

# Simple Spirituality of the Self

Unleash Your Light

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## Chapter 1 What Do You Think of Spirituality?

Spirituality gets a bad rap.

Too often when people hear the word spirituality, they think hippies, love and light, crystals, New Age.

They're thinking of people burning candles and spinning in circles, chanting under a full moon.

Now, do some people who practice spirituality do all that? Yes

Do all people who practice spirituality do that? No

Some people who practice spirituality are Christian. Some people who practice spirituality are Jewish. Some people who practice spirituality are Buddhist. Some people who practice spirituality are Muslim. Some people who practice spirituality don't prescribe to any particular religion. In fact, some people who practice spirituality think all religions are BS.

Spirituality, in and of itself, is merely the belief that we are more than just flesh and blood; that we are more than just these bodies. We are more than just the lives that we lead. Spirituality merely says that we are the spirit within the body. We are the soul that lives inside the mortal vessel that is our body. Spirituality is the belief that the soul is something bigger than just the short mortal life that we live. It is the belief that the soul is connected to something bigger; a puzzle to which we just don't have all the pieces.

Spirituality simply says I accept that I am a small piece of something bigger.

I accept that I am connected to a whole.

I am a piece of the light.

I am a piece of God.

Spirituality simply says I am connected to all living things and all living things are connected to me.

Spirituality says there's more to this world than what we see with our eyes, what we feel with our hands, what we hear with our ears.

Spirituality is the acceptance of our place in this world, as a piece of this world; a living breathing extension of the energy that makes up every corner of this beautiful world.

How can you use spirituality to help you in your everyday life?

Because that's kind of a point, right?

We live an everyday life.

Everyday we get up. Everyday we get our kids ready for school or we get ourselves ready for work. Everyday we get in our cars or we go and we get on public transportation. Everyday we get into the rat race. We get into the hamster wheel. We get on the grind. Everyday we have to go out into the world and do our job. We do what we're supposed to do and live the life that society says we are supposed to live.

*'This is what you're supposed to do- this is how you make your money- money is what you need to make sure that you can put a roof over your head and food in your mouth and clothes on your back.'*

How can we use spirituality to make our lives **more** than just this mundane day in day out life? Too many of us walk around feeling empty, feeling lost; knowing that there's more to life than just this grind; knowing that there's more than just this hamster wheel. So many of us know that there is more; but don't know what that **'more'** is. So many of us don't know how to access that **'more'**.

So many are just sitting here, knowing that they're miserable, but looking around and saying 'Why am I miserable? I have great kids. I have a wonderful husband. I have a great wife. I have a job that I like. I have friends that I like. I live in a nice house.'

Even if you don't live in a nice house; you look around and you say 'My life is not that bad, why am I still miserable? Something is missing.'

What is it? What is missing from your life?

It's Spirituality.

It's the connection with that spirit; that soul; that God; that energy; that light within you.

So, what is that? What is that within you? What is that **more**, that extra?

What is that thing; that elusive thing that we are reaching for; that we are looking for, that we can't quite figure out?

We always look outside of ourselves for it.

We think- if I could just make enough money- if I could get enough friends- if I could be thin enough- if I could be smart enough -if I could be rich enough- if I could be tall enough -if I could be shorting out my hair was straight enough- if my hair was blonde enough- if I could be pretty enough- if I could be famous enough -if I could get enough followers- if I could get enough friends- *then* I would understand -*then* I would feel right -*then* I would understand what people talk about when they say that they feel fulfilled.

Yet it never happens. There are people with millions of dollars who walk around feeling horrible. There are people with millions of followers who walk around feeling terrible. There people who get hundreds of thousands of dollars worth of plastic surgery and never feel beautiful. Yet a fat, old, ugly, person living in a shack can be the happiest person in the world.

What do they know that you don't? What is their secret? What do they know about the universe, about life, that you don't know? It's the missing piece. It's that elusive quality. It's that thing that you have been searching for in your every waking moment, without even realizing it; in every competition and every promotion.

Every time you buy a bigger house, every time you get a nicer car, every time that you get a better wife, get a better husband, everytime you leave a marriage, everytime you leave a relationship; you're searching for it; you're searching for it; you're searching for it; and what is IT? The secret to everything!

IT is the secret to everything in this universe.

IT is the secret to happiness.

IT is the secret to Joy.

IT is the secret secret to being content, to being self-satisfied, to being self-confident.

IT is the secret to forgiveness.

IT is a secret to quieting that voice in your head that's always screaming at you and telling you that you're not good enough.

IT is the secret to stopping the pain and the anguish that you feel in your life every single day.

IT is the secret to stopping the drive that makes you go out and force yourself to do things you do not want to do.

What is IT?

IT's called **unconditional love of self** and it's incredibly simple to achieve, but it's very difficult to actualize.

**Simple to visualize, difficult to actualize.**

IT's simple. Spirituality equals the belief in **unconditional love** because **unconditional love** is the energy of the universe.

IT is the energy of God.

IT is the energy of connection between all things.

IT is the collective unconscious mind that connects everything.

IT connects all of us.

IT connects me to you.

IT connects you to me.

**Unconditional love.....**

IT is the electrical energy that runs through your body and animates your limbs, that makes you think, that makes your heartbeat, that makes you walk around.

**Unconditional love....** so I think that's exactly where we need to start.

## Chapter 2 What is Unconditional Love?

What is unconditional love? This all may sound strange, to think that an emotion is actually the energy of the universe. When we think about an emotion like love, we do know the power of love like romantic love. We know the power of family love. We know what it does to our hearts. We know what it does to our minds. We know it can make you crazy. IT can drive you over the edge. IT can make you feel joy beyond what you think you can even handle. IT can make you feel pain beyond the depths of despair, right? Why would it be inconceivable that it would be the energy of the universe?

**Unconditional love** is the energy of our souls. IT is the driving force of the God of the universe. IT is the creator energy. IT is the manifestation power; **unconditional love.**

What is **Unconditional Love**?

Unconditional Love Is Love Without conditions.

Simple, right?

Love without conditions.

When we think of love, we do think of romantic love; we do think of the type of love we have for a family. Unfortunately, that does tend to come with strings, especially romantic love.

I will love you *if* you are nice to me.

I will love you *if* you treat me with respect.

I will love you *if* you don't cheat on me.  
I will love you *if* you don't lie to me.  
I will love you *if* you are nice to me.  
I will love you *if* you are related to me.  
I will love you *if* you have the same blood as me.  
I will love you *if* you bring me flowers.  
I will love you *if* you bring stuffing to our Thanksgiving.  
I will love you *if* you buy me a Transformer for Christmas Mommy.  
That's love with conditions.

When it's our blood family, usually those conditions go out the window. We don't necessarily stick with those conditions. The love we have for our blood family is closer to unconditional love than many of us will have for anyone else. We tend to accept our family as they are, even if it makes us crazy!

The goal of living a human life, the goal of being on this planet, the goal, the true goal of spirituality is to live everyday and every moment in unconditional love for all people, and all things, at all times. This is a very difficult state to achieve. It is not an easy thing. Of course, you look at people like the Dalai Lama; you look at people like the Pope; you look at people like Gandhi; looking people throughout history who have tried to achieve these things. It does take years of study and years of attention. Sometimes it takes people who are doing only spiritual study, years and years of focusing only on the study of unconditional love to achieve anything, anywhere near that state. However, you may also know someone in your life, right now, who is able to do that; who just doesn't seem to be fazed by life; who always seems to be happy and content with their lot in life. Maybe that little old lady in church; she always just seems happy, singing about the Lord and baking her cookies, helping all the neighborhood kids and patting them on the head. She never has a mean word to say about anyone; so happy to be 82 years old and still kicking. It took her 82 years to get to that point; just being happy and grateful and smiling, but she got there and you can too! And it won't take you 82 years!!

I believe that we are in a spiritual acceleration.  
There is an Awakening going on right now!  
People are hungry for this. People are searching for this.  
The whole universe is watching and now is the time.  
You can achieve spiritual awakening right now in your everyday life.  
Embracing the principles of unconditional love can improve the quality of your everyday life as you are running the rat race; as you were on the hamster wheel; as you are on the grind.  
You don't have to live on a Mountaintop to find happiness.  
You don't have to remove yourself from society to be content with your life.  
You don't have to be a spiritual icon to be a good person and to feel satisfied with yourself.  
You don't have to be 82 years old and have lived a whole lifetime to finally figure out to be content with where you're at and who you are!

You can do it right now and it's actually very simple.  
It is not difficult to achieve. Let me correct that, it's quite simple but it is not easy to achieve.  
There are very simple steps but it will take very difficult emotional work within yourself to get there. You will have to face some very hard truth about yourself and within yourself. Why?  
Because all the answers, all the answers to the universe are contained within you.  
Because you contain the energy of the universe within you.  
It is the energy that pumps your heart.  
It is the energy that makes your brain work.  
It is the energy that gives you the brainpower to read this book, right now.  
That electricity is connected to the universe right now.  
If you ask yourself a question right now, you will get an answer, right now.  
However, your answer will probably be tainted by the life experiences that you've been through, because you've been conditioned to believe in one particular way.  
But if you can be reconditioned, reprogrammed to listen to that electricity, to that energy, to that piece of the universe that dwells within your mortal vessel; if you can be deprogrammed, cleansed of the stuff that you've been through in your life, so you can truly hear the universe talking to you--then you'll get an answer, then you'll be able to live in unconditional love every day. You'll be able to feel that satisfaction.  
You'll be able to have that Joy.  
You'll feel fulfilled.  
You'll feel happy.  
You'll feel Peace.  
You will feel love for your fellow man.  
You will understand forgiveness.  
You won't carry around the pain of an entire lifetime on your shoulders.  
You won't carry guilt for things that happened 30 years ago.  
Instead, you will carry the joy of a universe.  
You will carry the joy of unconditional love.  
You will carry the peace that comes with understanding your place, with understanding your purpose, with connecting with something bigger, something broader, something infinite, and knowing that you are a piece of that collective.

Understanding and knowing that unconditional love is the energy of the universe is the first step to understanding Spirituality of the Self. Unconditional love, as I said, is love without conditions.  
Yes, we should love others.  
Yes, we should forgive others.  
Yes, while all of that is very important, the most important unconditional love that we can have is unconditional love for ourselves. It is through the unconditional love for ourselves that we heal. As we heal ourselves, we heal each other, because we are all connected through this unconditional love. It is through this God energy, that is connected to everyone, that we are all

connected. The most important unconditional love that we can learn about is unconditional love of the self.

**Unconditional love of the self means that you love yourself without conditions.**

It means that you accept yourself as you are, right now, today, exactly as you are, where you are; warts and all.

You accept yourself at the weight you are today.

You accept yourself in the relationship you're in today.

You accept yourself at the job you have today, making the amount of money that you make today, looking the way that you look today, acting the way that you act today, having done the bad things that you've done.

You accept yourself, feeling as crappy as you feel.

You accept yourself and love yourself, despite of and because of, the bad things that you've done; in spite of and because of, the guilt that you carry.

You love yourself more, because of the pain that you've been through.

You love yourself more because of the shame that you carry.

What we need to understand about **Unconditional Love for the Self** is that **IT** is one of it is the most transformational keys that we have.

Once you can master **Unconditional Love** for yourself, you can change every single part of your life.

It changes how you see everything.

It changes your perspective on every other thing that happens in your life.

It will change your outlook on your job.

It will change your outlook on your purpose.

It will change your outlook on how you look.

It will change your outlook on your relationship.

It will change everything when you change how you see yourself, because really you're not the one who is changing.

All you're changing is how you see yourself.

All you're changing is your perspective.

All you're doing is saying 'You know what it's okay that I'm not perfect- it's okay that I'm 30 pounds overweight -it's okay that I'm in a bad relationship and I am not ready to leave yet- it's okay that my job doesn't value me -I'll figure it out- it's okay that I haven't forgiven that person who hurt me back then -it's okay that I stole that thing'

Why is it okay that you did bad things?

Why is it okay that those people hurt you and you haven't forgiven them?

Because once you accept yourself where you are now, once you accept yourself, despite the bad things you've done, despite not forgiving others, now you can work on those issues.

Now you can go back to those moments of pain that you are holding onto and you can look at them without judging yourself. You can say to yourself:

-- I didn't forgive that person for hurting me in 10th Grade--

--oh my God all these years I've been holding on to that, you know what? I forgive you--

--that was stupid, I shouldn't be holding on to that anymore--

--wow, now i see that anytime somebody says something to me, I get just as mad at them as I got at you back when I was 15 years old--

-- but I'm not 15 years old now--

--now I'm 20-- now I'm 30-- now I'm 40-- now I'm 50

--now I'm grown--

-- I don't need to be acting like a teenager at work because somebody called me a name --

--I'm a grown woman now--

When you accept yourself unconditionally, faults and all, it makes it so much easier to start working on these things within yourself. It inspires you to start digging through all of this garbage that we carry. It makes you not want to carry it around anymore, because you start to say *nice* things to yourself; things like 'wow I am so amazing! Why am I carrying all this junk with me?'

It's like you're a hoarder, living in a house for years and years and years.

You're putting stuff in rooms and putting stuff in rooms.

You're living with blinders on.

You walk in the front door and you put all your stuff down.

You sit on the couch and you stare at the television.

Then you get dressed and you go to work.

Then you come home and you put stuff up in the corners.

You have your blinders on and you sit and you stare at television.

You go back to work.

You come home and you put down your stuff and you sit and you stare at the tv.

And so on and so on and so on...

One day you come home and you take off your blinders and you say:

*'Holy guacamole, Why is there so much stuff in here? Wow! My house is beautiful! Why do I have so much stuff in here? Let's start cleaning this out!'*

You are that beautiful house.

As soon as you accept that you are that beautiful house, you will start cleaning out all of your rooms and cleaning out all of your closets.

It will be a joyful process, even though it will be painful, because you will have to dig deep. It will be dirty. Sometimes you won't want to throw away the junk that you've been collecting.

Sometimes you'll say *'But this is good stuff. This is pain that I've been carrying since I was 5 years old and it's been helping me, too.'* It's been helping you, but it's time to let it go. It's time to get rid of it. It's time to throw it away.'

### Chapter 3 What's the Point?

So what's the point of all this? What do we do with all of this knowledge?

We know that we're mean to ourselves. We know that we're not always kind.

We know that we carry around all this junk. So what? Big deal, right?

Clearing out this junk; dealing with all of this garbage; clearing away the muck and the tar and the yucky stuff that coats our soul, that damages our psyche; that makes us just feel like garbage; clearing all this stuff out will absolutely transform your life.

It will change you down to your core.

It will connect you to your soul.

It will introduce you to your true self.

It will allow you to hear the voice of your Divinity.

It will help you to hear God.

This is truth. This I promise you.

You will never be the same, once you connect to that Divine Spirit within you.

The Spirituality of Self, God, dwells within everyone of you. Every one of us houses a Divine piece of God, of the Light, of spirit, of Divinity, of whatever you want to call that higher power. There is a piece of it inside of each one of us. We are a Divine being, housed in a mortal vessel. That Divine being is always, always screaming for your attention. It is always trying to get us to behave in such a way that we embody unconditional love towards ourselves first, and then towards others. It starts from within and then it spreads outwards.

Why does it act this way? Some people call it our conscience. Some people call it morals. It's like Jiminy Cricket on our shoulder. It has had many names throughout the centuries. This is the Divinity that dwells within each of us. Each and every person that is born on this Earth is a Divine Being in a mortal vessel. Every killer, every leader, every abuser, every celebrity, every perpetrator, every holy person, every villain, every single person is a Divine Being, born into a mortal vessel. They were twisted and by the life that they led... for some it was a life of pain and abuse that led them down a dark path. For others, that life led them towards the light.

Perhaps you have been twisted by a life of pain and abuse.

Perhaps you have been led down a dark path of self hatred, self loathing, self destruction...

You can now shift that twist.

You can now change your life.

You can change.

You can transform.

You can become more than what you are.

You can live a life of peace and calm.

You can live a life that is full of love and beauty and joy.

You can live a life where you love yourself.

You can live a life where you look in the mirror and say *'I like myself. I am happy with myself. I am content with my life, and yet I always want to be moving forward, expanding and becoming more.'*

Being happy and content with yourself doesn't mean that you stop moving forward. We are always learning. We are always growing. We are always expanding. When you practice the Spirituality of Self, it is YOU connecting with Divine, with God, in the most personal, intimate way possible. It is the most sacred connection that you can possibly make with that Divine Spirit, the light of the world, God, Gaia, whatever you like to call that higher power. It dwells within you. It is everywhere and the energy of that God, the energy of that higher power is Unconditional Love.

If you can feel the energy of that unconditional love for yourself-

if you can look at yourself in the mirror

if you can look at the life that you have led and the life that you lead-

If you can see the actions that you take every day-

If you can see all of these things about yourself through that unconditional love, then you will be living at a frequency and vibration in a way that you will be connecting with and hearing the voice of divine. You will be transformed!

How do we do this?

How do we hear the voice of Divine?

How do we live through Unconditional Love?

-when the world has taught us that we aren't good enough?

-when the world has taught us that we will never be good enough?

-when the world has given us pain?

-when the world has shown us suffering?

-when the world has shown us we are only worth nothing?

What do we do?

We un-train ourselves.

We reprogram our mind.

We recondition ourselves.

We break the Matrix.

We re-pattern ourselves.

We set a new paradigm.

There's a million ways to say it, but really it's just changing the habits of a lifetime. It's understanding things in a different way. It's about shifting the perspective that we have when we look at the events of our lives. We tend to look at things from one point of view; that point of view is usually from a place of pain. I often say, we look at things through pain colored glasses. Those glasses are tinted with the pain that we have lived through and with our entire lives. And so, when we look at our lives through pain colored glasses, we are always seeing things from a tainted perspective.

So, let's look at these painful places. Let's take a look at these emotions. Let's look at these moments in our lives. Let's go back and revisit those times in our lives, when we had these pains, when we felt these strong emotions and revisit them. Take off the pain colored glasses

and look at them from an unbiased point of view. Let's re-process them from a new perspective. Let's re-process them from a viewpoint of empathy and Unconditional Love.

I'm going to be completely honest with you. It's not going to be easy. It is very simple, but it is not going to be easy. There will be some dark moments for you on this journey. There will be some dark moments, where you may want to quit. There will be some moments, where you may be angry at me. You may throw this book across the room. If you're reading this on a Kindle or your phone, I would suggest not throwing it across the room. However, if you will do the hard work and you will look within, if you will trust the process, I guarantee you will transform. I guarantee that you will start to hear the Divine, that you will start to love yourself. You will start to go within and that your life will change. Those around you will see the change and they will start to change, too. Some of those changes may be for the good, some of those changes may not, but either way, change will happen. It will always be for your highest good, even when it feels like it's ripping your heart out.

#### **Chapter 4 Where Do We Start? What's the Answer?**

So, we're going to start at the very beginning. We're going to start with one of the hardest things to do and then we're going to work our way through all the difficult emotions. We're going to work our way backwards through the pain. It's a process. It's a painful process. It's something that you're going to need to do every moment of every day of your life. You will need to stay ultra vigilant. You will need to pay attention. You will need to stay in the process at all times, because this is something that you have to want. This is something that you have to work for. This is something in your life that you are really going to have to want with all of your being. When you are in this Awakening, it is all you want. It is what you desire. You are seeking. You are wanting. You are desiring. You are lost and you need to find the way.

The Simple Spirituality of Self is how you find those answers. The Simple Spirituality of Self is how you will get through this Awakening and come out the other side transformed. You can do this! I believe in you 100%!

So, we're going to start this with me giving you the answer.

Everyone's looking for the answers.

I'm not going to make you wait till the end of the book for the answer.

I'm going to give you the answer right here right now!

I'm going to give you the answer, the whole thing, right now. This is the very first thing we are going to dig into and it is the key that will help you unlock every one of the emotions that will follow. Do this everyday and you will be able to face every emotion, climb down every emotional vine, dig out every traumatic root and forgive those painful episodes in your life. This is where it all starts and ends. This is the answer to all issues, the solution to all problems, the tool for all repairs. Pay attention! This is important!

Everyday you will spend 3 minutes showering **yourself** with love and praise.  
You will love **yourself** beyond any love that anyone has ever given you.  
You will love **yourself** like the motherly love that you so longed for.  
You will put your arms around **yourself** and hug yourself.  
You will tell **yourself** how wonderful you are, how great you are, how smart you are.  
You will tell **yourself** how beautiful you are.  
You will tell **yourself** all of the wonderful things that you want your friends to tell you.  
You will tell **yourself** all of the wonderful things that you want your family to tell you.  
You will tell **yourself** all of the wonderful things that you want your husband to tell you.  
You will tell **yourself** all of the wonderful things that you want your boyfriend to tell you.  
You will tell **yourself** all of the wonderful things that you want your girlfriend to tell you.  
You will love **yourself**, beyond everything, no matter what you look like.  
You will love **yourself**, beyond everything, no matter what you've done.  
You will love **yourself**, beyond everything, no matter who you are.  
You will love **yourself**, beyond everything, no matter what life you live.  
That is what you will do **AND** you will not contradict it.  
You will not say negative things.  
You will not think negative things for 3 minutes.  
Now, 3 minutes is not very long...  
I know you can do this for 3 minutes.  
If you find your mind wandering to negative thoughts, then you put them right back on the positive loving, wonderful thoughts. I don't care whether you believe that 'positive thinking' stuff or not. You're going to keep saying it.  
You're going to keep correcting it.  
You're going to keep going right back into how much you love yourself.  
You're going to keep going right back into how wonderful you are.  
You're going to keep going right back into how beautiful you are.

Why are we doing that? Why are we saying all this beautiful, loving stuff, if we are not believing it? Why does part of you not believe it? Part of you has been conditioned by a life of pain. You've been lied to by the world, trained to think that you're not good enough.

So, why are we saying all of this wonderful stuff?

We are saying all of this beautiful stuff, all of this wonderful, kind loving stuff because another part of you knows that it is true.

If you believe that you are a Divine being (which if you are here, reading this book, then you know that you are Divine) then a part of you knows that all of these wonderful things that you are saying about yourself are true.

That Divine part of yourself knows how wonderful you are; that Divine part of you knows that all of those things are true.

So, when you say these wonderful things to yourself over and over and over again, it believes you. That Divinity within you knows they are true, and so by saying them to yourself over and over again, you're cracking open the shell.

You're starting the reprogramming process on the other parts of you that are not believing it.

You're starting the reprogramming process on the other parts of you that have been programmed in the negative, that have been trapped in the darkness, that have been conditioned to hold you back, that have you stuck in The Matrix, as they say.

This is where the transformation begins, no matter where you are on your spiritual journey.

3 minutes a day! This will begin the transformation. You will devote 3 minutes a day to loving yourself unconditionally.

I know you can do it!

This is how we start! This is the key to everything!

This is the key to the entire book--literally-- if you can Master this you can stop reading right now. Loving yourself unconditionally is the key to connecting with the Divinity within you.

When you can love yourself unconditionally, you can connect to that Divinity. You will hear that voice clearly. You will be able to shift yourself, to transform from the inside out.

'Be the change you wish to see in the world' Those are not just words, they are literally the point. When we can change ourselves, we can shift the world.

## **Chapter 5 What's the Catch? It's Time Travel...**

You may be asking yourself - *'This may all sound great but what's the catch? It sounds too easy.'*

It does sound easy, doesn't it?

Let me correct you.

It sounds simple, but it's certainly not easy.

It is a very simple process- change your thinking, change the conversation you are having with yourself- but that simple process can have very painful, difficult, emotional ramifications in your everyday life.

Growth hurts. It's painful.

Changing the patterns feels like wearing the wrong size shoes.

Dealing with our conditioning and facing our pain sometimes feels like ripping our hearts out all over again.

What stands in the way of our Unconditional Love for ourselves? We want to love ourselves, right? We want to feel good, right? So, what is it that gets in the way? What is it that stops us from loving ourselves unconditionally?

***It's us.***

It's our own emotions; the way we handle our emotions; the way we process the painful things that have happened in our lives.

The things we have been through in our lives plant the seeds of emotions in us. Those seeds grow deep roots down into our hearts, and vines that reach upwards and outwards into every area of our lives. The vines of our trauma with touch every minute of our day without us even realizing it. The vines will attach themselves to people, places, moods, songs, even smells. If you had a traumatic emotional experience while smelling lasagna, everytime you smell lasagna, you will find a way to put yourself into the same emotional state without even realizing it.

As you read through the next sections, we'll be addressing some of the emotions that can block your connection with that Divine Unconditional Love that is inside of you all the time. We'll go over each emotion and we'll figure out how to untangle the conditioning that is stopping you from truly loving yourself. How did each emotion get you to this point and how can you love yourself through it? How can you reconnect with yourself through that 'destructive' emotion to love yourself through it and to release that emotion? We will be working through the emotions one by one. Each emotion will help you to dig out those roots, rip down those vines, and cleaning off those little spots. You are Divine and to love yourself unconditionally, you must love every one of those little spots on your Divine Spirit, even as we wash it away. You must love and embrace those emotions in you that hurt, that bleed, that turn you inside out. When you begin to love and accept the parts of you that hurt the most, the healing begins immediately. You will begin the journey to loving yourself unconditionally and unlocking the key to the divinity within you.

Before we get into the actual emotions, I want to teach you the technique that we're going to use to undo this. We're going to call each one of these emotions a root, and then all the complications that come from the emotions, Vines. So the root would be where this emotion starts. In each one of these different emotions, guilt, anger, pain each one of those has a root in a traumatic episode that happened to us and it usually will trace all the way back to our childhood. Often it traces back to something that happened to us when we are a kid. This may sound strange. This may sound completely illogical, but bear with me here.

I'm going to use a random example.

You are person who, your entire life, you have felt like nobody listens to you.

You're in school raising your hand the teacher doesn't call on you.

You go to college; you want the professor to listen to you; nobody listens to you.

In your group of friends, nobody listens to you.

You get married; you ask your husband to take out the garbage; he doesn't do it.

You ask your kids to do your chores; they don't listen to you.

You speak up at a meeting; nobody pays attention to you.

Your entire life, you keep feeling like nobody's listening to you; nobody ever hears you.

Nobody pays attention to what you're saying; Nobody ever listens to you.

You walk around constantly saying and constantly thinking---

*"Why do I bother saying anything? Nobody ever listens to me. Nobody cares what I have to say."*

This is the thought that goes through your head all the time.

In fact, you often preface what you're about to say with '*I don't know why I bother speaking; nobody ever listens to me.*'

Once we recognize that pattern in our life of feeling unheard, that pattern in our life where we constantly feel like nobody's listening to us; once we can identify that as a strong emotion that comes up in our life over and over and over again, now the real work begins. Now, we recognize that's a Vine in our life. It's a vine that creeps into so many different areas of daily living, but all of those vines come from a single root. We want to follow that vine back to its root. We want to keep following that vine backwards in our life. There are people who will tell you don't look at the past. '*The past is over. You can't learn anything from the past. The past is over. Going back there just makes you feel bad again. You can't get anything from that. There's no point looking backwards.*'

I disagree with that 100% and here's why.

All-time happens, all the time.

All-time happens, all the time.

That means that if something in the past caused you pain, it is still causing you pain, right now. If somebody in the past caused you called you a nasty name and it hurt your feelings, when somebody in the present now calls you a nasty name, it was still hurts your feelings the same way it did in the past.

In fact, it may hurt your feelings even more now, than it hurt you in the past. Because you're still carrying that pain from the past, your pain in the present will be magnified.

So, because all time happens all the time, when something happens in the present that triggers a memory from the past, your pain in the present is now amplified and magnified by that pain from the past. So, all your pain is happening all the time.

So, if all time is happening all the time, then that means that you can go back and *time travel* in your mind.

You can heal the thing that happened in the past and it will affect the way you feel in the present.

We're going to take that vine, the one that represents you not feeling listened to, and we're going to trace it back backwards in time.

We're going to *time travel*.

You're going to use that vine like a rope to pull you backwards in time, event to event to event.

We are going to travel backwards through time, towards all of the times that you didn't feel listened to; all the times you felt unheard.

Keep going backwards through time.

Just let one memory lead you to another and lead you to another and lead you to another.

If you get upset about it, it's okay. It's okay to feel upset. Make a note of it every time you're feeling a little bit upset about going through one of these experiences.

Don't misunderstand me, I'm not saying to re-live them. We're looking at them from the outside, looking in.

You're looking at it as an observer. I don't want you to collapse yourself into the emotion.

This might be easier said than done, so I'm going to give you a little coping mechanism.

If, as you travel backwards through time, you find yourself getting caught up in the emotions, being overwhelmed by the feelings and experiences you are going back to, as you feel them, yes allow yourself to cry, but as you do, repeat to yourself

*'Thank you for this opportunity to heal. Thank you, I love you. I'm sorry. Forgive me.'*

Many many people far wiser and smarter than me have used these phrases to heal!

We're going to follow that vine hand-over-hand back through time, rewinding your life like a TV show, back as far back as you can remember.

Now, this example might take you all the way back to the dinner table, when you're five years old. You're sitting at the dinner table and you're saying *'I want to talk about my day'*

Somebody at the table tells you *'Be quiet. Nobody wants to hear what you have to say. Children are seen and not heard. Nobody cares what you have to say.'*

We have a winner!!

**That** is a memory worth healing.

**That** is a memory that caused a wound in you, because right there, you were told that what you had to say wasn't worth listening to. At that moment as a child, because we don't understand as children how to process that, we take it as absolute truth. That tiny piece of memory becomes a piece of our core truth-*'What I have to say isn't worth listening to.'*

In that moment, that becomes our 'reality.' So, we then play out that 'reality' for the rest of our lives. We form core beliefs about ourselves based on this 'reality.' The universe surrounds us with people who prove out that belief that we have that we aren't worth listening to... All because someone made a comment to you at the dinner table when you were just a little kid--and now all these years later that root has grown vines that infect your whole life...

Here's how we heal that using the time-travel method. You're going to do this all in your mind, so it may feel a little strange at first. Know that this way of time travel can help you if you put your heart and energy into it. You may need to do it repeatedly, over and over, to get the forgiveness to stick, but eventually you will feel the difference. You will feel healed. You will feel transformed.

First thing you're going to do once you travel back in time to that dinner table, you're going to sit down right next to your little self.

You're going to turn to yourself and you're going to say to yourself

*'You know what I'll listen to you. You tell me whatever you want to tell me. What you have to say is so important! I love you and I want to hear exactly what you have to say.'*

Then you listen to whatever your little tiny self has to say and you give your little self a hug.

Next you say *'That was fascinating. You are so interesting and the things you had to say are so important. Don't ever forget that.'* And you give yourself a hug.

Next, you're going to turn around to that person or those people who said that to you and you're going to give every one of them a hug and you're going to tell them

*'You know what? I forgive you for saying that to me. You didn't know what kind of damage you were doing at the time. You didn't understand how that was going to affect me and I love you. I love you. You weren't trying to hurt me. Even if you were trying to hurt me, you were lashing out*

*of your own pain and I understand that. Pain is pain. I get it.'* You give each one of them a hug in your mind.

This part is the secret- not many people will tell you about this part-this is the secret sauce-You turn to yourself, your grown self who's going around hugging everyone, and you give *yourself* some of that empathy and love.

You say to yourself *'I forgive you for believing this garbage you have been believing for so long about what you have to say is not important. I forgive you for believing that nobody should listen to you. I forgive you for believing this BS for the last 20 30 40 50 60 years.'*

You give yourself a hug and you say *'I love you-- insert name here --I love you. What you have to say is important and I am listening to you.'* You put your arms around yourself and you give yourself a big hug.

Then you take out a trowel or a little shovel and you yank that root out. You dig that root right out. You give it a big old kiss and you throw it away. You get rid of it, because now that you found the root of that belief, you don't need it anymore. It's not serving you anymore. Now, when you bring yourself back to the present, you're going to feel differently. People are going to notice and the universe is going to bring you a different reality. The universe was bringing you exactly what you believed. You believed that what you had to say wasn't worth listening to, so to that end, nobody listened to you. Now that you believe you are worth listening to, people will listen to you.

You might have to go back and do it a few times. Those roots can be wiley. They are gnarly. The vines can grow back over and over again. You have got to get every little bit of that root out, or the vine keeps growing back. But once you get it all out, it's done. Once you learn that lesson, you won't be repeating it again and again and again and again.

## **Chapter 6 Are You Ready?**

Are you ready? We're going to apply this to every single one of these emotions. For every single one of these emotions that we explore, we're going to apply this exact same technique. You're going to grab hold of that vine and you're going to follow it all the way back to the root. You're going to figure out where it came from and you're going to love the hell out of that thing. You're going to love the little kid that was injured. You're going to love the person that injured you and you're love yourself. You're going to forgive yourself. Because this is about the Simple Spirituality of Self and how you can learn to love yourself unconditionally. The way to do this is to forgive yourself for carrying all this junk around with you for your whole lifetime time to let go of the baggage and a start truly living a happy life.

Even though I've given you the keys to the kingdom, I hope you will stay with me and receive this entire message. Sometimes we are blind to the pieces inside of us that need healing. They can hide in the cracks and crevices within our souls. If you know that you specifically have

something that you need to pay attention to, you can skip forward to that part. You can also read it in order. However you want to use this book, feel free to do so. However you are led by Divine to read this message is beautiful and valid. I was led to write this down by Divine for you to use in whatever way is best for you, for I love each and everyone of you. I look forward to being on this journey with you! Are you ready? Fasten your seatbelts!

## Chapter 7 Forgiveness

We're going to talk about forgiveness first, because forgiving is a simple concept that is very difficult to master. We say forgive and forget, but most people 'forgive' but don't forget. Most of us will forgive other people, but not forget. We might remind the other person over and over again that they hurt them. We might hold onto the pain, instead of the love in that forgiveness. We might hold on to the pain of what happened to us for our entire life. Even though we say that we have forgiven, some of us will just refuse to forgive.

'That I can never forgive.'

'That's something that can never be forgiven.'

'Too bad I will never forgive that.'

Those are the vines that reach outward from the root of the pain that happened; growing out from that hurt inside us, infiltrating every moment of your day, getting longer and longer, more and more tangled with each day that goes by, with you holding onto that pain, resisting and refusing to forgive.

When you refuse to forgive others, it doesn't hurt them. OK, it might hurt them a little that you didn't forgive them, but mostly they're going to move on with their life without you, and they're not going to pay attention to it. When you don't forgive them, it hurts you. It hurts you. Forgiving others is not about them. It's always about you. Forgiving someone else is about your soul. It's about healing your wounds. It's about what you need to fix and heal inside of yourself.

I'm going to tell you a story.

A friend of mine needed some help... I'm going to explain it this way to you and I want you to take the advice that I gave him in the same way. And as I tell you this story, I want you to think about that person in your life who hurt you; the perpetrator, the person who injured you, the person who broke your heart, the person that changed you, scarred you, traumatized you...

In his late teens, this friend of mine had a woman that he loved in his life more than anything. It was the 80s, and while they were involved they lived on the streets, in abandoned buildings, small studios, hotel rooms in bad neighborhoods. One day, she was grabbed off the street, dragged into a back alley, and basically raped and beaten by two or three men. A horrible terrible thing to happen to her, no doubt. My friend, of course, was enraged but there was no justice and no finding the culprits. My friend and I had this discussion in 2016. He had lived his

entire life getting into fist fights at the drop of a hat. He still carried so much rage, so much anger, so much pain, so much just hatred of the world for what it happened to his lady. He lived his entire life feeling like those people were unforgivable. There was no way to forgive those people, EVER, for what they had done, EVER.

This was the advice that I gave him and this is the advice that I give you right now.

Every human on this planet is a mortal vessel, housing a Divine being.

Every single mortal on this planet is a vessel housing a Divine being.

They are born pure and they are born perfect and each one is on a journey in their life.

Each one goes through experiences and pains and traumas that change them.

Each goes through experiences that change them to their core.

Experiences that change them sometimes beyond the recognition of humanity, love, mercy and compassion.

Experiences that can change them to the point that they don't understand how to process the amount of pain that they carry inside of them.

They don't understand how to process the amount of hurt and trauma that they themselves have been put through.

So much pain and trauma, that the only thing that they know how to do with that pain that they lived through, is to then put it on to others;

is to lash out

is to then be the abuser

Is to be the person who is hurting others

Is to be the beater

Is to be the abuser

Is to be the person who needs to have the power

This is in no way condoning the actions of those who do wrong.

But inside of every killer,

inside of every abuser,

inside of every person who is committing crimes against humanity,

Inside of every person committing crimes against children,

Inside every one of them is a Divine being trapped inside a mortal vessel of pain;

trapped inside a whirlwind of suffering;

They are trapped inside a reality that they have created within their own mind, with their own self talk and their own self conversations full of suffering and Hell.

The only way that they know how to get that pain and hurt out is to abuse others, is to hurt others, is to kill others, is to bomb others, is to explode others, is to shoot others.

It's not right... it's never, ever the right thing, but they don't know any other way.

The victimizer usually started out as a victim...

We as the 'Awakening' are always in the process of self awareness and self healing. This allows us to look back at our abusers, at the ones who have hurt us, at the ones who have put this upon us. We have to look at our abusers through the eyes of empathy.

We have to look at them through the eyes of compassion,

even though **they** are the ones who committed these hurtful acts;

even though they put this pain upon us;  
even though they are the ones that were in the wrong; even though they have done this.  
We as the 'Awakening' have to be the ones to extend the healing of empathy towards those  
who are in so much pain that pain becomes the only language they understand. Lashing out  
with violence and anger becomes the only way they can express their pain. We have to extend  
them empathy and compassion.

Please understand, empathy is not condoning.

Empathy is not saying 'it's okay what they're doing'

Empathy is saying

*I understand that you're doing it from pain*

*I understand that you are wounded*

*I feel that you are Divine and you are wounded and for that I offer forgiveness.*

*I believe that you are Divine and that you are wounded and that you are doing this from your  
own place of hurt.*

Forgiveness is not about that person who hurt you.

Forgiveness is about you.

So when you are forgiving someone who has done a terrible act,

when you are forgiving the person who has abused you,

when you are forgiving the person who has broken your heart,

when you are forgiving the person who has hurt you beyond all

when you are forgiving the person who you think has broken your spirit;

It is in the Forgiveness of them and the understanding of what they have been through, that you  
are healed, because it's not about their healing.

Their healing is a separate Journey from yours.

That forgiveness is not about giving them about your absolution of them.

It is about healing you.

They have only broken you, if you don't forgive them.

They have only gotten to you, if you do not forgive them.

You're driving the bus.

It is your Divine Spirit.

It is your Divine Journey.

You can't heal them.

You can't fix them.

Your forgiveness does nothing for them.

Nothing Nothing Nothing ...

Your forgiveness does nothing for them, but it does **everything** for you.

It does everything for **you**. I promise you this.

It may be the most difficult and painful thing that you have to do.

You may have to do it a hundred times, because you keep backsliding.

You may find yourself saying '*No, f\*\*\* that, I'm not forgiving that person, they don't deserve it,  
they messed up, they hurt me, they broke me, I've had 50 years of that person in my head,  
hurting me over and over and over again. I have re-live this moment each and every day of my  
whole life. I'm not forgiving them.*'

Until you forgive them, they will hurt you everyday of your life, for your entire life. I promise you that. The way to forgive them is to understand that what they did to you, they did from their own pain. It had nothing to do with you. It had nothing to do with you, in any way shape or form, at all. It had everything to do with their Journey. Some people believe that we kind of plot out our lives. If you believe that, then it's very possible that you chose to be a part of their Journey. Some people find comfort in the belief 'I chose to be a part of that person's journey.' Maybe you can too...

So what am I saying? I'm saying that forgiveness of those who hurt us is the way to heal ourselves. The way that we forgive people who don't 'deserve' it, is to understand that whatever they did, it may have been done **to** you but it wasn't done **because** of you. It was done because of them, their issues and their pain. They lashed out because they don't know any better, because they're in so much pain, lashing out is the only way they know to process their pain.

I want you to imagine for just a moment...

How much pain does a person have to be in to beat a child?

How much pain does a person have to be in to hurt a child?

How much pain does a person have to be in to take somebody's life?

How much trauma does a person have to live through to think it's okay to touch someone that way?

What do you think that person went through as a child themselves?

How much of their own power do you think was taken when they were child to then think it's okay to do that to somebody else? To then feel like their only way for them to have power is to do it to somebody else?

By understanding their Journey and having that empathy, you can forgive. Forgiving them is not saying what they did is ok. It's not condoning what was done. It's just understanding that they're in pain. They lashed out in pain. They do what they do, and they did what they did, because they're in pain. What they did had nothing to do with you, even if it was done to you, no matter how badly you were broken. Forgiving them will heal you, because that healing is your journey. Their pain, their suffering and their lashing out is their journey. They have to live with that choice. Your forgiveness of what you went through, your forgiveness, your healing, that's your journey, that's what you need to do in this life. That's what your Divinity is crying out for. That's what your Divinity is searching for. It doesn't matter if it was someone who abused you or if it was just someone who treated you badly; if it was a marriage that went bad or if it was little kids that teased you or if you were bullied.

Your pain is your pain and if it broke you and it hurts you then it is important. If it blocks you from Divinity it is important.

You need to go back to that place and you look at that person in your mind.

All the time happens, all the time.

All the time happens, all the time, so if it still hurts you today that those little kids looked at you and laughed at you and pointed at you on the playground, then it's still something that is important; then it's still something that you need to work on.

All the time happens all the time and if it still hurts you, then it's still happening today.

If you can close your eyes and still see those little kids throwing rocks at you then it is still happening.

You need to go back to that playground.

You need to look at those little kids and you need to say to them--

*'I forgive you. I understand that you're throwing rocks at me because, maybe you get teased at home, maybe your big brother pushes you down on the bed, maybe your mom and dad ignore you at home and I forgive you'*

Then you walk up to everyone of those kids and you give them hugs.

Then you turn around and you give your little self a hug. Say to yourself--

*'You're not an outcast. You are wonderful. You are beautiful. You are Divine.'*

You give yourself a big, big hug.

Here's the third part. Now a lot of people don't know that there is a third part to this kind of forgiveness and they will miss it. I feel that this is the most important part of the process.

You turn to your grown self and you say---

*'I forgive you for believing the garbage these people said to you, because you've been carrying this pain around since you were 7 years old. I forgive you for carrying this garbage. I forgive you for carrying this baggage around with you. We're leaving it right here. We're leaving it right here because this is not a part of our life anymore. We forgive them. We forgive ourselves. We are important. We matter. We are Divine.'*

You give yourself a hug.

You love yourself unconditionally.

You forgive yourself for believing all that garbage.

Why do we carry around the stuff with us? It is not necessary in our daily lives to get hit by stones thrown by 7 year olds all day long. It is not necessary to re-live the painful parts of our past over and over. It's in the background like a movie, running all the time, in the background of your daily life. You will be at work and somebody will say some off-handed comment, just a little a little dig, nothing major, like a joke. Rather than take it as a joke, we take it to heart. We take it to that place where we're standing on the playground and people are throwing rocks at us, telling us what a loser we are. We react on a 10 to something that was meant to be a joke and it's not necessary. It's not necessary to carry these things anymore. Do you see how these things from our past will affect our daily life? We don't even realize it if we aren't paying attention. It's all connected.

Another thing that we will do in this cycle, is we will carry the blame for something that was done TO us. We will carry the blame for what was done TO us.

We blame ourselves. It's illogical, but we are so good at it.

That person abused me, because I did something wrong.  
It's my fault. It's my fault that my mother hates me, because I'm obviously a horrible person.  
It's my fault that that person molested me, because I must have done something.  
I wanted to sit on his lap because I liked feeling special. I wanted my uncle to think I was special so I like sitting on his lap. It must be my fault.  
We carry that guilt with us. We carry it with us and we harbor that shame within ourselves. Because we are carrying and harboring and hiding pieces of blame, guilt and shame within ourselves, we perpetuate the cycle of abuse long after it has physically ended. All time happens all the time. As long as you are harboring those emotions, the pain is still happening to you today. As long as you are still feeling that pain, the cycle is still happening, the roots are still deep in your soul and the vines are still affecting your everyday life.

Breaking this cycle is all about forgiveness. Forgiveness of yourself for carrying that guilt and shame and forgiveness of the person who hurt you. You'll never have to say it out loud to them. You don't have to walk up to the mother who hates you and say I forgive you for hating me Mom.

I understand it's because you live a crappy life. I understand it's because you're in pain. I understand it's because you didn't want to be pregnant and you didn't want to get married. I understand it's because XYZ whatever the reasons are. You don't have to walk up to the uncle that abused you and say I forgive you. I understand you abused me because you were abused by your father or you were abused by your auntie and you thought that's what you're supposed to do. You didn't understand or you felt like you needed the power, whatever the reason is.

You never have to say it to them. Do it all in your mind. You visualize it in your head. You visualize it in your mind's eye. You find that empathy in your mind and you have a conversation with them in your mind. Why does this work? Why does this work? Because we're all connected, right? We're all connected by that Divine spirit. Inside of every single person, is that Divine energy that's connected to the Mainframe, all connected to the one big ocean of which we're all drops. (Some people will say you are talking to their higher self. I don't get hung up on semantics. Whatever works for you is fine with me.)

So when you have a conversation with them, it makes a difference. They hear you. Don't think that you're just pretending. Don't think it's your imagination. This is real and when you forgive them in that way, it makes a difference to yourself, and THAT is the whole point, because your forgiveness is about you, not about them!

## **Chapter 8 Guilt**

What is guilt?

Guilt is feeling responsible or regretful for perceived offense, real or imaginary. We have an innate ability to take guilt on as our own, whether we are actually guilty or not.

Merriam-Webster says it's the fact of having committed a breach of conduct, especially violating law and involving a penalty, a punishment.

When we do something wrong, we feel like we need to be punished.

Guilt deserves punishment, right?

When we do something wrong as a child, we get punished.

Maybe you got spanked; maybe you got yelled at; maybe you got beat; maybe you got sent to your room; maybe you got grounded.

We're taught as children that when you do something wrong, when you are bad, when you are naughty, you get punished; because you are guilty; because you are bad.

We as children learn to take on the sins of the world.

We learn to take on the guilt of things that are even not our fault. We learn to take on the guilt of the moods of our parents. Often because our parents will absent-mindedly put that weight upon us.

It's not because our parents are necessarily bad people. It's because they don't think, before they speak; because they don't understand; because they don't know any better; because they're living their own life and having a hard time; they don't recognize how the things that they say affect us as children.

You run into the room and say *'Mommy Mommy look what I made'* and Mommy drops the dinner or Mommy cuts herself or you make mommy jump and she spills her drink. Mommy says a simple sentence like *'Look what you made me do, look what you made mommy do'* and gets mad.

Now you're not happy anymore. You're not excited and Mommy's very mad. You take that blame on yourself. I made mommy mad. Now you feel that you have so much guilt when it comes to Mommy's moods.

Maybe you're supposed to clean your room, and you don't clean your room. Mommy gets mad at you and she punishes you and she says you go sit in your room until it's clean. That afternoon, you hear mommy and daddy having a big fight. Then, Daddy leaves. Mommy comes to you and tells you that daddy's not coming home.

She didn't say it was your fault, but you look around your messy room, and as a child, you say to yourself *'It's my fault that Daddy left because I didn't clean my room. It's my fault that he left cuz I'm a bad girl. I'm a bad girl who doesn't listen to her mommy and daddy. I made daddy leave because I was bad.'* Obviously this isn't true, but as a child, we don't know that, and it plants one of those roots, a root called guilt.

Fast-forward that guilt 10 years.

Now you're 15 and you think you're a bad girl.

You make people leave, because you're a bad girl.

Why would you even try to be nice because you're just going to make people leave.

So you lash out and you act out. You get into trouble. You curse out your mother. You yell at your teachers. You get suspended in school. You get bad grades, because it's all your fault that your life went to hell. It's all your fault that your dad left. It's all your fault that your mom cries at night. You don't deserve to have anyone be nice to you. You don't deserve to live in a nice room. You don't deserve to have any good things. It's your fault. Everything that's bad, everything that's happening is your fault.

Let's fast forward another 10 years. You are 25. You moved out. You have a job. You're working. You're doing the things that normal people do, but you're still carrying that guilt, that root. You have a man in your life. He's very nice, but you're always looking for something to go wrong. You're always looking for that other shoe to drop. You're always looking for a reason to jet out the door. You don't deserve to have this nice guy, because you're bad. You're a bad girl and something bad is going to happen any minute. It's going to be your fault. He's going to leave because you're a bad girl. You made your dad leave, so why wouldn't this guy leave? So the first chance you get, you do something to screw the relationship up. He leaves and that's all the proof you need that you're a bad girl. It's all your fault. You don't deserve to have someone who loves you. You will do this over and over and over again in your life. You will sabotage every relationship that you are in, because you're a bad girl. It's your fault that people leave you. You don't deserve to have somebody good in your life.

This is just one of many, many, many ways the guilt can affect us. These are a few of the ways guilt manifests. These are just a few examples of the way guilt's vines crawl into our lives and wrap themselves around every piece of our lives. Guilt Vines can crawl in a different direction.

This same young lady can have a Guilt Vine now that crawls around her heart about the way she's treated her mother, after the daddy left. Because, in her mind, it was her fault that daddy left and she started treating her mother badly.

She didn't want her mommy to know that it was her fault that Daddy left. She didn't want Mommy to see that Daddy left **because** she was a bad girl.

So, she started pushing her away and being mean to Mommy, so that mommy wouldn't see too clearly how hurt she was that Daddy left; so mommy wouldn't see too clearly that it was her fault that Daddy left.

The further that she pushed Mommy away, the meaner that she was to Mommy, the easier it was for her to be mean; the easier it was for her to lash out and the less she had to feel her guilt. The more anger she could feel towards her mother, the less of her own guilt she had to feel.

The more she could push that blame outwards so that even though it was her own 'guilt' that she was feeling (because it was her fault that Daddy left) she then started to blame her mother instead. *'Mommy was the one who told me to clean my room. Mommy was the one who made me clean my room. Mommy was the one who got into the fight with Daddy about me not cleaning my room. Mommy told him that I wasn't a good girl. It's Mommy's fault that Daddy left.'*

Now she can push that anger outwards at Mommy; get into fights with Mommy and point her guilt outwards towards Mommy. All of it is stemming from the guilt she manufactured from that false belief she created as a child that Daddy left because she didn't clean her room. As she gets older and we push forward into her twenties, she has an anger towards her mother that rears its ugly head in many other areas of her life.

For example, she's at work. She has a boss who is a woman about her mom's age. Her boss says to her when she comes in late to work *'You need to be more responsible when it comes to your job, because I need you here on time. That's part of your job. It's part of being a grown up. I understand that you're young, but you need to do the right thing here.'*

Rather than respond as you should respond to your boss *'Yes I apologize I'll be sure to be on time tomorrow.'* She responds with *'F\*\*\* you! You're not my mother. You can't tell me what to do. You're not the boss of me. Screw you. I'm out of here.'* The anger and blame that stems from the guilt that she's been carrying, spills out onto her boss, who has said something motherly to her about taking responsibility for her life. She exploded on her boss. Lost her job.

This will continue to happen to her over and over again until she traces this back. That Vine twists itself into every corner of her life; every relationship, every interaction; every moment. All stemming from the same root of guilt; all stemming back to 'my daddy left because I didn't clean my room' which is a false belief to begin with. You can see how this will create so many vines out of this one root of guilt. And now, she feels shame, because she's been mean to her mother, she's been mean to her boss. She won't get a very good reference from that job, because of the way she handled things.

Here's another vine--Maybe she was a great boss and a really nice lady. Our heroine may feel bad about what she did but maybe to cover up that shame, now she'll badly talk that boss behind her back. Maybe the boss didn't fire her and she let her stay on, but now she's spreading a rumor about that boss at work to cover up her own shame for telling her off. She's making fun of the way the boss dresses, or her size, etc, to cover up her own shame about how she spoke to her to cover up her own embarrassment. It's interesting how many of these Vines can you grow from just one root, from just one false belief that was started from one little root.

This is just one story...just one version following just one or two vines growing up from a single root and a single incident. Following this vine from this one root all the way from that false core belief--it's my fault that Daddy left because I didn't clean my room-- to lashing out and pushing away everyone around us. We follow that vine on an expansion of growth outwards with a person who carries that belief pushing that pain outwards at the world; they lash out at the people around them in Anger.

They will lash out because of the shame they feel.

They lash out because of the guilt they feel because they are bad; because they feel like they are naughty.

They don't want people to see how bad they are and so *'I'm going to keep everyone away from me. I'm going to destroy everything before they can get to me. This is my defense. This is how I keep people away. This is how I stop them before they hurt me, the way I was hurt by my daddy leaving, because I'm a bad girl.'*

Let's take this Vine in the opposite direction. We watched the first vine pushing outwards, lashing out, building walls, pushing others away. One Vine creeping out in many many directions from this root of Guilt. What happens if we watch that Vine twist inwards, wrapping itself around our heart and our guts and our innards; twisting itself into our brain. If we take the same situation, the same situation with a different little girl. She doesn't clean her room, her mommy yells at her and tell her to go to her room until it's clean; she hears mommy and daddy arguing and daddy leaves. She thinks it's her fault that Daddy left because she didn't clean her

room. This little girl blames herself that Daddy left, because she didn't clean her room. Same scenario as before, same false belief created, same root of guilt.

However, **this** little girl says *'I'm going to be the best little girl on the planet. I'm going to do everything right. I'm never going to be a bad little girl again and if I do that, then everything will be perfect and daddy will come back and Mommy will love me and everything will work out.'*

So this little girl cleans her room spotless. In fact, she starts cleaning the whole house.

She behaves so well in school, she starts getting citizenship Awards.

She starts getting straight A's and she's doing the very, very best job that she can.

But, nobody's perfect and when something goes wrong in the little girl's world, like maybe she drops something or she gets a B or maybe something doesn't quite go right, the little girl has a little meltdown.

The little girl doesn't want anyone to see her having a little meltdown, and the little girl doesn't understand how to process all of the pain that she's feeling, so the little girl hurts herself.

Maybe she makes a little cut on her arm.

Maybe she starts thinking bad thoughts about herself about what a horrible person she is.

Maybe the little girl starts telling herself that she is a terrible person that she's a loser.

Maybe she tells herself that everyone hates her.

Maybe she tells herself if she doesn't get everything perfect, then her whole world is going to end and everyone will leave her just like Daddy did.

If I'm not perfect then everything will be wrong and nothing will be right and everyone will leave.

This starts a whole different spiral in her life of self-hatred and self-loathing and a perfectionism that goes beyond.

Maybe it turns into OCD. Maybe it turns into anxiety.

Maybe it turns into her becoming a type A personality, that excels on the outside and punishes herself on the inside.

Maybe she becomes a cutter. Maybe she pops pills. Maybe she becomes an exercise addict.

This type of guilt will manifest itself in many ways, but the main way that it manifests itself is in self-harm. On the outside she looks perfect and she will present the image of perfection, but when one thing goes wrong, she will destroy herself on the inside.

This is yet another way that the same exact root of guilt, from the same event, presents itself and creates those vines that twist themselves into our lives.

Let's examine the root.

Did her daddy leave because she didn't clean her room? No, he didn't.

But does the grown up girl recognize that fact? No she doesn't.

Why doesn't she recognize that fact?

Because she doesn't know that all of her behavior stems from that one root of Guilt.

She doesn't recognize that all the Vines; all the behavior; all the self-sabotage; all the negative thoughts come from that one guilty little secret; that one false belief; that one root of Guilt that it's her fault that Daddy left because she didn't clean her room.

Does any of this sound familiar to you? Are you either of these little girls? Do you see these Vines, these behaviors, playing themselves out in your own life?

These are the things that destroy us. These are the things that keep us from loving ourselves. These are the things that keep us in the darkness. These are the things that keep us from seeing ourselves clearly, because we don't recognize the false beliefs that make up our core. How do we heal this root? How do we clear away these vines, that stifle us and twist up our hearts?

We time travel.

We use that technique we talked about in Chapter 6. You go back to that little girl and you tell her it's not her fault her daddy left and you give her a hug. Then you hug your daddy and you tell him you forgive him. Then you even hug your mother and forgive her. Then you hug your grown self and forgive yourself for that false belief you have carried all these years. Release your guilt. Dig out those roots. Rip out those Vines! You can do it!!

## Chapter 9 Judgement

Judgement is the next root that we're going to address.

Judgement can manifest itself in several different ways. The first way that we're going to talk about is judgement focused outwards. Usually, when we focus our judgement outwards, it is merely a way for us to avoid looking at ourselves.

We've all heard the saying '*That the things we dislike and others are the things that we dislike the most about ourselves*' or '*Me thinks he doth protest too much.*'

It's always the ones who are screaming the loudest that are the ones who get caught. It's always the the lawmakers who are trying to pass the laws against things, that get caught doing those things.

Often times, when we are judging other people, that Judgement of them actually comes from a deep-seated self-judgement of ourselves. It can also come from a place of deep-seated insecurity within ourselves that we may have.

We feel the need to project our judgement out on other people to reassure ourselves that we're better than they are;

to reassure ourselves that we know more than they do;

to reassure ourselves that we are at a higher level than they are and so they have nothing to teach us.

We don't have to listen to them.

They are of no value to us; emotionally, intellectually, or any other way.

This can be a very destructive thing, when you push your judgement outwards.

It can destroy relationships that you have, if you're always going around telling people how they should live their life; how you don't like what they're wearing; you don't like what they're saying; they shouldn't do something this way; they should do it that way.

You could definitely push people away in this way. Sometimes it can be used purposefully; sometimes unconsciously as a form of self-sabotage. Constantly telling people how they should do things or what they should do is a way for you to sabotage these relationships and push people them away, so that you don't have to get too close to them. When we're constantly sitting

in judgement of other people, it is a very clear sign of our own insecurities. When you're always looking outwards at what other people are doing, you are avoiding looking inwards at what you are doing.

This is something that we always have to be mindful of, especially in the spiritual community, because our instinct is always to help other people. Our instincts are always pushing us to do for others; do for others; do for others. Oftentimes our instincts, that part that pushes us to do for others is actually keeping us from seeing where the work needs to be done within ourselves. When we're not doing the work within ourselves, we're actually cheating those people that we should be helping. We're also cheating ourselves, because we're not able to properly give them the help that they need and we're not able to properly give ourselves the help that we need.

This is similar to the concept of putting on your oxygen mask first. In an airplane, you have to have enough energy for yourself, before you can give anything to anyone else. You have to be able to love yourself, before you can receive love from anyone else. No, you don't have to love yourself, before you can love someone else. This is true but you certainly have to love yourself before you can receive other people's love fully.

While, judging others is almost always a symptom of our own issues that we are refusing see, what happens when we turn that judgement on ourselves?

The other way that judgement can manifest itself, is when we turn the judgement inwards on ourselves.

We can judge ourselves very harshly for things in our past.

We blame ourselves.

We judge ourselves in comparison to other people.

We will judge ourselves based on what we think things should look like, or how we feel things should go, instead of how they actually are.

We will judge ourselves, seeing things through the eyes of our pain and through the eyes of our guilt and shame.

When we carry judgement, we will see the world through pain-colored glasses instead of through actual truth.

When we can actually face what's going on inside of us; when we can actually see clearly what our own faults are, what our own issues are, without judgement, then we can actually address those things and heal them.

You can acknowledge that you have a fault, without judging that fault.

When you judge it within yourself, you assign --this is good or this is bad-- that's where the Judgment comes in. When you say that you have a fault or that you have an issue, such as *'I tend to get angry too quickly'*

It's when we say *'It's wrong that I get angry too quickly'* or *'It's bad that I get angry too quickly'*  
That's a judgement.

That's when it becomes dangerous, because now we are assigning right and wrong; evil and good; positive and negative.

Now we are assigning an emotion to that issue that makes it charged.

It charges it and it taints it.

Now, when we see that issue in **other** people, we will judge them by the same rubric and the same criteria with which we judge ourselves.

If we think to ourselves *'I lie about how much I eat and that's wrong, that's a bad thing'* and then we go out into the world and somebody lies; we then look at that person and we judge them.

We judge them because they lied, but we're judging them based on our own criteria of lying.

We judge them by how **we** feel about it when **we** lie.

We judge them by our emotions about our own lies, so then that affects how you react to the other person's lie, not because of **their** lie but because of your **own** lie.

If you feel like you are overweight and being overweight is a bad thing;

If you think to yourself, I'm fat and it's disgusting and then you look out in the world and you see an overweight person wearing a tight shirt, you might judge them based on how you feel about yourself.

You might say *'Oh she shouldn't be wearing that. That's disgusting.'*

You're judging her based on how you feel about yourself.

It doesn't really have anything to do with that person, but you are putting your judgement about yourself outward into the world.

You're spreading that vine, that's growing from that root of judgement about yourself, outward.

Where does this root come from?

Where does this root of judgement grow from?

This judgment; the self judgement and this judgment of others, always comes from the same place that all of these issues come from, and that is the lack of self-love.

That is the soil from which all of these roots grow from.

That is the soil that we are going to till up and fertilize so that only happy little flowers of self-love grow, instead of the roots of these painful emotions, like judgement.

When you turn that judgement on yourself, when you look at your own 'faults' or when you look at the things about yourself

*'I have hair on my arms, that's disgusting. My voice sounds weird. That's horrible.'*

When you make these judgments about yourself and assign an emotional reaction to them, now you can become self-destructive with them.

Now you will start beating yourself up with them.

Now that vine of self-destruction and self judgement will start wrapping around your heart and you will start to self-sabotage based on these judgments.

You may not even realize that that's where they're coming from.

Where do we learn this self-judgment? Where does it come from?

Sometimes, it's because we overheard someone say something, once.

Sometimes, it's because of the judgement of other people.

Many times we create a false belief based on what somebody else said. We overheard someone say something about our hair or say something about our attitude, and so we decided

*'Well that must be the truth. They said it. They said that about me, so it must be true.'*

We then internalize that as our 'Truth.'

We find evidence in our everyday life that supports that 'Truth'

*'Well, that person's looking at me funny. They must be looking at my funny hair. That person just reacted to me in a strange way. It must be my attitude. See that person was right when they said I have a weird attitude. See, those people were right when they said my hair looks funny.'*

We need to learn, we need to discover the source, so we can rip out the root of these vines, which crawl into every moment of our lives. We give so much credence to the judgements of others and so much credence and weight to our own judgements and superiority over other people. What we learn when we dig down into the roots of this judgment, is that it all stems from the lack of love for our self. **When we can truly love ourselves and accept ourselves exactly as we are, we can disregard the judgement of others.** Truly about 90% of what other people have to say about you is garbage, that should be thrown away. When we can truly disregard the judgement of others, and rely on our own truthful honest assessment and love ourselves; despite any issues that we come across during that assessment--and in fact love ourselves *because of* any issues that we come across during an assessment-- **that** is when we will be able to rip out the roots of both internal and external judgement and clip away the vines that strangle our hearts.

## Chapter 10 Anger

Anger is a difficult root to pull out.

I don't really think of anger as its own root.

Anger is not really its own root.

Anger is more like the vines that grow out of **all** the roots that we're exploring.

We're going to give anger its own root because many of us aren't able to make the connection between anger and the other emotions.

Anger grows from emotions that we don't know how to process.

Anger grows from nuggets and seeds of sadness and guilt, shame and judgement of self, that we don't quite understand how to process.

Anger grows when we ignore these things,

when we ignore the shame,

when we ignore the guilt,

when we harbor this resentment,

when we're thinking about injustice,

when we're harboring emotions and thinking about ourselves in a victim mentality,

when we are thinking of ourselves as poor me.

Anger grows from a sense that you are not loved.

Anger grows where love is absent.

Anger grows where fear thrives; the fear that love is gone, the fear that love will always be gone.

This is where anger grows. This is where anger thrives. This is the root of anger.

What about the vines of anger?

The Vines of anger can grow and wrap around your heart and be turned inward on yourself.

You can be angry at yourself for making poor decisions.

You can be angry at yourself for not following your dreams.

You can be angry at yourself for being a bad person.

You can be angry at yourself for choosing incorrectly.

You can self harm to quiet the anger.

You can drink to quiet the anger.

You can do drugs to quiet the anger.

You could get deep in addiction.

We do so many things to quiet the anger that we feel towards ourselves.

But what happens when the anger we feel bubbles up, uncontrolled?

We don't know where it comes from.

We don't have any control over it when it comes out.

It explodes like a volcano all over whoever happens to be in front of us.

Whatever that seed of anger was, all it needs is one little drop, one little drop.

One flip of the switch, and that anger explodes all over whoever happens to be standing there.

Whoever drips that last drop on the fire, whoever flips that switch, whoever happens to be the one that fills you to overflowing will get burned. You might have been boiling for hours and that last person flipped that last grain of salt into your pot and you just boiled over all over them.

It wasn't really their fault.

It's not really about them.

You've been mad for days, weeks, months, sometimes years...

But they were there.

They said XYZ to you.

That's it you're going in on them and now they get the full brunt of it!

For some of you, this only happens once in a while.

For some of you this happens many times every day and you don't know why.

You're carrying around so much pain, so much anger, and you have no idea how to process it.

You have no idea what to do with it.

You have no idea how to move this anger, move this emotion, dig underneath of it.

You have to figure out how to get underneath of the anger.

Figure out what the real emotion is, because anger is almost never about anger alone.

Anger is almost always about some sort of hurt, some sort of guilt, some sort of pain.

It's always about the seed that grew that root that grew into those vines of anger. It's never about the vines themselves.

It's never about the vines that wrap around your neck.

It's about the root.

It's about the seed that grew that root that created those vines of anger.

It can be difficult when you're lashing out over and over again.

It can be difficult to trace that vine back down to the root.

It can be so difficult to trace that vine all the way down into the ground, to the root to find that seed.

Figure out what started your journey into the darkness, into the heart, into the pain, into the anger.

What made me so angry? Why is this coming out? Why is it spilling all over you.

We're often angry at the people we love the most.

We often find ourselves exploding on the people who least deserve it, the ones who support us the most, the ones who stand by us through thick and thin; not the ones who deserve it.

We do this because we know they're going to be there for us, even when we explode on them.

We know they will still love us even when we explode on them...but will they?

Will they???

There comes a time when the line gets drawn and if you don't deal with your anger, some people will draw a line in the sand and walk away from you.

Anger is destructive.

It's like a fire and yes, after a fire, things start to grow green again.

Sometimes the stuff that grows, the brand new green growth can't bring back the old stuff.

So you might get brand new friends, true, that's because you burnt up all the old ones.

When it comes to anger, **Pay attention! Pay attention!** You really have to notice the warning signs, before you explode. You have to feel it coming from a mile away, and you have to employ some little tricks. You have to employ some distraction techniques, kind of like Cesar Millan would do with his dogs in *The Dog Whisperer*- the little sound and the tap on the neck.

You need to do something like that to distract yourself, whether it's a code word, whether it's an action move, whether it's snapping your fingers, clapping your hands, jumping up and down.

When you feel that anger rising, first of all, make a note. *'I need to come back and figure this out, because I feel this anger coming up based on what this person is saying to me; this is triggering it.'*

Make a note so you can go back and explore that vine! We want to trace that vine back in time. We want to trace it back down to the root, dig underneath and then Time Travel to heal the seed- that planted that root- that grew the vine of anger. It's not easy. Facing your own anger can be difficult and terrifying, but be honest with yourself. Be truthful about your own motivations. Be accountable to yourself for your actions towards yourself and others. Anger is a choice. It's a choice of reactions to a situation or stimulus. Through vigilance, self awareness and really paying attention, you can choose to process and express your anger in a very different way.

## Chapter 11 Sadness

Sadness is a tricky one.

Sadness is one of those emotions that kind of overtakes you, before you even realize that you're sad.

Sadness creeps into your world and makes you feel like everything is kind of wet and dripping. You feel like there's no way out.

You look around and you see just a normal everyday stuff in your life, but it all just seems a little bit darker, a little bit less vibrant, a little bit muted, quieter, nothing seems as important, nothing seems special, especially not you...

Sadness is one of those emotions that really takes over our lives, before we even realize that it has a foot in the door.

By the time we recognize that sadness has taken over, it's usually in every nook and cranny of our existence.

It's usually wormed its way into every crevice in our brain.

It's usually worked its way into every bit of our being.

Sadness is sneaky.

Sadness disguises itself as other things.

Sometimes sadness disguises itself as loneliness.

Sometimes sadness disguises itself as depression.

Sometimes sadness can disguise itself as anger.

Sometimes sadness can disguise itself as jealousy.

Sometimes it hides behind being a workaholic or sense of superiority.

Sadness can hide behind resentment.

By the time you realize that behind all these other emotions, jealousy and resentment, your bitterness, that little mean girl thing that you do to your friends, the way that you judge other people, by the time you realize that sadness is what's behind all of those things; it's in the door, it's got its hooks in you. By the time you realize most of what you do is motivated by sadness, it's pretty much controlling your every move.

So where does the sadness come from? Lack of love-- Lack of Connection--

Maybe you are surrounded by people who love you, maybe you have children, maybe you're surrounded by friends and family who love you, but you're still miserable, grumpy, jealous, pissed off, just sad all the time.

We are sad when we are not connected to that Divinity that's inside of us, because if we **were connected** that deep, pervasive, all-encompassing sadness couldn't survive for long within us.

When we are connected to that Divinity inside of us, sadness would not be able to have control of us. We would feel unconditional love within ourselves for ourselves, and yes in that love, we can feel sadness for others, we can sympathize and empathize with other situations, but knowing our own divinity, we are not going to be able to collapse ourselves into sadness. We will not be able to allow sadness to take over every part of our life, if we connect with the Divinity within us.

If we connect with that bright, shiny, beautiful, Divine light within, sadness won't have any place to hide. It won't be able to control us from any corner of our lives.

I know that when you live in sadness, it feels like you can't lift your head above the water.

I know that when you live in sadness, it feels like you can't swim.

I know that when you live in sadness, it feels like you can't breathe.

When you are sad, you are not loving yourself.

When you are sad, you are allowing everything outside of your own Divinity to rule your world.

You must turn inwards.

You must listen to your own Divinity.

You must practice unconditional love of self.

You must pay attention to what is going on within you.

There is a root to your sadness. There is a root to your pain.

You have to be like Scooby and the Gang and you have to follow the vines of your pain all the way down to where that root of sadness is, so that you can heal it, so that you can forgive it, so that you can love it. You have to love your sadness away and you have to make a choice to heal. Sadness is a habit. Happiness is a choice. Those things that we say to ourselves- those moods that we get in- those routines- those negative narratives- those habits- you need to make a choice.

Choose happiness.

Choose light.

Choose love.

You must do what is necessary to lift yourself out of sadness.

Change the conversation you have with yourself.

If it means you have to watch comedy shows all day, then you do it.

If it means you have to picture people getting knocked over in your head, then you do it.

Whatever you think is funny, whatever makes you laugh, whatever lifts your spirits, you do it, for as long as it takes to lift your spirits and pick you up out of it.

The most important thing that you can remember when you are sad, is that sadness is temporary.

Sadness is temporary.

It always passes. You will be happy again. That is a fact.

If you choose to be happy, then you will be happy.

All that is needed is for you to shift your perspective, to look at your situation from a different angle, from a different side.

Once you shift your perspective,

Once you choose to look at things from a more positive angle,

Once you change the conversation that you're having with yourself, your sadness will start to drift away.

That sadness is a dark hole that you've trapped yourself in.

It's a habit. It's a habit and the longer that you stay there, the more comfortable you get there.

The more often that you say those self-destructive, painful, sad things to yourself, the more comfortable you become saying those sad things, they become like a self-fulfilling prophecy.

*'I will always be sad. I will never feel happy again. I will never find love again. I will feel like this forever. My life is over. Nobody will ever love me again.'*

All of those things are false statements. Logically, we can read these things and think those are ridiculous. Logically, even when we say these things out loud, we recognize the ridiculousness of these statements. They do not line up with our Divinity and that is the thing you need to remember. If you are Divine, then none of these statements can be true.

*'I will never find love again.'* Of course you will. You are love.

*'I will be alone forever.'* Of course you will not, because you are never alone.

*'I will never be happy again.'* Of course you'll be happy again. You are happy right now, because I am with you, because you are Divine. Yes, you are Divine.

You must remember that you are Divine.

Sadness is a temporary and it only has as much power as you give it.

Do not collapse yourself into the sadness.

Remember that it is temporary and it only lasts as long as you allow it to last.

Change the conversation. Shift your perspective.

Change the narrative and remember that you are Divine.

## **Chapter 12 Jealousy**

What is jealousy?

What does jealousy lead us to do?

What purpose does jealousy serve?

Jealousy is when we look at someone else, we compare ourselves to them, and we find ourselves lacking. We see what they have or what they are and we want it, or we want to be it.

So what causes us to compare ourselves to another person in the first place?

What causes us to judge ourselves in comparison to another person?

We spoke of judgement, both external and self judgement a few chapters ago, so this chapter is going to be pretty short, because jealousy and judgment are very closely related. When we find ourselves feeling jealous, it does grow from that root of judgement of self, but the true root is insecurity, lack of self love, looking at ourselves, comparing ourselves to someone else and finding ourselves lacking. That is jealousy.

Jealousy is taking that self judgement, where we have found ourselves lacking, and turning that insecurity outwards, lashing out and pointing that judgement at someone else. When we're jealous of someone else, it causes those vines to twist themselves into so many other areas of our lives, our relationships, our jobs, our families, causing us to lash out at other people.

Sometimes when we are jealous, we will lash out in anger at other people.

Sometimes when we are jealous, we will manipulate other people.

Sometimes when we are jealous, we might try to destroy other people.

Sometimes when we are jealous, we might try to hurt them,

because we want to be what they are,

perhaps because we believe that they are better than we are,

perhaps because we're worried that we're not good enough.

Jealousy all stems from one thing and that is the belief that we are not good enough.

Because we are judging ourselves.

When we judge ourselves and we are comparing ourselves to someone else, we're always wrong. We should never be comparing ourselves to another. We should never be looking at ourselves and looking at someone else and trying to figure out if they're better than we are or if we are better than them.

Each of us is on our own journey and each of us moves at our own speed.

Some may look on the outside like they are further along than you are.

On the inside, you may be further along than them and vice versa.

Somebody may seem like they're way behind you, but really they could be far ahead of you.

It's not for us to judge other people or ourselves. Jealousy is often misplaced, wasted emotion that usually leads us down a path of destruction, destroying friendships, destroying family relationships, often destroying ourselves.

If you find yourself being jealous,

if you find yourself looking at someone else *'Oh I wish I had that'* or *'I wish I was like that.'*

Figure out where the root of that jealousy grows from. Figure out where that self judgement leads you to heal that root.

Forgive that spot in you and then forgive yourself for comparing in the first place.

We are not meant to compare ourselves to each other.

Each of us is absolutely amazing and incredible.

We definitely, definitely don't need to compare ourselves to each other.

You are fabulous and unique and it doesn't matter what anyone else is doing.

You are amazing.

## Chapter 13 Trust

Trust is a hard one.

Trust is a very difficult emotion to master.

We had our heart broken. We get our feelings hurt.

People lie to us. People betray us. People cheat on us.

We lie to people. We cheat on people. We do the wrong thing. We know what happens.

Trust is a very hard thing to navigate. Our response to broken trust is to build walls and we are sooooo good at building walls. Humans have an amazing capacity to create giant walls; huge barriers, with moats and sharks with frickin' laser beams on their heads.

(yes that's an Austin Powers reference, in case you were wondering for all you young 'uns out there)

Trust is one of those things people say must be earned. A lot of people have a lot of opinions about trust and a lot of people disagree with **my** opinions on trust. However, my perspective is

coming from my own experiences with trust and the Divine. I have had a personal battle with trust for most of my life, because of my own experiences. Believe me, my own experiences should **not** have led me to the things I'm saying here in this book, so my words definitely come from Divine and not from my own 3d pain, because my personal trust has been broken many, many, many, many times.

I don't believe that trust has to be earned.

I believe that trust is should just be given.

I believe that when you walk into a situation with someone, such as a relationship or friendship that you should just trust with an open heart.

I believe that you should not have walls up, that we should not be protecting ourselves from having experiences.

I believe that when we meet people we're meant to have the experiences that person will bring us.

If we put up a wall, we may not get the full experience that we were meant to get with that person.

If I meet someone and I'm supposed to learn a lesson from them, but because I have a wall up, I don't actually have a full experience with them.

We may have a friendship, but I don't actually let them in, so they never actually get close enough to break my heart.

Now true, I've saved myself some heartbreak and some people would say *'That's good, you kept your walls up. You didn't feel heartbreak, so good for you.'*

But I would say *'I kept my walls up. I didn't get my heart broken and I missed the lesson because obviously if my heart was going to be broken, it was a lesson that I needed to learn.'*

Do you know what's going to happen next? Because I missed that lesson, the universe is going to bring it to me again. I'm going to have to try again with someone else. If I still have that wall up, then that lesson is going to be rejected once again by my wall, and so once again, I'm going to miss the lesson. When I miss the lesson again, I'm going to keep wondering *'Why do I feel like I'm blocked? Why can't I move forward? Why am I not meeting the right person?'*

It's because I'm not getting the lessons that I need to get, so that the right person can come into my life, or so that I can get unblocked or so that I can move forward to the next level of my own personal journey, my own development.

I believe that we are supposed to trust fully with our hearts each time that we get involved with a new person, whether it's a friendship or whether it's a relationship. If it means that I get my heart broken, if it means that a friendship is broken, if it means that somebody hurts me, or if it means somebody takes advantage of me, then that's what it means.

Maybe my lesson is not to let someone take advantage of me. I can go into the next relationship trusting someone and not allow them to take advantage of me. I don't have to say yes the next time they ask me to do a project. I don't have to say yes, I will go on a date with you. I don't have to say, yes let's be friends, let's share all of our intimate secrets. I can trust someone and not tell them everything that's in my heart.

You can trust someone and not give them everything you are. You can trust someone and still have boundaries. Boundaries and walls are two different things. It's a hard concept. A wall is immovable, while a boundary is a temporary flexible structure. It's difficult to leave yourself vulnerable because people don't like to feel pain.

On this journey, we are humans, and we were made for pleasure and we were made for pain. Most of us try not to feel pain. We try to avoid feeling pain at all costs. But you know what? Pain is part of the ride. Pain is part of the journey and to truly understand trust, you have to be willing to feel the pain. I have to be willing to be hurt. You have to be willing to let someone hurt you to truly learn the lessons that you're meant to learn. It's really difficult.

So how do you lower the walls? How do you tear down your walls and get behind them. How do you allow someone to get to your heart?

First of all, you have to recognize where your walls are.

You have to recognize where that wall stands and what is it that brings those walls up.

You're really going to have to be self-aware when you're figuring out yourself.

This is the Simple Spirituality of Self and the most important thing that you can do is pay attention to yourself.

Don't go through your life on autopilot.

Pay attention. Pay attention when your walls go up.

Pay attention when you put on the brakes, when something gives you a strong reaction and you start to pull back.

Those are your walls. Those are your triggers. Make a note. Write it down and after you've written it down you go back to it. You are going to Time Travel. You are going to apply the Time Travel method to discover that root of trust, or should I say distrust. You trace it backwards.

You're going to trace that vine of heartbreak backwards as far as you can. You're going to look at those moments where your heart was broken, or somebody lied to you, or somebody deceived you. You're going to take it all the way back and you're going to forgive it.

You're going to forgive that person who lied to you.

You're going to forgive that person who broke your heart.

You're going to hug and forgive your little self.

You're going to hug your little self and forgive yourself for leaving those walls up.

You're going to forgive yourself for letting other people keep you trapped behind the walls, because that's the worst part about walls. The worst part about the walls is that when those walls are up, you're trapped behind them and nobody can get in. Nobody can get in and you can't get out.

Trust can be one of the hardest lessons to understand, but it's really just a decision. When you want to trust someone, you just choose to trust. Every time you think something that's not trusting, you just say the opposite. *'No, I'm going to trust them. No I'm going to trust them.'*

If you're wrong and if they lie and if they break your heart and if they betray, that's okay.

That's about their journey, because it really may not be about you.

Them lying is not about you.

Them betraying you is not about you.

It's about a journey that they're on and maybe you are the angel that is supposed to help them learn a lesson.

Maybe you are just a stop on their journey.

Maybe you are part of a journey that they are on where they are trying to learn how not to lie; how not to hurt; maybe they are trying to heal themselves along the way;

maybe you are one of many many many lessons where they were given an opportunity to do the right thing and they messed up again.

You might be one of many, many regrets in their life. You may be a lesson they carry with them, close to their heart their entire life.

Trust is a difficult thing to master and yet it's very simple.

You trust with your whole heart.

You trust others and you trust yourself with your whole heart.

## Chapter 13 Fear

Fear is definitely something that holds us back.

Fear can invade every corner of your life.

Fear is the master of disguise.

Fear can disguise itself as every emotion.

Fear can be anger.

Fear can be sadness.

Fear can be pain.

Fear can be jealousy.

Fear can be anger.

Fear can be everything.

Fear can affect trust.

Where does Fear come from?

I believe that fear is lack of love. All emotions come from love or lack of love.

I truly believe that fear comes from lack of love.

Fear is usually based on some small thing.

Fear is often based on something small that happened years ago.

It may have a little tiny root in reality, but the rest of it is based on perceived interpretation of the future.

Much of our fear is about what could happen, what might happen, what could be around the bend. We project into the future what could happen and then we're afraid of that, much like when you're going to get a shot. The shot itself is not always painful, but when you anticipate the pain; that is what is actually scary. It's the anticipation of the pain that is scary, not the actual shot. The shot itself is not very scary. It may be that the shot doesn't hurt at all, but when you work yourself up to get the shot, that's scary.

When we think about what could happen in the future, it's the *'what if, what if, what if,'* not what actually happened that is fearful, because we don't know the future.

Yet, we have fear. That's what makes horror movies so, so fun, because we don't know what's going to happen next. It is the anticipation of something scary, that's the fear in the movie; it's fun.

But in our lives it's not so fun, because rather than trust and have faith that the universe will make things work out the way that they should, we allow fear to spin our mind into a million different directions. We allow fear to spin us into a frenzy, into anxiety, into neurosis. We allow fear to spin us until we can't see straight, until it takes over our thoughts. We allow fear to paralyze us.

Fear will keep us from doing things that we want. Fear will keep us from becoming who we want to become. It is fear of the unknown that is paralyzing and that will put the brakes on our lives.

We allow fear to do this to us emotionally. When it comes to our emotions, fear is an outdated emotion and it's not necessary. There is almost no situation in our modern daily lives where fear is a necessary emotion, unless something is literally, physically chasing you in your daily life.

Fear is a primal emotion that we no longer need unless you are in a life-or-death situation.

Because we no longer need to access that fear in life or death situations, we access it when it's not needed. We feel that fight or flight response when there is no need to fly or fight. That's just not how our modern lives are and so we no longer need to deal with fear.

Throw fear out the window. When you feel yourself getting fearful, when you hear yourself saying *'what if this-what if that,'* throw that *'what-if'* out the window; UNLESS it's *'What if everything turns out great? What if I'm successful at everything I try? What if the perfect picture comes true?'*

Do not allow fear to ruin your life. Do not allow *'What if'* and the unknown to paralyze you and to steal your joy. You are in charge of the conversation that goes on in your head. You are talking to you. Change the conversation. Every time you hear the *'What if'* change it to something else. change it to *'What if everything goes right?'* instead of *'What if everything goes wrong?'*

Don't let fear rule your life.

## Chapter 14 Self Worth

How does one determine their own self-worth?

How do you determine your own self worth?

This is a question that plagues us. This is something that digs down into our souls and sometimes leaves us completely empty.

Most of us will look at ourselves and find ourselves lacking.

Why do we do this? We compare ourselves to everything around us.

We compare ourselves to what Society tells us we should be.

We compare ourselves to what our parents say we should be.

We compare ourselves to the person next door, to the person on the cover of the magazine, to the person that we see on Instagram, to the person we see on Facebook.

We compare ourselves to the people we see in the movies and we always find ourselves lacking.

Why do we do this to ourselves?

Why do we always compare ourselves to other people?

Why do we as a society set up unattainable examples of how we should be?

Why do we purposefully set up these examples of what a woman should look like that are almost unattainable in normal everyday life? (I guess that's a question that isn't going to be answered here.) The question that we're going to answer here is why do we as normal human beings look at other people and try to compare ourselves to them. Why would you look at someone else and decide whether you are worthy based on their appearance, based on their actions, based on what they are doing?

I suppose it's probably something that goes back generation, after generation, after generation, we behave as a pack. We look to others to direct our own actions, our own morality. We allow the trends, fashions and beliefs of others to shape how we behave day in and day out.

Unfortunately in today's society, we also allow this to decide whether we feel like we are good people or not. We will allow whether we feel like we match or conform to normal society to decide whether we are good or bad.

This will have such an immense effect on our personal sense of who we are that it will permeate every area of our behavior. It will affect every part of our life. It affects our every decision.

I personally think this goes back to childhood, when we're told to be good boy to be a good girl.

Some of us were told to fit in.

*We're told 'Why can't you be like your brother? Why can't you be like your sister? Why can't you be like your cousin so and so? Why can't you be like Susie down the block? Look at that little boy on TV, isn't he well-behaved?'*

And so we're taught if we're not doing what other people do, that if we aren't as good as they are, that we're not good enough or we are bad. We are taught to seek the approval of our parents, teachers, and peers to show us our worth; are we good? Are we bad? Are we pretty? Are we smart? Are we handsome? The people and the world around us will tell us the answers. Once we become adults, we don't let go of this belief.

We hold on to it and we allow it to rule our lives.

How does this affect your life?

How many times have you come downstairs and a new outfit waiting for someone to notice?

You are going out with your friends, you come downstairs and waited for someone to notice that you had on a new outfit and nobody notices.

Nobody says *'Oh don't you look pretty. Is that a new outfit?'* When nobody notices this, you fixate on the fact that nobody noticed. You will spend the entire evening fixated on the fact that nobody noticed. Instead of enjoying a night out with people that you love, all you can think about is *'These people don't care about me at all because they didn't notice I had on a new outfit. They didn't tell me I looked pretty in my new outfit.'*

All you can think about is that they did not validate you.

They didn't tell you that you looked pretty.

So now you're mad at them.

Not only that, but your self worth/self confidence is now out the window and you are doubting yourself.

You're thinking to yourself '*Maybe I'm not pretty. Maybe I don't look good.*'

You're uncomfortable all night in your outfit, thinking it must look terrible because none of my friends told me that I looked good, or because my husband didn't tell me I look pretty in my new outfit.

All you can think about all night is this outfit that you're in and why didn't anyone tell me that I look good in my new outfit, rather than taking joy in the moment that you were in, rather than saying to yourself '*I look good in this outfit and I'm going to have fun tonight*'...Period.

Why is it so hard for us to give ourselves this praise, believe it and move on?

Why do we feel the need to have this sort of information given to us by the people around us?

This goes back to the to the chapter on Judgement. The Judgment of others has become so important to us and our lives. The Judgment of others becomes what we build our own opinions on. This is a habit that we need to break. This is a habit in our lives that needs to be broken.

Why do we need to break this Habit in our lives? Because we need to make a new habit of self-validation. Self-validation is one of the biggest keys to Spirituality of the Self. Why is this?

When we base our opinions of ourselves on the judgements of others, we have limited our potential and limited our Divinity.

We have the secrets to so many things locked away inside of ourselves.

We have the secrets to so many things locked away inside of ourselves.

Why did I say that twice because it's important and I want you to pay attention to it.

When we can validate ourselves, when we can get the opinions from ourselves, from our own minds, not based on the judgments of others, we will be unlocking unlimited potential of unconditional love of self. When we get our opinion of self from our own Divinity, from ourselves, then our self worth is infinite. How I feel, my opinion on how I look, my opinion on who I am is the most important opinion.

This is where the answers come from and it's very simple.

It's simple, but it's not easy.

It's not always easy to sort through the voices in your head and figure out which ones actually belongs to you, because we carry around so many people's opinions in our minds.

We think that they're ours. We carry the opinions and judgements of others like recordings in our brain. So many times in our lives, when we're thinking, our brain will recall them--boom--and it'll replay a recording from what somebody said 12 years ago and it'll play it in your voice.

It'll act like it's your opinion, but you have to pay attention.

You have to be vigilant.

You have to be self-aware.

You have to be always on the lookout for that deceptive little voice, that comes out of habit and that does not come from your own Divinity.

How do we know the difference?

How do we know what comes from your own voice, from deep inside of you, that loving kind voice of unconditional love?

We know because the voice that comes from unconditional love, that true voice of your Divinity would never say anything to you that it wouldn't say that to a child.

That voice of the Divine within would never say anything to you that you wouldn't say to your best friend.

That voice of the Divine would never say anything to you that you wouldn't say to an angel, to a Divine being.

That's how you tell the difference.

That voice inside of you it might be tough with you sometimes.

That Divine voice inside of you might say some tough truths to you sometimes.

But it will never be unkind.

It will never be unloving.

It will never be cruel.

It will never purposefully hurt you.

It will always be truthful.

It will always be nurturing.

It will always be loving.

It will always come from a place of Divinity/God/Light that you can count on.

When you can tap into that joy, when you can self validate from that place of Divinity, from that place of truth, from that place of nurturing, that's when your words will carry weight;

That is when the things that you say will make a difference in your life

That is when the narrative that you are saying to yourself will start to shift your life

Those are when those times that you can use those words from that Divine place.

When you can listen to that Divine voice, telling you just how amazing you are-and believe it.

That's when the secrets start to come out.

That's what the power starts to happen.

That's when the shift starts to come into play.

Your life is going to change.

Your mind is going to change.

You're going to notice things changing all around you.

You're going to be like '*What is going on here?*'

Smile while you're doing it.

Smile while the changes happen.

Smile as you learn your own self worth because it's going to be amazing!

You are going to be happy discovering the joy and happiness of peace and nurturing unconditional love for yourself.

## **Chapter 15    You Got This!**

Simple Spirituality of the Self...

It is very simple.

It is very easy.

When you focus on the Divinity within you, you can transform every part of your life,

When you invest in your own Divinity,

When you invest in your own transformation,

When you take the time to pay attention to you to who you are to what you are doing;

When you take the time to pay attention to where your emotions are taking you;

When you take the time to pay attention to your own thoughts;

When you take the time to pay attention to your own emotions;

When you take the time to pay attention to your own self, your life will transform.

Your soul will explode.

Your spirit will soar.

Your light will shine.

You will Unleash Your Light; the light of the Divine energy that dwells within each and everyone of you.

Why do we want to do this?

Why do we want to Unleash our Light?

Why do we want to explore the Simple Spirituality of the Self?

Because when we are connected to the energy of the Divine within us,

When we are fully aware of the potential and the purpose that we have, that lives within us;

Our capacity for love, for nurturing, for peace, for joy is expanded in a way that it explodes outwards all over everyone around you.

It explodes outwards in a way that is contagious, infectious.

It takes over every other portion of your life.

When you explore unconditional love,

When you connect with yourself, with your divinity in that deep meaningful way, in a real way,

When you can connect with Divinity and hear its voice, you will change yourself.

You will transform.

You will pull down the vines that tie you up in the pain from the past.

You will forgive those who have hurt you and be able to release yourself from those vines of bondage.

You will forgive yourself and dig up the roots of pain that keep growing back and holding you down.

When you can connect with that Divinity within you, when you can truly listen to that loving voice within you, when you can learn to love and accept yourself unconditionally, exactly as you are, you will begin to transform.

You will release the magic within you.

When you begin the transformation within yourself, you are changing the world.

Love yourself- without conditions-exactly as you are today.

You are perfect in your every imperfection.

You are Divine.