be is ourselves (even if we have multiple personality disorder they are all still 'us'). We all make choices based on what we feel is best at the time. For me, this is not taking anti-depressants or any chemicals to help ease PTSD symptoms.

But the thing is, my hyper vigilance, my ultra-alertness, and through it all my compassion, and drive to continue to work, to care for people and humanity, and to do what I feel is best for me, are all aspects I am very proud of myself for! I am proud I learnt revenge never works (at least not for me). And some of the hyper vigilance makes me feel confident. Point being, even in what we see are our negative traits or aspects of ourselves we should fix and heal, we may be getting more out of these aspects than we think. They may be empowering us in ways worth acknowledging so we can stop being so hard on ourselves about them! If we truly want to change something, we first need to know why we have a need for it, we need to heal that reason, be free of it, so the aspect is then free to release itself.

Healing and integrating the shadow side

Sometimes it can be hard not to lie ourselves; we may do this for many reasons. In the process of listening to our deeper truths, it's best to be willing to recognise and forgive both our contradictions and self-judgements.

"Forget about the other things, and focus on the truth,

you know it's more than discipline, that's been eluding you ... ”⁷

When we can find the root cause of any issue, we are also in a position to find a solution. In interactions where we feel perturbed, it is useful to assess if in any way we could be projecting. It is essential we are willing to claim all which is ours: a perfect example is when we judge others for the very behaviours we ourselves do, only we don't recognise it in ourselves! Think how complex this can make conflict! One person is outrightly saying, “You do this wrong. You are wrong”, or they think it and build resentments inside. But the other, may perceive this person in exactly the same way!

*“Let me see the ways of the shadow and what it can teach me
Give me the strength to know when to reveal and when to let things be”⁸*

The term ‘shadow’ in spiritual terms, means the darker aspects of ourselves which we are often in denial about. Say, someone has an issue with never feeling heard. To feel heard, they speak about themselves and their ideas, and when others don't recognise them, they may talk about themselves even more. When others bring up topics of interest, and things they are passionate about, the one who feels unheard jumps in and relates it to themselves, again, to try and be heard. Some people talk about themselves in fear if they stop they'll disappear altogether in others' psyche and others won't care. In all these scenarios, *what is happening?*

*The person who feels unheard is treating all others in exactly the same way
they themselves say they don't want! They are not hearing others.
They are not listening, valuing, and taking genuine interest in others.*

Yet this is all they want for themselves, and in the process of trying to get it, they are denying many others this same chance. This is a good example of how ‘shadow’ energy plays out. If one was looking for balance here, they would find a completely unbalanced situation.

*The one person feeling unheard equals dozens of people
they meet actually being unheard!*

Solution? Ironically, the more the one who feels unheard genuinely listens to others, without investment or expectation of being heard in return, the more they may find others genuinely asking them questions and wanting to listen to them. They may realise there is great benefit, and much which can be learned, and which is enriching, in genuinely being interested in other people, who they are, what they know, and what they do. Another way, for those this example doesn't apply to, who shy away from saying much at all, I believe the options, such as ‘finishing sentences confidently’ when others try to interject and interrupt, and stating outright, “I want to finish what I'm saying first”, and asserting, “I am asking you to hear me out. I want to feel heard” all without any expectation as to whether others comply or not, can be useful. As least this shows we're willing to back ourselves up, even if no one else wants to listen; sometimes this may mean interrupting others ironically, and saying what we need to say whether others are listening or not! Because it gets the

⁷ Stars in the making, *Live it*, Words and Music Copyright © 2010.

⁸ Stars in the making, *Live today*, Words and Music Copyright ©2013.

ball rolling. Often to be heard we need to express ourselves as if we *are* easily being heard; which somehow translates to other people paying attention.

Acting as if people are already treating us with respect, and employing self-respecting actions as needed, creates the template for others to respect us!

The saying “Fake it ‘til you make it” comes to mind. It’s also the Law of Attraction, to act and feel the experience as if it is a genuine experience in the present, creating the inner template for one to receive and assimilate with the external well when it brings what is desired.

I used to feel very unheard, and felt like I always had to impress people. It didn’t work. I could do all these – what I thought at the time – were impressive things but it didn’t matter; I never felt recognition. This was glaringly obvious when it came to my musical performances. It was only when I realised, performance, music, and all my creative work is something I love doing, and this is all I need to do, is love it without expectation on others and without any shame in my love for it; and from this point, *I started receiving genuine compliments!* The irony being I had given up the ‘need’ and want for positive feedback, before I started to receive any! Since this breakthrough, which radically changed and expanded my singing style as well, any praise I receive is welcomed as a surplus to my already in-built confidence doing what I love and trusting all I need to do for my own soul’s sake! In the past, worrying about what *others* thought, I was completely distracting myself and denying the enjoyment of loving what I do.

*The person who feels unheard may not genuinely hear others.
The person who wants recognition may not genuinely recognise others.*

The person who wants to feel loved, may be denying all the ways *they could be loving themselves*; they may focus only on the way *they* want love, and loving others in this way, they may be missing the key point of love: *to take into account the unique ways each person needs love, and gives love.*

In these examples, we expect others to provide us with the very thing we don’t provide for ourselves. Even those who long for love, and feel they give and give and are so loving to others, and feel so wronged when others don’t show adequate appreciation, are actually imposing this need to be loved in a very specific way, which, instead of telling people this directly, they are ‘demonstrating by example’, how they want to be loved. It makes things so much more complicated! They are either over-giving (see *Healing the runaway helper*); or they are focusing way too much on the feelings of others (see *Empowering the empath*); or they are feeling burnt out, lost, lonely, and very unfulfilled (see *Personal healing*).

Solution? Ask for help, ask for support, guidance, and love, with those trusted few people, or one person, and *practice learning how to receive what others can give.*

Do you know how many people who feel unheard, unrecognised, and unloved, actually deflect all the moments others try to genuinely meet these needs?

When the focus is finally on them they may get insecure, feel uncomfortable, and even ‘test’ the other as to their genuine intention, by changing the subject and seeing if the other person goes

along with it. From the others' perspective, they see the unheard one feeling anxious or nervous, so they go along with changing the subject to make things more comfortable. The unheard one then may think, 'See? They don't really care about me anyway'.

To heal this, one must allow oneself to open up, to share, to trust, to voice their genuine needs, to say they feel lonely and unloved; *all of it!* One needs to be specific; others have their own sets of needs and things they have going on; to expect others to interpret our wants without us being clear and specific, is not very practical, and often not even possible!

If one is to be heard, loved, and recognised, one must actively grasp what actions this may require.

It requires saying to a friend:

"Do you mind if I just talk for a bit? I really need to get these thoughts out of my head"

"I really want to share this with you, not to get your opinion but because I know it's important to share"

"This makes me feel awkward to ask, but I trust you enough to ask if you feel you can respect what I feel I need from a friend right now?"

"I feel like no one hears me. I just really need to feel someone is listening"

"I may not be very good at receiving or asking for things I want and need"

"I am feeling really vulnerable but trying to be brave and reach out to someone"

Sometimes we may say these things to new people in our lives, and sometimes to people we have long felt really undervalued around. Nothing ever needs to be accusatory. It can help to be honest.

I believe if we genuinely love and care about others, *our honesty couldn't possibly hurt them!* If they genuinely care they will want to support and listen to our needs; if there is imbalance in the relationship (hidden truths) others may imply blame or become defensive and upset in response.

If we change our approach, it may be surprising and even shocking to others. We can help them with this in acknowledging, *"I am trying to respect this part of myself a bit more. I understand it's different, and I acknowledge it may not change the way things are overnight"*.

Does how others' react to our honesty change our need to be honest? But we often make the choice to not be honest based on how we *think* the other *could* react. Again, if the relationship is genuine, honesty is welcomed, for both parties! Being honest with another about our own feelings does not need to be connected to blame; it is about expressing our own unique wants and needs, which are unique to each person.

No one else is responsible for meeting the needs we don't even voice; needs which others may not understand or even be aware of.

For those who feel this void within and wish others to fill it, could see all they need to do is trust, and practice openness, and equally listen and show interest in others, to create the space and attract the people who do want to hear, value and recognise them! Those desperate for love and recognition need to give people a chance in sharing what they truly need, without expecting others could automatically know how to do this, especially with all that deflecting going on!

The shadow side is all the things we hide from ourselves. These examples show, when we blame others outwardly it becomes very hard to see, that we are not even practicing our own values and valuing our own needs as it is! We may be so consumed in ruminating on our own needs being unmet, we don't see we are painting all others with the same brush. The conditioned mind takes control again:

People are so self-absorbed. They don't seem to care about me or pay attention to anything important to me.

I give people so much love, and they don't even notice.

Why don't others love me as well and as much as I love them?

Why don't people recognise how much I give, or compliment me on my work?

I am so generous to others but people never give anything in return.

To find our shadow, and the source of the truth, adapting this to a relevant situation, simply replace 'They', with 'I', and see if the exact same correlates with the way we treat ourselves. It often does!

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Aside from specific abuse and hardship, where one cannot be expected to release all feelings of pain, blame, and resentment, and all which may require a great amount of healing work, in doing this exercise of 'recognising the shadow side', it may be worth:

Noting all strong feelings, energy, beliefs, fears and judgements which really cause you quite a bit of trouble, and which seem to have you on a repeating pattern with different people and situations, at various levels of intensity.

What is the core feeling? Betrayal; injustice; not being heard; not being valued; being disrespected; being overrun; being judged; and so on.

Ask yourself, "What are all the ways I betray, disrespect, undervalue, judge, and unduly pressure myself?"

*"How am I demonstrating the very things I say I don't want,
in the way I treat myself?"*

Others may well want to hear us, but if we don't believe this deep down, we may play all sorts of games and not get to the point of actually sharing our truth with others which is what is required to be heard! We may, however, talk quite a bit and not feel heard. Repeating ourselves. Trying to get a point across. The other is wondering, "Why is this person talking so much? They don't seem interested in me at all. This makes me feel not too interested in them".

The unmet energy can make both parties feel exactly the same way.

*One has to share, for another to hear.
One has to hear for another to feel heard.*

One has to understand their own value, otherwise even when others' compliments are abundant, one only remembers the negative comments, and one stays focused outward on recognition, which is the opposite of demonstrating self-value!

If one wants to receive love, one has to be open to being vulnerable, to being soft, to being honest, and to experience receiving love.

If, as the astrological sign Scorpio represents in its essence, we could dive deep into the deepest sea of our own truths, and dredge up all the murky unmet bitter resentful sad lonely dark energy, we could bring it to the surface to be healed in the waters of light. But like a deep sea monster, if we don't want to see so deep, it may well rear its ugly head anyway!

In the light of self-knowledge, personal freedom can prevail!

This shadow work is nothing to do with searching for some deep evil within and stressing yourself out about whether or not you have some deep evil lurking within! Because whether we act 'good' or 'evil' is always about choice (unless there's some major brainwashing going on, or obligatory enforcement, or someone suffers from severe conditioning, and unhealthy psychological states), and humans are so complicated the evil person can love and the good person can hate.

The truth is, most humans not only want to be good, but inherently are good, they are just living in a world where co-participation creates terrible conditions for many, and is practically unavoidable, because not all people have a say or are in control of how the world functions socially, politically, and economically; only a handful of people in comparison are in control of these structures.

When we want to bring our own shadow into the light, and see 'neath the deepest sea dragon, what we may find is tears, early memories, deep longings, regrets, and in the deepest truth of our deepest pains, one thing is clear:

What is absolutely required to heal this inner being who has such deep pain, and such deep wants, is self-compassion and unconditional love.

When the shadow becomes a friend now working side by side, every time it presents its pain, and its longing, it is much easier for our conscious mind, to acknowledge the subconscious (as in many ways the shadow side is), and say, *"I know how you feel. I understand you. I hear you. I love you. I wish we didn't have this pain too. I wish we could heal this. What if we do some past life meditations, or sit deeply in nature for a while, or reach out to someone whose support could be invaluable? Or how about we just curl up and read or watch TV for hours?"*

When we can love ourselves, and offer the deepest understanding and compassion to all that lay 'neath the deep sea monsters, we create the template for a thousand dolphins, swimming in the bluest waters 'neath the brightest sun. In the new light of awareness, we see the sea monster's face wasn't scary; it was sad. The angry monster wasn't angry; it was desperate for love and gentleness. The saddest sea monster, could be laying on mountains containing happiness gold, but because of one thing someone said once which was held onto, the inner monster punished itself by sitting on all that joy and never letting it exist as feelings. Who knows what is hiding beneath the sea monsters? When pain is hidden, and we worry, and we don't have time to explore our depths, it can make those creatures look way fiercer than they really are, but in their agitation, and want of our love and recognition, they may be making waves and even tsunamis to get our attention, "Hear me! Heal me!" they cry!

I feel it is right to say in healing the shadow we really are healing our inner child.

Even a 3 year old can experience enough upset to create subconscious sea monsters! We all learn subconsciously long before we are in our adult alertness to decide whether or not what we learnt was 'good' for us and our wellbeing. By then, we're already caught in the beliefs which stemmed from childhood, and all consequentially influenced reactions and behaviours help to embed the core beliefs, making it much harder to see the deeper truth.

If we understand our deepest truths stem from our earliest sense of consciousness, and the subconscious programming we unwittingly integrate⁹ we may see all following situations have been reflecting the same 'inside' feeling. If we find it's a persistent negative feeling, even if it only raises its head every now and again, it is actually a good thing, because:

*Our negative conditioning we can work to heal;
making others change, we cannot.¹⁰*

When we work these things out within, we have a genuine chance to create lasting, healthy change. Governing our life becomes more obviously about *our* choices, and what we can now see is possible and do with the new awareness. For those who feel unheard, as one example, could seek being heard through more self-supportive means than asking a friend, such as seeing a counsellor, or talking with a neutral party. When we actively seek what we need for ourselves, it feels much more empowering than hoping someone else could meet the need with us saying nothing. Our own

⁹ Lipton, Bruce H., *The honeymoon effect*, Hay House Inc., USA, 2013, p. 72.

¹⁰ Ibid., pp. 88-104. On ways to heal and reprogram negative subconscious programming. Also see: *Inner Alchemy* CDs.

practices as well assimilates us with the energy of being heard, and feeling respected, this can translate well into our current relationships, including the relationship with self!

If we can learn to love and heal our shadow, if we allow ourselves the true empowerment of dealing with our deepest pains, and thus far unmet desires, we may well find self-compassion is all it takes to free the hidden gifts within those sea monsters to create a much richer, more fulfilling life!

“ ... It’s really quite simple, you know what to do, just give love to yourself, not just others but it must include you too”¹¹

Being mindful of language

I believe it’s important to be mindful of the ways you describe yourself as this needs to evolve and change as you do! When we use extreme words, such as “I am *always* like this”, or “it *never* works out the way I want”, we are denying all the moments which fit outside these statements. For example, if one thinks they are terrible at public speaking, but have done it a few times, if you polled the observers, they would respond anywhere in the range of, “thought it was fine”, or “could tell the speaker was nervous but some of it was good”, or “they found it a bit uncomfortable but it wasn’t bad”.

The responses of others are small fry when compared to self-criticism!

In one’s mind, one was ‘terrible’, ‘obviously nervous’, and ‘looked and sounded like a complete idiot!’ It is worth modifying the language: “I often think I am awful at public speaking but I guess I could get better at it. I acknowledge I am probably nowhere near as bad as I think”. And on things “never working out the way one wants”, in this moment, such a thinker is probably forgetting all the experiences of kindness shown by others; the bus driver who let them off a fare, the shopkeeper who is friendly and supportive, and a range of smaller examples of ‘things going right’. When we get caught in rigid thinking, speaking, and ways of describing our lives, we may literally blind ourselves from seeing the greater possibilities. It can blind us to the actual truth!

The language reflects the way we think; if we think something is a certain way, as stated, we are ‘bending reality’ to match this belief.

The more these patterns of language form the less consideration is given to the range of possibilities. Gossip is a good example. The object of gossip, a judgement about someone else’s behaviour, is always the same. We tend not to retract it later and say, “Hey, they’re not *always* like that”. We do the same thing to ourselves. In reducing ideas about ourselves and others as being one set way, we stop allowing for even the possibility of change.

Language informs our thoughts and can shape our thoughts, it is worth being mindful, we may insult ourselves without realising it, we may be ‘giving our power away’ with saying “sorry” unnecessarily, we may be using language which shows arrogance or is disempowering for others; it is worth being aware because when our language starts to mirror genuine self-respect, and genuine non-judgement

¹¹ Stars in the making, *Live it*, Words and Music Copyright © 2010.

in our communication with others, it opens up more doors for success and healthier relationships than you could imagine!

Be wary of language which is self-limiting, self-disparaging or disempowering.

Healing projections

When we are angry, disappointed in, and doubting of others, in what ways are we angry, disappointed in, and doubting ourselves? If we can clear these 'core pains', and feel good about who we are, or at the least, be more accepting and understanding of our past and present choices, this helps clearly define what we do actually feel about others. In seeing the deeper truth we may find some things about others now don't bother us at all; we realise we were projecting. Or, we may find things haven't bothered us nearly enough, and we must find a way to adequately address this.

Questions:

Why am I so angry with this person?

In what ways am I angry at myself?

In what ways might others feel angry with me which I may be denying?

Why do I feel so disappointed about this situation?

In what ways do I disappoint myself?

In what ways do I perceive others could feel disappointed with me which I may be ignoring?

Why do I feel a lack of trust with this person?

In what ways am I doubting myself?

In what ways may others find it hard to place trust in me? Do I allow myself the chance to truly trust others?

In recognising how we may be having a negative impact on another (please note, this could be anyone in our lives, not related to the person we ourselves feel angry at), we can 'own' this aspect of ourselves, therefore clearing the tense energy we have attached to the current person. If we feel recognition and an apology is needed, we can do so. At the same time, we need to make sure we don't underestimate our own value in giving others higher 'status', as this can breed imbalance in relationships. (See *Healing interactions*, and *Healing the runaway helper*.) It may sound strange, but often when we are in denial of the aspects of ourselves which could affect others negatively, this energy may spring up in people we find ourselves angry with or disappointed in; it's another way for the energy to present itself so we can learn from it!

*When we feel our feelings may be misplaced, it is possible
we are sensing someone else's suppressed feelings.*

Once you are clear on exactly where the emotional energy is being 'charged' from, it gives you the freedom to heal all the aspects which are yours, therefore clarifying all the aspects of the interactions which are not yours, and which it's advisable you don't then 'take on'.

For example, if you feel doubt about another, but have no doubt about your own intuition, and you know you're not projecting insecurity in any way, you can align with your intuition and withdraw from the interaction.

If you know you're not only insecure, but also prone to self-sabotage, it's worth evaluating whether you are doubting another based on perceived fears (trust issues), and see if it's possible to distinguish this from genuine intuitive doubts.

When looking at more serious subjects:

Please note this section contains serious subject matter, and readers are advised to skip if at any risk, or to activate a sensitivity shield.

If one has experienced past abuse, it may be worth asking: *In what ways do I abuse myself? Could others in my life ever consider I have demonstrated any aspects of an abusive person?* (I am not saying there is any correlation here, i.e., abused to abuser, because we are all so remarkably unique there is really no way of knowing how anyone is going to respond to their life's circumstances. Many raised in hardship learn the power of overcoming adversity, and some even thrive on it! I am saying if we are conditioned to think abuse is only physical, as an example, we may deny the ways we psychologically affect others, and deny others' abuse towards us because we don't 'see' it as abuse.)

This is never to judge survivors in their experiences, but to acknowledge in current relationships, 'what is yours and what is theirs' in the quest for self-truth, because often survivors find all kinds of ways to proliferate the abuse, back onto themselves. This may not be obvious. Some people may be the kindest person in the world to others, but act very cruelly towards themselves. Some who have suffered hardship may integrate self-deprivation, of food, enjoyment, and pleasure, as being the norm. Many people may be still allowing forms of abuse into their lives, but in a different form to the abuse they knew and therefore something they may not be aware of as being abuse.

*When we allow mistreatment it can act as a form of self-abuse,
expressed through another person.*

This statement is *in no way* said to vindicate abusers, or means to refer to serious abuse. I believe how we treat ourselves following mistreatment from others, has a powerful effect on us; far more power than we give credit to and I believe this works against us! As a survivor myself, I know there is so much time spent agonising over the past, the 'what ifs' and the desperate want for some kind of acknowledgement, and recognition from the perpetrator(s); something which could bring a sense of peace and justice. It took me a long time to recognise, for all the self-understanding around knowing surviving trauma doesn't come with a timeline where 'it's all healed now', that as the years went on, the decades, what was gnawing away at me was all the time I myself had consequently spent, focused on these maniacs who did some very bad things in the long ago past. I am grateful for all those years, as I found avenues for forgiveness, which was a great relief. This is still not a fully resolved problem for me, but I do have a new strategy, which is to focus my thoughts on thinking about me, things I enjoy, and do activities where my mind is occupied but which bring healing, like creating, colouring in beautiful drawings or jigsaws. It also involves piper up straight away to family or friends if triggers or references are made which fuels my anxiety. The greatest thing being finding that trust, and in giving people a chance to understand, has been finding those friends to be

genuinely supportive and understanding. All this helps bring calm into my life, but I also work avidly on a genuine inner trust, and exuding love and light, and even all this, I am still a survivor which has its own set of issues.

The greater truth which set me free was realising I needed to forgive myself for all ways I was delaying self-giving, and deferring the time where I can give to myself freely, without guilt, or fear of genuine enjoyment.

We may literally lock our own soul and heart truths away, as an act of self-protection.

If we maintain the level of suffering in some form, we don't have to risk feeling good about life and then having it get screwed up again.

We defer any healthy enjoyment by treating ourselves like crap, pushing others away, and at the extreme, abusing ourselves and others. And this is a key point: *abuse to self and others is a form of self-punishment.*

People often don't want to recognise, those who hurt others are simultaneously cut off from others' love, trust and closeness, which is why:

Abusing others is a form of self-abuse.

I believe one of the hardest things to achieve for those used to hardship, is to stop being so hard on themselves! Their view of the world may have become so fixed, so set, and so hard, there could be an abundance of beauty, healing, and recognition around them but in the limbo of long-held bitterness they are unable to recognise it, let alone receive it.

Recognising all the ways we abuse ourselves – *remembering criticism is often in the form of verbal abuse, self-criticism is the same just with thoughts instead of words* – radically helps separate the problem within from all the problems 'out there'.

*When we're no longer willing to put up with self-abuse, and determined to absolutely love ourselves through any lingering self-abusive habits, something extraordinary happens:
we start to give ourselves a chance in other areas of our lives.*

We can stop throwing the baby out with the bathwater, which is what any form of self-abuse usually does, like falling dominoes, we use disliking any part of ourselves, as the reason to not allow healing, happiness, or enjoyment for all the rest of ourselves. *It just aint right!*

Is it the world working against us, or is it us withholding basic happiness from ourselves?

Please note, I am not trying to suggest happiness is easy to achieve, because this world and the way its run creates unfair, and diabolical, conditions for many. Capitalism, even in the richer countries,

doesn't work well at all for all those who never get to the good side of it, where they are making money as opposed to 'just getting by'. But I am talking about the happiness which comes from:

Being happy with your choices and who you are as a person.

For this is personal contentment only we can provide for ourselves, and some are able to do this even among adverse conditions. It is no one's job to judge anyone else, except to judge those who commit human rights abuses, for only when we live in a world where no living being is abused, can we all take universal heart in our own happiness!

Peace and happiness for All is more than deserved: it is essential and the greatest thing on this Earth we can all work towards.

I do believe: *one person's wellbeing is no less or more important than anyone's else's* (not referring to genuine dependents, but sometimes even then).

Some people have extreme judgements about what other people do. This guide is not to address these serious issues (see *Being neutral*, and *Universal healing*), and is never to condone harm, but in the process of self-understanding, it's important to see how such projected beliefs may be damaging to self as well as others. For example, people who judge others based on personal choices, behaviours, and beliefs, sexuality, and race. Even for those who don't feel they think on the extreme side of things, but still hold strong opinions, it is worth asking:

In what ways do I marginalise myself and people close to me?

In what ways am I intolerant towards myself?

Why am I so adamant others must change their choices?

How do I limit my own thinking?

Do I feel powerless because others have to change their ways in order for everything to be alright?

In what ways do I feel I must follow the 'status-quo', and if so, does doing so match up with my deepest values?

When I judge others, does it make me feel like a better person? Do I then undervalue myself, where I may use judgements of others to distract me from being the very best I can be for myself, and for those who love me?

Do I honour and demonstrate my core values in my own life?

Of course, in regards to environmentalists, say, feeling incredibly judgemental about all those who co-participate in environmental damage, it makes logical sense that we should all care about the planet we live on and want to do the best we can to protect it for our own sake and for the sake of humanity! But, what it doesn't change is the fact that we cannot and do not have control over others' choices. Where these judgements exist, they usually rule out any one person's unique

circumstances, and overlooks the fact that society is structured in such a way, it is quite difficult for even environmentalists to completely disengage from any practices which are not environmentally damaging. Recognising how we ourselves, are complicit, and how each of us uniquely co-creates the world, is the only way to come close to getting on the road to solutions.

If we do care, we must know, the minutia of our choices and actions matter, especially when it comes to purchases, because when we all collectively buy one inhumanely made product, we make a few people quite a bit of profit for committing human rights abuses! Judging vegans for wanting no harm to come to animals, again, one must ask oneself, “Is it right to judge another for judging my choices?”, “Can I understand why others feel as passionately as they do?” And the scarier truths, for those who love eating meat, “Do I really feel it’s alright my meal is made from a fellow life-forms suffering?” because facts are still facts regardless of our personal preferences. Aside from all the environmental damage (e.g., more CO₂ caused by methane, than from all cars combined¹²), and personal damage to humans (meats now classified as containing cancer causing carcinogens¹³), which the mass-meat industry causes, all which are rational reasons to work towards universal veganism; still, the undeniable truth remains: *we know each unique animal slaughtered feels pain.*¹⁴ It turns out, hurting animals does hurt us as well!

“The World Health Organization has classified processed meats including ham, bacon, salami and frankfurts as a Group 1 carcinogen (known to cause cancer) which means that there’s strong evidence that processed meats cause cancer. Eating processed meat increases your risk of bowel and stomach cancer.”¹⁵

*I am not saying this to antagonize anyone or try convince
anyone not to eat meat!*

*I know each person makes their own choices, for their own reasons,
and there are no judgements here.*

Pride makes people project all kinds of nasty comments and judgements onto others. It is probably healthier for a meat eater to be honest, “*I love eating meat, but yes, I wish it wasn’t at the cost of some poor, trembling animal*”, or, “*I love eating meat, but I wish the meat industry didn’t cause such mass damage*”. I myself, believe realistic judgements about the barbarism of many of the world’s industries, is the right judgement, as it is based on wanting to see an end to human, animal, and environmental abuses, *for the good of the greater humanity*. But when we judge the individual meat

¹² See <https://research.noaa.gov/article/ArtMID/587/ArticleID/2742/Despite-pandemic-shutdowns-carbon-dioxide-and-methane-surged-in-2020> Accessed January 16, 2022.

¹³ See <https://www.cancerouncil.com.au/1in3cancers/lifestyle-choices-and-cancer/red-meat-processed-meat-and-cancer/>. Accessed November 2, 2021. Red meat is now classed as Group 2A carcinogen “probably carcinogenic to humans”.

¹⁴ McNaughton, Jane, *Chicken meat scarce in supermarkets, fast-food outlets due to worker shortages at meat processors*, ABC news, Australia, see <https://www.abc.net.au/news/rural/2022-01-11/chicken-shortage-due-to-covid-staff-shortage-in-meat-processing/100749802> Accessed January 16, 2022. In Australia alone, 660 million chickens are processed each year; each a feeling being.

¹⁵ See <https://www.cancerouncil.com.au/1in3cancers/lifestyle-choices-and-cancer/red-meat-processed-meat-and-cancer/> Accessed November 2, 2021.

eater, who has been conditioned in every way since childhood¹⁶ to see meat eating as perfectly acceptable, well you can see what happens.

The masses squabble amongst themselves on issues the people who run the mass-meat industry themselves control.

Either the structures change or the consumer changes, and each changes the other.

But we judge our fellow individual so harshly, for things they are not personally responsible for, and for things which may be out of their awareness or control.

In a world without the mass-meat industry, perhaps there could be a small amount of organic meat production from local sources using only animals who cross life's threshold naturally, but are still safe and 'tasty enough' to eat, for those who just cannot do without eating meat.¹⁷ Perhaps cloned meat is a genuine possibility (if it can be made without feelings, but it seems all life-forms have senses; and can distinguish between 'what is good' for sustenance and survival, and 'what is bad'; pain being a primary indicator). If cloned meat became sourced from local ethically run factories, and of course the abundance of meat replacement products being available already, perhaps much good could be done for the good of all if consumers agree with the implementation strategies for integrating these significant changes. For those who love eating meat, there is nothing wrong, or doesn't need to be anything wrong, with acknowledging how damaging the meat industry is, and even perhaps choosing ethical meat purchases where possible (if it is possible), or choosing veganism even though one loves meat! If one is judging oneself deep down, or feels unfairly judged for meat-eating, and believes there is nothing wrong with meat-eating, one can feel much lighter when these beliefs and choices are fully understood.

I was a meat-eater in my earlier years because I thought it was 'normal'. I am doing my best not to judge my past self's choices. I don't feel whipping myself psychologically is going to make me a better person. As someone with poor appetite and weight loss issues in adulthood, I felt I should keep meat in my diet just to make sure I was eating. It was only since reading Michael Pollan's book, *The Omnivores Dilemma*, and his other works, I now find I cannot eat any meat ever unless I am willing to maim the animal myself in order to eat it. And I am not willing. My favourite vegan meal is plant based burgers, they are delicious, full of protein, and completely guilt free! I have been eating these for years and feel very healthy. The changes in the past years is I can now cannot even eat meat occasionally. It took quite a bit getting to this point and I feel very good about it. I don't think I could have transitioned as well if it wasn't for those plant based meat burgers, and hot dogs!¹⁸

¹⁶ Soechtig, Stephanie, *Fed Up*, Atlas films, USA, 2014. See www.fedupmovie.com Referring to ads showing agricultural farms when selling meat, pictures of happy farm animals, et cetera., when farms are, in reality, mass factories. These factories are called CAFO'S, Concentrated Animal Feed Operations, because the term 'farm' is no longer applicable.

¹⁷ Lidell, Lucy, with Narayani, and Rabinovitch, Giris, *The book of Yoga*, Ebury Press, UK, 1983, p. 79. According to this authoritative Yoga book, "Our teeth and intestines are very different from those of carnivores – in fact, the anatomy and physiology of the fruit-eating primates is closest to our own."

¹⁸ *Grill'd* for example, have impossible meat-free burgers, and, grass fed meat burgers, which are vastly better for the environment than corn-fed animal meat (cows as one example create e-coli when corn-fed which toxic chemicals like ammonia are then used to kill it; and, massive dependence on corn-based products is a key destructive element for the environment). Perhaps grass fed meat isn't 'vastly better' as much as it is 'slightly less damaging' than corn fed animal meal practices.

Perhaps those who go to the extremes of 'hating the opposing side of their viewpoint', could make a tentative choice to shift their viewpoint:

"I don't hate vegans, I just hate feeling judged for my choices"

And for vegans:

"I don't hate meat-eaters, I hate the industry for making mass meat consumption possible"

Many may have come to these conclusions already. Softening and adjusting these judgements and beliefs, people become more adept at bringing peace and understanding within self and between individuals. And our viewpoints need never be 'fixed'; we can change our minds at any time! But as long as we carry all these outward judgements they are time consuming and could be distracting us from the one thing we do have control over; recognising and adjusting where necessary, *our own choices*.

I guess I am suggesting on a deeper level we may be judging ourselves, for example the vegan may love themselves for respecting animals, but hate the side of themselves which 'hates' meat eaters and deeply judges fellow humans for their choices. Or the meat eater who hides their truth out of shame, fear, or pride, may deep down wish their eating animals did cause no harm.

*Our time is much better spent healing these self-judgements,
freeing up energy for self-betterment, than it is spent outwards
hoping others will change their behaviour.*

Healing judgements

One of the ways we judge others is observing all their idiosyncrasies, and letting some of it really bug us. Usually it's a projection of what we do ourselves which bugs us! Such scrutiny on our partners, or work colleagues, for doing certain annoying habits which grates away at us, equals a less than healthy focus on ourselves. So what do we do to address this? We get pissed off and annoyed at these others at every opportunity, not related to the habit, or, we complain directly to the person, or gossip with others about the habit. What happens within when we get annoyed with others?

We sometimes think nasty thoughts about them.

We gossip with others about it, "Why do they do that like that? It's different, not quite 'right', it's wrong and annoying behaviour".

We get outwardly angry at the person at any opportunity.

We nag them about the habit, reminding them to please stop doing that around us.

We let it grate away at us within, building tension likely to spill out onto other matters, and it definitely adds to any other stresses on our plate at the time.

We become intolerant not only to the person's annoying habit, but to them in general for creating the annoyance without seemingly recognising their habit could piss others off!

*What does all this do to us? How does it affect our state of inner peace?
And most importantly, how does it affect our self-esteem?*

Underlying all of this is usually a much more painful annoyance.

We are judging others.

We are being intolerant.

We are acting in ways which we don't feel are honourable.

We are 'taking it out on' the other person, and even other people who are around our built up stress, not even connected to the original annoying person.

We are 'losing control' emotionally, letting others 'stupid, annoying' habits cause us to react negatively and behave negatively, much more than we would like.

We are pushing those we care about away. Even if we are honest about the habit, and how we wish they would stop, asking, "please respect me and avoid doing this around me", creates the situation where we could feel disrespected every time they don't meet our request, i.e., "They don't care."

But, is another's annoying habit really annoying enough to cause all this internal and external conflict? Again, it is often another way we project outward, what our own deepest annoyances are. We may be in denial of these truths:

- Others' habits have nothing to do with us personally, they are habits the other has formed for their own (probably very valid) reasons
- Do we recognise our own habits, and how they could cause (hidden, unspoken) annoyance to others?
- Would we expect we should curb all of our own annoying habits around others, easily?

If we know for ourselves, a habit may not be the easiest thing to stop or even recognise as annoying to others, then why are we so intolerant of others' habits? The phrase, *mind your own business* comes to mind. I certainly know for me personally, if I the clothes I wear has a thread loose, or my sunglasses are crooked, or my hair is messy, I do not like others noticing these small details about me and trying to fix them! (*This has happened on numerous occasions.*) I do not care for 'perfect' appearance, but many acquaintances and even some friends, have tried to tear out the loose thread without even asking me! Definitely an intrusion on my personal space! Then it is my job to assert, "I wish people didn't notice physical details about me and let it bother them".

*Sometimes, if we are just honest about our preference,
even saying it out loud can free us of the annoyance.*

The best way to put this out, is to ask yourself: *how would you like others to treat you, approach you, and share with you, when it comes to how your habits or any aspects of your appearance or behaviour may annoy them?* Do you really want to be judged at this level? Do you understand without realising it, certain words or actions of yours could be a sensitivity trigger for another person, just as things others do could annoy, upset and trigger you without them realising it?

*If you can stop judging others at this level,
you have at least solved your half of the problem!*

- If you do not want to be treated as ‘annoying’, don’t treat others as ‘annoying’
- If you do not want others to be intolerant of you, don’t be intolerant of others
- If you don’t want others to ‘pick you up on small details’, don’t do the same to others
- If you don’t believe others being disgruntled with you is a fair approach, then be wary of how you yourself, approach others when you feel disgruntled!

Again, it is worth asking the core, essential questions: *what do you really want for yourself? How do you really want to feel about yourself? What values do you want to honour in yourself?*

How do you truly feel is the best way to act which demonstrates self-respect?

And when you can adapt, and forgive yourself for all the ways you feel negatively about yourself, and honestly work towards honouring your values in all your interactions, you may find the things that genuinely annoy you and make you feel disgruntled, all come squarely back to *how you feel about yourself. This releases others from the burden of all that we project.*

Of course, in this new clarity, perhaps we can see:

- The other was never trying to annoy us at all
- The other *was* deliberately trying to annoy us, for whatever reason
- We focus far too much on the details of how others look or behave
- We may be unaware about how our own habits could perturb others
- We actually judge our own behaviour and responses far more than we judge others
- The way we judge others is purely biased from our own unique perspective about ‘how things should be’
- We don’t have the right to dictate how others ‘should be’

- We do have the responsibility to monitor our own feelings and behave and respond in ways which reflect our own values. And more so, we have the responsibility to be clear with others about our own needs, giving them the option to honour these, if they are able

These ways of thinking allow great room for self-improvement, and can create clarity on 'whose is what and what is whose'. In the case where we still feel annoyed with the other, then in good conscience we can ask, "I know I don't have the right to ask you how to live your life, but this thing really does bother me and it would mean quite a bit to me if you could desist from such behaviour in my presence. Is this possible?"

This same process can be done for feelings of anger and disappointment.

Apparent cause – someone else disappointed and hurt us.

Actual cause – we are angry with, or disappointed in, *ourselves* for:

- ✚ Putting ourselves in this situation with the person to begin with, especially if they have disappointed and hurt us before
- ✚ Being someone who could be 'affected' at all by another's negative behaviour, i.e., allowing our world to be deeply affected purely based on another's choices and actions. This can also be described as 'giving our power away'
- ✚ Spending energy on trying to find resolution, especially when we know we cannot change others; we can only ask for what we need and hope others want to comply
- ✚ Being distracted by this one person, which can breed resentment within us for all the things we want to do, but aren't doing for ourselves because of this stupid other person's behaviour, i.e., compromising our own time, needs and happiness throughout the whole process of feeling disappointed with the other
- ✚ Reacting in a way where we felt we lost self-control, and which could cause in the other the same pain we are feeling!
- ✚ Not saying outwardly how upset we are, we may hide it and allow it to breed resentment, then we may 'lose it' over unrelated matters, because we are too scared, or proud, or don't want to show our true feelings, and be honest with the other about the original cause of hurt

*It is only when we can forgive all these things within ourselves,
that we truly have a chance to navigate our genuine needs,
wants and unique preferences with others.*

It is usually the things we deny and withhold, and fail to fully value within ourselves which then spirals out and becomes entangled with the external world. When we clear, honour and value what we need to do for ourselves, others are released from the burden of 'fixing' all which is actually each person's responsibility to address and heal.

*How do I impose my perfectionism onto others?
In what ways do I deflect my own need for inner peace and wellbeing?*

Ideally, this whole process is practiced with complete non-judgement! Indeed, it is about recognising with compassion all the ways we judge ourselves as this is probably exactly the same way we judge others, and matches all the ways we feel others are judging us. We often want to see ourselves as 'the good person', and sometimes even as the 'saviour, helper or hero', so the aspects of ourselves where we are arrogant, jealous, resentful, petty, spiteful, and even angry, we usually want it laid at another's feet; it's *their* fault, simply to avoid feeling bad about ourselves! Yet many people may wish they acted better, and were more successful, and more *something*; and probably cannot see all the self-judgements make this 'genuine feeling good about self' near impossible!

It is only when we acknowledge our own arrogance, resentment, and negative aspects that we can truly begin to forgive and free ourselves of these aspects!

The more we understand who we are and how we operate, the greater chance we have to tell others freely our needs, and even release any disappointment if others are unable to fulfill these.

It is much better to operate in self-knowledge than not; and practicing this with self-loving encouragement. When you realise it may be you and only you who you are angry with, you have a real chance to address this.

*Healing tends to be more a 'process of integration' as opposed to a
'never do this again' quick fix.*

If you get angry at yourself for what you see you do as wrong, in identifying the pattern, the next step is to practice compassion when it happens. 'Okay, here's that thing I usually go into a self-tirade at myself for doing. This becomes cyclic. I don't think me hating or punishing myself is going to help me heal this pattern, so this time I am going to say to myself, "I love you. I forgive you. I'm sorry. Please forgive me", and look at all the ways I can release these harsh self-judgements, knowing they seem to only leak into more behaviours which I then judge myself for.'

Self-truth questions

Whatever the subject, whether a specific situation, or a general musing during a nap on how one really feels about things, any of these questions can help start unraveling the entanglement with the external world, so one can find one's own truths, and heal those aspects within oneself.

*When one has the knowledge, and is open to one's intuition,
the solution can appear!*

Questions:

How do I really feel?

Is this how I really feel?

Do I really believe this is the true reason?

Is there anything I am avoiding or don't want to fully look into?

Am I projecting?

Am I hiding what I really feel?

Am I judging myself?

In what ways do I feel exactly the same about myself as I feel about others?

What is 'mine' in this scenario, and what is 'theirs'? (defined when you know what is 'mine')

How are my inner beliefs and perceptions affecting the situation?

How do I really feel about myself as a person?

Am I willing to be open to changing aspects of myself which I feel do not honour my core needs?

Can I forgive myself for all the ways I don't honour my own needs?

Why do I feel this way? What is this really about?

What aspects of who I am, am I denying about myself?

Am I living according to my true values?

Do I love and respect myself? If not, why not?

Does it matter what others think of me? Or does it matter more what I think of me?

How are my perceived judgements of others reflective of ways I judge myself?

Do I allow myself the power of choice, or do I go along with what I think others want from me?

How do I value myself? Do I think I deserve this?

Do I think I should be my own inner guide and coach, or do I prefer others to do this role for me?

What things do I want from others and do I focus too much on what others think I 'should' do or on what others can do for me?

Do I use others (company; support; favours) so I can feel 'safe'?

Do I rely on others for things I could do for myself?

Do I disempower others in being over-giving?

Am I generous to myself?

What things can I truly heal within myself, even if it's only the smallest amount of self-criticism?

Has my approach to life brought me what I want?

Do my beliefs make me feel happy or unhappy with who I am?

Do my beliefs about life make me feel it is safe to genuinely love, respect, and support myself?

Can I forgive myself for all I feel I have done wrong?

Can I release others from the burden of making me happy, and begin to honour more the ways of being I want to implement to make myself happy?

Can I release beliefs and ideas about life which no longer work for me?

Do I think it's selfish to focus on myself and my wants?

Do I use others too much as I feel empty unless others fill my time?

Does it really matter (my perception of) what others' think?

Practices for solving problems

Please note, this section is from the *Personal healing* guide.

As with all guides, except where stated otherwise, I am not suggesting I know how to solve serious problems. If any of this helps with any problems, great! But the focus here is on self-evaluation regarding smaller disputes, and recognising and healing the things within ourselves which may be getting in the way of our success and happiness.

I do know if you're open to your own answers it is very likely you find them!

And, it is perfectly possible these practices *could* help you solve many pesky problems!

It is advisable in this self-work to hold the intention of non-judgement, an openness to the inner calm beneath the tension within oneself, and a genuine trust that:

*Self-discovery is one of the surest ways to receive the information you need,
as you are your greatest advisor!*

This doesn't mean not seeking outside information and people for support, clarification, and practical help, because a great advisor would advise as such for anyone in need! When we learn to trust ourselves (if we don't already) we at least have access to our own inner advisor!

Questions for healing problems

What is the problem?
What is the cause?
How can the issue be healed?

If one is unsure of the exact problem itself, but just has a 'not right' feeling, one could look at other 'known' problems, even if unrelated to the issue in question, looking at each other thing independently to define at least what is known. Sometimes clarity and improvement in another area of one's life, shines a light on what else is now a problem which also needs addressing. If one cannot get a feeling of the cause, energy, and truth of something, one can still ask: *How can this be healed?* And hopefully intuitive answers spring to mind.

How can the issue be healed?

Here, I mostly step away because how anyone chooses to address issues is a matter of personal choice. There are many practices which *may* help, but I cannot guarantee any of the things I advise because each individual – and each situation – is unique!

So in looking at this practice it seems best to use a personal example.

Example in practice

A good example I think is anxiety, because many people suffer from it.

I am writing this section of the guide literally because I just had this conversation with myself in relation to thinking negative anxious thoughts, which is something I manage.¹⁹ It is unusual for me not to get a strong sense of the core reasons, which I do look into here and there. The irony is, in my opinion, the very state of anxiety makes one want to get out of, and away from, the anxiety. So when I experience it, I don't evaluate while it's happening what the core reasons could be. Honestly, it is something which has been bugging me for a while, there could be many root causes, all of which could be working in combination. But I am usually much better at understanding my core reasons, so it's a bit strange for me not to have the full sense (in my current perception) on this issue.

This is my evaluation, some of this may or may not relate to reasons for anxiety which some people experience generally. As a heads up to simplify from the onset, writing this part at a later date, I am more convinced than ever that people who suffer from stress to the point where it's become the norm, just don't have a great chance to dial back their stress hormones. Ironically stress hormones help us to feel 'in control' (souped up and hyper alert), but when it doesn't shut off as it should between stressful episodes, the over stimulus is fodder for anxious thoughts and feelings. Long-term stress wears down the nervous system, and we need more of the adrenalin from stress hormones than we used to; the only way to interrupt the cycle is active relaxation, and doing any activity which elicits natural calm and enjoyment.

Self-evaluation questions

¹⁹ I feel saying "I manage my anxiety" is much more empowering than saying "I suffer from anxiety". Anyone who has anxiety knows its path is laden in suffering, what the miracle is, is not how much we suffer, but how well we cope considering!

What is the problem?

There is a format for drawing 3 tarot cards; the left card is “What is known”, the right card is “What is unknown”, and the middle card is “Outcome”. I mention this because when it comes to anxiety, and emotional states, there may be unknown factors which require either diagnosis energetically, say with a Reiki practitioner, or medically, with a practitioner, in Eastern or Western medicine.

What is the cause?

Possible reasons for anxiety

- *Physical reasons;* a health problem could be causing mental anxiety in trying to bring my attention to a physical problem. Say, if I was low on iron, deficient in food, sleep or vitamins, or if there is an unknown, underlying health problem, how does the body communicate this to me, when the problem may not be obvious? Perhaps it could translate to a ‘fearful’ mindset, if I otherwise don’t see why I would be having anxious thoughts? Perhaps I am not exercising enough, or not doing enough things which would calm my stress hormones. Perhaps I am ingesting preservatives, supplements, meds, or too much sugar and caffeine! All of which could cause toxicity on some level. I could be pushing myself physically, and not taking enough time for relaxation; all which could cause anxiety. My body is literally trying to tell me ‘Something is wrong!’ Being hungry and tired the body may be worried ‘it doesn’t have enough’, causing anxious thoughts. If my body is used to being unduly stressed, it may be flooded with stress hormones, which gives me enhanced ability and alertness, and the anxious mind may even be helping to fuel my creative work! It could be although I do not feel anxious logically, my body still has the stress hormones running on full throttle
- *Emotional causes;* perhaps I have taken on too much of other people’s worries or feelings, or think too much about, and worry too much about, the wellbeing of others, which translates as fear and is causing stress to my own system. In relation to feeling responsible for others, I know I can only control my own wellbeing practices, and hope my support of others actually helps! However knowing this logically doesn’t mean it changes my belief, “I should be doing more to support others”. *It’s a journey!* But if there is imbalance, in terms of how much focus is outward, or I am feeling pressured in any way about anything, it could be streaming over into anxiety
- *Energetic causes;* am I picking up on someone else’s anxious thoughts? Or am I sensing something which is ‘not quite right’ in my own life? Perhaps something in my energy field needs to be cleared, cleansed, and balanced
- *Societal causes;* is it just the general nature of things, how even in the West where personal freedom and prosperity is meant to flourish (not punish), so many still struggle financially (in context of being an affluent ‘democratic’ country in the West), and many suffer from anxiety? As someone with great empathy for people in the world, perhaps many others are also sensitive to the great need for healing collective problems, causing some people this collective anxiety!
- *Conditioning and mindset;* perhaps I am being mean and hard on myself without even realising it. Thinking anxious thoughts doesn’t make me feel good, and hides the moments

where I could cultivate enjoyment. Anxiety is definitely a cup half-empty mindset so it is also taking up a moment where I could cultivate a cup half-full state, practicing active appreciation in my heart, which heals the nervous system!²⁰ Perhaps things in my past are still bugging me in the form of anxiety, and deeper things need to be healed and addressed at the core level

There could be other causes. It could be a combination with all these factors in the mix! These are some reasons I look into when I want to heal a problem.

How can the issue be healed?

I am giving this example literally inspired an hour ago before I added this *Problem Solving* section.

I couldn't get a sense for the precise reasons upon analysis, so in asking, "Fine, then, how do I fix it?" I really had a wonderful set of thoughts. My advice to myself on what to do to heal anxious thoughts was:

Doing exactly what you're doing now. Actually asking the question: What is the root cause for these anxious thoughts? Slowing down enough to not place focus on how to get away from feeling anxious but to actually understand why you feel this way in the first place. Allowing time to acknowledge the problem is the right thing to do. Taking a deep breath in any moment when you can when the anxiety or anxious thoughts have tempered somewhat.

Actively work on a lowering of stress generally, really monitoring stress levels and releasing smaller aspects currently causing stress responses. Remove any and all annoyances which can be removed. When stress is removed on the many small matters, stress hormones decrease. This equals less anxiety. Put any and all relaxation practices in place, and any health measures in place, to reduce stress hormones.

Please lower your intake of sugar and caffeine which are known to cause anxiety, or recognise, before 'buying into' and feeling swallowed in anxious thoughts, that you may have things in your system, or just be tired, and therefore food and cleansing water could cure this, with no need for you to solve 'higher end' problems!

If I can put any one of these things into practice I am chipping away at the problem, releasing pressure around it, and hopefully then with reduced pressure I can more easily address the deepest aspects of the problem. I am not thinking the anxious thoughts now which I was before I wrote this section (aside from the more recent conclusion that anxiety is caused by long-term doses of overly activated stress hormones), so I guess I shall delve deeper into my truth on this as I continue to work on it. *I have much work to do!*

Practices to heal problems

All these guides are designed to enhance problem solving, so this is only a brief set of instructions.

²⁰ Childre, Doc, and Martin, Howard, *The Heartmath solution*, Harper Collins Publishers Inc., USA, 1999, pp. 38-39. Please see <https://www.hearthmath.com/>

Acknowledgement

Understanding any and all causes. Recognising how it came about, what beliefs are attached to it, and if you believe on the deepest level those beliefs are still true. Some people know well what the problems are, but in looking at the causes it can still help to look deeper. *Are you being objective or is it possible you are misperceiving the problem?* When you feel sure enough about what the problem is, acknowledge this fully with some level of intention you are open to understanding it more and/or resolving it.

“I recognise you. I hope to heal this. I am working on it.”

Acceptance

Can this problem be resolved with your actions alone? Keep in mind actions can be things you change within yourself. If it seems the problem cannot be resolved, I am sorry. I guess in giving the personal example about anxiety, I found somehow in accepting, “I am feeling anxious” took the pressure away from the fact I was feeling that way. I think in looking at how to best approach others, and create harmony instead of conflict (ironically whilst working mostly on the *Healing interactions* guide), I also realised ‘accepting’ rather than ‘acting and reacting’ can be worth doing because it allows the problem to just ‘be’ without pressure of the immediate responsibility to ‘fix it’ attached. When we feel calm and peaceful enough to acknowledge a problem, it is easier to find ways to approach solutions, especially ways which don’t compromise our own energy as happens when we focus only on the stress of a problem.

If the other’s co-operation is required to create a solution, then *Healthy assertiveness* could be practiced – even basic rights are important, such as getting off the phone if it’s not an important conversation, because you feel it is draining your energy. The *Being neutral* guide offers approaches to diffusing ‘what is yours and what is theirs’. But if none of these approaches are practiced, perhaps in acceptance, one could heal in part from some problems in simply accepting they are not to be resolved to this time.

Patience

Of course, *as when learning anything in life*, when we decide to integrate new ways of being, we may not ‘get it’ on the first few tries!

Integrating change, like learning anything new, takes practice!

Therefore, if you know how to implement solutions for problems, but it doesn’t all work as fast as you think, again, if the focus returns to stress and frustration it could become cyclic. Acceptance means knowing you can only act in the way *you* think is best right now (which may mean not attempting to heal particular problems at this time), allowing the problem, and trusting in forthcoming resolution, even if you have no idea how the solution could present itself, is healthier for your wellbeing in the time being.

Integration

In adopting a new attitude, and seeing positive results from any changes you have made in solving problems, it then needs to be integrated into the psyche, '*Success is achieved!*'

We need to allow ourselves the breather and congratulate ourselves for doing something active and positive. Perhaps the problem resolves all on its own through another's actions, or naturally fixes itself. The recognition is needed, '*How wonderful!*' as this keeps you open to future possibilities for resolution.²¹

Healing root causes

There are many ways to address problems. Holistic healing is advised, because as said, sometimes healing anything within ourselves, even if unrelated to a specific problem per say, can enlighten us in other areas, and helps us see more of what is possible! The *Practical relaxation* guide has an extensive list of practices which could elicit healing in any area.

In holistically healing the *causes for anxiety*, following on from the personal example before, I could:

Heal Physical reasons

Get medical tests to rule out deficiencies or medical causes. See a Chinese, Eastern or Western doctor to diagnose and treat any physical problems. Begin to integrate at least one healthier action in my personal lifestyle which feels right and keeps a focus on my physical and mental state and actively engage healing practices, and seek healing treatments, all of which could enhance my health and wellbeing, even if only in small ways at a time.

Heal Emotional causes

Take the pressure off myself somehow and accept my feelings at the least. Work on being healthier as this helps calm my emotional state. Take time in the now moment to do the right thing for myself in all ways possible. Honour and respect my feelings. Accept I cannot change others' feelings, and may not even know what they really are! Allow time when I remember to do the things which I genuinely enjoy. Practice heart-focused appreciation as much as possible! Cry if I need to and release stress hormones through my tears. Ring a friend and ask permission to really share with them as needed. Seek hugs, deep, loving and long hugs from people I truly trust. Cultivate closeness and warmth in relationships where it is possible, this way I am providing emotional support for myself just knowing some people are in my corner. Ring crisis lines when I really need to. Engage in regular counselling for support, and receive balancing Reiki treatments. Show myself genuine kindness, self-affection, and practice all manner of healthy self-soothing, truly supporting myself when emotional states are harder to bear. Self-compassion always, and sleep!

Heal Energetic causes

²¹ Recently, a friend had an issue with feeling obligated to assist someone, and they really didn't want to. As we discussed every which way my friend could safely withdraw, no solutions were coming. I then realised we had not asked for the miracle yet! It was too complicated a situation to try to figure out on our own. My friend had spent days already worrying about it. "Let the U sort it out" I said, "really fast". I asked my friend to stay open and trust a solution we couldn't think of was forthcoming, one coming from the U (Universe) not from us. What do you know? Within 20 seconds the magic: the person requiring assistance wrote that they were feeling better, and "unless your heart's set on it, I won't need your help". Problem solved, and Thank you Universe!!

I could receive a Reiki healing, which can help clear any negative energy trapped in my energy field. Ironically, as science has proven with placebos: “If I believe it works, it works!”²² I always feel like I am walking on air, nurtured in the loving arms of sunlight, star and Universal light, and nestled in all things good every time I receive a Reiki healing! I could look into past life healing if I want to look at deeper spiritual issues which could affect me if I feel affinity with such methods of healing. I could seek wise counsel and do my own reading and research into subjects I feel could help clear any blocks in my energy field, which may be preventing me from embracing the very best for myself. I could intend for all energetic blocks to be released in making such statements, and integrating such beliefs, as “*Out with the unwanted old, in with the wonderful new*” and, “*I allow any and all negative energy within me and around me to dissolve into the nothingness from which it came*”.

Heal Societal causes

I could consider my wellbeing still matters even though other people are suffering. Therefore, even if I feel worried and concerned on others’ behalf, does not mean I can help others by feeling awful or allowing my own fears and worries to become attached. *Does it help?* When I consider what my values are, if I can, I can reach out to those I think may need it. I can write to governments about what I see are social problems which need solving. I can bring light to particular organisations which are trying to rectify and heal these issues many are facing. I can support non-profit mental health organisations. I can volunteer and donate time and money to help those in need. There are many active things I could do which could help diffuse any anxiety I feel on others’ behalf, knowing I can only do what I can as it is.

Heal Conditioning and mindset

I could go to counselling, and seek healing practices to help me recognise any negative conditioning. I could heal whatever I feel is unhealed within me, in addressing each issue with love and compassion. I could forgive myself if I feel I am the cause of the problem, as punishing myself with self-criticism doesn’t seem to solve problems. I could consider forgiving others and the situation itself which could help me adjust my attitude to the problem altogether, even if only in considering it. I could ‘reprogram my subconscious’ in listening to CDs or MP3s such as the *Inner Alchemy* range, and work to heal any and all negative conditioning at the source.²³

*I could consider forgiving all things related to the problem.
Even if I don’t see the chance for outward resolution this at least allows
more time and space to focus on my own wellbeing.*

Listening within

These coming two sections are from the *Personal alchemy* guide.

Sit quietly with yourself, preferably in a deeply relaxed state (this can be achieved faster than you may think. See the guide *Practical relaxation*). Don’t worry about the mind chatter, or anything which may bother you, or, stop on the thing which is bothering you and ask the deeper question:

²² Lipton, *The honeymoon effect*, p. 29.

²³ See <http://www.newmindrecords.com>

What is at the core of this? What is really bothering me underneath it all?

Listening within requires being completely open to whatever you hear, whatever thoughts, reactions or feelings come up, with the intended focus to stay open-minded and truly hear what the inner truth is telling you. It can be useful not to grasp onto anything too quickly, unless it is a huge significant pull, say towards an emotional release which brings you to a deeper truth, but otherwise continue to keenly note each thing, following the feeling to see what feels most true. When you find this, take the time to sit with it, evaluate it, and allow yourself to assimilate with the new truth. Acknowledge and imagine what this now means in the context of your life and how this new truth changes things.

When you ask questions, it is well worth keeping an intention of trust and respect that you are speaking to an all-knowing being. Our consciousness interconnects with the Universal consciousness. Our conscious minds may not be fully aware of it, but the sum of our being is built of invisible, self-healing, life-force energy; the same stuff which informs matter all around the globe and co-interacts with everything; we are all infused with these invisible vibrations (I am talking quantum physics, not 'hippy-dippy' vibes, although the science is proving the hippy descriptors of 'good vibrations' to be much closer to reality than many have previously believed; the scientific name is "constructive interference"²⁴). Whatever 'it' is, instead of analysing our belief about what 'it' is, whatever consciousness and self-awareness is, *trusting and respecting it has greater intelligence than our ego-pressed minds is surely a reasonable belief to consider*. It is proven again and again, belief, imagination, and intention carry enormous power, and on their own can transform both the physical and metaphysical states.²⁵

It is essential in this work to keep an open mind.

Messages may come in the way of images, thought forms, obscure visions, light, shapes, words, memories, feelings, senses, and a myriad of ways as diverse as imagination. *Your intention is to listen and be open to any and all messages in any and all forms*. For example, if someone texts you while you're doing this, if you were just thinking of a special person you haven't heard from in a while, if you stay in the open state, you could check the phone right then and there; confirmation, there's your message from them. Or, if you were asking about what bothers you, perhaps it's a bothersome text which comes in, someone asking you a favour; someone who tires you. You 'know' at this point, not to check the phone. It is likely the person, or one of, who annoys you, if that's what had just come up for you in your self-listening. You stay neutral, dismiss it, and return to the inner focus.

Images which are obscure can be hard to decipher, and the ego may want to come in and form set images to make you feel better, so you feel like you 'found' something. But I find it best to keep an open intention. If you want the real truth to present itself to you it won't get the chance if ego keeps wanting to impose its truth on it, to make you feel reassured, to reassure itself! So the questions which can be asked are, *"What is this image about? Is it attached to a feeling, thought, or idea?"* or *"Can you show me more of what this is about please?"*

It must be noted, it is my belief the inner voice, the soul consciousness, is universally self-healing, loving, and compassionate energy. It may tell you the most loving, compassionate things you need to

²⁴ Lipton, *The honeymoon effect*, p. 23.

²⁵ Childre, et al., pp. 38-39.

hear, and it may also state facts plainly, either way, the goal is to free you with the truth, with a wise leader, with a dear friend, determined to stay with you and help you be and feel and know the very best of yourself and what you can do in this lifetime.

One question may lead to a deeper question, and deeper again, follow where feels the strongest, but be open, be open to receiving answers.

Possible questions to ask:

How do I really feel about this person/situation?

When you're confused about your own behaviour, ask, Why do I do this?

Can you show me a solution about this situation?

What do I need to know about this?

What is the truth about this?

What do I really want?

Am I misinterpreting what others want from me?

How are others' perceiving me and my actions?

Am I worried about what others' think even though there's no way for me to truly know this? (Even when people say they're telling you the truth, they may be hiding the truth for their own reasons)

Why am I feeling this way? I thought I liked this thing/idea/person?

Is there anything I need to recognise or do for this other person? Should I do anything?

Why won't I commit to this new practice? What's wrong with me?

Is there anything I need to know?

Am I recognising the value others do bring into my life?

I am open to seeing what the truth is about this, please show me what it is

What does this pattern/idea/judgement say about me?

How do my feelings about this other person, reflect my own beliefs and how I feel about myself?

Am I judging myself?

Who is it I really desire in my life? Who calls to me the strongest?

If this person/this career/this possibility seems unobtainable, why is this?

What do I really love doing which I may have forgotten?

What can I do, or what do I need to do, to achieve this particular aspiration?

You can of course ask yourself anything you want! Your deeper self that is. This is very different to asking yourself, "Do I want soy or almond milk"? There are simple questions in life (though people who doubt themselves can flounder at the smallest decisions). When you ask your deeper self, you're acknowledging you are connected to inner awareness which transcends, imbues, and encompasses all you are, including all the 'routine' ego mind chatter.

For each question which is asked, an open heart and mind must be given space and time to receive and listen to the deepest soul's response.

It is also worth noting the thoughts and responses you have about yourself which clearly show negative self-talk. You could either go into the conversation of "Why do I think so badly of myself? Why do I constantly doubt, question, and persecute myself?" Or, you may choose to simply note it and say, "Well, yeah, I am judging myself. I need to address this at some point".

Be willing to muse upon all the ways your inner beliefs are shaping your experience of the external world. Be willing to fully understand yourself!

Interpreting the messages

Answers could be given in questions, in feelings, in images, in a sense of knowing which is hard to place. The reason measured self-observation is important, is because you might want to quickly get involved in the first thing you think, say if you get a feeling about your partner which is a new potent truth, yes, hold the feeling, follow where it leads, but remaining completely open to the answers entailed within. It is quite easy for the ego mind to want to jump in on the conversation, saying things like "told you", "see, it is their fault", or take you back on the spinning wheel of self-doubts, self-righteousness, and ruminating without solution. Some say it's worth treating this mind like that of a young child, innocent, confused, scared, filled with wants, desires, jealousy, and impulsiveness. Perhaps one can say to the inner child, or the restless, wandering mind, "sit quietly" so you can assess deeper matters (treasures). Allow the feeling process to deepen, open to the knowledge, the energy, the space deep within, and keep acknowledging being connected to the deepest part of yourself.

Listen to yourself!

The ego usually responds in negatives: "You can't do that", "You shouldn't do this", "That's a stupid idea", "Why bother trying?", "Nobody understands me", "It's their fault", "I am powerless". All things which make you question and doubt yourself, as well as question others, over-analyse, and judge based on learnt bias, prejudices, and fears. Ego wants to steer you to what is known and what it already thinks is safe, even though, stressing oneself out constantly with internal dialogue filled with 'what ifs', regrets, worries, anxieties, reactions, judgements which cause dislocation in

relationships, and with self; is all pretty time-consuming, creates low or no benefit, and is not safe, or conducive to mental health! The ego doesn't see this. *It just wants to feel safe and satisfied with what it knows already as this means it can feel in control, and it believes continual worry, alertness and stress ensures this precisely!*

The deeper soul wisdom, higher self, Universal consciousness, in my experience, speaks with love, certainty, and encouragement: "You can do anything you set your mind to", "You know this feels right for you to do, it's time to do", "I think this is a great choice", "Who cares what others think? All that matters here is what you think", "Please stop being so hard on yourself", "Please give yourself a chance".

In regards to your enquiry about others, it may say: "Mind your own business", "Who are you to speak for them?", "Did you ask their soul's permission for how is best to serve this person?", "You cannot ask others to change unless they truly want to. Why don't you work out ways you want to change, and what your deeper needs are?"

And when you feel you are failing, or not recognising even the small wins, it may reassure: "That's okay, you're doing great. You don't have to do it all at once", "Take this moment to feel proud of yourself. Please stop for a minute and acknowledge your work. I am so proud of you!", "Doing this one thing is a great step".

When you get a strong "No" when you think you should be getting a "Yes", you can ask about this and be open to finding the even deeper truth.

Keep in mind we are often made up of contradictions, this is not wrong or unnatural, it is actually quite normal. Humans are a myriad of all their responses to all their unique experiences, it is not uncommon for, on the one hand, one to be really proud of one's achievements, and on the exact same hand, to also feel one has failed. A classic example of the contradictions which we may deny, is when the help we offer others is actually a selfish act, because it comes from our own need for recognition. "I am generous. I am selfish". A contradiction. The core truths tend not to be a contradiction, as the very deepest truth on this one example, could be, we are neither generous nor selfish; we are beings seeking fulfillment in the only way we (currently) know how. This can be expressed in ways which are complex and contradictory.

If something feels uncomfortable, it is worth exploring.

Say, you are a bit obsessed about a certain 'slight' which has occurred. Let's say, you find out a fellow student of your son's school has been using his locker at swimming classes, and your son's been dumping his things on a floor area, making his experience uncomfortable. You have written complaints, and argued, and yet no one is listening. You are certain it is the fault of all the people involved; the people who run the pool, the school staff, the other parents who should have said something, et cetera. They have the gall to say the locker was paid for, but the first thing your diligent self did was check the bill was paid. This is a classic example of a situation with snowball type energy, where it is well worth taking those few minutes on the couch, or going on a short walk and asking yourself, *What is really going on here?*

In the self-talk, a perfect example of a message you would much prefer to dismiss, is one which says, "It's your fault". You think, "What?! Bullshit it is my fault. I paid for the locker!" At this point, hopefully you're practiced enough to really listen to the deeper messages, and open to the possibility at least, that you may have overlooked something. You look back through your records and see the locker payment was for the previous term, or it was a payment for swimming hire, which indicated the locker number, but wasn't actual payment for the locker. When you checked the bill was paid, you were so blind with rage you may not have noticed, the date was close to the same, but the wrong month.

When interpreting messages from self-listening, be willing to be wrong!

*It's much healthier to want to challenge your own perceptions
and fixed ideas, as this is the only way sometimes to find the truth!*

It may also be something overlooked like, it was your child who is playing the prank on another kid, and the locker thing was from a dare, or a lost bet, or retaliation. Things are not always what we think they are, and we can cause quite a raucous trying to get others to see things our way, when it's our own viewpoint which may be obscured!

Self-understanding must include non-judgmental awareness of all aspects of self, whether perceived as good or bad, to be representative of all which we are, and which can only be adapted and changed if it is in our awareness.

*Self-empowerment comes from accepting the truth about ourselves in full;
knowing we can change from within and this is the only action which is
required for healing.*

When we release unnecessary guilt, guilt which does not belong to us, and based on untruths we no longer believe, as an example, we may find we stop blaming others; the energy of guilt can shift and dissipate altogether.

In relation to the language of messages which comes in the way of thoughts and self-talk, we may use the pronouns I/We/You. It really doesn't matter. It only matters that whatever truth you find, you practice staying open to being self-compassionate in conversation with yourself, and stay open to healing and *all possible solutions*. Any self-knowledge can enlighten us from within bringing a clearer perspective, which then reflects outwards, lighting the way forward, burning away the dust clouds filled with self-doubt, and all the confusion entangled with the external world; the path can become clear, when you allow here, and now, your self-truth to shine freely.

You're self-awareness is what lights the way ahead.

Be open to messages which can come in a variety of ways. If you were just realising you do need to work on receiving a bit more, and then the same day someone you love rings you, this time, the advice they give you which you might previously have found to be annoying or condescending, you can make a different choice, in accepting, from their perspective, this is a way they give to you. You don't even have to agree with the advice, but you can hear it in the context of recognising what

someone else has to offer, and appreciate the fact that they are offering at all. And then you can respond either way, "Thank you. I may consider that", or, "Honestly I have my own solutions already for that, but I really appreciate you taking the time to offer things you think could help". If you find the advice intolerable at times, you could take the chance to say, "I prefer, if it's alright with you, I just want to share without then taking on your ideas and solutions for me. I just want to be heard", and with this new assertiveness, they may be able to give you exactly what you need! And instead ask you what you think *you* should do, rather than telling you what they think! In this way, your new self-truth can become a connected practice, which you apply as soon as the new opportunity arises.

More self-truth questions

Why? What does this really mean? Why would I do that?

What do I really feel about this memory, this image, this idea?

Is this still possible?

Why does this thing keep happening?

Why does this hurt me so much?

When was the first time I felt like this? Is there a key thread of reactions where my reaction is the same only the people and situations have changed?

How can I heal this self-sabotaging aspect within myself? Why do I self-sabotage?

Why do I put other people first, as if my needs don't matter?

Why do I secretly think I know better than others?

Do I respect myself? Do I think I should respect myself, if I don't?

In what ways does my insecurity, shyness and lack of assertiveness influence, and even control the level of poor treatment which is directed towards me?

Why do I doubt myself so much, if I do? Is it just to punish myself?

Do I judge the decisions others make?

Do I feel disappointed in others?

Do I rely on others to behave a certain way to maintain and guarantee my own happiness? Is my happiness solely my responsibility, or partially my responsibility?

Do I blame myself as if any bad in my life is my fault?

Do I punish myself because I have felt so hurt by others? Do self-harming behaviours help me feel in control, even if it's only self-criticism?

**sensitivity alert for this one. Was other people's abusive behaviour in the past definitely about punishing me, because they hated me? Or was it about something else, and the abuser's own issues? Is it my fault how others' behave?*

Do I feel worse about how others treat me, or about how I treat myself?

Where I know others are to blame, can I genuinely love and nurture myself within to help me heal?

How could I better respect myself? How could I better respect others?

Do I genuinely allow myself to receive from others? Do I genuinely give to myself?

Who do I resent the most and why (remember to consider yourself)?

Why do I feel jealous? What am I really jealous of? What am I hoarding from myself?

What treasures within me do I keep hidden?

What am I doing to myself?

What is the lesson here? Why won't I let this go?

What do I really think and feel about who I am?

Why am I so hard on myself?

Why do I say the things I do?

Who am I judging in my life, on what basis, and how am I judging myself?

What am I still not wanting to acknowledge? What is it I may not want to accept/admit/see?

Is it possible for me to forgive myself/this person/this anger?

What is the best way for me to heal?

What is the best thing I can do for myself right now?

Am I holding back too much? Why do I worry so much? What can I do to be happy? What is happiness? Is there something I believe which is blocking me from the things I want?

What are the real problems in my life, what do they mean? How can I fix them or address them in a way which works well for all parties?

Can I trust if I genuinely respect my own needs, this doesn't mean there has to be a negative consequence on anyone else?

Do I respect those who love me enough to tell them what my needs are?

Do I respect myself enough to share my needs?

Do I actively implement solutions?

Do I respect others enough to hear their input into how genuine solutions could be practiced?

Am I open to finding root causes for problems, in order to accept them, and maybe even heal them?

What is underneath my 'I'm too tired to try to change anything' mode?

At the core, what is it I truly want? If what I truly want requires others to act in specific ways, can I tell them what these ways are, and how much it could make my life better if they can respect and meet my wants?

Can I consider my wants may not match what others feel they can give me?

In what ways can I give myself everything I want from other people? Is it possible, to fulfill my need for genuine attention and love, in smaller ways? What can I give to myself?

Can I stay out of other people's business? Can I be myself, and let other people be?

Do others need my guidance and advice?

Do I value all I have to offer, even if others don't need me specifically?

Can I love all I am even if this means I am the primary person who is here for me?

Can I accept part of my self-giving must be allowing myself to receive what others have to give?

Is there a balance in my life of giving and receiving?

If I am a care-giver, do I make sure to say exactly how I want reciprocation, and respect myself enough to make sure my needs are also recognised where appropriate?

If I am confused, can I love myself through the process?

What should I do? What is the best path for me? What is the best thing for me to do?

Do I truly trust others with my truth?

Am I speaking up to others when I need to about things which bother me? Am I speaking up and making sure others know my need to feel heard? Am I listening to others?

Is this something I am ready to know? Is this something I am ready to heal? Is there something I don't know I need to heal?

How can I heal all my relationships? How can I better serve myself?

What is my best approach to this person/this situation?

What is 'the best for all parties' in this situation? How can I make this situation work best for me?

How do I best protect and respect my own needs?

When I visualise my ideal life, what do I see?

What is one step I can do, on the path to achieving my ideal vision?

Can I accept, even if I don't fulfill my vision, the very act of having a vision at least gives me the right energy to resonate with?

Can I stay open to the possibilities, even to those things which could require miracles?

Where do my dreams start? What do I want for my life at the least, and the most? How can I achieve this? What is one aspect I can change in my life to support what I want, without having to change too much?

If I release all self-judgements, and gave myself every chance, and asked for the right support, could I still build and create some of my ideal life?

Is there any reason I wouldn't give myself every chance at happiness?

If other people are my reason to stay unhappy, does my unhappiness help heal the situation or help the other person in any way at all?

If I am bound by someone else's bitterness and resentment, can I cultivate my inner happiness in secretly freeing myself within of the burden, even if outwardly I still need to engage with the person?

What is it which more than anything else in the world, really holds me back from happiness?

Do I know or understand what it means to give to myself, and what it means to genuinely receive?

Do I see vulnerability as a strength when it is met with care, or do I see this as weak?

How do I deny myself, even basic self-respect?

Do I expect too much from others?

What special things could I do to support my wellbeing?

Could I find a way to love and support others which also nurtures me?

Can I give myself a chance to create and co-create genuine change for the better?

Can I take all pressure off myself to 'be anything to anyone' including myself, and instead allow myself to be who I am and to do things in a way which truly works for me?

Can I trust my love for others and their love for me means it is impossible to disrespect them when I ask for what is right for me?

One of the greatest assets needed to experience personal freedom is self-trust.

Trust yourself!

I wish you love, light, truth, and empowerment on the journey!

Blessings, Jess Mansfield

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