

SAMPLE PAGES!
BREAK FREE
From
SELF SABOTAGE
In **7** Steps



STOP The Emotional Roller-Coaster and Self Sabotage
Build Emotional Resilience
Mark Anthony Hamilton

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THE 7 STEPS...

This Lifebook, “Break Free from Self-Sabotage” is not just about awareness of what our triggers and blocks are, but how you can use 7 steps to break out of anything that’s emotionally overwhelming or disempowers you. The 7 steps bring awareness to your unconscious triggers and blocks you have previously learned as an emotional protection and leads you to achieve an unstoppable mindset.

These 7 steps are designed to shift your mindset when in need, and it’s a lifestyle life skill that is worth it. It’s time to stop avoiding things in life and supressing your unique gifts and your power. Now is the time to live life the way it’s meant to be lived.

Most of our blocks and triggers are imprinted during our adolescence or as a result of major traumas. Some of the ways in which people cope under emotional strains (not limited to) are alcohol, food, computer gaming, gambling, and endless television viewing. These help us remove our emotional selves to get through the moment(s) when things are tough; when we have not dealt with the what’s going on underneath it all.

*“What we consume can be used consciously or unconsciously.
We first need to realise what triggers us in the moment,
and what we’re hiding, supressing or denying in order to break
the cycle”*

We can use anything to make us temporally feel better - sex, shopping, violence, etc. The paradox is that these are just a temporary solution, taking us away from something by keeping us in a cycle that supports and hinders our emotional growth and possibilities. It temporarily fills the void and even further embeds these non-healing cycles until we are ready to change.

Sadly, it takes most people to hit rock bottom before they even realise they need help or want to change. If people knew the benefits of embracing the 7 steps earlier, most people would already be doing them. These steps are not taught in school or traditional institutions, yet are essential teachings for real change, and simple to implement into daily life.

These 7 steps are designed to shift your mindset instantly when in need, and it's a life skill that is worth it. It's time to stop avoiding things in life, supressing your gifts, your power and now is the time to live life the way it's meant to be lived.

Supressing things keeps the fear, worry, guilt and pain pushed down in our body, and these generally reside in our stomach. By denying our triggers and blocks in life, we convince ourselves that nothing is wrong with us and is egotistical. We then believe it is far easier to shut everyone or everything out of life, than to deal with our "stuff". Not being good enough, not worthy, unloved, useless, feeling hopeless all should come and go, but never lived with for long periods of time.

"We begin to live in a paradox of avoiding or living life; enjoying or avoiding it.

Don't deny an empowered way of living."

The first half of this Lifebook explains the details of why and how things are the way they are, inviting you to experience positive and small little changes along the way. Each of the seven practical tasks are vital for you to complete for true and lasting authentic change.

The second part of the book brings more practical shifts and abundance; however, you must work your way through each step and not skip any to fully integrate the positive and lasting changes set forth.

We can either hide, suppress or avoid our emotions and use avoidance actions to make this happen, but that is not the way to live your best and true-self life.

We are taught at a young age that food is a reward. Even worse is when you are good, you consume some junk food and the pain will go away. Then as you grow and the food stops working to take away the pain, we learn alcohol or drugs will do it. Then when that stops working, we look for something outside ourselves to feel that void or cover up the pain. How do I know? I totally understand the cycles as this is what I did for over 25 years every single day.

*“Emotions can be powerful, filling our emotional bucket with negativity or positivity. When this bucket is filled with negativity, it leads us to self sabotage and indulgences as it temporarily takes away the pain so that we can cope in the moment.
Thankfully, there is another way.”*

Society has engrained in us that it is ok to eat junk food and get drunk to let go, without knowing the consequences of these additive and negative behaviours. I also understand that most people reading this may not see how our food and alcohol are a problem. We can use anything to fulfil this emotional bucket, not just food and alcohol. Here are just a few other examples: sex, workaholic, TV, drugs, shopping, physical or emotional pain, torture, violence, etc. Some people may over compensate, thus become a perfectionist or hypochondriac. Most likely, it is something we unconsciously choose in relation to a past event.

“What we consume, consumes us.”

Nourish yourself from the inside out, utilising each step to make you whole again. Gain awareness of the emotional triggers and

blocks that have suffocated you in the past, and be guided by using the tools within each step to move past them, and into an empowered self.

What would that be like? Most likely you can't fathom what it is like, otherwise you would be already doing this. Or maybe you have only worked with your conscious triggers and blocks, just taking the edge off and still avoiding the underlying causes.

“We often let our past control and manipulate us. It is time to unlock your mind body and soul, and be the real authentic you - one step at a time.”

Our past will control us if we choose to do nothing to change. For example: when someone emotionally attacks us, we don't have to counterbalance it with an attack. We also don't have to self sabotage ourselves and consume something to forget the pain.

Are you ready? If so, you'd better hold onto your hat because things are going to get exciting! In fact, you are about to take the ride of a lifetime.

I am confident this Lifebook will guide and support you through this ride to better your life. Enjoy and embrace the change slowly, completing all the practical steps along the way. I want to thank my wife and family for allowing me to be able to create this Lifebook. It is through their gift to me, I can give this gift to you.

Love, Mark Anthony Hamilton

THE START

“Start you must, and miss nothing; grab the knowledge and take the action that you’ve wanted for so long.”

It is time to truly understand the negative triggers in life, and release the blocks that have kept you trapped like a caterpillar running nowhere in its cocoon. It is time to transform into a butterfly and grow your wings so you can achieve your soul purpose in life. Using the 7 steps outlined in this Lifebook, you can shift out of the old and into the new, regaining or getting the power you so deserve. You are so worthy; more than you realise. Stop holding yourself back in fear or judgment, stop emotionally, mentally and physically restraining yourself from the empowered and special person you were meant to be. You are ready; You can do this!

Ask yourself these questions:

How often have you eaten, shopped, smoked or drank to feel better?

How many times do you yell, rage and/or complain to be heard or to feel better?

We all do these things at some point, yet no one seems to know what to do about it, or how to shift out of it quickly.

My personal story: I was in this place of stuckness: lost, confused with brain fog, fatigue, overweight and feeling useless and always comparing myself to others. It wasn’t until I addressed my underlying triggers that I was able to break free and begin healing from emotional eating and more.

The major trouble with emotional eating, weight loss and mindset is that people only tackle one thing at a time and wonder why things do not work out.

If you want to lose weight, you need to do it for life, and that means a change of lifestyle is needed. Don't just eat healthy for a few weeks, lose some weight, and then return your previous eating habits. The problem with this is you will put on more weight as you body felt like it was starving before now that you've returned to your old ways of eating, and established patterns of self-sabotage without even realising it.

Now as you work through the 7 steps you begin to understand why you are trapped in this society that leaves you not feeling worthy, not good enough, shamed, lonely or whatever it is for you. It is time to not just explore steps of changes, but embrace it and use it for living a better life.

“It is important to honour your past and respect yourself for getting this far.

You can use our past to empower or hinder yourself;

***It will always be your choice -
everything else is an excuse!”***

Sometimes when we self sabotage, we are consuming the weight of the world, as we try to carrying everyone's burden. Many times, we don't even realise we are emotionally carrying other people's crap, and for what? How many times do you take on other people's "stuff"? There is much pain, but also much love in the world; it is our own choice whether or not we take other's crap on or choose to stay in our own power. We must learn how to shift our energy.

As you read and work through the information, exercises and steps within this Lifebook, you will quickly understand how in-depth and life-altering the little changes can be. The 7 steps can bring you better self-awareness and a deep understanding of how you show up

in the world. It will also provide you with the steps you can take if you want to change anything.

This Lifebook is about healing and loving ourselves - our true authentic self. It is time to embrace life, live life and not hide, suppress or deny any part of life. I would love to apologise for repeating the same thing, but I'm not. This is really important to know, and allow it to be concreted into our memory; everyone is worthy, and we have a choice on how we want to live.

“Life can be a vicious roller-coaster if you let it. We must take small steps to slow it down to be able to see and make the adjustments.”

The 7 steps are:

- 1) Know Your Triggers
- 2) Understand Your Blocks
- 3) The Links
- 4) Universal Magnesium
- 5) Adventuring Through Process
- 6) Your Reflections
- 7) Your Puzzle

Know Your Triggers

Step 1 is to identify and know your triggers in your life, both the conscious and the unconscious triggers we react to every day.

Understand Your Blocks

Step 2 are the blocks which hold us back, the invisible walls of protection that we built years ago which no longer serve us in our daily life.

The Links

Step 3 is the link between what we think and what we feel. This is the connection between our heart and our head. Sometimes we can be cut off from our feelings, or be connected too much and then over feel, over stimulate and then we are not able to deal with things. There is always a polarity that needs to be explored, not necessarily for change, but for understanding that the way we are doing things right now, is okay. That reassurance alone can be extremely calming, knowing we are doing our best and we intuitively know what to do if we ever want to change.

“We must explore the polarity to understand the depth of life and reduce our judgment.”

Universal Magnesium

Step 4 is about how everything in the universe is a positive and negative attraction. The same goes for people in relation to what attracts and repels us; you might like to think of this being similar to that of a magnet. When we experience negative or traumatic events in life, it can disrupt this attract and repel balance (Push and Pull), either changing our direction, or enforcing one more than another. This can also be called being segmented and/or ridged in life, or stubborn and/or rebellious. Segmented, meaning that we are unsure exactly who we are and undecided, and ridged being not able to adapt to other people. These will show up in all areas of life and will be very predominate in our social interaction. This can also hinder our

relationships and we may be magnetised towards someone that can heal our past or keep us there. It is an unconscious reaction in our Fight, Flight, or Freeze mechanism during traumatic events, and until it is dealt with, it will hold us back.

Adventuring Through Process

Step 5 is where we take our adventure through various processes to unlock, release, rebuild and empower our emotional self. This is the practical step of this Lifebook and will help you process the practical to cement it into your new norms.

Your Reflections

Step 6 is where we look at our reflections and how we show up in the world, where we have chosen to hide, suppress and deny various parts of our life. It is a step of learning and implementing our tools and strategies to build our life and embrace who we're meant to be.

Your Puzzle

Step 7 is the paradoxical; something you must work through to understand it for yourself. This final step entails five pillars, and they will all make sense as you work through them.

“We might think we need to achieve, buy or have something to get what we need, only to realise that we don't actually need it at all.”

Each section of this Lifebook has practical tasks to complete and also tools and strategies to gain for your emotional toolbox. Please work from the start without missing a page. It is not just a book to read

through quickly as there are hidden messages throughout. Even when you finish, your learning never stops - it's an evolving journey.

There is no need to rush, so please take your time and complete it when you can and as you are able. Your pauses are welcome; we all need our little pauses.

Please make notes, tag pages, or even dog-ear them when you feel the need. If you feel like skipping pages, ask yourself why, and then make notes. It is for your benefit for you to address each step and practical application. Otherwise, you are only cheating yourself. Reading this without completing the practical tasks does not create or bring the change you are hoping to achieve. In fact, by skipping the steps, it will bring little to no change. ***Action must be taken;*** our thoughts alone aren't enough to change anything.

Whenever you find yourself wanting to skip something, ask yourself this, "What is the *real* unconscious reason in skipping/avoiding this step?" Are you feeling you already know it, or are you lacking the time and patience to take this step? Or are you even being egotistical in believing you 'already know this stuff'?

"It is within these little steps where you will find things will change more quickly. Being a turtle and working through things in life is a much faster way to achieve your goals; avoidance and ego is not. Be the change, take the right action and step into a new you."

There will be times in everyone's life where we are only able to just cope to get by. I get it, I do. Everyone has their moments, and more and more people today are holding onto those moments, not having learned how to let them go, or how to use them for their benefit. Lacking time, family commitments, events, deaths, relationships,

conspiracies, pressures, nutrition and more, they all influence our life directly and indirectly.

This Lifebook is not about going over old wounds or telling you what to eat. Instead it is written to help you reflect upon ‘**what is**’ and assembling your puzzle of the life for you; just for you. Working through the steps to bring awareness, clarity and experience small changes that can make a massive impact on one’s lifestyle.

Be your real authentic self: be strong and be you, in a loving harmonious way. You wouldn’t have started this Lifebook if you didn’t want to implement change. Awareness is one thing, but the practical steps are where the real changes happen. You may not feel comfortable with some of the tasks, or even think some are silly, yet this is where many people find their gold within.

What you choose to do with your friends, society, the world’s information, is essential. We can let it either empower or disempower us. We just need to know we have the choice to choose power.

In addition to all of our life’s experiences, it is a choice of how we act and react. There will always people that will never grow up, the narcissist people, the haters, etc. But there are also loving, healing and caring types of people who take on other people’s problems. Many times, these loving, caring and empathic people just give up their own needs and/or power to give it to others in an attempt to help them but hurting themselves. We can ignore, hide, suppress or remove ourselves from what’s going on, or we can stand and fight.

Empowerment or disempowerment is something that can happen to anyone with just a few words, from either ourselves or others. Most people will react if the wrong thing is said to them. Why? Because it is a trigger from something we have previously experienced in our life. Have you ever noticed that most of the people who don’t care about others either have something neurologically wrong, or they are

egotistical and only care about themselves? Or maybe it is as simple as they are just tired, pre-occupied, had a bad day, etc.

Judgments, labels and societies norms can be hard to differentiate and navigate. You may also label people with different personalities for various reasons. Most people do use labels to describe someone, but does that make it okay? Is calling someone “dark”, “white”, “tanned”, or “olive”- skinned okay? So many things today can be taken out of context. Talking with our friends, (people that get us), understand it may or may not be racist etc, so is there another way? And if there is, should we adapt our language to the new language and why?

Labels should only be used to explain how someone is experiencing life, in that very moment, and only to be used directly from that person or a professional in confidence, and not applied to anyone else for any reason.

On the other hand, judgment is such a powerful thing that all people have, and helps us evolve when we listen.

“Triggers: within seconds a label can change for anyone given the right environment at any given time.

We can always change the outcome of a judgment if we allow it; we just have to know how.”

Knowing what to do with our emotional triggers is really important and should be taught at school. The biggest issue with this is, it is not until after 18 (and ultimately around 35) that our emotional brain has developed. Yet what we do during the most vulnerable years of 13-21 is really important to how we will react to the rest of our life unless we change our patterned behaviours. Changing the patterning can be done using these 7 steps, which to me is very exciting, and a big reason why I have written this Lifebook.

I am one of those loving, caring, and fighting types of people, and I want to empower people with passion and elevate their vibe so they can be the individuals they are meant to be. I want people to find their soul's purpose, and to live life without negatively reacting or avoiding it. I want people to stop emotionally filling themselves up with their comfort foods and drinks.

Can you even imagine living life without reacting to it as much? Can you imagine what it would be like without suppressing yourself? You might not be able to fathom a life without emotional reactions, such as drinking, kids, smoking, sex, movies, food, and fighting (to name a few). They all can be used to avoid or to enjoy life.

The three biggest questions are: How and why are you using them? Do you know what they are doing to you? When will you be ready?

*“We can know what we are meant to be doing,
even know how to break free, yet we can still choose
not to participate fully in life.
I was stuck myself on this rollercoaster for years, yet still did
nothing to change it for a long time.”*

Helping people to be happier, vibrant, filled with joy and allowing our past guilt and shame to empower us, not hinder or debilitate us, is important to me. Sounds like a dream doesn't it? We all stuff up at times; I stuff up all the time myself. I say the wrong words, don't spell things correctly, have angry outbursts. Yep, I am not perfect or politically correct, and the truth is nobody is all the time. But not trying to improve, and letting life get to us emotionally and not dealing with stuff doesn't have to be that way all the time either. Many people do not know it is even possible not to let things get to you every day, let alone what this feels like. I look at it as a holiday - are you having a holiday everyday or do you need to take one to get away?

Take the scenario of what something "hot" means. Unless you experience it or feel it, you can not fathom what hot means. Sure, you can explain to someone without heat receptors that it is like the sun's rays shining on you at midday, then multiplied by three, or some similar description. But ponder that; if someone has no sensory receptors in their touch, how would they know how that feels? The environment from people, location, stature will all impact who we are right now. So as the old adage applies: If you can't stand the heat, get out of the kitchen. Same thing with your life: if you are not happy, then make a change.

If you knew what of the positive outcome, you would most likely have done it earlier. When we emotionally react in life, we all are hiding, suppressing and or denying something in life; that is not living life though.

Our emotional life soon adds up and fills our emotional bucket. Then we take that bucket of emotions out on the people we love and/or restrict our work, promotions, life experiences, joy and more by doing so.

Until you have worked through this Lifebook and past your own reflections, you might not be able to comprehend this. I personally

thought a lot of this was rubbish, and the personal development path was for “other people’s problems”, not my own. It wasn’t until I looked into my own emotional resistance and triggers that I discovered how and why we all do the things we do.

Then I developed these seven steps to shift out of the old and move into the new. It may take a few weeks or months, but that is a very short time when you consider all the days, months and years of your life.

Stop living in your head!

No matter how silly or ridiculous some of the practical tasks may sound in this book, it is essential for you to complete them all. Reading without taking steps isn't enough as it doesn't create change. Don't take shortcuts either as our emotions and ego will always try to short change your experience. It's like our brain is trying to keep us safe, yet often unknowing it is hindering us from growing. We're living in a paradox, and blocked. Look at this as a jumpstart to your life's work; no matter what, your life is in your hands.

Things may not happen overnight, but keep working at it, never give up for a second, but pauses in progress are accepted. With the tools, strategies, awareness and steps within this Lifebook, anything is possible.

What you need to begin

You will need pens, coloured pencils/crayons and various other totems to work through this Lifebook. If you do not want to write in this Lifebook, grab a journal to complete the practical parts.

I would personally like to thank everyone through my entire life's experience; you all have helped develop and write this book. A special mention to my wife Jackie and all of my five children, extended family

etc. You have taught me so much, and supported me through thick and thin. I am not perfect; no one is, so don't be hard on yourself or others. We all have to live together.

Love,

Mark Anthony Hamilton and family

THE BEGINNING

“The good days, the bad days; it's your choice what you make of them.

Now is the time to make the changes you need.”

We all go through those days where we just wish it would end, yet the stuff keeps on coming. You might think life is unfair, and that you're the only one this happens to, right? Sorry, but bad things, sad moments, bad days, do happen to everyone, and they can last years or even a lifetime. We all have a choice, even though we may not believe it. These moments in life define who we are, seemingly cemented into our brains at a young age.

In reality, the way we emotionally cope in life is how the world sees us; the judgments people make about who we are as a person. The judgments may be just what we project on the outside, and not our true authentic self, but these judgements still hurt us.

The pain from our past we will always live with; we may try to escape from it, but it's inevitable. We have to be able to live our own life without avoiding it. Imagine living where you didn't have to just cope each day, but to really live? I know for myself, I never thought life without the emotional pains and burdens I carried even existed, and thought true happiness was only for the movies.

Do your emotions try and control you?

It's a big open question but something to ponder if you are going to read this Lifebook, especially if you do this without completing the practical aspects as requested.

Time to check in with yourself as it may be your ego that's stopping you. This is because our emotional brain will try and protect us and/or hold us back from all of our past experiences in life.

Our brain's safety mechanism develops mostly while we are teenagers and still learning, so without intentionally doing steps to relearn how to deal with life, we stay in our teenage brain thinking and reacting.

Think about a salesman's tactics - if you do not buy right there and then, how many times would you still have purchased that item? Would you still have bought it in a few days or weeks? Or are you buying something based on an emotional response? Is it a need or a want, is something you should be asking yourself every time.

We all make excuses and try to justify whether or not to buy something or to do something. Even if we have the awareness we are reacting, we need to remember we still have a choice. It is when we are not aware of the choice that emotional reactions impact it has on our life.

On the bright side, anything is possible; just don't let disease or illness force you into taking actions you don't want. Most people do not take action until after symptoms occur, or until it gets too painful and the medications stop working. We all know if you eat a lot of unhealthy food, you may end up with a disease or illness in later years, but does that stop you from eating it?

Our emotions are strong, but we can be stronger.

What will it take for you to change something that doesn't serve you? Most people just cope, just get by and then regret it when it's too late. Some people are happy to die early and that's okay, it's their choice. I ask these questions now for you to just ponder. This doesn't

mean ignore it. I want to help get you started and write this down if you already feel you need to.

As life goes on, how many reflections on your past actions have you had? Do you read, write, talk, contemplate or meditate about your inner thoughts? How many times have events or other people affected you in life, causing you to be uncomfortable, anxious, depressed, unhealthy or over- retract? Do you know how to shift out of your emotional state of mind?

These are just some of the benefits you can gain if you want them, but only if you do the work. This Lifebook tells it straight, with tools and strategies for real-life living.

If you ever feel offended from any part of this, please write it down, highlight it, etc. This will be relevant to your journey (make sure you add the dates and page numbers in your notes).

For me, I emotionally ate for more than 30 years, just to take the pain of life away and avoid my soul's calling, which continually held me back. I was telling myself I wasn't good enough and not worthy, with the symptoms of being lost, tired, cranky and living in fear.

We all have our stories, and until we realise what they are we, will remain blocked. After we know and understand our stories, we then need to know what the triggers are behind them and what we're compromising. Then we need to take the right steps to address these triggers, otherwise nothing will change.

Following the 7 steps can help us work out what emotional avoidance strategies we have implemented in our lives, and implement the changes we need. Over time, and with reflection and utilising various tools and strategies, will we not just know the benefits but be living congruently with our soul's purpose.

As we mature, the protective walls we built years ago will no longer serve us. These walls may have been emotionally built, but they won't just remove themselves without action, and require multiple things to happen simultaneously. If you have every tried to change something in your life and failed, you are often left wondering why. This usually happens due to emotional attachments, and changing just one thing is never enough, something that many people don't know or understand.

The good news is this Lifebook is the shortcut, the quick fix, and the steps to live life for your soul to be happy. It doesn't happen overnight, but it can with the right action; it is up to you. Sometimes we need some extra loving support to keep pushing through. If at any stage you feel you need a little help, take a look at my website www.UnlockingYourLife.com.au.

You may have noticed I do repeat myself a few times, with different wording. I do this for many reasons, but mostly just to explain it in another way as we all learn differently. I've learned that slight difference in wording can make all the difference. I am sorry if this annoys you, just write it down if it does. These little signs will stand out for some, and it is essential to journal them down as it may be a sign that you keep avoiding.

Are you aware that most people who emotionally react do not remember what it feels like not to partake in this addictive behaviour? Many people live their whole life making excuses and blaming others. I can resonate with that a lot. That might seem harsh to hear you suffer from some type of addiction or blame others, but that is just what it is.

Addictions, condemning, making excuses.... did you just skip past these words and/or ignore them? We all have some kind of addiction, something we do to avoid our pain, hurt or experience.

There are a few primary addictions people have and the biggest is food. However, food is not seen as an addiction until our health suffers from it. Anything from food, non-intimate sex, smoking, spiritualism, religion, abuse, alcohol, anger, and even “being in love” can be an addiction. That’s right - anything in the world can be an addiction!

Addictions are something people do to make them feel temporarily happy instead of being filled with joy. It is something used to avoid something, helping to hide, suppress or deny it. We all must heal ourselves before we can heal others, and to be seen for who we truly are, let alone be who we’re meant to be.

Eating is one of the most significant issues in Australia at the moment. We all have to eat to survive, but do you know what you consume and why? Are you eating to cope, or are you eating to stay alive? Even if you eat healthily, you might be doing this to cope. Some people also avoid eating because they avoid something in their life; it is all still unhealthy. We all learn to cope in life, the question is how and why are you hiding, denying or suppressing something in life?

We all have “stuff” we carry in life. It’s also possible to flick a mental switch to be present for one another. Nonetheless, this doesn't mean we are healed or able to be present for someone else. When we have our own stuff going on in life, it’s hard to listen and be present for others. We are consistently thinking of a reply, or our mind is somewhere else, and it’s a defensive mechanism we’ve learned to survive. Most defence mechanisms are built from past experiences. You cannot disconnect from them until you resolve them both mentally and emotionally.

Remember that you'll still have judgments from your own stuff, and that’s okay, too. If you are working as a professional and helping others who are living similar to your own experiences, make sure you

know where your pain is. This is so your own suffering, worry, fear, shame and addictions are not influencing the work you do with others.

This can be quite obvious if you are in this industry; however, most people will continue as it is near impossible not to relate to someone and form judgments.

Our soul holds the answers to all things. If you are not comfortable with the word soul, or any word I use within this book, swap the word to something you prefer, such as: higher purpose, inner-self, creator, enlightenment, God. We all have our own beliefs, so just change the word so you won't be held back or take offense going forward.

It may be hard to forgive, but we can learn to let things go. This is why every 1-10 years; this Lifebook will change after you work through it. I personally do not like people who put people down just to elevate themselves. There is no need to judge and put that onto others; it's a reflection of our own life, our experiences. Some things may trigger me for the rest of my life, however, each time I go through these steps and do the work, I get better and improve with love each time. It's a choice.

There are various types of personalities and ways to categorise and label someone, but it is only important for clarification and awareness of where an individual is emotionally. It's not up to us to judge, but to guide and support one another and evolve together. The more we help and guide others, the more we also gain guidance in our own lives. Labels are only used to describe something in the moment and may change instantly. Never let a label control you and take away your power.

Making excuses for anything in life generally means you are avoiding something. Fear is the most significant internal excuse there is. Some people complain, blame and even inflict pain onto other

people for various reasons and often based on fear. Some people believe they are doing the right thing when they do this, justifying it by saying they are trying to “teach them a lesson”.

Others bring people down as they feel inferior within themselves, and by doing so, it makes them feel slightly better in the moment. Junk food, drugs and sex can all do the same thing when we're seeking a quick pick-me-up or avoidance. Some people avoid themselves their whole life, never wanting to unlock those triggers, blocks and egos, they can all take over our lives if we let it.

After launching my second book, “Emotional Resilience”, I discovered that most people read it first, and without doing the practical parts. Then around half of them went back to complete the practical tasks. I was told their resistance to completing the practical section (and therefore their judgments) was because they didn't feel it would benefit them personally, or that they had tried it a few years ago and didn't work then. Once they went back and completed the steps and tasks, their opinions changed.

There are a lot of practical tasks in this Lifebook, and I understand it takes time to complete. But with most things in life, if you only do a half-assed job, that is the result you will get. If, however, you do only half the tasks and you feel they have helped, then make sure you go back and start again and push through until the end. It has taken decades to learn and develop this book, and place the order of information within it to ensure it works in the right way.

“Anything emotional is emotional and will push all your emotional buttons.

Time, fear and ego will play a massive part in getting you through it.”



Practical Application Section

Complete in your journal or here



What really annoys you in life and why? (Biggest things)



What are some judgments that you have?

KNOWLEDGE & AWARENESS

*“Knowledge is nothing without your own awareness;
after awareness, you have to take action.”*

Our emotions stem from who we are and what we have experienced throughout our life on earth. The reality is that most of us react from our past, and then remain stuck in the past or focus on the future without being present.

Does that sound familiar? Our emotions are very complex and cause us to hide, suppress and deny our incredible power. It's time to stop reacting and regain our control again. Is this something you want or is it something you can't believe you can obtain? This is not the dominating type of control, but our full potential for our life; the intuitive knowing of our path and the steps to achieve it.

I developed “The 7 Steps” to guide and support people, so they can empower their own emotions and unlock the power within themselves.

Awareness can be described as an iceberg, not much showing on the surface but is also deep, hard, and cold underneath. Most people avoid going below the surface or just complain about it. Without deep awareness, it is not possible to discover the power we have within us.

*“Change can be scary, but what is even scarier is doing nothing to
make yourself better.”*

I understand that taking action can hurt. But living and not taking the action for change is more torturous to the world, and yourself, than one or two months of work.

“For years, I felt that my brain was controlling me;

I was just an observer of my life, without living it."

When we allow our brain to control us, we are not living life. Now is the time to live life, gain the power of your mind, and tap into your inner self, as our world needs more of this.

Our mindfulness, mindset, empowerment and enlightenment work is pointless without the implementation and embodiment of it every day. It took me over a decade to know this, and almost another decade to implement it, even though I already knew what I had to do. I just thought I was better than everyone else and I didn't need to do my own work. My excuse was that I was helping others whom I felt were worse off than me - how judgmental and egotistical that is that! Can you relate?

We are sometimes too strong, too resilient and tend to hide ourselves so we can just keep pushing through life like a steam-train, without stopping to smell the flowers and see the beauty that surrounds us. We start believing the mantra of "work, work, work, no time, low money, oh I am doing it for my kids, or for someone else".

Sometimes lessons are learned or we have to lose something before we make the change. If we take too long, others will fill the space or the universe will take over; pay attention to the signs.

Sometimes our emotional bucket is too full and about to overflow, not allowing space for our own life. Stressors such as money, work, relationships, lack of sleep, and medications are just some of the major issues, and if we don't pay attention, we become sick or simply pass away. We need to reduce or empty our emotional bucket load, which in turn, will reduce our triggers and emotional avoidances.

We can allow things to pile up, physically, emotionally and/or mentally, and it affects our health in all areas. Remove your clutter

from the house and from work. Only have the necessities in life without the extras. Eat clean and cleanse your body from the toxins. If you believe it is not possible or necessary, then it won't happen, and no change will come about.

If I told you in a week that you will have a heart attack unless you ate one apple a day at 9 am, would you do it? What if I said you need to eat a carrot a day to live an extra 20 years, would you do it?

What will it take for you to listen and take the action you need? What are you willing to compromise? What sign do you need to commit to change? Something as easy as consuming one apple a day at the same time will have your judgements going wild, but why?

We question so much today, like what the benefits are, even before we try it. We may also try it for a week and then give up, without knowing why. Do we believe there are even benefits to live an extra 20 years? What is the story that you continue to tell yourself? Many people do not want to live a long life and would rather play and party hard, then worry about their health when it catches up to them.

Sometimes people think they need to attend a \$9,000 workshop over a weekend to change their life. The thing is: if completing a \$9,000 workshop is what someone feels they need to do, then it is right for them. These judgments will often stop us and hold us back in life or justify an expense we don't really need. We will sabotage ourselves with any chance we get, our ego and blocks are that strong.

We can also use other words, and instead of ego (if you are triggered by that word), replace it with energy, personality, or character. It doesn't matter what name you use, it's our brain making sense of it all and calculating what our benefits will be. Then our brain weighs it up and decides what it is willing to compromise and believe. It is never about what we lose, and should only look at the gain.

Statistically, over 90 percent of mothers will put their health at risk for their children; whereas, fathers may stand in front of a car for their child or work a job they hate. Both parents generally care for their kids, just in different ways. This also goes for sleep, as males will hear different sounds than females at night when everything is quiet.

I believe that males are generally more emotional than females, yet the current studies have not covered this specifically as they typically only cover the big five emotional traits. When you look at the correlations and connections to other studies, you will find that males hide, suppress and deny these emotions, hence counter balance the statistical outcomes.

Statistics aren't necessarily true for everyone, but an indication of the status or mean for that group of participants. Until we experience and do things ourselves, we don't know. Do not only rely on statistics as you must look at the participants, location and all bias for a stronger conclusion.

People may go through a massive breakthrough after a workshop, wanting to change their life after experiencing the benefits of what the presenter shared. Then they wonder what will happen six months down the track. The reality is you most likely got all hyped up in the moment, and were given hope of what's possible without also being given the tools to succeed and implement the change.

If we don't do the emotional work for ourselves, making the time and scheduling into our lives, it doesn't happen. Just remember that action is the only thing that will bring the change and fulfil the dreams you desire.

There is one universal fact: everything contains energy. The more we understand, improve and work with energies, the better life will be. That's a fact, yet there can also be different energies for the exact same

thing. Clearing your home, mind and/or body can help you welcome fresh new energy that will positively impact your life.

Connecting with Mother Nature's earth, air, water, and fire, and cleansing internally are excellent fast and affordable ways of reducing our emotional load and increasing our energy. The sad thing is that many don't do this, letting their judgments or others' judgments manipulate them. Only then after having connected to these elements and ourselves can we also connect to space. The space in-between all matter. There is no point to jump ahead as we all try and do; our ego will tell us lies and we will have to go back to the start.

Maybe we have not experienced what it's like without that load, that energy, that vibration, and don't want to put in the effort. The fear of something new, or the fear of the outcome, plays a role in us taking the action or inaction. Unless we are in alignment with ourselves and open to embodying what our future holds with loving passion and implementing that action every day, it just won't happen.

You may believe that taking 5 minutes a day is too much to do and choose to avoid it. I disagree. It has been proven that taking a 5-15-minute break every two hours will boost productivity. But when you run your own business, you often don't stop and keep going, thinking you are "pushing through" and therefore increasing output. Again, I disagree.

These 5+ minutes of nothing makes a massive difference to your mental, emotional and physical well-being, but who takes them? We focus on the prize or goal, not realising how important it is to stop and allow our bodies and minds to rest. Taking a break to eat is not a break but refuelling. Take that extra five minutes to simply stop a few times a day to rebalance your brain is priceless.

It is essential to acknowledge that emotions are, in fact, learned and a reaction to our experiences. Up to the age of seven, we are just mimicking and copying emotions and behaviours of those around us and through what we observe in our environment. It's not until after the age of 8 that our emotional brain starts to evolve. This is the first time we can have any understanding of our emotions, and anything before that is a reflection of others.

Then between 13 and 17 is when our major emotional brain development happens. This is where the emotions really start to show and takes approximately two years to form. Over those two years, our brain will re-form and change every neurological pathway, increasing the speed of our brain around 200 percent.

I believe this is to help transform and adapt people, and help us evolve as a species. This is also why teenagers think they know everything and are often over-emotional as they try to work out for themselves what is going on, therefore over-feeling everything.

“Video games, movies, and your environment shape your behaviour. It's not until we're 25 that we reach our emotional brain growth. What we consume during these years of life will impact us for the rest of our lives.”

It can be challenging to see and understand our emotional blocks. Once we know, understand, and work with them, over time we will no longer be blocked and stuck in life.

As a strong empath myself, I have the ability to feel other people's emotions. As we evolve, our empathic abilities do increase, and we can see this in society today. Our children are our most significant educators, and they are here to guide us in our own purpose in life, as well as their own. You do not have to have children to be guided by them; you just need to be around them and observe. Our kids and students are our best teachers if we allow them to do so.

My son, Brandon, at the age of nine, told me he felt that many kids at his school were sad, lonely and misunderstood. He said some of the kids don't want to be here and are suicidal, and he doesn't understand why.

Knowing how strong of an empath I was, and how strong of an empath he is, I knew I had to help. Sadly, he didn't want my help then. However, it was this conversation that inspired me to write my second book, “Emotional Resilience”.

I personally never wanted to write anything, not even write a long text message, let alone a book. It mentally hurts me to write. I feel sick, unworthy, inadequate and frustrated, not to mention the dyslexia and lack of assembling sentences and spelling that adds stress to writing for me.

We all have the stories we tell ourselves, and we all have to face our fears and get over it. Heck, it may actually be the one thing that rockets you into your life's purpose!

For me to write, I had to implement many tools, starting with totems. Having that one thing has been my support and boosts my energy when I am in need. Along with my nutrition, it keeps me focused. Without it, I wouldn't have accomplished much. I stopped when I felt I needed to listen, and then kept going when I felt the need.

For me, not working 10 hours a day is boring. When I say stop, I mean do the washing or cook dinner. We all have to sacrifice something for change to happen. Sadly, my kids sacrificed a lot with our extreme lack of money for almost a decade, and a lack of friendships. Watching my kids struggle was not easy as some parents would understand. Try telling a child they can't attend a birthday party is one thing. But not being able to them why, is even harder.

There is a time to have a conversation with a child explaining the reasons, but we shouldn't burden or blame others.

When our work is not corresponding to our inner calling, our life is affected. We all have a higher purpose (no matter what you call it), and sometimes you just have to hold on and go with the flow.

Maybe you spend more money than you should have, or become increasingly unhealthy? Or perhaps you have a goal for a current job so that you can accelerate yourself into the future? The paradox is unless we experience the difference, we just don't know what it will be like. Ask someone who has lost a lot of weight how they feel. Many have not experienced what it was like for years to be so much lighter, smaller, healthier. Otherwise, they would already have done it sooner.

The other reasons may be the lack of awareness as to how to do it, and then the lack of the right action.

Your emotions may be escalated just from reading this, as it may imply that it could be your fault that you're blocking things and holding yourself back in life.

Just to be clear, not one person or event is to blame for any emotional reaction or intelligence. If you want to blame something or someone, look at evolution and how species and society adapts to change.

Be the change, make the change, be the real you. It is now time to get some practical done and experience polarities along a continuum.



Practical Application Section

Complete in your journal or here



What is the story that you continue to tell yourself?

I invite you to experience now the difference between love and hate along a continuum line. This is the polarity of each other. Think of 5 people that you know and write their names on a piece of paper, then write the words love and hate on separate pieces of paper. Now create an imaginary line across the room. Put love at one end and hate at the other end and stand in the middle.

Now, look at the first name, feel where that person is in relation to how you feel about them along that line and place the piece of paper on that area along the line. If you can't imagine a line, you can use anything to form the physical line. Now repeat that for each name.



Now indicate your response below where they are on the line.

Hate _____ Love



Now repeat the same step but instead of how you feel where they are on the line, indicate where they may place you on the line. It is important that you stand and feel into each name and their location, not just think it. When you connect physically to the emotion, it is different than just thinking about it.

Hate _____ Love

FEAR & PANIC

“When we live in fear, we represent the fear about our self, of others, and from others. There is a block somewhere.”

You can think of panic as a fear of the unknown and stuck within your emotions. Anyone, at any time, can be pushed to the edge and panic in the moment. This is a normal human behaviour and response. However, it is not good to panic for days as it can cripple us, mentally and emotionally. Days or weeks of continuous fear and panic can lead to depression, isolation, and internalisation amongst many more issues.

This is something usually the result of something we have not forgotten, and will most likely result in triggers later on in life. We first must realise this fear is from an emotional response; a fight or flight response to a stimulus. It doesn't have to be a fear response to a fear.

We must first recognise where the fear is coming from, and then we need to eventually let it go. It is never good to live in survival mode for a long time; just know that everything will be okay and change your focus.

Work through the 7 steps, get what you need, and support yourself to a fully empowered self.

“You must believe in yourself, the real authentic you; only then can anything be possible.”

We have a choice of what to do, even if you feel that you don't. Most panic is around money and safety, for ourselves, our children or our loved ones. We don't want to be hurt, get sick, let alone die, and

panic is an emotional response. Some people get angry, or run, or fight in response to fear.

Do you know what you do to hide, suppress or deny fear? It is excellent to know how you react in these situations so you can understand your unconscious emotions and get the specific tool to help you not panic when in distress. We can look at fear as block somewhere in our lives as it is such a common issue in many people's lives.

One of my fears is the fear of being rejected and/or judged. When I was in this state of mind, I always told myself that I was better than others, counterbalancing the negative feelings put onto me. The way we naturally deal with fear is to jump to the polarity of it. This is part of natural learning and is not balanced out until we find our middle ground. It can take some time to find our middle ground, to live and acknowledge both feelings, the light and the dark of each, and be comfortable with them, or shadows, as I like to call them.

The fear of war is another fear, and has a lot of stigma around it. Ironically, most wars are built on fear, whether that be fear of control, money, power, or indifference. Imagine if we had better communication and did not try to control as much. Imagine if we did not react but lived with passion and congruence? This can be a hard concept to grasp because humans are evolutionarily designed to survive.

The fear of losing a commodity for the society we live in can also make people react. Oil is a good example of this, with millions of gallons of oil being sold or stolen as many communities are built on and/or survive on it. What if a country was cut off their oil supply, what would they do? What would you do as a leader, and how would you react?

I remember my grandfather informing me that the wars he was in changed for him forever. He fought in two wars, with his job being a plane spotter. A plane spotter is someone on a giant spotlight that follows enemy warplanes, so that when people parachuted out of the plane, they would be able to see them and kill them first. Otherwise, they would die and it would be his fault. The change for my grandfather was when the men on the ground run at them with pitchforks like little ants and in fear of them while they had guns; you get the point.

Fear in a war is the best force to drive people, but also the worst energy to have within someone. The fear takes over and consumes you, making us blind to blocks and all things around us. As you can see, when we have a deep fear, we will do anything to survive. Yet if we have faced it, it may also be met with death, so the contradiction of this is a big block.

A lot of governments instil fear into society for control, and also to divert the attention of the elephant-in-the-room they caused previously. I am sure there are true conspiracy theories, as it gets washed under the table. People fear sharks, viruses, etc. yet don't even realise that more people die of the standard flu than these hyped-up, media-pushed issues. Sure, most people don't want to die and try to control it. Just learn more about the thing or topic that you're afraid of before making judgments. Listen to your intuition and meditate on what outcome you want it to be.





Practical Application Section

Complete in your journal or here

For one week do not go on social media, watch the news or any advertising on TV. Yes, I am asking you to do this. If this is easy, then stop TV completely, make sure you stretch yourself. Also, do not talk to people about what's going on in the world either; it's the same thing. You can still talk, but nothing about the news, just let them know you're doing an experiment and walk away if you need to.

This is about experiencing life without the stories and the gossip that floods our mind. We may already be living off the grid and not exposed to this, nonetheless our environment and what we absorb is extremely impacts our lives. If you can only last three days, that's ok.



I ask that you write down your experiences for each day you get through and reflect upon what changes you notice. Please do not make assumptions of the outcome; they are our fears coming up, just write them down.
