

A PATH TO WHOLENESS

TASHENE WOLFE

NEW AUTHOR PUBLISHING

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Dedication

To my mother Lily Wurster, who taught me independence and the courage to fight for my life, even when I made choices of which she disapproved. To my grandchildren, students, clients, and friends who carry the promise of the future on their shoulders.

Acknowledgments

This book could not have been written without the help of both my teachers and students. I am deeply grateful to you all. There are many people who have been instrumental in making this book a reality. A special debt of gratitude to my soul family who helped “birth” the first edition-Carol Alaimo, Valery Catton, Amanda Smith, Bobbie Kalman, Andrea McCabe, and Hanneke van Overveld. New people have pitched in with the revisions and improvements of this edition. Many thanks to Helene Darisse, Elaine Murray, Susan Clyde, Jenny Davey, and Fran Walsh for their encouragement, support, and many hours of editing. Special thanks go out to Salvadore SeBasco for his book critique and review and his many suggestions that have been utilized to improve this edition. A special tribute goes to my soul brother, Chris Todd, whose unwavering support and guidance have sustained me through the last months of revising this edition.

Foreword

A Path to Wholeness changed my life! I was in the VPR Triangle and did not even know it! I purchased my first copy of this book from Tashene sometime in 2006. It was a time when I was in a very unhealthy relationship and feeling completely out of balance. I quite honestly did not know up from down anymore and was in a constant state of instability and confusion. I kept asking for insight, what was I was not getting?

I read this very insightful book for the first time shortly thereafter in a plane many thousand feet in the air (I was on my way home from another miserable holiday with my partner). As I read, I began to excitedly and feverishly highlight the most relevant text for me; and on that flight, I found my great AHA moment. You know that moment when all the pieces of a puzzle you have been working on finally come together? I suddenly realized that I was in a VPR Triangle with my partner! It was a pivotal moment in my life and in that relationship.

The most interesting thing that happened was, as soon as I became aware of the VPR Triangle, I was immediately able

to step out of it! All of a sudden, I found myself looking at my partner from a completely different and detached perspective. I marvelled at how and why this person (sitting next to me and fussing and complaining about the long flight) had so much control and power over me. He suddenly seemed so powerless, absurd, like a fish out of water. I realized that he was not stronger or smarter than me. He was not better than me in any way. His only power over me was that he was completely adept in the Triangle. Then, I realized that I must be also, otherwise we could not have danced so skilfully together within the workings of that Triangle. A Path to Wholeness clearly showed me my part within the VPR Triangle; and in seeing it, I could step out of it into my Personal Power. The information in this book set me free!

Each relationship we have has the potential to be within the VPR Triangle. I do get caught up at times and dragged back into the Triangle, when I am not paying attention; but now I know how to identify what I feel when I am in there, identify which role I am playing; then face my part of it and get the heck out of there again as quickly as possible. This book has enabled me to empower myself to have more authentic relationships with those around me - to no longer be a victim. Thank you Tashene for the insights I was seeking!

Debbie Boehlen, Founder and owner of the Canadian Centre of Indian Head Massage www.indianheadmassage-canada.com

Prologue by Tashene

My personal journey toward wholeness began in 1971, during a Near Death Experience. After extensive testing, the doctors told me that I had only a few months to live. I went through all the stages of dying - denial, anger, bargaining, depression, and finally a place of acceptance and peace. During the actual death experience, however, I became aware of the hope that I could heal my body. I remember saying, "I'm ready to go, but if there's anything that I need to do in this world, show me how to get well." With that as my commitment, I was thrust back into my body. Over the next few months, I was shown how to eat and drink very specific things that gradually healed my body.

Soon, I went back to school to learn about human psychology and healing. My plan was to become a social worker; but before I could even graduate, I was recruited to train as a Reality Therapist with the Addiction Research Foundation. My background in psychology and the fact that I was a "clean and sober role model" had qualified me for the job. Everyone in the groups that I led was "a serious addict," who had been referred by, either their doctor or a

judge, due to their dangerous behaviour. I soon realized that I had found my life work, because I could see that I was actually helping people get their lives back on track.

Even though I was the one who was supposed to be the teacher, the “addicts” were amazing teachers for me. As I began to more fully understand the concept of addiction, I began to realize that I wasn’t so “clean and sober” after all. I realized that I was physically addicted to several socially accepted substances, as well as many non-physical patterns of relating to my environment. In the beginning, I was too self-righteous to consider that *my* seemingly *innocent* addictions were anywhere near as *bad* as drugs, alcohol, or gambling – the habits that had so adversely affected the “addicts.” Gradually, I began to see that this wasn’t true. I couldn’t go anywhere without my *stash* of soda and chocolate. My belief that those substances were essential for my wellbeing was the same kind of belief that I repeatedly heard from people who were labelled “addicts.” I became painfully aware of the similarities between us, rather than the differences. I also, gradually became aware of the *emotional* component of addiction – whether it was to a substance, person, or thing.

I began the self-discipline of keeping a constant vigil to catch myself, whenever I experienced that *desperate, addictive sensation*. Each time that I was honest enough to identify that specific emotional sensation, I would consciously strive to prevent myself from acting upon it; honestly look into the source of what I was experiencing;

and *wakefully wait*, until I could find a healthier way of relating to the situation.

My outlook on life again changed dramatically after another time of spiritual awakening in the 1980s. I left my old way of life and set out on a spiritual journey. I spent 10 months studying Bio-kinesiology, which is the use of kinesiology to connect with the soul vibration. I began to see auras and became very intuitively connected with people. I had been trained as an iridologist and herbalist and as I worked with people, I realized that I was seeing things that were not scientific – I had become a medical intuitive. I could explain to a person where their health challenges were simply by looking at their aura. I began to notice dark spots in my clients' auras. These spots usually corresponded with a physical disorder, which the client already knew about or one that I knew would soon manifest.

I began to call these dark areas “clouds,” because I realized that these clouds were made up of dense particles of dysfunctional thoughts and emotions – like dirty water droplets. As I clairvoyantly assessed and defined the cause of those dark particles – the mental or emotional blockages – I found that many of them could be dissipated very easily, when I revealed the situations that had caused those thoughts and emotions to become “stuck.”

I was shown that much of our daily stress and emotional pain is the direct result of clouds of confusion in our lives. I

could see that the clouds were dysfunctional energy packages that were stuck between the Mental and Emotional Bodies. This led me to believe that our bad habits are simply the products of unhealthy notions that we have become emotionally attached to – dysfunctional beliefs. Due to my background in addiction counselling, I soon concluded that we become emotionally attached, or addicted, to our bad habits, because we are under the false impression that they will *make us feel better* – the way addicts think about their addiction of choice. As I poured over every available book on the subject of addictions, I realized that much of the existing literature was limited to the addiction to certain substances, such as drugs and alcohol; the dysfunctional behaviour of gambling; or the enabling behaviour of partners or family members (co-dependency). This just didn't seem to be a complete picture.

Over the years, as I counselled clients, I observed that, even though there *are* people who use self-abusive substances to avoid looking at the pain and confusion in their clouds, there are even more people who live in misery by focusing their time and attention on seemingly “normal,” but dysfunctional habits. For example: I noticed how some people spend most of their time and attention on competing with others to become “*a somebody*”, because they feel so inadequate. They make most of their choices based on whether or not others will approve. Or, there are people who spend all of their time and attention on

destructively stressful activities – such as controlling everyone and everything in their environment, so they will feel safe. Or, there are people who run away from their problems by spending most of their time taking care of others, working, or playing sports, or watching TV, or playing video games. I began to help people sort out their bad habits and understand the beliefs that fuelled their bad habits. I began to see that the habits fell into three distinct categories – that of Victim, Persecutor, and Rescuer. I realized that the Victim, Persecutor, Rescuer Triangle is a huge cloud that envelops most of our present society and that very few people actually live free of its influence.

It was many years later when I learned that Samuel Hahnemann, the founder of Homeopathy, had written about clouds (which he called miasms) in a work that was published in 1828. He claimed that miasms are the cause of every disease. This corresponded so closely with what I had seen intuitively, I began to study his theories and I have concluded that we are probably talking about the very same phenomena.

I began to realize that most of us have clouds and we use addictions to avoid looking at them. Our addictions don't have to be physically harmful, like alcoholism or drug abuse; they can be as simple as wasting our precious time by watching too much TV, or playing video games, or arguing with people over trivial matters, or, in my case, spending too much time reading books to avoid my real issues.

I eventually came to see that by making conscious choices about what we focus our attention on, and by changing the inefficient patterns of our dysfunctional thoughts, feelings, words, and actions, we actually change our world.

When we look carefully at the history of human society, it shows that dysfunctional beliefs, traditions, and behaviours have consistently prevented harmony in human relations. We can see how dysfunctional beliefs and behaviours create conflicts between people, groups, religions, and countries, all over the world. I am now convinced that, if enough of us penetrate our clouds and see the truth of whom we really are, we will gradually change our individual patterns of relating to our environments; in so doing, we *are* changing the world.

As I began to see the individual conflicts as indicators of a global problem – a microcosm that reflects the macrocosm – I began to understand that our darkest personal clouds are those that separate us from our soul connection. In essence, we have become disconnected from our truth, so we follow along in our learned patterns of relating that continue to confuse us and cloud our judgment. That clouded thinking is reflected in the choices that we make in our daily lives.

I began sharing the ideas in this book in the early 90s and they have been used to support, encourage, and heal the lives of many people in my private practice as a minister, counsellor, teacher, and healer.

Since the first edition was self-published in 2005, it has found its way across North America. In fact, it won an Honourable Mention Award in the Body, Mind, Spirit Category at the Independent Book Publisher (IPPY) Awards in 2006. What a thrill it was to go to Washington, D.C. to receive this prestigious award! It has been an even greater thrill to hear how this book has changed people's lives. I have received many emails and letters thanking me for writing it. One man said, "The first time I read your book, it was because I like you. I read it the second time, because I figured that I had missed something. I have just finished reading it for the third time and I now realize how much your book has changed my life for the better."

This type of comment has convinced me that this book may also help you bring your life into greater balance. Please don't think, however, that you can change your life just by reading it. You can only change your life *IF* you are willing to conscientiously review and revise your old beliefs and the habits that have clouded your thoughts, feelings, words, and behaviour, until a new way becomes natural. Anything that you have *learned* in the past can be *unlearned* and new habits and behaviours can be established.

Everyone's path is unique; but the one thing that we all want is to be happy, to feel whole. If this is your mission, this book will encourage and support you on your path. It will assist you in understanding how you were influenced or conditioned in the past; what conclusions you formed during certain stressful situations; how to rethink those

conclusions; and how to shed the light of truth into any area that holds a cloud. By penetrating your clouds with the light of truth from your soul/Spiritual Body, you will be able to restructure your beliefs, allowing you to make healthy choices that support you along your personal *Path to Wholeness* - to find and fully express your Total-Self and create the life that you were meant to have.

Chapter One

Ground Zero

Long ago and far away, there was a happy royal family who were loving and kind to each other and their subjects. However, there were some people in the land who were greedy and power hungry who tried to dethrone the king to gain power. Even though the king was just and fair, his opponents created trouble throughout the land. This struggle lasted many years during which time the queen gave birth to several daughters. Each time a daughter was born, the troublemakers would rejoice, because they didn't see girl children as a threat to their plans.

Finally the queen gave birth to a son. She was afraid for his life; so she made the ultimate sacrifice and he was taken from the palace secretly to be raised by distant relatives in a tiny village in the country. Because his adoptive parents were poor peasants, he grew up believing that he too was a poor peasant. When he became a young man, however, a royal emissary arrived in the village to tell him the truth and asked him to assume his position as the royal prince of

the kingdom. He couldn't accept the truth, so he ran away and denied his birthright.

This story is a metaphor for your life. You are a divine-spark - a part of the Creative Force of the Universe - the God Force. You are a divine spirit having a human experience. You are a prince or princess of the royal family - the God Force; however, you have been conditioned to believe that you are "just a human being" and you are, therefore, "less than" and "disconnected from," the God Force. This is not true; but a story that you have learned to accept as truth. Just like the prince in the above story, you can run away and deny your birthright, or you can accept it. You have free will to choose which perception you will believe to be true.

Many teachers and religious leaders throughout the history of humanity on this planet have taught us to believe that we are separate from the God Force. Unfortunately, some people continue to believe these stories, until many generations later, our light has become dimmed by the lack of truth about whom we really are. It may have seemed easier to deny that we are in charge of what is happening in our lives; because we realized that, if we accept the truth, we will have to face the fact that we *are* responsible for our kingdom - our reality.

Many of us are now in a position to accept the truth, because we know that we can't run away from ourselves any longer. We now understand that everything that is

presently in our world *was created by us*, through our thoughts, beliefs, words, and actions – the things that we learned to believe about ourselves, and our patterns of relating to our environments – including the lies that we have told ourselves and our dysfunctional habits. Therefore, if your world isn't exactly how you wish it to be and you want to create a happy and healthy life, you must rethink any untruths that were internalized during your earlier experiences – those that have clouded your thinking and kept you in unhealthy patterns of relating to your environment.

The process of spiritual awakening is the peeling away of the lies or untruths that you have held in the past – the lies that have clouded your thinking and have kept you feeling separate from the God Force. As you penetrate those clouds with the light of truth, your world will automatically reflect the changes that you have made.

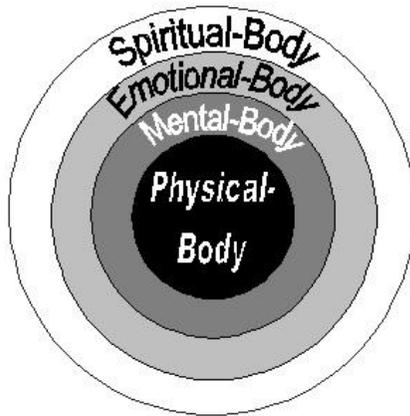
Consider for a moment the idea that, before you came into this world, you were consciously aware that you were a part of the God Force. You were whole and connected with every aspect of your being. You had a natural connection with Mother Earth and the God Force – you were directly linked. You were supported, nourished, and sustained by that connection. Somewhere, deep in your consciousness, you remember this connection. That's the reason that you are dissatisfied with anything less. That's the journey you are on – to find the fullness of that connection again. This book is designed to help you remember whom you truly

are behind the lies that you have learned to believe about yourself - your clouds.

If you want to let your light truly shine, instead of just barely surviving on this planet, you will need to understand, rethink, and release some of your old habits and beliefs. By rethinking and adjusting the way that you make your choices, you will begin to activate your creativity and engage your will to consciously make changes in your life by awakening spiritually and creating a new way of being in your world.

You are a complex being, so the following illustrations and definitions are designed to help you understand the different parts of your Total-Self in a clear and precise way. By dissecting your Total-Self into these four parts, you can become consciously aware of how each part of you interacts with your Total-Self; whether you have clouds of unhealthy habits and beliefs that dim your potential; and how to release your clouds to reveal your authentic self.

The Total-Self



This is the way your Total-Self would look if you were a perfectly balanced person living in total harmony with every aspect of your being.

The term "Total-Self" represents your total consciousness – the totality of all your parts – your Spiritual-Body, your Emotional-Body, your Mental-Body, and your Physical-Body. Your Total-Self is balanced when all your parts are functioning in harmony and integrity with each other.

If you were totally balanced, your decisions would be made from a place of consensus between all your parts. If you think that something is missing in your life, it is because you are not making your decisions from a place of harmony with your Total-Self – there is something out of balance – there is a cloud in a specific area of your consciousness.

Your Spiritual-Body

The outermost circle of the above illustration represents your Spiritual-Body. It is shown as clear in the above illustration because it is invisible to your physical eyes and has the least dense energy. Your spirit is whom you were before you came into this world and what will be left when you no longer have a physical form. It is your natural connection with the rest of the Universe. Ideally, it penetrates or overlaps every part of your being.

If you were, at all times, consciously connected with your Spiritual-Body, you would always know how to cope with every situation in a healthy, stable manner. Your choices would be based upon what is *right* or *good* for you; and you would know how your decisions would affect your future and your future relationships.

Some people call your connection with your Spiritual-Body “activating your fullest potential” or “self-actualization.” Sometimes, your Spiritual-Body is called your soul, your higher-self, your superconscious mind, your “authentic-self” or your “authentic-voice.” (Your “authentic-voice” is actually your soul-voice from your Spiritual-Body and will be more thoroughly discussed in Chapter 7.) Whatever you call it, a strong connection with your Spiritual-Body is the goal of most spiritual seekers.

Your Emotional-Body

The next layer, in the above illustration, is your Emotional-Body. It is a slightly denser energy than your Spiritual-Body, because it contains the desire to be part of the physical reality of this planet. It contains sensors that are designed to perceive and evaluate the non-physical reality around you. Your emotions are designed to give you information about the energetic atmosphere or “climate” in your environment, both internally as well as externally. When you become fully conscious of your Emotional-Body, you are fully aware of what you are sensing at all times. By using your natural senses, you can perceive the energy in each new environment to decide whether it is beneficial to you, or whether it would be better for you to remove yourself from that space. When you are able to accurately sense the energy around you with your intuition, then you can use your Mental-Body to define and label what you are experiencing and choose the role that you want or need to play in each environment.

Your Mental-Body

The layer that is closest to the Physical-Body in the above illustration is your Mental-Body. It is darker in colour, because it has the capacity to hold onto mental energy, until it is manifested into a physical form. Your Mental-Body is like a computer database that stores factual information about your life experiences and your physical environment. It holds your conscious and unconscious

memories – all the information and concepts (packages of information) that you have learned from your previous experiences in your environment. It holds all your memories and logical conclusions about your previously experienced reactions and responses. It holds the information that you have learned about your connections with other people, your environment, Mother Earth, and the God Force.

You “tune into” your Mental-Body whenever you consciously observe and label things in your environment and come to conclusions about what is happening. You make decisions about each situation and decide what is in your best interest according to what is stored in your memories. Your Mental-Body processes information by defining how external stimuli and information will affect your life and your relationship to the world. You then file the necessary information into your memory banks to be used at a later time. Some people call your Mental-Body your “mind” (both conscious and unconscious). When you are consciously aware of your mental processes, your mind is clear and precise. When you are unconscious of the way your mind is working, your thoughts are clouded and unable to process your options in a clear way.

Your Physical-Body

The dark shape in the centre of the above illustration represents your Physical-Body. Its shape is the darkest in colour because it is the densest manifestation of your Total-

Self. Your Physical-Body is everything that is visible to the human eye in your personal world and outwardly expresses who you are into your environment. It, of course, includes the physical body in which your spirit lives; but it also includes all things that you have created in your physical environment, your home, and your possessions.

A healthy Physical-Body represents your uniqueness and expresses what makes you different from others as well as the qualities and values that you share with other people. Your Physical-Body is often referred to as how you express your ego into the world. It is the physical manifestation of everything that you have created with every aspect of your Total-Self.

A Healthy Total-Self

Your Total-Self is what we often call your “personality.” A healthy Total-Self contains a healthy body, mind, emotions, and a close alignment with your soul/Spiritual-Body. This balance is called your personal integrity. Ideally, each part of your Total-Self is seen as equally important, respected for its value, and given the appropriate support and encouragement to grow and evolve. A healthy Total-Self also creates a layer of protection for your identity – healthy boundaries.

Healthy boundaries create a safety net around your Total-Self to prevent harmful external stimuli from affecting your identity. For example: If you are an honest person and

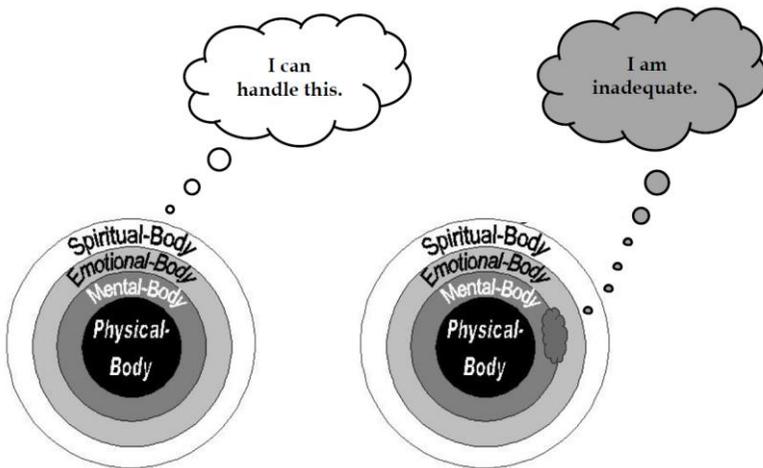
someone were to call you a liar, a healthy Total-Self would automatically reject that false accusation, because you know that isn't who you are. Therefore, your whole being would prevent you from being affected by that person's opinion, because a firm knowledge of your high level of honesty is in place. You would simply deflect that opinion away from you and say, "That isn't who I am." That allegation would just bounce off your being and you would not be affected by it, making it possible for you to respond with such a clear message that your attacker will easily understand.

The reverse is also true. If someone were to call you a liar, and, if the boundary around your Total-Self were less than strong and healthy, you would allow that accusation to penetrate your being and you would be affected by it. This would reveal that you had previously formed an unhealthy (and perhaps unconscious) belief about your ability to be honest - a belief that clouds your perception of yourself. This awareness is an opportunity of healing - an opportunity to review a self-limiting belief and release it.

Every belief is simply a package of energy that holds facts, ideas, memories, and concepts to which you have attached an emotional value. Every belief was formed because you have come to conclusions based on your previous experiences. In other words, beliefs are created when you mix facts and feelings together. Each belief is your creation. It is like a baby that was birthed in the energetic field between your Mental and Emotional Bodies.

If the belief is in alignment with the truth in your Spiritual-Body, it will naturally float to the perimeter of your Total-Self and create a safeguard from external doubts, fears, or false projections from others – a healthy boundary. If, however, it is a false belief that is based on misinterpretations or misrepresentations of your truth, it will stay stuck between your Mental and Emotional Bodies; and it will diminish or even stop the light of truth from your Spiritual-Body from enhancing your life.

How Your Clouds Were Formed



The above illustration shows that a good belief will be a clear energy package, like the one on the left and it will serve as a safety net around your being. It is in harmony with the light of truth from your Spiritual-Body so it will enhance your life. If, however, the bubble is filled with self-limiting beliefs, it becomes a dense cloud like the one

shown on the right and it will remain stuck between your Mental and Emotional Levels.

Every cloud is made of a variety of distorted or unclean ideas – almost like droplets of dirty water – that have gathered together due to similarities in their vibrations. As we go through life, we collect these soiled energy packages for a number of reasons: They may be based on memories of our experiences in previous lifetimes; we may have absorbed them from the attitudes and beliefs that were demonstrated in our early childhood; or they may have been assumptions that we came to during our experiences in past or current environments.

In other words, we have gathered those polluted ideas together into a solid cloud that defines and limits our perception of ourselves and our environments. Then, we have built a story to define our clouded thinking. Our stories say that what we believe is true: however, a belief may, or may not, have any value or basis in reality.

Let's also examine how facts, concepts, and ideas/theories/stories/scripts influence our clouds. The word "fact" represents a certainty – something that most people will agree to be true. It is a fact that you are reading this book. If you are sitting in a chair, while you are reading, it makes the statement, "You are sitting in a chair," also a fact. Now, we have brought the word "chair" into this narrative. Most of us would agree that the word "chair" represents a "concept" that includes the presumption that a

chair is simply something that one sits upon; but it's not something to eat, or a vehicle to drive to the market. Therefore, a concept is a grouping of ideas that we use to refer to a specific subject or object. A specific word (such as the word "chair") is used to embrace the parameters of that concept.

The concept, which comes to mind when you hear the word "chair," is totally unique to you. It contains information about what your imaginary chair looks like and is made of. For example: The word "chair" may activate thoughts and pictures about one that is made of wood, or metal, or it may be upholstered. While you are still thinking unemotionally about "facts" regarding your chair, it is still in the realm of concepts.

As soon as you begin to add an emotional charge or attach a value to your mental image of your chair, it moves into the realm of beliefs. For example: You may have an emotional attachment to a specific chair, because it has sentimental value; or it is very comfortable; or you think it has more value because it cost a lot of money. Each of these emotional components adds dimension or value to your perception of the images that you created in your mind as you explored the word "chair."

You begin to create a theory or story to substantiate your reason for valuing that particular chair. Some of your theories regarding the value of your imaginary chair may be very practical and logical. You might say, "I like this

chair because it supports my back while I'm reading." That belief is a conclusion that you have come to through experience: You value the chair because of its comfort level. If, however, I were to offer to exchange your chair with another that you found more comfortable, very likely you would accept it willingly.

However, when you add a stronger emotional attachment to a specific chair, you would begin to add more energy to the value of your chair. For example: You may have a favourite chair that was given to you by someone you loved and you want to continue to feel their love as you sit in their chair. These are good feelings that you enjoy; so you don't want to part with the chair, because you don't want to let go of those loving feelings.

Conversely, if you were to add fearful thoughts to your belief package regarding your chair, it begins to create a whole new perception. Let's say that you begin to build a theory/story about it that suggests, "The only time that I will feel the presence of my loved one is when I sit in their chair." Or, "They won't love me, unless I keep their chair forever." You start creating a story that makes you feel controlled by them because of those conditions. You may even believe that they will be angry with you and stop loving you, if you were to sell or give away their chair.

Your theory has devolved into a cloud that contains beliefs that are so distorted that they have no resemblance to the truth. It is simply a mental construct that you have begun

to believe in. The resulting story that you have created has become a cloud – an illusion or delusion – that has the power to cripple you and prevent you from using your free will to make healthy decisions in the future.

How Clouds Distort Your Emotional Perceptions

Scientists have now proven that you have receptors in your brain (that were already functioning before you were born) that are designed to intuit information about your environment, allowing you to assess the energy around you. Your intuition is a natural function of your Emotional-Body that allows you to accurately perceive every element in your environment. This perception then allows you to respond appropriately to each new situation and keep you safe.

If your early environment was confusing or unsafe, your intuition may have become overloaded with sensations and you concluded that you had to turn down its volume to survive. For example: If everyone in your environment was bigger and stronger and more powerful than you, or, if you were consistently diminished by the thoughts, feelings, words, and actions of those around you, you may have concluded that the best way to survive in that environment was to pretend that they had all the power and you had none.

If you were consistently conditioned to mistrust your observations as a child, your ability to read the signals and

sensations in your Emotional-Body gradually became less accurate. By shutting down your conscious awareness of the nonphysical reality around you, this disconnection confused or even disabled your Emotional-Body. You became less able to make healthy choices, because you were not receiving accurate information from your Mental-Body. In other words, a cloud was created between your emotional sensors, and your thinking processes. Consequently, you became less and less capable of using your natural capacity to react appropriately to challenging or dangerous situations.

For example: As a small child, you may have had experiences where you were criticized or even punished because you didn't know something. You may have felt emotionally hurt by the energy coming from the people who were upset with you. They may have also said that "you should know better" and you interpreted this to mean that you were "stupid." This may have affected your perception of your mental abilities. You may have then combined the two components - the words that they told you, plus your hurt feelings - to create a clouded belief that you were inadequate - just because you didn't know that particular thing.

Now, whenever you experience a new or different type of situation, where you are inexperienced, you automatically criticize yourself (tell yourself the same story, in the same way) by calling yourself "stupid." Each time a situation arises where you are either told by an outside source, or

come to that conclusion by yourself, it reinforces the cloud, making it denser. Once that cloud is in place, you continue to act in a way that is in agreement with the energy of the cloud. In this case, you would act “stupidly;” making the cloud more and more dense through reinforcement.

Clouds Contain Your Defensive-Mechanisms

As has been mentioned earlier, it is the function of a healthy Total-Self to define your personality, your identity, and to protect you from the external influences that could adversely affect your life. Therefore, when you were a child, it was natural for you to develop ways to automatically react to your environment. These reactions were supposed to make life simpler and easier, but also to protect you from harmful external influences. You probably unconsciously internalized some of these habits by observing the older people in your environment.

Some of those habits are functional coping-strategies, because they are aligned with your Total-Self, and allow you to respond appropriately to situations. Others are dysfunctional defensive-mechanisms that have become stuck between your Mental and Emotional Bodies, and continue to cause you to react inappropriately to the threats that come toward you.

A healthy coping-strategy naturally brings about a healthy, harmonious result. A defensive mechanism is an unnatural process that you have invented to protect yourself, because

you are in a state of fear. If you keep in mind that every “mechanism” is a man-made, mechanical invention that is not natural, you will see that it is outside the realm of healthy or harmonious results or effective solutions to the challenges in your life. It is merely an artificial weapon that you have invented to protect yourself. All defensive-mechanisms are abnormal ploys that we use to protect ourselves and to pretend to be in control, even though we feel powerless. In reality, they are lies that we have invented to defend us whenever we feel vulnerable.

If your environment was consistently unsafe, you most likely developed defensive-mechanisms that were not in your best interest then, and are definitely not in your best interest, now. Keep in mind that children who are raised in confusing environments quickly learn to focus all their curiosity and creativity on ways to protect themselves. This is how defensive-mechanisms become habitual. Now, as an adult, some of those habits may automatically control you, especially when you are in uncomfortable situations. They automatically click into place, whenever a specific energy approaches you.

Some of your defensive-mechanisms may be: believing that *every* environment is unsafe, so you have to protect yourself against *all* people, especially people of different races, religions, or nationalities; believing that it’s a “dog-eat-dog world,” so you have to make yourself *important* or be aggressive to feel good about yourself; or believing that no one is going to like you, if you tell them who you really

are, so you have to create a false persona or mask to be accepted or to prevent others from knowing how vulnerable you feel.

You eventually gathered those beliefs together, until they created dense clouds that have their own “voice” – words or scripts, which you continue to use as a mask or false face to protect you, whenever a specific type of threat approaches your being. Sometimes, this “voice” is what you automatically project toward others, through your vocal chords; but often, this “voice” is just words in your head that diminish your truth, create confusing emotional sensations, and, consequently, muddy your perception of yourself. So, I call the voice of your false-self your “phony-voice” – false perceptions about yourself and your world; as opposed to your “authentic-voice” that expresses the truth about whom you truly are – an awareness of your divinity – the truth from your Spiritual-Body.

Scripts

“Scripts” are internal dialogue or self-talk that are the products of unhealthy beliefs – stories that you have told yourself. Scripts are simply a grouping of lies that you have gathered together to protect yourself – a defensive-mechanism. Each script is spoken from a false persona or “character” that you have created to project a false image of yourself. Your “character” automatically “reads” from your script, according to the role that you have chosen to play in the drama of life.

Have you ever noticed how your tone of voice changes when you are insecure or threatened? This is because your phony-voice is reading from a script that was created to protect you from further confusion, rejection, or abuse. You believe that, if you play your role *correctly*, using the *right* words with the *right* tone of voice, you will be safe. So, your scripts are *tools* that you have invented – defensive-mechanisms that click into place to make you *believe* that you are in control. They are also designed to fool your audience into believing something about you that is not true.

You created your scripts to prevent people from knowing that you feel vulnerable (insecure or afraid). They were designed to throw other people off track, so they won't continue to abuse you for being you. That phony-voice tells you lies about yourself and your abilities, as well as gives incorrect messages to the other people in your environment. Over the years, that voice may have become louder than the truth of whom you are. For example: If you were really intelligent as a child, it may have caused trouble with people who wanted to dominate you. They may have told you that you were inadequate and eventually, you began to agree with their perception. You began to tell yourself that you had to pretend to be inadequate, so you wouldn't get into trouble again. Unfortunately, you repeated that lie to yourself so often that you began to believe it. It became automatic – an unconscious script that you began to believe was true.

Another example: When someone tries to intimidate you, you might automatically “read” from a script that says, “Don’t tell me what to do! I’m in control.” This script is designed to fool the other person into believing that you actually know what you are doing; when in reality, you may not, you aren’t sure, or you are afraid that you have just made a mistake. This is your attempt to control others by using your phony-voice to puff-up (fill with hot air) your clouded beliefs and prevent others from knowing that you are actually feeling insecure.

You may also have a cloud that is filled with stories or scripts that you have internalized, because you have become convinced that you *deserve* abuse. Every subsequent situation that causes similar scripts to be triggered exposes memories that are recalled with amazing clarity and accuracy – often with the same, or very similar, levels of distress. Also, some of your unconscious scripts are lies, which you have absorbed directly from your early childhood environment. They may have become totally subconscious and hidden behind stories that have no basis in your present reality.

As you become more conscious of your scripts, you can more easily deal with them. You will then be able to release your unhealthy patterns of relating and the subsequent false personas and scripts that you have built around them. You then have a clean slate to invite in new information from your Spiritual-Body, make decisions based on the

truth of whom you are and fully express your Total-Self into the world around you.

The Original Cause of Addictions

Whenever unhealthy beliefs or behaviour are prevalent (disempowering or confusing behaviour, beliefs, ideas, or reactions), a cloud of confusion is formed. This cloud contains all the different particles of thoughts, beliefs, and emotional reactions that were ever expressed by the people in that environment. If you lived in such an unhealthy environment, it was natural for you to become confused.

As a child, if you were subjected to confusion on a daily basis, eventually, you began to consider it as the normal way to be and you became conditioned to it. You were told that you “should” be able to cope with it. You began to focus all your attention on dissecting the confusion to regain some semblance of order and control. If you couldn’t sort out those confusing elements, you may have begun to search for ways to temporarily hide your areas of vulnerability. However, if you were being denied the elements that you actually needed to feel safe and secure, you probably used your imagination to find another method that could give you a temporary respite - an artificial substitution for the real thing - an addiction.

Those substitutions may have been the only solutions that you could think of or the only ones available to you at that time. Even though you realized that they were not what

you *actually* wanted, you were desperate – you wanted to *feel better* – so you accepted *second best*. Second best left something to be desired; so you began to use your imagination to tell yourself a story about how you “needed” your addiction of choice to make you feel complete. Your story became a belief or illusion. However, your stories could never make your addictions truly satisfying – because no matter what story you told yourself, the substitutions/addictions were not the *real* thing. Your stories were simply scripts, which your phony-voice was telling you, to divert your attention away from your reality, so you could *pretend* that you were *feeling better*.

All external confusion (big or small) affects your Total-Self if you don't have healthy boundaries. When you were a child, if confusing messages were consistently repeated by your peers' or elders' words, reactions, or behaviours, unnatural conclusions or patterns were established in your Total-Self. That confusion may have turned down the volume of your authentic-voice (from your Spiritual-Body); diminished your connection with your intuition (from your Emotional-Body) that influenced what you perceived as the right or wrong things to do; imprinted more lies and confusion in the clouds that were lodged between your Emotional and Mental-Bodies; confused your logical mental processes (in your Mental-Body); and eventually, affected your Physical-Body. Your self-image and your perception of the world around you had become totally confused. This confusion prevented you from developing

naturally into the self-sufficient being that you were intended to be.

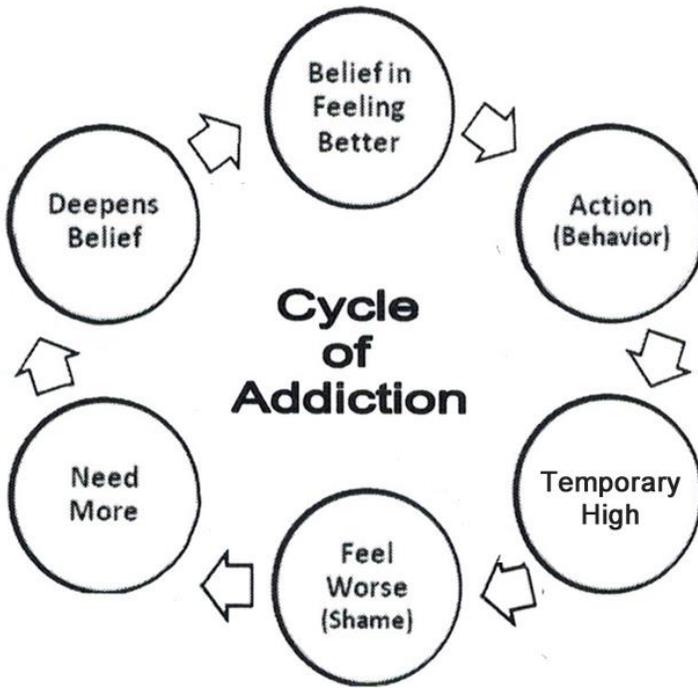
Considering that it is much easier to control a person who is confused, we might then ask, if the act of confusing another person is actually a form of abuse. We know that, if you were to hurt your body repeatedly, the physical wounds would become deeper and more difficult to heal. Then, consider that this is also true with wounds that are the product of emotional and mental confusion. Unfortunately, non-physical wounds may not be considered as harmful, because they are not obvious to the naked eye; however, they are very real, as they create dense clouds in your energy body.

During your childhood, some emotionally or mentally abusive patterns may have been diminished, underestimated, or ignored, because they were the result of a parent's or caregiver's unhealthy habits. They became *familiar* to you. It is common for familiar abusive attitudes to be considered "normal" by family members and they are eventually accepted by the entire family. Consequently, you were *conditioned* to accept that specific type of abuse. At times, you may have even denied that it *was* abuse, simply because the story that you told yourself about it was stronger than the truth.

It is important, at this time, to understand a simple formula to define abuse. If you perceived yourself physically wounded in a situation, it was abusive in some way. If you

were mentally or emotionally confused, it created a cloud in your consciousness. If you were told confusing ideas about the God Force, your connection with your Spiritual-Body was diminished, disrespected, dishonoured, or disempowered. The people who were doing these hurtful things may not have *intended* to wound or confuse you, but it doesn't matter. If you *felt* harmed, it added density to your clouds. It is important, however, to keep reminding yourself that, in most cases, the people who had previously confused or hurt you would not have acted that way had they known any better. It is also important to keep reminding yourself that all wounds can be healed in time with adequate love and attention, so there *is* hope!

Every addiction is an attempt to distract our attention away from our pain. During a time when we felt vulnerable or helpless, we developed a plan that was designed to make us *feel better*. However, whenever we act on that plan, even though we may temporarily find relief, very soon we feel worse, so we believe that we need *more*. This repetition strengthens our scripts about how helpless we are; and our addictions are anchored into our clouds.



Every addiction is a learned behaviour. Whether people are addicted to *substances* (such as alcohol, drugs, food, chocolate, cigarettes); *ideas* (such as self-limiting beliefs); or *behaviours* (such as shame, self-abuse, continuing in unhealthy relationships, or living a stressful lifestyle); a pattern emerges pointing to one root cause for the addicts' misery. They are using addictions to *attempt* to avoid pain in their lives - to numb the pain in their brains.

Every addiction is a substitution - not the real thing! For example: When you were small, a situation may have arisen where you felt wounded or confused, so you wanted a hug and some reassurance from your parents; but they

offered you a candy instead. You were left with two options. You could complain and say, "I don't want a candy, I want a hug." In this case, however, you would then run the risk of being rejected or hurt again, as well as possibly losing out on the candy, which you probably had enjoyed in the past. So, you say, "Well ... this is better than nothing," and you *settled* for the candy – *second best*.

Eventually, this "settling" created a pattern in your mental and emotional processes that clicked into place whenever you wanted a hug or reassurance; so now, you automatically reach for candy, whenever you experience that desperate feeling of neediness. However, the candy doesn't truly satisfy you, so your mind has to build an illusion around it to make it seem satisfying. You may have invented a story that says, "Wow! This candy is so good! It's even better than a hug!" Your phony-voice continued to repeat this script, until you almost believed it; so you continue to use it to protect you from experiencing the pain of not receiving the love, support, and encouragement that you *actually* need.

Your addiction to food may have been established at a very early age, when you were given a "treat" instead of the hug or reassurance that you actually needed. Or, it may have been demonstrated by your parents or caregivers as you watched them use food to hide the pain in *their* lives. This behaviour may have been internalized into your consciousness, and it became a habit – a "normal solution"

to that empty sensation – and you developed a script that your phony-voice told you would make you feel better.

If you are addicted to food, you focus all your attention on eating, because your attention is focused on the belief that you will *feel better* IF you have something to eat. Or, you may be obsessed by something more specific, such as the belief that you *need* a particular type of food – a pizza, a hotdog, ice cream, potato chips, etc. This could have started when your parents or caregivers were absent or unsupportive, making you aware of “that empty sensation.” However, when they fed you certain foods, you accepted the *illusion* of being loved. Perhaps, your parents felt guilty for neglecting you; so they brought home a pizza or ice cream. You didn’t realize that it was an artificial form of love, so you created a script about the need to attain that specific type of food. This developed into an obsession or addiction to a specific type of food.

As you grew older, you saw people displaying ways that they said made them *feel better* – other types of “fixes.” One of your friends may have suggested a “better candy” – drugs or alcohol – and said, “Here, try this. It will make you *feel better*.” That empty sensation was so prominent in your life that you were willing to try *anything* to *feel better*.

Every addictive substance, idea, or behaviour is always “less than whole.” We are never addicted to something whole and abundant. For example: We can’t become addicted to a whole apple or orange, unless we pervert that

natural substance with either an emotional attachment, such as the belief that it will make us *feel better*, or we add something to it, denaturing it in some way.

An example of this is the old adage, “An apple a day keeps the doctor away.” The story that you will be healthy, as long as you “eat an apple a day,” created an emotional attachment – in this case, a delusion. Even though apples are nutritious – filled with vitamins and antioxidants – they are not an insurance policy to prevent all diseases.

Also, if you were to add something unhealthy, such as white sugar and white flour pastry and bake it into an apple pie, it is much easier to become addicted to the final product; because you have added something that is not complete in itself. Then, if you were to add a memory of a beautiful, happy day, when your mother or grandmother baked an apple pie for you, an emotional element is added to the mix. Therefore, if you were to substitute apple pie for a healthy lunch to try to cover up or distract your attention away from feeling lonely or unsupported, you would automatically feel cheated. On some level, you would realize that it doesn’t actually satisfy your need. This makes you desire *more*, to look for something else to fill that missing element.

Often, our addictions are so unconscious that they seem *normal*, as is illustrated by the following story. Years ago, while lecturing on the subject of addictions, I would often say, “You can’t be addicted to something as healthy as

orange juice.” Then, I met someone who was. While visiting a friend, I noticed there were several gallon jugs of orange juice in her fridge. My curiosity got the better of me and I asked her about the juice. Initially, she brushed me off by saying that it had been on sale, so she had stocked up. Each time I visited, however, I noticed there was always what I perceived to be an excessive supply of orange juice on hand. Then, I found out that there was also a second fridge in her garage containing more jugs of juice.

As I continued to listen carefully, the root cause of her addiction to orange juice began to reveal itself. My friend was the youngest daughter of a very affluent family. They owned a very successful cold storage facility and were accustomed to having access to lots of food. Every Christmas, her father brought in a large shipment of oranges from Florida. If there were any leftover oranges, they were made into juice on Christmas morning. This became a wonderful, family tradition.

Then suddenly, when my friend was a young teenager, the depression of the '30s hit the area – very hard. People didn't have the money to buy the fruits that her father had brought from the south. Soon, fruit was rotting in the bins and the cold storage business was lost. Their beautiful home was lost to the bank and the family had to move into an old farmhouse in the country where they struggled to survive.

In my friend's vulnerable, young mind, the family's financial struggles created a belief in *lack* and unworthiness. Even though she struggled to become a highly paid professional, she still carried feelings of insecurities. At some point, she began the habit of stocking up on large jugs of orange juice. She had no idea that her need to have several gallon jugs of orange juice in her fridge at all times was an attempt to cover up her sensations of insecurity. It had become *normal* behaviour.

She felt *safer* when she had all that juice on hand – it was her security blanket. She could never get enough orange juice, however, because the solace she was seeking could never be satisfied by orange juice. Her cloud of insecurities had not been healed, so it manifested in abnormal behaviour. Even though she had a very good income, she became a “penny pincher.” She was proud of only buying fruit that had been marked down in price. She would spend hours scanning sales flyers and then drive many miles to purchase sale items. She would brag about the fact that her clothes were purchased from second-hand stores. Her insecurities were ruling her life. There were so many activities devoted to “penny pinching” that she had no time to live her life.

Every addiction is a cry for help!

Even though every addiction is a cry for help, our cries may not be heard unless someone is brave enough to draw

our attention to them. We may be wasting our time and energy blindly plodding along the same unproductive path that we have previously followed. In the above story, my friend had no idea that her obsessive behaviour was controlling her life, until I drew her attention to it. Then, she had the opportunity to rethink her clouded beliefs.

Every addiction distracts our attention away from our creative ability to find a healthy, natural substance or action that would satisfy our needs. Whenever we engage in addictive behaviour, it wastes time and energy and prevents us from expressing ourselves in more productive and satisfying ways.

There are a great many substances and habits that are accepted as *normal* in our society that may have been introduced into our daily lives due to someone's addictions. Coffee, tea, sugary sweets, soda pop, and alcoholic beverages have become *normal* fare. People simply go along with the crowd, fitting in with their family patterns, their peers, or others in their environments. The self-limiting habits of others have become their "normal" behaviour.

When you *hope* that your addiction of choice – food, alcohol, TV, etc. will make you *feel better* – this is always *unfounded* hope. However, it may be the only hope you have. You may have desperately needed some form of hope to combat the painful sense of *lack* that you were experiencing, so you inserted an illusion or addiction. Or,

you may have concluded that you couldn't have the *real* thing and given up hope entirely, so you settled for second best. In either case, you became an addict.

What is an Addict?

The word "addict" is used to describe an individual who has harmful habits that create unhealthy stress in his or her life, and, usually, in the lives of others. Addicts have lost their ability to make healthy choices and have begun to use self-limiting substances, habits, activities, or relationships as a way of life, because they have come to the conclusion that there is no other way to live. They have developed scripts (lies and illusions) that are a set of excuses and justifications designed to support their unhealthy beliefs. Their addictions have begun to rule their life, adversely affecting the personality that they project outwardly to the world. Everyone, except them, sees the clouds that are hanging around in their lives, because their scripts, the messages that they hear from their phony-voice, constantly affirm the *value* of their addictions. Their scripts often become louder than any feedback that they might receive from others.

The degree to which we try to control our environment with our addictions reveals our level of discomfort, frustration, fear, and lack of creativity. For example: People who are terrified of being poor may risk gambling everything they have; someone who is terrified of being alone may stay in a relationship in which they risk abuse;

people who are afraid of starving may overeat or eat unhealthy substances and risk future health problems – all because they are unable to face the truth about what is *actually* going on inside.

When you are addicted to doing something the same way every time, it is as though you are stuck in a *robotic trance*, where you automatically reach for the same solution without any conscious thought. This compulsive behaviour is based on the lie or script that you must do a specific thing, in a specific way, to *feel better* – to relax, to be satisfied, or even to survive.

You may ask, if one is lacking the creativity to find healthy solutions, how can they possibly break their patterns. The first and most important step is to become conscious of how your automatic reactions perpetuate themselves – how your clouds have taken on personalities of their own and have their own scripts. By becoming fully conscious of your scripts, you can ask yourself whether the stories that you tell yourself are in your highest good. This process takes a deep level of honesty and concentration. Secondly, you must become conscious of what triggers you, and how your triggers control your thinking processes. Then, you will be able to take back your Personal Power – your will to live – to choose something different – something that is in harmony with the truth of whom you are.

How Your Clouds are “Triggered”

Whenever you are confused or “upset” for more than a few minutes and you can’t clear your mind, one of your clouds has very probably been triggered. This is because your clouds contain a whole range of particles of energy, beliefs, scripts, and memories that you have collected throughout your life. Each cloud contains so many different elements that your attempts to sort them out can seem insurmountable. Whenever a cloud is “triggered,” all that residual energy is exposed to your conscious awareness at the same time. It feels like a swirling energy vortex, because you are rapidly changing from your emotional sensations to your old scripts and self-limiting beliefs and back again. You may feel stuck in a rut or even paralyzed. You may become a scared, helpless child, and you don’t understand why. One client said that, when she was triggered, it “stops me in my tracks.” She can’t think of anything except her old scripts and emotional reactions.

Your clouds may be triggered by obvious input from others; but they may also be triggered by a variety of subtle elements – a sound, a smell, a colour, a tone of voice, or even the unspoken, projected emotions of others. Or, you may be carrying a painful memory in one of your clouds and you may automatically *expect* a specific reaction from the people in your environment. For example: You may *expect* that you will automatically be rejected, whenever someone tells you that they are upset with something you have said or done, because that is what has previously

happened. Or, you may assume that a specific result will *always* take place, whenever you have a difference of opinion.

These automatic reactions are usually habits or patterns of relating that you have developed over the years, to deflect your pain or distract you from what you are feeling. However, when you insert one of your excuses, justifications, scripts or lies into your thinking process, you automatically “stuff your pain under the rug” again. If you continue to abdicate your Personal Power, you give away more and more of your life to unhealthy habits.

Recognizing the fact that you are stuck in a cloud is the first step out of dysfunctional thinking and into your Personal Power. When you can objectively observe your process, you have already activated your Personal Power to create a different reality. So, practice just observing what is going on. Put labels on your most obvious thoughts and emotional reactions. Then, dig deeper into your emotional sensations and label what other emotions are being triggered.

You may need to explore the subtle messages that are implied in your scripts. What are they telling you? You may need to ask yourself why a specific slight or criticism affected you, and realize that it *hurt* only because you had a dysfunctional belief about yourself that resonated with that specific type of cloud. Own your reactions. Own the fact that you have carried those reactions for some time. Own

the fact that you have created them to protect yourself. And then, own your right to change your reactions into appropriate responses.

It is very important to differentiate between abuse and the pain that you feel when a cloud has been triggered. Original abuse was the first time that you experienced that type of pain; while a trigger is the activation of an unconscious memory of that original pain. Keep in mind that you may assume that someone is being hurtful, when they are, in actuality, refusing to support your self-abusive patterns of relating. Or, you may assume that you are being attacked, when someone is actually calling your attention to beliefs or scripts that are disempowering to you.

It may be your defensive-mechanisms or addictions that are actually being attacked – not you. If you come to the conclusion that a trigger is abusive, you will waste time wallowing in self-pity and miss the gift that it is to you – the opportunity to understand an original wound, or perhaps rewrite an old script, or expose a cloud to the light of truth.

As you become better at discerning the difference between your phony-voice and your authentic-voice, you are on your way to a more balanced life. This requires, however, that you accept responsibility for the care and maintenance of your Total-Self. You can no longer blame others for “pushing your buttons,” because you are taking responsibility for healing your life. You are taking

responsibility for removing your defensive-mechanisms and rewriting your scripts, so you can heal any clouds that are lodged in your Total-Self. In so doing, you have become accountable for your thoughts, feelings, words, and actions.

When you rethink your beliefs, rewrite your scripts, and create a new life, everyone in your circle of influence will be affected. You've probably heard the quip, "Who are you? And what have you done with my wife/husband/child etc.?" When you change, everyone in your environment has to adjust how they relate to you. This may be welcomed by some people in your circle, but, more often, it is resisted, and conflict may ensue.

Humans are creatures of habit and bad habits are hard to break. The good news is that good habits are just as hard to break. We can all learn new ways of being - we can all change! We don't have to be trapped in unhealthy beliefs! This is especially true when you see the beneficial effects of your journey reflected in the lives of those you love, as is demonstrated in the following story.

Sandra was a client who came to me for counselling. However, for several sessions, she kept telling me how "perfect" her life was. My next question was always, "Then, how can I help you?" Gradually, her story began to unfold. She was married to a "nice man;" but they "never talked about anything important anymore." They talked about their children, their home, their responsibilities, but they never shared any mental, emotional, or spiritual

intimacy. She felt “guilty for expecting him to change.” She said she loved him, but she didn’t like him anymore. She realized that something was missing from her life and she wanted more.

She actively began to search for answers. She soon realized that she had married her husband because he was just like her father in many ways – neither man talked about his emotions; neither man was interested in anything except making money; neither man was warm and affectionate to his partner or his children, and both men buried their troubles in alcohol.

Sandra finally concluded that the main focus of her early life had been to beg for her father’s approval, which never came. She realized that when she married her husband, she had been looking for what had been missing in her early childhood; but she didn’t get it. Next, she realized that she had done the same thing with her husband, as her mother had; she had excused his drinking to “keep peace in the family.” Then, she realized that she resented him, because, even though she excused his unhealthy behaviours, she got nothing of value in return.

She began attending a variety of classes and workshops to become more consciously aware of what she wanted out of life. She began to gain strength and build a solid connection with her Personal Power. Gradually, after many struggles and attempts at reconciliation, she finally moved out of their family home. Her adult children were horrified and

told her she must be “crazy” to leave a “nice guy” like their father. She bore the brunt of many accusations, until it came to an impasse with her son – they no longer spoke. This hurt her deeply, but she knew in her heart that she had done the *right* thing for her.

She began to let the light of truth penetrate her clouds and understand that the conclusions that she had previously come to were not in her best interest. She began to demonstrate to her children that she was happier in her new way of life. After three years of exploring her old habits and connecting with her authentic-self, Sandra found a soul-mate with whom she could share her life.

Her children gradually began to shift their attitudes and eventually, she began to develop a different style of relating with them. She was able to model self-sufficiency for them and they began to follow her lead by taking responsibility for their thoughts, feelings, words, and actions. She began to appreciate that she had influenced something truly worthwhile in their lives when her son began to share his thoughts and emotions with her. They developed a more honest relationship and she had the chance to model a different parenting style for him.

He slowly began to break the “silent guy thing” that he had learned in his early life. He began to change his scripts about what a “man should be” and change his patterns of relating to his children. He began to spend more quality time with them and became more encouraging to them,

instead of putting them down the way his father had put him down. He began to share his true thoughts and experiences with his loved ones and heal his relationships.

It wasn't easy for Sandra to make those huge changes in her life; but now she sees how her decision to release her old patterns has positively affected the people in her world. An unhealthy family pattern was broken and she is creating a new, healthier environment for her family. Her grandchildren are also getting the kind of support from their father that will change their futures. She said, "I didn't do it for them - consciously - I did it for me; but now I see that I also did it for them. My journey was to learn how to listen to my authentic-voice and to be brave enough to walk in my integrity. This gave me the incentive to make healthier choices; but also, it showed the members of my family that they have the right to make better choices for themselves."

Your life changes because you make the effort to change *you*. Becoming totally honest with yourself by exposing your clouds and healing your dysfunctional patterns isn't easy, but it is a very worthwhile journey. Begin by asking yourself, which voice are you listening to? Are you running your old scripts - listening to your phony-voice? Or, are you listening to your authentic-voice? Which voice do you want to follow?

To find true happiness, you must bring your life into alignment with every part of your Total-Self. Once you

have a clear picture of whom you truly are and what you want in life, you aren't easily distracted from your integrity or your goals. You *can* find this place in your life. When you love yourself enough to make a commitment to live in your integrity, you are on your *Path to Wholeness* and amazing things will begin to happen.

End of sample.
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