

BREAK FREE

From Your Patterns

What patterns are keeping you from living the life you desire?
What cycles are you trapped in? And why can't you break free?

The answers lie within you. But the ego-mind has hidden them behind locked doors of frustration, confusion, and denial, and convinced you there's no key. But there is a key. YOU are the key. And you can unlock the truth, if you so choose.

By using exercises like the one found on the next page, you can bypass the psychological blocks and ego excuses keeping you stuck. The goal is to gain clarity. Once you become aware of your patterns and why you keep experiencing them, you are one step closer to changing your frequency, rewriting your programs, and creating a new reality.

INSTRUCTIONS:

Identify one pattern you keep experiencing and write it in the box on the left. This pattern must consist of something you or someone in your life continues to do that makes you feel something you do not want to feel.

Next, fill in the feeling boxes on the right as quickly as you can. The most important element of this practice is speed. You want to answer as quickly as possible so that your analytical mind doesn't have time to redirect or confuse you. Know that there are no right or wrong answers. Even if the answers don't feel quite right, you are still making progress through the process of elimination. If you know what something isn't, you're closer to knowing what it is.

Stop when you've identified a feeling that resonates. If the first feeling you write down resonates, use that. If it takes a few attempts, that's okay. Stop only when you feel called to stop. Then move to the next step.



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WHAT IS THE PATTERN?

WHAT IS THE FEELING?

EXAMPLE

Write down a pattern you keep experiencing that doesn't serve your highest good.

It can be something you do or something someone else does to you, such as "eating junk food," or "getting interrupted."

The only criteria is this: it must be something that makes you feel something you do not want to feel.

I don't like it when...

I eat junk food.

Fill in the feelings boxes to the right as quickly as you can. The feelings don't have to make sense.

Just write down whatever comes to mind.

Stop only when you've identified the feeling that most strongly resonates with you.

Because it makes me feel...

disgusting

Because it makes me feel...

weak

Because it makes me feel...

irresponsible

Because it makes me feel...

guilty

Because it makes me feel...

shame



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Fill in the feelings boxes to the right as quickly as you can. The feelings don't have to make sense.

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Stop only when you've identified the feeling that most strongly resonates with you.

WHAT IS THE FEELING?

Because it makes me feel...

Because it makes me feel...

Because it makes me feel...

Because it makes me feel...

Because it makes me feel...



FREE YOURSELF

By Feeling The Feeling

In order to truly break free from the patterns that do not serve you, you must break free from the feelings that are keeping you stuck. How do you do that? You feel them.

Which feeling from the exercise on the previous page resonated with you the most?
Write it in the box below.

This feeling is a frequency. It is not the experience that is keeping you stuck; it's the feeling. To finally release this frequency, you must feel the feeling.

How do you feel the feeling? You focus on your body; more specifically, you focus on the sensations in your body. Does your stomach flip when you think about the thing that's been bothering you? Does your jaw clench? Does your back ache? Is there a lump in your throat? Whatever the sensation is, focus on it. Follow it if it moves. Pay close attention to it.

This is not about thinking the feeling, it's about actually feeling it. Feel the tightness, numbness, pain, tears, whatever the uncomfortable feeling is. Stay with it until the intensity starts to lessen.

Know that there is nothing wrong with the way you feel. It's completely normal, so do not judge yourself for feeling any particular way.

The act of feeling the sensations in your body changes your frequency. Every time you feel your sensations, you free up creative energy. And when you listen to your true-self — by paying attention to your sensations — you give yourself the power you need to create the life you actually want.



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