

Eliminate Patterns, Experience Possibilities, and Enjoy Peace: *How to Heal your Mind, Body, and Spirit through Understanding Your Essence*

I. *You Need to Become Aware*

A. Mind/Body Connection – When you aren't aware of negative emotions, it can make you sick

1. Louise Hay – *You Can Heal Your Life*

Begin to listen to your body. Stop ignoring or working through those “usual” aches and pains. You were born to feel good -- emotionally, spiritually, and physically. If you aren't feeling good, you need to take action. This book will help point you in the right direction. You will begin to look at those little aches and pains, or even things that are more serious as a tap on the shoulder from the Universe telling you to come back to yourself. Get present to where your thoughts are taking you and decide if it's a place you want to go.

B. Notice the *Essence* of Things so you can End Patterns

1. Identify the event that started you down a negative path then look at the next thing you can think of that went “wrong.” After you have identified a few things that are out of alignment, take a step back and figure out the *essence* of each situation.

2. Essence - the general picture of what something is like. For example, if the bad thing that set you off was that you noticed your husband forgot to take out the trash, the essence of that (for you) might be any number of things: you always have to do everything yourself, you can't count on your husband to do his share, there are lots of unfinished details in your life, or you never get what you ask for.

The essence of a situation will be different for each person. It all comes down to the story *you* are telling yourself about that situation. It is critical that you identify the essence of the thing. Once you have that, check your list of occurrences and see if the essence might also apply to the other situations as well. You will be amazed! Time after time you will see that things you thought were just unrelated events are actually the essence of the same thing happening over and over, and all you have to do is identify that fact and you are on the road to stopping the flow of things you don't want.

3. Works a lot better with a friend or coach, because for the most part you will be blind to a lot of this. Others will be much more able to identify patterns and themes in your life than you will, so it is great to have them educated about this process, too. That way you'll have help figuring it all out.

C. The Essence Process – The Ultimate in Becoming Aware – It explains *everything!*

1. It's like turning on the Director's Cut of your Life

2. Lose weight, make money, repair relationships, be better parents, heal themselves

II. *You need tools to shift your vibration/emotion when you become aware they aren't serving you*

A. Lose your Judgment

1. The Law of Attraction (LOA) - what you vibrate is what you get. You can't fool it or pretend that you aren't (mad, sad, worried) if you are.
2. Your opinion is the source of all your suffering. When you step out of your story, you can step out of suffering. This is powerful because when you realize this, you no longer need other people to change for you to feel better. You can make yourself feel better no matter what other people do or don't do.
3. We teach this in the Essence Process. It's a powerful process of inquiry where we help you recognize where you are living in a story and how to drop the story. It is an instant end to suffering. Quite remarkable!

B. The Reframe Game - The basic concept of the Reframe/Something Better Game is that you turn something that doesn't look good to you into something that does look good (and more importantly *feels* good) to you. You do this by creating a story that changes your thought process around a particular situation.

C. EFT (Emotional Freedom Technique)

Sometimes changing your thoughts just doesn't get it. You try to think something else. You KNOW you should let it go, but you just CAN'T.

1. EFT allows you to deal with the negative emotion directly by tapping on your energy meridians. It is Easy to learn, but takes a bit of art to figure out what to say and what issues to tap on.
2. You can download the 95 page EFT manual for free at www.emofree.com or take one of our EFT classes to learn how to do it yourself.

III. *You need a process that will keep you consistently aware and able to shift/clear your vibration*

A. The more you clear, the less there is to clear. Think of your energy like a spark plug. If you keep the parts that fire nice and clean, they will fire very easily and your engine will start every time. If you let them get fouled up with gunk, your engine will start slower and slower and eventually won't be able to spark at all.

1. Finding a process that keeps you clean and clear on a REGULAR basis is what will give you the mental and emotional room to make major shifts in your life.

B. Neuropeptides – Scientists have discovered that there are chemicals called neuropeptides that flow throughout your body. They are like drugs. Each emotion has a different one. So if you are a person who is angry a lot, your cells become addicted to the neuropeptide linked to anger and they seek it just like a drug. When they don't get it they send signals to your brain that they need a "fix" and your brain gladly obliges with creating a story that causes anger to be fed to your cells.

When you are trying to break free of a troublesome emotion, you need a process that can keep you emotionally/energetically clear for long enough periods of time for you to essentially "withdraw" from the emotion you've been addicted to.

C. There are lots of energy clearing techniques that can help you do this. EFT is the easiest to use and learn from what I've seen. EFT used within the Essence Process is the most powerful and effective combination for continuous clearing that I've ever experienced.

IV. *You need support. You can't see this stuff on your own and you won't do it on your own either*

A. You already have a million things you are trying to do in your life. You are trying to work, be a mother, a wife, a partner, a daughter. Keep your house clean, get the groceries, make dinner, look beautiful, stay in shape, shave your legs... It's just too much to be expected to have the self-discipline to undertake a complete overhaul of your mental and spiritual life completely on your own. Your ego is too powerful and it will talk you out of staying on track. It will give you amnesia and make it hard to keep things straight. It will make you blind as a bat.

That's what I had to do and it took SO much longer than it had to. There was a lot of trial and error and a lot of money spent on programs that turned out to be a whole bunch of nothing. When I reached out and enrolled my friends and then eventually hired a coach is when things really kicked into high gear for me.

B. Because I was so busy and already had so much on my plate when I tried to figure this all out for myself, I wanted to create something that would save other women time and money while also delivering a really quick and powerful result. Once you get in a good program, the step by step process makes it a no-brainer to put the tools into practice.

Summary

You don't have to be stuck with these painful, recurring issues that make you feel like you'll never be free to step into your greatness. Now you know that you can be in complete control of the health of your mind, body, and spirit. By returning to your own basic, real, and invariable nature you truly can Explore your True Potential and Enjoy the Peace you are meant to have.

That's what I wish for you.