

# GETTING OUT OF YOUR OWN WAY



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# Getting out of Your Own Way

What you can do to get out of uncomfortable  
life habits, and perhaps are too stuck to  
notice what these are doing to you.

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## DISCLAIMER

All information in this book is tempered by the opinion of the author.

If you wish to make health and lifestyle changes I recommend you do so under professional care. I will not be held responsible for any loss or damage of any nature occasioned or suffered by any person acting or refraining from acting as a result of reliance on the material contained therein. Second and third opinions are often necessary, and even then, please remember that it is YOU who is bearing the consequences of your decisions and actions.



It is not intended that you substitute the information contained within for appropriate medical advice. Helpful hints and self responsibility must be tempered with common sense and a respect for the highest good of all the participants.

Regardless of whether we want to get well, lose weight, become pregnant, release old emotional baggage or pain, we actually need to *CHANGE* something about ourselves/our lives.

This is an obvious, statement.

Yet it is often overlooked.

Maybe this is because the cause and effect links and pathways are less apparent in a Western medical culture, with its pill-popping solutions for most ailments.

Consider diabetes for example. Thirty years ago, no one diagnosed with this illness would consider eating sugar or sweet things if they wanted to stay alive and well. But now, with new drugs, it seems as though the correlation between what goes in the mouth and what happens within the challenged body had been abandoned as irrelevant.

Or, if we have really difficult periods, how do we imagine going on 'auto pilot' — taking the pill and kidding the body it doesn't need to bleed — will help long term? If the baby making apparatus is broken . . . . .

Eventually when we want to conceive, who would think to get well *first?* After all this is NOT the focus of baby making clinics. Maybe Mother Nature puts brakes on for a very good reason — quality children need quality parents?

This book answers questions about issues you may not have even fully identified yet — what you can do to get out of uncomfortable life habits and perhaps are too stuck to notice what these are doing to you.

## ABOUT THE AUTHOR

Heather has been involved in acupuncture education for nearly three decades. After graduating in 1978, she realised it was more important to teach people what they were doing to disturb their balance, and how this was contributing to their problems, rather than just trying to fix things for them.

So, she co-wrote a very different kind of undergraduate acupuncture course, teaching at her university for several years, while writing and delivering postgraduate seminars.

Since she is also a naturopath and herbalist, Heather combines many different approaches and responses to people's conditions. More than 20 years ago, she gave birth to a seriously brain-injured baby who was also severely autistic. She spent the next eight years turning over every stone to help her daughter live well and achieve functionality.

This gave Heather first-hand experience of the suffering we inflict on ourselves when things seem not to be going 'our way'.

Altogether, she had four children, who contributed additional practical experience to her wealth of knowledge and skills in her clinic work and teaching at all levels of acupuncture.

Drawing on this experience and expertise, Heather has created websites, books, life manuals, meditation CDs and posters. She also produces DVD sets for acupuncturists and midwives/doulas, and has branched into spreading her wisdom through eBooks.

Her passion is providing people with the means to help themselves. She believes strongly that there is always a different way to view any issue. She aims, through the Internet, to spread inspiration and heart connectiveness, and knowledge, so these can work together to create new 'takes' on life and allowing hope where there may have seemed little.

She envisages that her eBooks will reach out and enlighten far more people than could be accomplished through only her work as a busy clinician.



# CONTENTS

<b>FOREWORD</b> .....	<b>6</b>
Special reading suggestions.....	6
Content thoughts.....	7
<b>1. INTRODUCTORY CONCEPTS</b> .....	<b>8</b>
Origin of information .....	8
Stepping out and looking to the energy model .....	9
Shifting inner gears.....	14
Energy signatures and personal vibration.....	15
<b>2. FREE FLOWING ENERGY, FREE MOVEMENT OF EVERYTHING</b> .....	<b>18</b>
What we can do to help ourselves .....	20
Stress.....	22
How to enhance free flowing.....	25
<b>3. TAKING CHARGE: WHO IS "I"?</b> .....	<b>29</b>
Choices .....	31
The 'script' .....	33
Heather's model .....	37
The cage.....	39
<b>4. RE-DEFINING 'LIFE'</b> .....	<b>45</b>
Where did we come from?.....	45
<b>5. THE GAME — 'LIFE'</b> .....	<b>47</b>
Releasing yourself from the cage of beliefs .....	50
Steps on "waking up" (awareness).....	50
Reframing .....	50
<b>6. LIFE AS A MOVIE</b> .....	<b>54</b>
<b>7. SETTING YOURSELF FREE</b> .....	<b>56</b>
Picking up energy .....	56
Washing our energy fields.....	56
Letting go.....	57
Relating .....	58
Living life alive .....	60
<b>8. TAKING CHARGE</b> .....	<b>61</b>
Need for space.....	61
Change of emphasis/focus .....	63
How the cage constrains us .....	64

<b>9. HOW TO BREAK OUT OF THIS? .....</b>	<b>70</b>
Change focus.....	70
How do we de-programme ourselves? .....	72
Letting go/giving it up/forgiving.....	74
Major 'cause' of disease: emotional stuckness .....	76
<b>FURTHER READING.....</b>	<b>81</b>
<b>GLOSSARY .....</b>	<b>83</b>

# FOREWORD

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This is not your average eBook, with vague or repetitive content. It is a professional, practical document, bristling with information you won't find elsewhere. It translates my decades of acupuncture experience into usable form for a layperson. The degree of motivation you have for reading and learning will probably be proportionate to the result that you desire and how this impacts on the life you would rather live.

## SPECIAL READING SUGGESTIONS

You will notice a number of graphics with horizontal lines on various pages. This is a tool to help you with perspectives that may be very different from anything you have read before. To aid understanding, I have placed what we consider to be 'real' or conventional on the extreme RIGHT HAND SIDE of the line. Please start your observation from there — even though we are trained to read English from left to right!

What you might regard as a reverse order is explained partly because it reflects my past practice that sets the scene for those who are following me through this writing journey, but mostly it is because this is the way that things start and life unfolds.

Our life SCRIPT (on the most spiritual level) is something that we may not have heard of before — our culture and our religions seem to ignore it as being irrelevant. Some however may see past the humdrum daily grind into a pattern that is alterable with conscious awareness and effort.

The lines start, if you read them from the right, at what we are used to in this life — what is physical is 'real'. It is more acceptable to have a physical ailment. We thus complain about a sore neck, not a broken heart. The physio or doctor can grapple with the physical ailments, but what we know is 'up' is that we feel out of sorts, and where is this location of this?

The right hand side of all these lines on the page shows you the end physical result — in the body and annoying us/side-lining — us from continuing to live unconsciously.

Whatever it is we want to change, as it is now SO OBVIOUS — the depression and the woes associated with getting off anti depressants, the fibromyalgia /IBS/PMT/ grief/melancholy/rage we can't seem to shake . . . .



## CONTENT THOUGHTS

Apart from the obvious acupuncture slant, a major influence on my writing has been my meditation interests. These originated with an immense inner battle — coping with being a single mother of three, one of whom started life severely brain injured and with massive autism. I stayed sane and was able to stop holding myself back - to get out of my own way - by adopting a very different model of why we are here.

Please visit the meditation and 'beings of light' areas on my site [www.heatherbruce.com.au](http://www.heatherbruce.com.au) if your interest is also aroused.

The resulting CD, (produced ten years ago to assist patients who were having trouble sleeping, calming down, getting past a thought or incident or emotional catastrophe), is now out of stock, but an MP3 can be downloaded easily and is presented with this eBook- and the pictures can be followed through the site above.

*This book stems from my personal search to make sense of what we all  
need to move through — not getting 'our own way . . . . .'*

*We thus act out feeling put upon and irked by life apparently singling us out  
for attention (unwanted usually).*

*How to reframe this all so we can enjoy being ourselves, and here in other's  
lives?*

# 1. INTRODUCTORY CONCEPTS

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This eBook is called *Getting Out Of Your Own Way* because, regardless of the type and calibre of practitioners you consult, their advice and good will depend on your ALSO looking after yourself.

Moving away from fixed ideas — the stuck spots of WHAT YOU THINK DEFINES WHO YOU ARE and what you choose to accept as 'real' — and deciding what you are prepared to change or shift focus on, will determine your ultimate results.

To this end, please study this eBook carefully. It provides insights on why aspects of your life have not shifted in the past even though you have attempted to make changes. Since most of us believe we **are** living well already, and most of us think that we are fairly healthy, some of what you read may surprise you.

It may be a little daunting to start with questions like 'what does it all mean?', but as you progress through the book, you will be glad you took the time to switch gears, to slow down and think on these issues .

As I have listened to people's stories over the past thirty years, as a healer and wise counsel, I can acknowledge that in so many respects we are essentially all the same. We get upset by similar feelings of apparent rejection or exclusion and hence of not seeming to measure up to some standard, of not being good enough.

Starting with handouts to help patients understand how we all get so wound up and then so stressed, and eventually so ill, I became aware that the acupuncture framework also helps explain these things in a common-sense way. I have lived and breathed this approach all my working life.

## ORIGIN OF INFORMATION

What I have written represents a lifetime of healing experience — both on myself and family and a considerable patient base — accumulated during many decades of intensive professional practice.

My work as a dual-trained practitioner, in both naturopathy and acupuncture, produces an interesting blend of theory and advice that is not normally available. Most practitioners stay on one or other side of the continuum below. But I feel a more complete picture is gained by attending to **all** aspects of this representation of beingness.

To help you grasp and appreciate more of this, I invite you to open your mind to other possibilities; hold off the natural tendency to prior judgment. I offer a different perspective on how everything in our culture is normally presented. As we progress, you will see why this is, and understand how everything CAN fit together.

### *WHAT IS HEALTH?*

Let's start by questioning something that seems to be assumed, the definition of being well and healthy. What is your definition? Perhaps take a few minutes to jot some thoughts down on a piece of paper and then return to the screen. You may be interested and surprised by what follows.

### *THE ABILITY TO ADAPT TO CHANGE*

. . . is a good place to start. Were we to 'listen' to what is happening within ourselves, and to work with the needs of our bodies and minds that alter from day to day — sleeping when tired, eating when hungry, stopping activities when we know we are worn out and need a change — life would be a lot easier.

Since we do not do these things, we tend to label as 'stress' the difficulties we encounter when we life becomes chaotic, when the body just can't keep going without a change of pace.

What is really happening is that we are not observing our needs. We override what is necessary to allow our system to heal itself.

*When we reach for pills or substances to make us feel better or calmer, or to help us sleep, we are altering our ability even to be truly 'here'.*

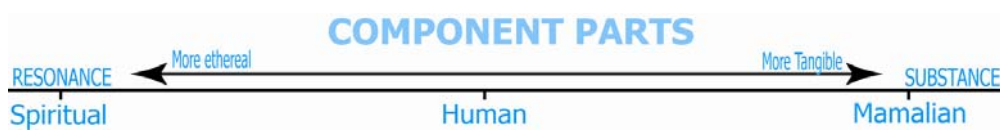
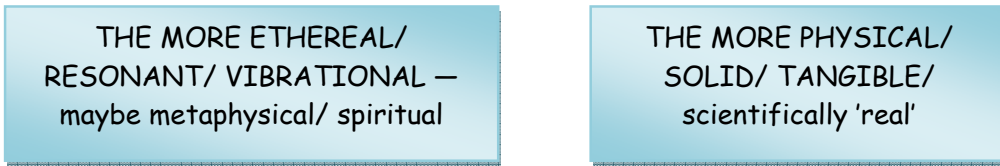
What I mean by this is that our entire system is designed to operate with and respond to, all the changes that life can throw at it. It is called *homeostasis* — the natural processes of restoring balance, to stay 'here' within certain limits.

### **STEPPING OUT AND LOOKING TO THE ENERGY MODEL**

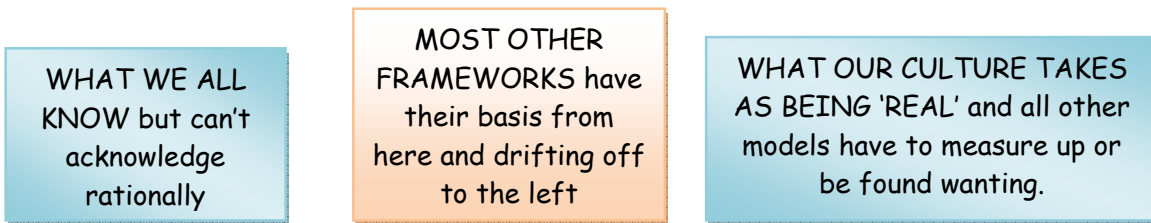
As mentioned above, throughout this book I use horizontal lines across the page, to aid understanding and the grasping of concepts. Usually, turquoise text provides an explanation of the diagram. Start from the RIGHT hand side of the line and work your way back to the left.

The line represents the two forces in Chinese medical thought — **Yin** (on the right) and **Yang** (on the left). They mean that we live in a duality — something to which there are two aspects — and that everything can be placed on a continuum, with the extremes at each end.

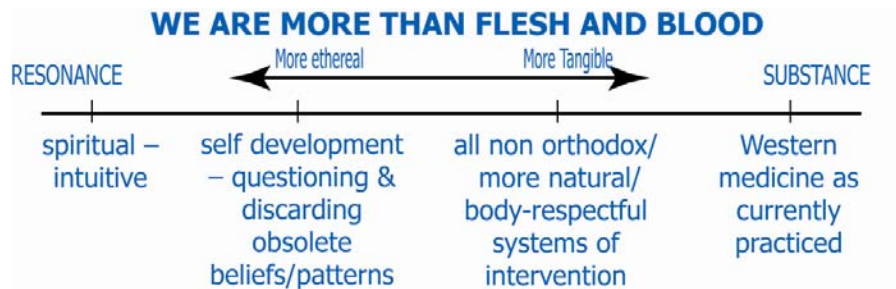
The more substantial/dense and tangible dimension is always on the right hand side of the line. The less substantial (the more etheric/energy/vibrational and subtle /spiritual aspect), is on the left. Hence, this is how we might depict the dual aspects of what we are:



Similarly, we might illustrate belief frameworks and world views this way:



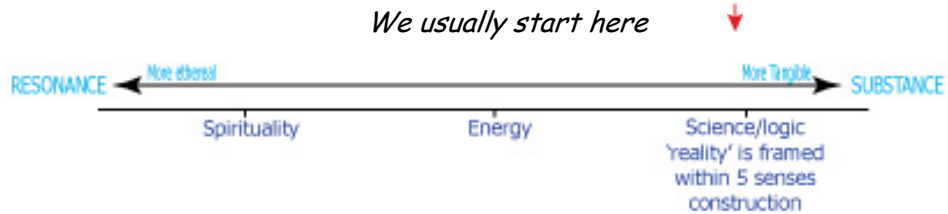
So when looking at our body / 'self'... *We usually start here* ↓



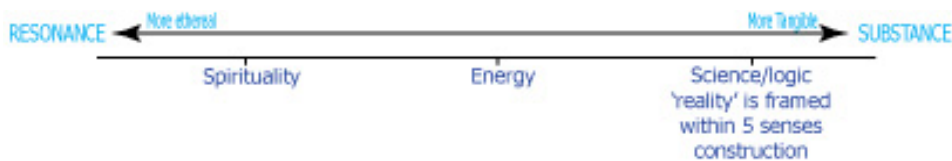
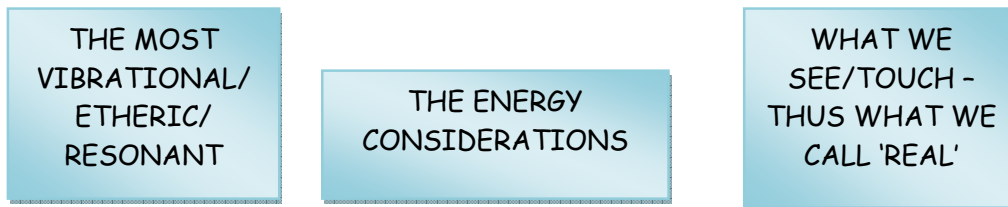
Sometimes we see ourselves only as a being residing inside a head, and just being carted about by a body. We could see ourselves as far more than this, and need a framework to use when so doing. Depending on our religious family background and our mother-culture, we may have a more enduring perception of self, beyond this life and in this body/form. We may wonder why we are here at all, but most of us are totally consumed by the seductive notion of being busy and having an identity, rather than pondering the question.

In this case, you feel more comfortable on the known/'safe' (rational) right hand side of any line — where our culture trains us to seek answers. But often, we forget that ALL of that linear representation carries aspects of other elements of ourselves.

Imagine our universe to be represented by a line on this page thus:



Everything that is very solid, or considered to be 'real', condensed in form, and able to be 'proven' through investigation with our five senses, appears on the extreme RIGHT hand side of the line. Everything that is more vibrational, resonant and possibly having *no physical substance* — thus NOT able to be discerned through our five physical senses — is on the extreme LEFT hand side of the line.



Without conscious awareness, our focus can be seduced by 'science' and any form of quantifiable /data-based source. This may make some people feel safe knowing that they can contain what they believe to be 'REAL' within this model. BUT we are more than the physical structure; more operates on all of us than just the laws of physics.

Now we can see how we categorize everything in our lives. We may wonder why we would want to — forgetting that everything we think or experience tends to go through at least a subconscious 'good/bad' reasoning. Here I am offering a visual teaching tool to aid a more thorough understanding of some very central, though very different concepts in this book.

As an acupuncturist, I have always dealt in energy and resonance. These can become crucial when conventional thinking fails to answer the big questions about ourselves —

when we feel we need assistance. Where should we look? The easy, conventional route tends to be well-patronised, but the likely answers are usually to be found elsewhere — where we are held back or stuck. Will we allow some other framework in to help us clear our blockages?

Outside the orthodox Western medical approach (far right of the line), we still find there are choices within gradations. *We usually start here* ↓



This linear breakdown of every position we hold shows us why we may have thought we were doing everything right and/or possible, and yet, even with our best efforts:

- weight stays put;
- illness recurs;
- depression is not resolved through medication;
- energy does not return, even when taking vitamins;
- pain seems to be a constant companion.

But if we can redefine our condition we may come up with very different ways of resolution. Look at how we see anything that hurts us . . .

**ACUPUNCTURE MODEL**

**BIOMEDICAL MODEL**

Blockage of Qi/Blood/anything

VS

pain

Clear the obstruction

VS take something to 'kill' the sensation of pain

For example, when *we try to get rid of pain* (on any level), we consult a doctor and possibly a pain clinic. We may be prescribed painkillers and eventually anti-depressants because we are now considered to be in such pain that our actions are curtailed. We may try everything people suggest, but STILL we are not OK.

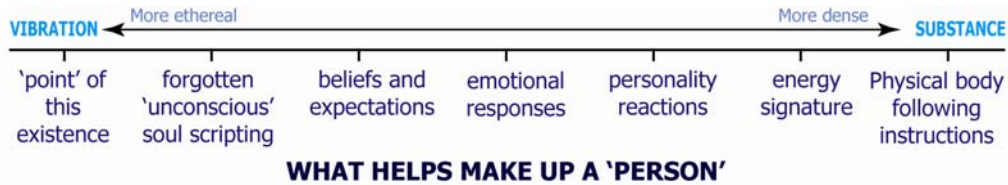
*Did anyone ask WHY the pain is there and what else it is doing in our lives?*

**WHAT IS THE CAUSE OF IT ALL?**

If we stop obsessing about **how we feel** — how much pain we are in and how often, and what we can or can't do with the pain once it starts — we may see other answers. If we think about **what has been happening** to us, we may realise that we actually didn't do anything different to bring it on. So, what else could it be?

Let us reconsider for a moment that crucial question: what IS a person?

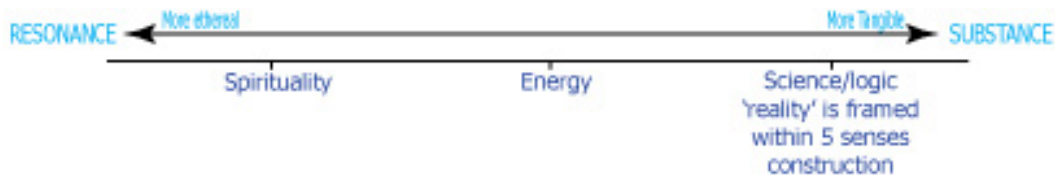
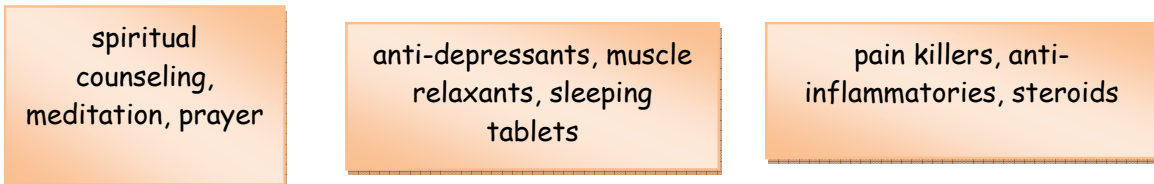
*We usually start here* ↓



From this, we may see why the different levels of intervention either do or do not touch our pain, why we stay **STUCK** in our lives whilst we look away from where the answers are, and why we allow medications to dull our inner knowing.

*We usually start here,* ↓

moving to the left as the focus HAS to shift - when there ARE no results



Everything you have read, or believe to be so, about body functioning or life in general, has probably been presented to you from the perspective of the extreme **RIGHT** hand side of this line. This is because our dominant culture is science-based — everything must fit logical, rational and measurable criteria.

We validate with numbers and scientific formulae, rather than by what feels right, and what we sense to be true in ourselves. Where is the space for what we all know to also be real - the land of feeling and vibes and sensing and heartfelt connection?

## SHIFTING INNER GEARS

Anything that does not fit these quantifiable, evidence-based criteria is often labelled 'alternative', because it is from a different perspective. However, it is a big leap to dismiss other perspectives on the world and how it operates. If we are not careful, this prejudice against alternative approaches is enhanced by referring to them as different even 'unscientific', 'illogical', 'irrational' and generally suspicious.

Anything beyond conventional fields tends to be subject to far more scrutiny than something that is merely slightly off-centre. Hence you may view some of the contents of this book to be unusual because I combine the more left (resonant, more spiritual) and right (more substantial and bound by the physical sciences) sides of the line.

The Western **medical model** tends to focus on body mechanics and what is happening PHYSICALLY. It labels an apparent disorder and looks for the most obvious 'cause' from a rigid set of physical variables, as though a report on body mechanics defines us.

We operate at many other levels where we may know we are stuck or hurting. These are issues for us to resolve. Consulting a practitioner, trained to see only through the lenses of the PHYSICAL and the sciences, leaves a big residual problem of trying to find answers when the disorder does not stem from where it is actually experienced.

The role of the spiritual advisor/priest has all but been abandoned to our modern, rational culture. This may leave us feeling lost. *We usually pay attention from here* ↓



The **naturopathic** model (not on the diagram, but situated slightly more to the left than the standard medical one), relies on information based on facts revealed through the physical body, and uses the Western medicine model for support through the right hand field, although it uses this somewhat differently.



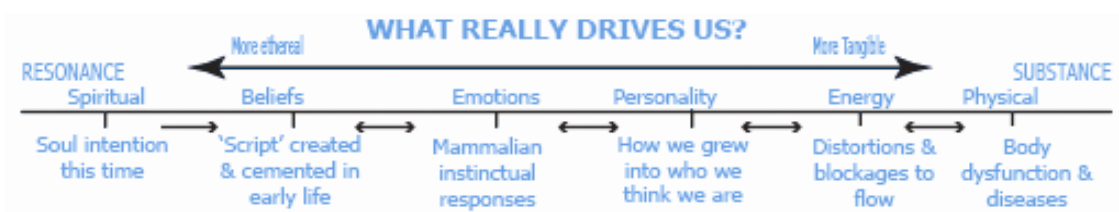
The **acupuncture** model (found more towards the central position on the line from the western medical and naturopathic ones) focuses more on the energy that drives the physical, giving the flesh the instructions to function.

**Counselling** — especially in the form more tied to the spiritual/metaphysical — may utilise any aspect of this continuum, as do many therapists using any modality.

Returning to where I started a few pages ago, please review the makeup of what you regard a person to be. We sometimes see only the physical element and thus only try to make changes here, for example: using surgery to rectify injuries, injections to reduce inflammation or relieve congestion. What about dealing with whatever set the whole show up initially? The energy instructions may well still be there and the physical just sets it all up again — the REASON behind why it grew is not attended to — so it grows again.

The extreme right hand of the previous line shows how the Western medical framework defines you and your pain. It seeks just to blot out whatever feelings you have through a combination of mood elevators and mind-enhancing pharmaceuticals.

*We usually only focus here* ↓



**SEE CHAPTER      4                      3                      3                      2**

When whatever it is we want to 'get better doesn't, eventually we have to shift our focus and only then may we then start asking more relevant questions. Looking at the issue differently — and moving a step to the left — we identify what is called the 'energy signature', and, before this, personality responses. Let us look at these in more detail.

**ENERGY SIGNATURES AND PERSONAL VIBRATION**

We all are living in a condensed a ball of matter and this is the densest and most validated component of our being. To be here we are powered by various energy fields. The one most written about from our culture is that of the aura, even though this may be seen to be borrowed from the Indian and the more metaphysical realms.

Regardless of whether we 'believe' it is there or not, it is as much a part of us as our more obvious (physical) bits and pieces.

The acupuncture model speaks of the lines of energy that have been proven over the millennia to exist and can be tapped into with acupuncture needles. There are also minor energy centres, and we all have a light body, we all have a soul and various points where we are able to massively alter how and what we are - should we be adept enough.

Hence, to be focussed on the grossest aspect of self - the physical - is to live very unconsciously. Here in this work, I am hopefully opening the reader's eyes to more - and as you have been searching, possibly, although this seems strange - maybe this is part of why you have NOT found the answer for you yet - there is only so much searching in the same old place that anyone can do.

To understand this more, visit [www.heatherbruce.com.au/meditation](http://www.heatherbruce.com.au/meditation) and look at the pictures and text that accompany this: *Beings of Light*. We all carry an electrical charge — and this can be cleansed, through intention, walking in nature, in and around water, or not. If not, we can collect quite a lot of rubbish that is not obvious to most, but very distressing to those who can 'feel the vibes'.

Starting with the **energy signatures** — how 'clear' are you? Do you cleanse your aura and energy body along with your physical one? (See the Internet and perhaps get a feel for the different presentations there (they all have a similar intention), and all are within the realms of different to what our scientific rational culture 'trust', yet all are speaking to the parts of self that are NOT on the right hand side of the lines I have presented here. <http://www.the-auras-expert.com/aura-cleansing.html> may be a place to start — also <http://www.geocities.com/evnow/indexgrn/index.html>

What does this mean? We all radiate an aura and various fields of vibrational energy that surround our body, but of which we may be unaware. Shamans and practitioners of other forms of medicine may see these. Sometimes very small children, not yet 'educated' out of seeing 'fairies' or 'light balls' around a person, see them too.

These phenomena become explicit when a camera records images of some of the light frequencies beyond our normal visual range. We also may carry rather a degree of energy attachments that COULD be moved on, if we even recognised them. There are therapists who do work on this level, and those who consult them would notice immense differences in themselves.

Anyone who is involved in a Buddhist mindfulness meditation, or who has been involved even slightly in any form of Buddhism will understand this. We carry energy as attachments, especially karmically, throughout our time as people. NOT even acknowledging these fields gives colossal reasons for being a victim to the winds of life.

By clearing our energy fields, we can often thus have a clarity that allows us to be here very differently. Some who meditate, or who may spend a lot of time in mindful/prayerful activities or in meditative exercise routines, yoga, Qi Gong and the like, would be well aware of the difference when they DON'T do these things.

Working on ourselves, means that we are not only more consciously aware of what is happening and less likely to react, but we are not drawn into conflicts and may actually carry around with us a peaceful calm, that attracts the same.

*Like attracts like* tends to mean that when distressed, more crises tends to find its way to you. We easily get embroiled in other people's stuff. This may become a problem when we think that we have 'dealt' with something but in reality may have not entirely.

We little know that the cause of the problem — the inner saboteur — may still be lurking off centre, influencing, affecting and directing us.

## 2. FREE FLOWING ENERGY, FREE MOVEMENT OF EVERYTHING

Embedded within the natural **energy** framework is the concept of Free Flowing Energy. In a healthful person, everything moves and operates freely without interruption — organs, tissues, the whole body, all work independently of any conscious interaction. In this situation, they do not need to send out distress signals to get us to rein-in certain activities.

In acupuncture, the **Liver** energy is said to be in charge of ensuring that all things, on all levels, move freely and smoothly. When there is blockage (no free flow) there is pain.

*We usually start here* ↓



IN HEALTH, the Liver energy keeps everything freely flowing. Anything that allows the flow of any part of self to become blocked has repercussions on the Liver Qi. Then, even if you were well and happy before the incident, this condition will gradually wear you down. Being 'nice' for its own sake never really works. Smiling when you are really upset will addle your gut, your energy and state of mind. It is also dishonest — we all do it all day - small wonder we get ill.

### KEY POINT

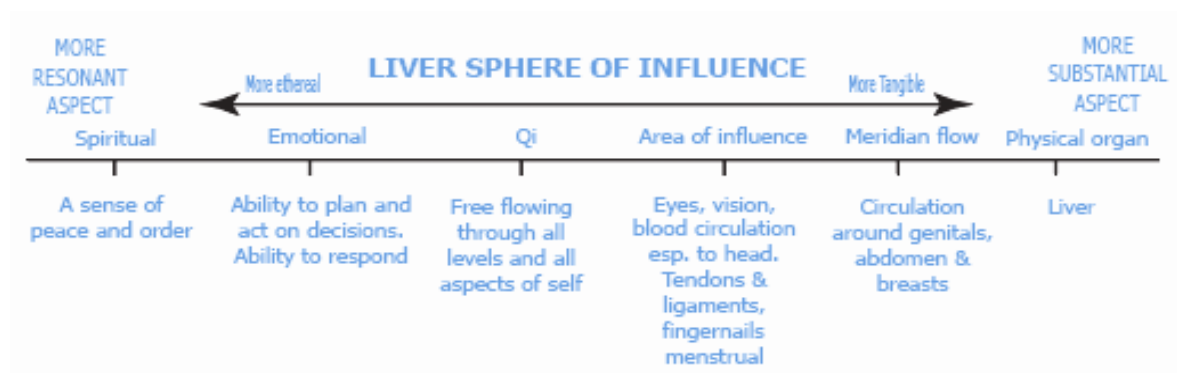
*If we want to come off anti-depressants, it makes sense to become a different person, with a different relationship to the life events that shaped us BEFORE lowering the dosage. From being slightly anesthetized from the pill popping, many people simply imagine that they are magically 'better' when they have never actually addressed what upset them in the first place.*

*Anti depressants at best just hold the feelings out of reach — temporarily.*

We internalise everything, so we can look very peaceful on the exterior but be boiling and festering inside. This is not how we are designed to function. It eventually leads to all the stress conditions that people are often medicated into enduring — migraines and period pain, irritable bowel problems and arthritis, for example.

These start as small grievances and grow over time, nurtured by inaction, and our being too busy and unaware to see what is happening.

A little problem, unresolved, builds over time. Not being 'real' enough to change our lives, our inner distress leads to self-destruction. This all happens unconsciously. We are at war with ourselves, to varying degrees, and our body bears the cost. Taking something to calm this feeling of doom/distress/unease down or to dull it so it is background, not foreground noise, is only ever going to buy time- eventually the volcano will blow. *Please start reading from where you are usually aware, the physical here* ↓



The veneer of so-called civilisation — in whatever culture we live in — causes us grief because it does not provide for the much-needed discharge of energy from unresolved emotional crises. We ARE more than our physical bits. So what happens then?

The energy has to go somewhere and tends to build up. We often feel the build up, until, eventually, enough is enough and we suffer a stress-related health condition. It is our sense of being distressed including irritability, frustration, angst and unresolved feelings in general, that block the body's ability to sustain our natural state of being at one with ourselves.

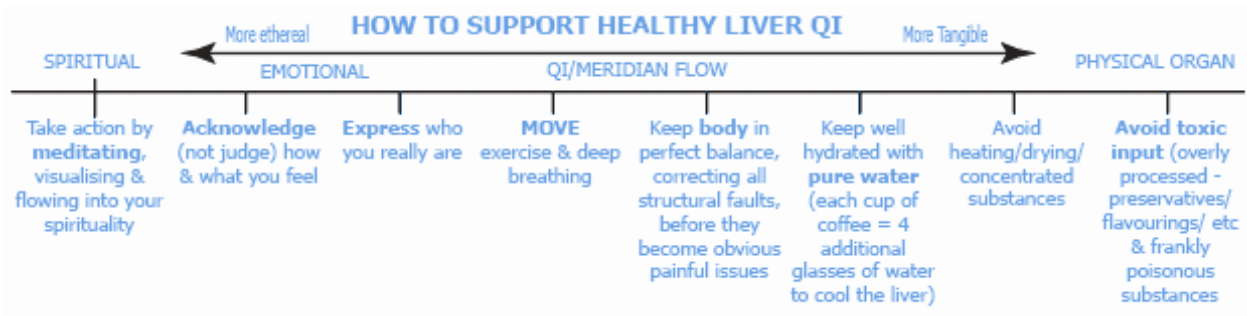
**KEY POINT**  
*This linear representation of the sphere of influence of the Liver Qi, shows how it is possible to feel 'dreadful', and still have nothing really "WRONG" with you — according to the tests that only measure GROSS pathological changes — because you are not there YET. This is happens as conventional medical tests have not yet shown your PHYSICAL side to be so distressed that it is attacking the organs.*

## WHAT WE CAN DO TO HELP OURSELVES

Eventually this extra burden we carry interferes enough to create problems within.

We may even get really scared by panic/anxiety attacks; we may even be put on antidepressants — when really taking more B vitamins, and Magnesium to help us 'chill out'; and start undoing ourselves and what bothers us (see later on page 22).

How can we make friends with our physical liver, the only organ that can regenerate itself? What can we do to enhance wellness, allow free flowing, avoid bottling up, thereby discharging angst and allowing ourselves time to be who we are meant to be?



Much is written about the physical liver, liver cleansing diets and regimes. It is all valid but it is all aimed at the PHYSICAL organ. There is more to it. We all need to feel nature, love, and touch and to identify a reason to be here. This is validation. It means respect for ourselves and in being included in the lives of significant others - feeling connected and alive.

We also need to move — our bodies, our belief systems and our minds. The endless accumulations of all the past thoughts and beliefs that have solidified our personalities into very stuck thoughts and hence opinions and rigid beliefs (especially of ourselves), also often need an overhaul. What we consider is even possible and what is there in front of us is very often never questioned.

A lot of us fail to appreciate the difference between living and existing. Yet, at some level, the spark of being-ness is still with us all. It still steers the ship, even when the conscious mind thinks it is in control.

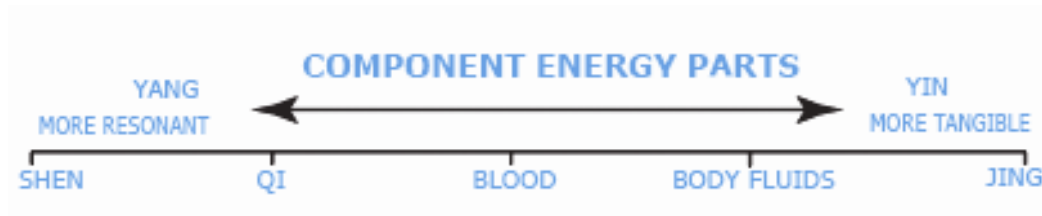
So, how do we know when we are 'off colour'? Maybe we can no longer cope with the mindless and mind-numbing lives we have constructed for ourselves. What are we really here for? Eventually things may get so bad, that the situation manifests as a real, physical problem. We pay attention when something hurts. Before reaching this point, we may simply be aware that there is more to life, and that we want it.



### Why we need free movement of everything

Our physical plane and the sphere of influence I call the **Liver** (as distinct from the physical organ) all need to be circulated with abundant, good quality nutrients.

Here is a representation of what we are made of from the acupuncture energy model:



If we wish to operate automatically as a well person, so that all bodily functions work without our conscious involvement, we have to give the system the room and conditions to flow freely. When 'we' (the ego-driven personality that thinks it is in charge) get out of the way, the physical body can then support us and works as it has been built to do so. It can even self-correct.

However, this only happens if we live within the bounds of normal functional fluctuation. Outside of this, we are in what I call 'silly mode', where we become accustomed to doing things like eating twelve hours out of sync, staying up late even though we're tired, saying "yes" when we really mean "no" and walking away from issues rather than confronting what needs to be addressed.

In silly mode, we are working against our own best interests. We halt our own free flow. But since we, ourselves, do this, we also have the power and the keys to change.

### If we don't...

...things become uncomfortable, as the inner clutter we have not bothered to clear interrupts more of the automatic processes. It is a little like throwing the junk into a cupboard, so the room looks neat and tidy. Eventually it fills and there is an overflow

that calls for action, a sorting-out. What might be messing up the pure functioning of our blueprint/inner default setting?



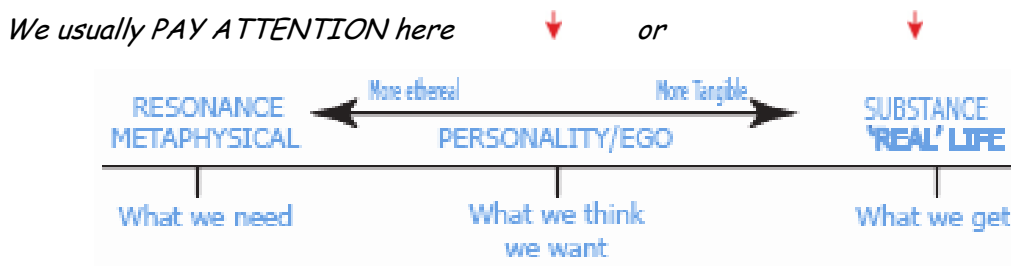
## STRESS

When we cannot freely express who we are, what we want and when we want it, we start to clog up. The 'fight or flight' mechanism (confront or run away) may try to kick in. We may attempt mentally to calm ourselves down, saying things to ourselves like, "He really didn't mean that" or, "They really wouldn't do that." Then the doctor suggests muscle relaxants or anti-depressants, when Magnesium in large quantities with Vitamin B and more pure water, would be a more effective, body and life affirming, helpful and non-pharmacological solution.

### KEY POINT

*After a while, 'civil', 'civilized' and 'nice' responses become tedious (if they are insincere – made just for the sake of it), and are overthrown. Resentment and even desire for payback, starts to bubble to the surface.*

Following this route of actually working with ourselves, we explore what IS really going on in life that underlies our condition. Sometimes it is easier to give analogies or to look WAY beyond the life as we think it to be. Maybe we need to ask searching questions like: Why are we here? What is the point of it all? We could start by defining more what we mean by 'self'. Do we see a spiritual aspect, or do we think, like a small child, in terms only of how life affects us what we see? Here is a way of representing this:





In fact, a disparity between what we think we want and what we get, tends to underlie our stress or the tantrums we throw. This upheaval riles the body. If a few people arrive at this point together, we can have quite a mess. Reactions rather than responses occur, things get even more heated, and our 'fight or flight' mechanisms take over. Stress has arrived. We then revert to being less inclusive, focussing on the differences rather than the similarities between ourselves and becoming far more self-absorbed and 'precious'. A tendency to feel everyone is out to get us, often follows.

Inevitably, this causes continual upset. The body responds when it is disturbed from doing its job properly, sending warnings in the form of pain or dysfunction.

We might call what happens next (irritable bowel syndrome) IBS, reflux or (pre-menstrual) PMS. It may be low immune function leading to frequent illness, a tendency to suffer migraines or even cancers. But really, it is that we are not getting 'our own way'. At some level we react as though it were our right to have everything — life, relationships, money, children — the way we think we deserve.

This is hardly a great picture of our inner lives. But in this Western culture, we have no real spiritual anchors, no map of what we are doing here. The 'god' of material possessions is on top. So, now that things are starting to fall apart, what are we going to do about ourselves? We could start by redefining what a person is. This approach may seem a long way from the question of how you treat your pain. But, as you will see, pain is a perception. It is often not located where you think.

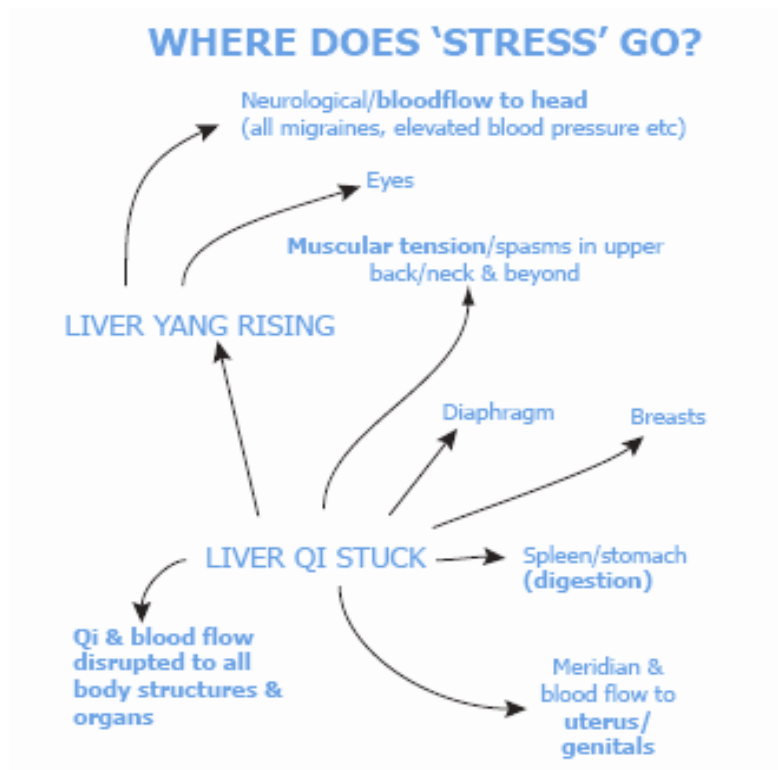
When we only observe one aspect of ourselves, to the exclusion of others, we feel unbalanced and eventually rebel. For example, it may be that the *mammalian* aspect of who we are is not acknowledged, that we believe the opposite sex is too dangerous for some reason, and we choose NOT to mate, not to be touched, not to experience coupling. Then, we find ourselves constantly on edge and unfulfilled as a result. We forget that we are biologically programmed to be in couples.

We could ignore the *spiritual* aspect and be obsessed with achieving success at some level, regardless of the effect on others, and then wonder why we feel so disconnected or empty within. We are not WITHIN a body — we ARE a body. . . .

*There is more to all of us than 'dust to dust'.*

## WE START FEELING 'STRESS'

**What is stress?** It is a series of body responses to being interrupted from perfect functioning. It usually results from being stuck in continual 'fight or flight' mode and being unable to disengage to continue normal living.



### *WHAT IF YOU DON'T FIX THAT STUCK LIVER QI?*

All the while, the constriction and stress from lack of honest self expression mounts up. After a period where we override our ancient bodily wisdom (having been taught to essentially lie ('white' ones), to be pleasant, when we really want to confront the person) automatic responses begin seeping into our communication, without our permission. Eventually, it is just too hard to stop what comes naturally.

This separation of the conscious and unconscious parts of ourselves causes vast inner disarray. The body system is prevented from working as it should and the seeds of ill health are sown.

- We become tense, as battle readiness mounts in our structure.
- We consciously keep on overriding the need to run or fight.
- The gut stops working properly, and, over time this creates a state of relative malnourishment. (THINK IBS/Leaky Gut Syndrome/reflux/ ulcers and heartburn PLUS any other stress related gut issue)
- The back and larger structural muscles become pumped up, and are now in permanent readiness for running or fighting.
- The blood supply concentrates in external muscles needed for quick action — flight or fight.

The digestive system tries to keep us going, but, with less blood supply, we don't process our food so well; this results in a lessening of quality throughout the body, accelerated ageing and inappropriate responses.

Despite this gradual loss of normality, we often think we get used to stress, believing when we say that 'we are over it'. More usually, we have just stored the stuff away inside. Degenerative and inflammatory 'health' conditions are thus shown to be not random, unlucky events but something we make over time by having learnt to fester rather than deal with our problems.

## THE RESULT

Eventually there is little room left to operate well. Our system tries to carry on as normal, but ill health finally begins show. There can be warning signals — a slow tic in the eye, an echo of a past headache, a tensing of the cheek muscles, tooth grinding in the sleep, gut distress, a rising of blood pressure. All these usually are ignored or medicated against. But the tension builds.

The body is not designed to deal with this behaviour indefinitely. We 'acclimatise' to the changed conditions, and start *self-medicating*.

We may take on more sugar and chocolate as a reward for not eating properly (telling ourselves we have no time to prepare good food!), and more caffeine and alcohol to move the stagnant **Liver** energy (**Stuck Liver Qi**). We have a cigarette to break the tedium or to stop us feeling hungry, empty and upset.

Looking at what the **Liver energy** does within the energy model, we can easily observe all the states of angst and named diseases that we then tie ourselves up with internally.

## HOW TO ENHANCE FREE FLOWING

We need our **Qi** and **Blood** to be circulated well and the **Liver** to freely flow, for the entire food processing system and everything it supports (us) to function effectively.

### BE REAL

Blocking feelings is a habit we are adept at. Being 'civilised' and 'growing up' trains us to be as others would *supposedly* like us to be. This is part of our major socialising (training) grounds — our family of origin.

The resulting inner undercurrents are not factored in here. These are always felt in our truer body responses. We all operate within a mammalian body. Watching primates in a zoo gives an indication of what we have humanised on top of basic behaviour.

The feelings and intuitions that rise to the surface are real. We just try to block them because they don't fit the reality constructed for us, in which we try to live. The inner battle between survival, personal wants and how we think we should present ourselves, creates real disturbances. Over time, it grows these blockages to flow that create our own dis-eases. So...

- **When you feel something, stop and investigate.**
- **Ask within.**
- **Don't pretend all is well.**
- **It is unlikely these feelings you have are 'nothing'.**

It may not seem relevant to the current time and the people around you, but most of us carry around old wounds and harbour old sites of past unresolved trauma. These are easily triggered, especially if we are already stressed or not fully functioning because of something else. You spark an old response to a similar condition. You may want to label whoever seemed to trigger this as the 'baddie'. But they may be just catalysing an inner instance of something you chose to walk away from in the past — repeating patterns. I'm not suggesting that you express all your anger, fear or other emotions at that moment. You need to be in a 'safe' spot, listening to your inner voice.

## **BE ACTIVE**

Regular exercise and the solitude of a brisk walk, swimming, or performing yoga allow some of the built up tension to discharge. 'Down time' for de-cluttering should be built in to EVERY day. Through vigorous walking, running or other exercise, the increased 'slapping' of the diaphragm (with the increased and heavier breathing), massages the liver and other internal organs, allowing discharge of residual tensions and toxins.

## **PROVIDE UNSTRUCTURED TIME OFF DAILY**

The inner processing of stored situations, memories and feelings can occur during 'down time' when you withdraw from external stimulation. This internal 'defragmentation' used to be part of everyone's lives. They had to travel at a modest speed on horseback, or walk, providing time for reflection and pondering. Gardening, doing mindless tasks (without the distractions of radio or other sound systems) — anything when the brain is in neutral — allows switching into a different mode.

**Meditation** is often regarded as the perfect way to begin a conscious day. Most people argue that they do not have time. But I say that having no time for yourself in your life is the sure way to create body-unfriendly living conditions. Without cleansing and washing our auras and outer energy fields, we can expect to end up very 'grubby'.

We acquire a lot of stored and repressed stuff by being out in the world with others. Some form of cleansing — not just of our clothes and our skin — allows this to be shed. It must be done consciously, with intention.

## LET GO

Letting go of issues like 'what happened when', 'what s/he should have said', and 'why didn't I do?' ensures that life is lived more fully, that you are being present.

## HELP YOURSELF BY EATING WELL, LESSENING THE LIKELIHOOD OF MOODINESS.

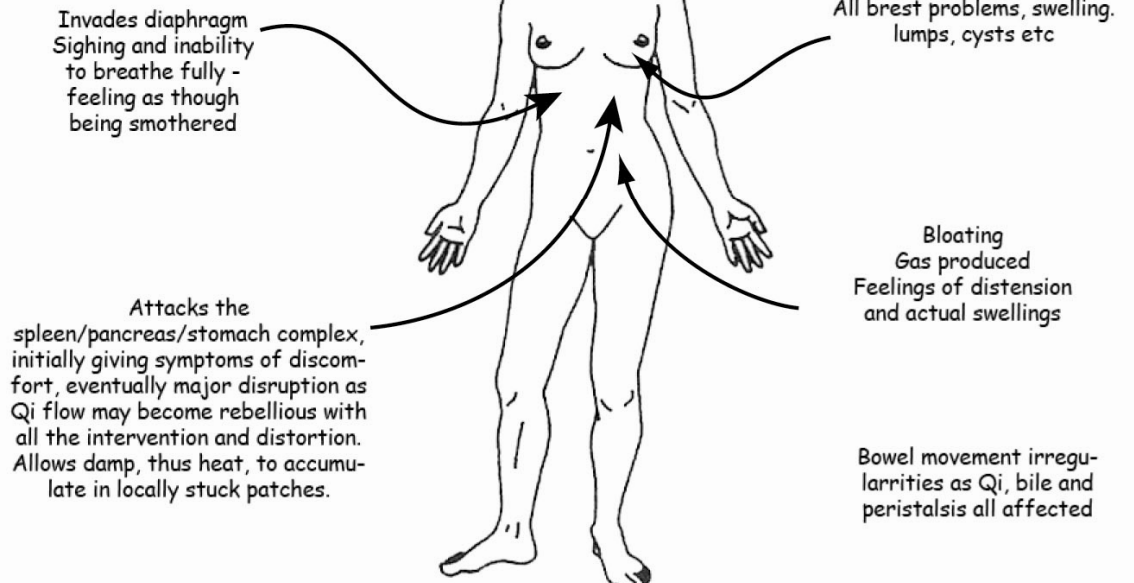
Eating well means you have the necessary ingredients for when the need arises. And, were you to be really conscious of your own needs, you would see that the need does arise every three hours. This means being prepared and treating yourself like you would a child — leaving the house with the required nourishment (a packed lunch??) to see you through till you get home again. See [Helping Yourself to Health and Vitality](#)

Eliminating the extraneous time gobblers — TV and other 'entertainment' devices — allows the time and resources for self-care to flow to you.

### *WHAT IF I DON'T CHOOSE TO CHANGE OUT OF STRESS/STUCK LIVER QI?*

#### STRESS (STUCK LIVER QI)

Stops normal flow of all things



If this is all just too much like hard work . . .

.... you get to stay stuck, and try to alleviate what is distressing you with more and more medications and visits to therapists. You become increasingly discouraged, as you seem not to be on top of things and 'in control'.

Maybe you are fed up with self-help information and really need some direction because what you have done so far has not worked.

*What guarantee is there that this approach will?*

There is none. However, repeating what you have done so far is not likely to give you what you wish for either.

**KEY POINT**

*Anti-depressant usage, reflux and antacid medication, all menstrual regulating attempts (up to and including endometriosis, PCOS and fibroids), all gut and digestive issues, migraines and tension headaches, high blood pressure and all sleeping issues all result from ignoring what is really bugging us.*

### 3. TAKING CHARGE: WHO IS "I"?

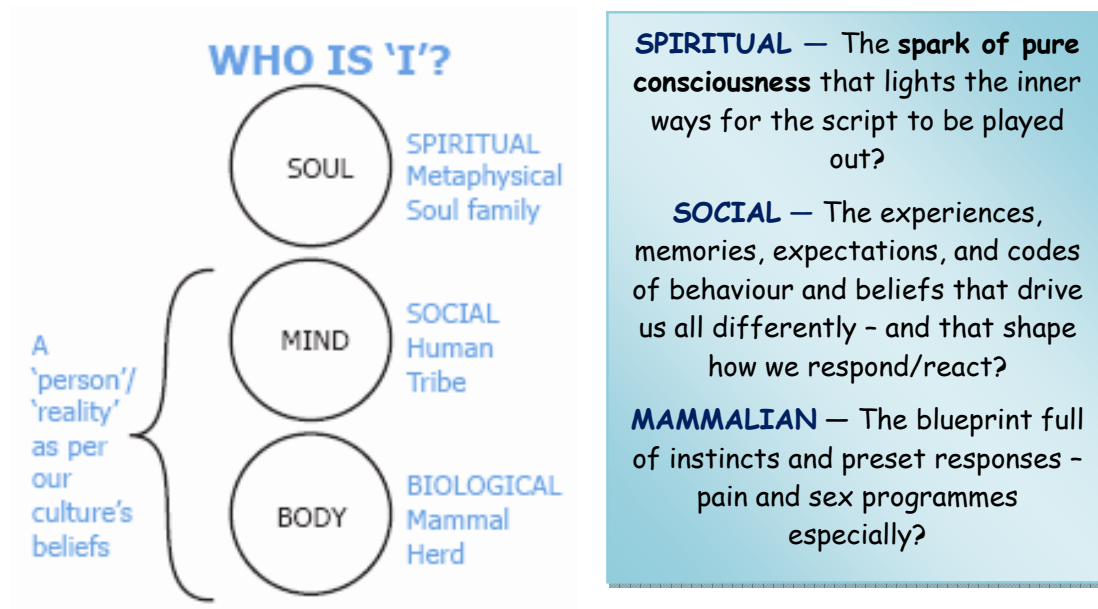
Maybe it seems a very obvious question to ask, but who or what do we think a person is? Is a person just a body, or maybe this plus the personality, memories and identity that others recognise them by? Both obviously cease when the person stops breathing. Then we might ask: What was that all about?

We might ponder what other sense we can make of what a person is, establishing different parameters of being and change.

We have the body (shown at the bottom of the diagram below), and we **sometimes** remember we are both mammal and primate. This gets us into all sorts of issues when considering birthing and sexuality and relating with people, as we are actually run by primal imprinting and the various ingrained biochemical and subconscious triggers that our consciousness does not register.

The more human aspect (conscious and logical/rational) tries to run the whole show. The spiritual side is very rarely mentioned, yet it is sometimes where we need to look if we really want an answer, especially on moving forward from where we are stuck.

Let us look at component parts of the self:

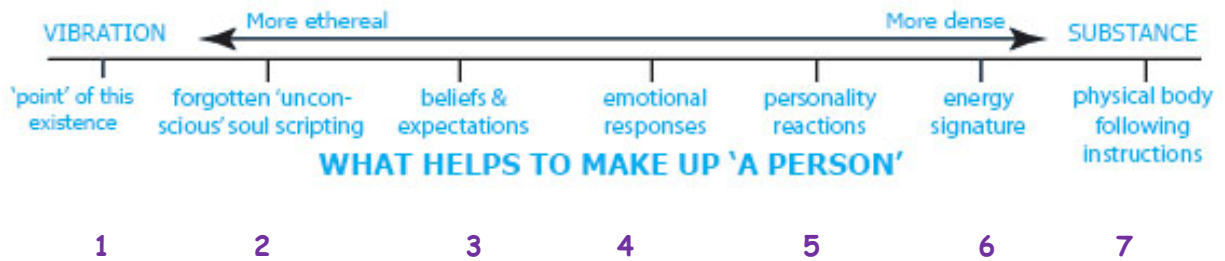


Looking at this slightly differently, we can break down the concept of self even further.

## We have a SOUL, BELIEFS EMOTIONS PERSONALITY — We also have a BODY

(Remember to read these lines from right to left)

START HERE ↓



**7** — forms the basis of the Western medical framework. This is where most may stay trying to relieve themselves and help - all of their lives. The body does scream the loudest - and it validates a feeling of unease to have a PHYSICAL something to 'show off' . . . much like when we were kids- the blood validated to the crying . . .

**6** — is the entirety in energy /vibrational traditions like acupuncture and is not considered AT ALL in orthodox medicine. This is when people start saying (when desperate enough they will 'try anything'), what is meant is that when something doesn't work LONG enough, they are ready to move the goalposts of what they think is 'reality' or even possible.

**5 and 4** — have their place within the counselling framework.

**3** — may be part of the counselling. It may also be the essence of any changes to ourselves that we wish to occur.

**2 and 1** — really the driver behind almost ANYTHING that happens could we but see it. It prompts us to ask from where it arises and what must we do to move forward to the next lesson/life experience?

It is clear from this that the medical and cultural model we currently use and consider as reality, accounts for only SOME aspects of who we are. This leads to problems when we seek help because parts of ourselves are omitted from the equation. But it is usually these bits that are running the show.

*Once we realise that we are actually participating in a gigantic (cosmic) examination to test our worth, then we can actually start MOVING through the blockages that we strive WITHIN then to make sense of.*

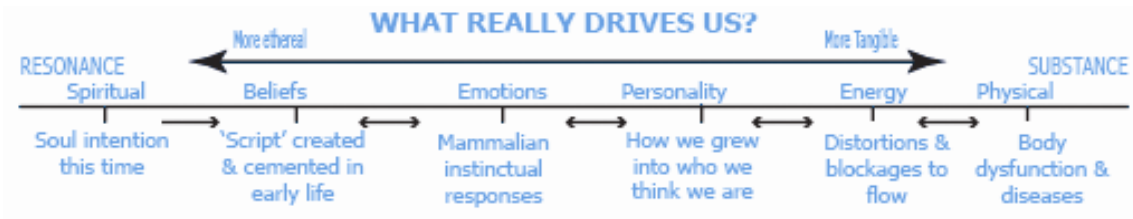


# WHAT GRABS OUR ATTENTION?

We usually pay attention from here



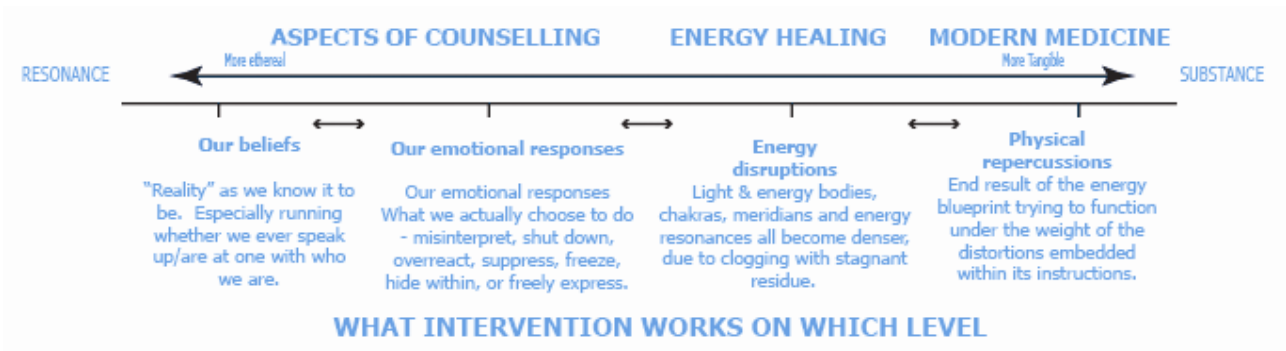
or



When an illness or discomfort does not respond to conventional approaches (i.e., only looking at the physical manifestations of the problem), looking to a different model may be valuable.

The conventional model is based on physical ailments as though they appear randomly, not connected to what has happened to us, what we can and can't process and whether we are able to change, or rebel and stay 'stuck'. It is easy to see why we are STILL looking for answers.

We usually pay attention from here



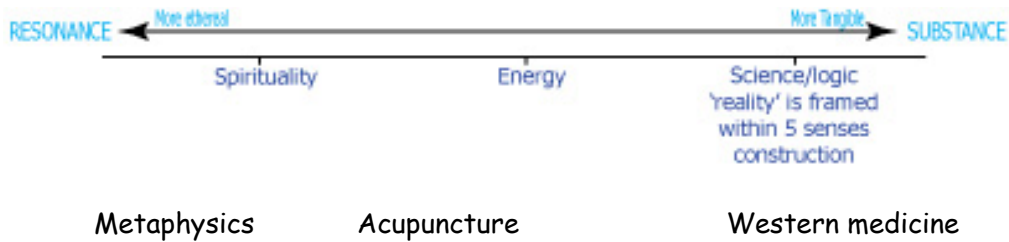
*Einstein did point out that we could not solve problems from where we created them. Movement in perception at least, is sometimes necessary.*

## CHOICES

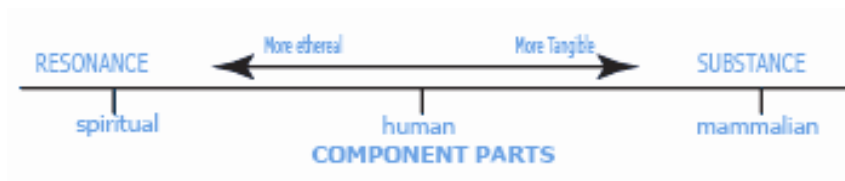
So which 'reality' do you choose when all you want is to feel better and get on with your life? Is it possible that, since the easy, you-fix-it solutions have not worked, perhaps this is YOUR project and not that of the healer you choose? After all, that person, whatever their modality, possibly deals with this sort of complaint a lot, with every person having a different reason for their condition. In ALL cases their response cannot be personal, so the person paid to 'help' can only ever be a signpost.

*The steps along this journey are yours.*

Acupuncture, depending on the practitioner, can operate on any all of the above levels. Depending on his/her personal evolutionary journey, a GP could also operate on any or all of these. The term 'Western medicine' is used here to encompass the evidence-based, physical-only dimensions of the science. There is more.



Where should you look for answers? Look again at how we are made up of many layers:



Placing ourselves in the context of each of these, we get a feel for why a purely mechanical approach to life and healing does not touch the heart and soul of the matter that shows up as pain or discomfort for us.

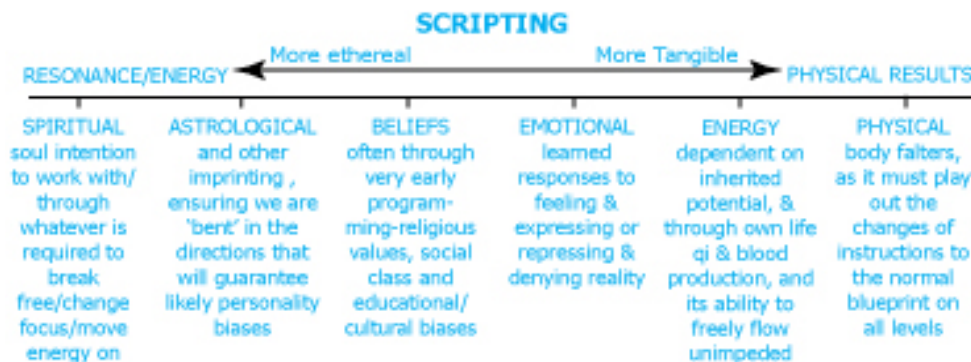
ASPECTS OF SELF		GUIDANCE FOR TEMPLATE
POINT OF PURE CONSCIOUSNESS	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; width: fit-content; margin: 0 auto;"> <b>SPIRITUAL (SOUL FAMILY)</b> </div>	Inner knowings/ personal script that is encoded to be triggered, and emerge at a specific point
HIGHEST CENTRES OF THE BRAIN	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; width: fit-content; margin: 0 auto;"> <b>SOCIAL (TRIBAL PLANE HUMAN)</b> </div>	Rules - Taught how to be "a person" in this place/time, as a part of role of family, extending into ever widening influences as we master each level (pass through time, and expected concurrent developmental phases)
EARLIEST PARTS OF THE BRAIN	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; width: fit-content; margin: 0 auto;"> <b>BIOLOGY (HERD) (MAMMALIAN)</b> </div>	Body reflexes/instincts – are general at birth, and baby could probably be socialised/taught to live within any human context

When considering a common human experience such as being born into the physical outside world in this light, we see that essentially a spark of consciousness comes into play. This takes a mammalian form. We arrive, grown initially within our mother, and then gradually we are birthed and unfold as a separate being, all to a mammalian script, that plays out along with the family of origin one and the 'real' one — the spiritual reason for even being here in this present time and place.



## THE 'SCRIPT'

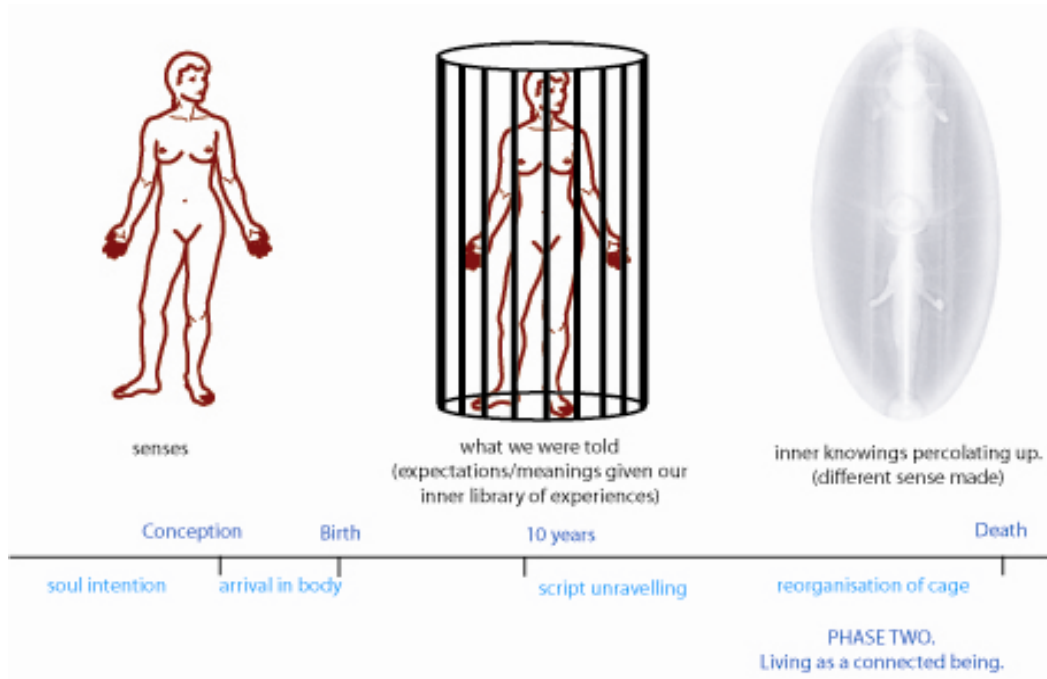
Birth order, astrological and numerological considerations all play a part. We also are given roles according to gender and its significance in our birth culture's /families' eyes. Expectations of our parents and our own ideas about what we want or can do may have little to do with all of this initially. *We usually start paying attention* ↓



As human beings, we are socialised into the rules of our communal group. Then a process of inclusion/exclusion exercises begins. We either adhere to the rules or not, and face consequences for this. Children actually replicate this process very well (and often very hurtfully) in all groups. We may not like the resultant heartache — who belongs to the group is an important survival consideration, not just a carryover from herd times as mammals. As humans, we need a tribe about us; we cannot live alone.

If we move 'up' to the more spiritual side, we see, however we glean this information that it serves a very valuable purpose in allowing us to grow. We do this by experiencing the hurts and grievances of being judged as 'less than....'. We may even start to feel empathy with others who also are excluded. The stirrings of compassion — for self even — and the acceptance of there being more than what the little will of self wants signals movement along where your soul may well have set up all this effort and crud to undo.

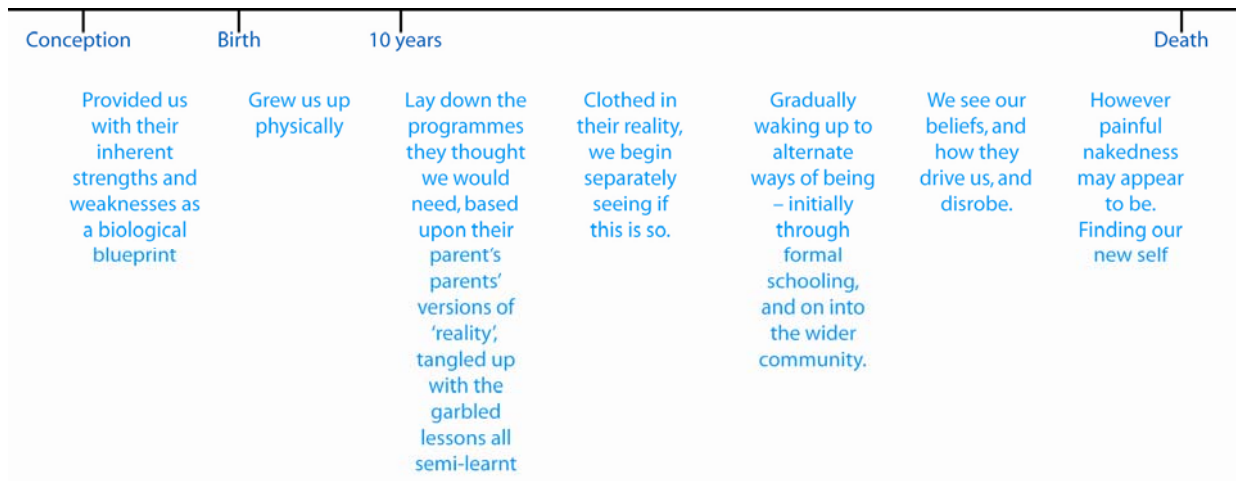
We usually start paying attention when it all gets too hard ▼



### ROLE OF PARENTS

Parents could be considered to be specially chosen. They seem to take on board *exactly* the roles that aggravate us most often or provide us with just what we need when it is not what we would choose. Who are we really to judge the implications or purpose of this? So what did they do??

When we might 'wake up'... ▼



Most of us discover it takes a lot of the adult years to come to terms with whatever started in those tender years. Is it a 'bad' thing that x, y, or z happened though? Is it a 'good thing' if they didn't?

For all we know, it may well be that we (upper part of self — not the personality that may well be screaming at you at the moment — what if the resistance is the indicator of how this is resonating with you — not a reason to STOP thinking in this way, but of how right it is to shake your cage of previously held beliefs??) somehow 'ordered' this beginning.

*HOW DO 'WE' SET THIS UP? (POSSIBLY ASK YOURSELF AGAIN - 'WHO IS I?')*

*Unconsciously . . .*

One of my teachers was the remarkable herbalist, people-watcher and healer Dr John Shen. Over the decades, he noticed a definite correlation between his self-taught, specialised and very accurate system of pulse diagnosis, and people's life events. When he quizzed people after he had worked out what must have happened, (and those ideas in themselves would have come from long-term observations), he realised the extent to which our parents shaped us. What they did in our formative years decided who we became.

#### *IMPACT OF INFLUENCES ON A PERSON'S LIFE*

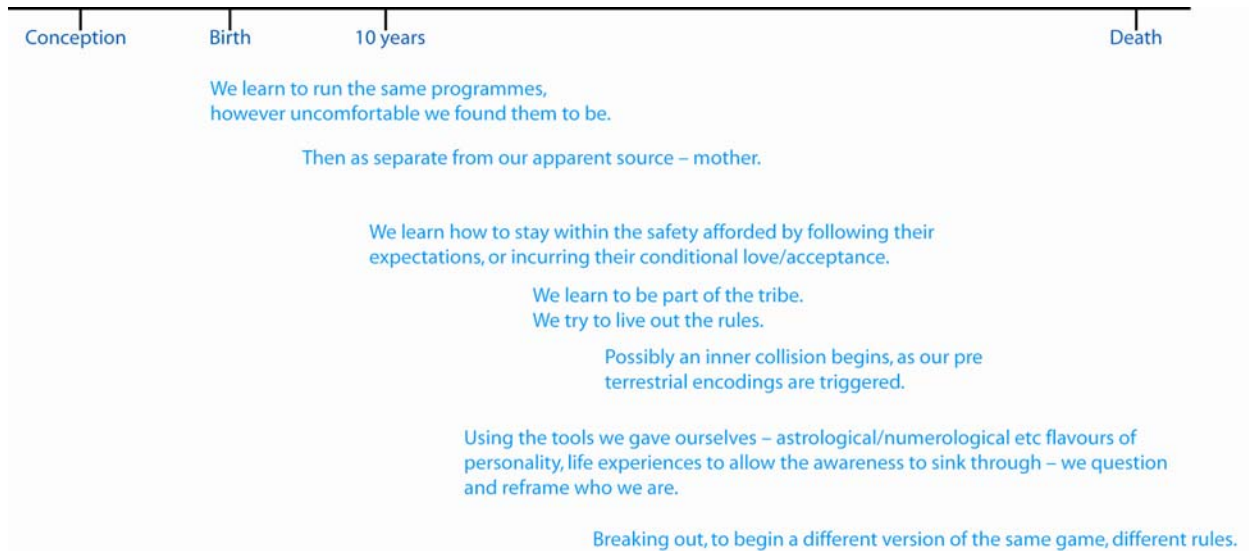
Beyond the physical/mechanical DNA, our mother shapes who we are. She makes us and sets the default for our unconscious programmes, since, whilst we are in utero/ being made, she washes all her biochemical, emotional and life responses through us. After we are born, she is still there for the first two thirds of our lives that make us who we are, as shown in the diagram below. For the first half of the time that counts, she carries us around and tends to all our physical needs. This is a huge contribution to our beliefs and behaviours.



We become programmed through feeling good or bad about ourselves — on a physical, mammalian level, through pleasure and pain messages, and as a human within the tribe, through being smiled at or scolded. We are programmed into ways of responding, all before we become conscious of these reactions. As a result, we may find it bewildering to attempt to change because we actually seem to have very little control over the part we seem to be — a conscious being in charge of themselves. Think of the hold people and activities have on what you do — eating that 'naughty' thing, using that 'evil' substance, seeing that 'no-good-for-you' person again.

## *SO WHERE DOES ALL THIS COME FROM??*

Well, someone has lovingly installed it all, as though it were what we needed to get through our lives . . .



By now you may be feeling slightly overwhelmed. You may ever have thought of any of this before. You may have been deeply asleep at the wheel of your life as you have been careening from one incident to yet another catastrophe . . . .

Our Christian culture allows us the assumptions that we just turn up each day to live our lives mindlessly from one life step to another - as though we have no choices, no part in this game we call 'life'. **"Groundhog Day for all of us."**

When do we stop to question/become more conscious?

Possibly when something upsets us deeply enough, when we are in enough pain of any description - pain is a great motivator to find answers.

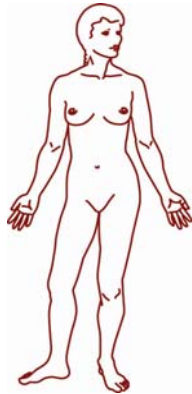
If these answers are not found easily, some give up and others go searching.

**Congratulations** - this is not a standard book and you have stumbled upon an alternative to being hopeful. You can actually change the course of your 'life' by actually

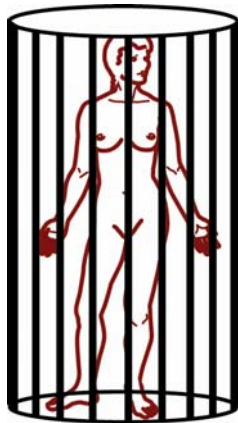
# WAKING UP

## HEATHER'S MODEL

We can now step outside our culture's accepted medical model. We can lose the distinction between mind and body disorders. This frees us to explore energy and balances without judgement. It also allows us to see how alterations in one aspect of our being can have far-reaching implications in others.



The **PHYSICAL being** - we all know we have a body - it transports us, and constrains us with the characteristics that others see us by - too short, big nose, red hair, large thighs, colour of skin, small breasts, and so on. That which we often think is JUST NOT FAIR . . . .



The **EMOTIONAL/beliefs that run us** — I call this a personality cage, as it has walls and we feel trapped as the person we believe ourselves to be.

Others may also expect us to be that one, and when we start exploring other options, those around us start getting distressed, because we are changing.



The **SPIRITUAL side** - the Higher Self, the bit that may be seen to 'set us up' — the one that will still be after the two above have disappeared, the part of Self that is immortal. Whichever model you use to frame reality, it is likely you will have some aspect of self that is not from here and lives past this 'now'.

## HOW DID WE DO IT AGAIN?



This lifeline seems to confirm that we really get what has been predetermined. If they had been in charge of the process, like they are as adults, many people would perhaps choose to have skipped the childhood they felt less than happy with.

*Looking at the timeline of 'life' we see that we are 'set up' with all the programmes that make us acceptable, and a good person, as defined and expected by our parents and their culture. We spend the rest of our lives either arguing with these programs, or gradually replacing or overwriting them with what we find works better for us.*

Our beginnings do shape who we will possibly always be, and acceptance and gratitude seem the most unpalatable options.

But when we acknowledge the parts that shaped us, we can start to release the bits we do not feel serve us any longer. We spend a lot of energy and angst trying to 'fit in' before we realise that perhaps we just don't — and what does it matter anyway?

*Before we wake up to ourselves, and this game we play,  
we can get very stressed along the way.*

We spend our lives trying to 'feel better' when we don't even know what is making us not believe in or own selves. This, in turn, gives rise to all the symptoms of stress as we try to validate and feel better about ourselves, however and with whom and whatever we can. All the while we do not realise that we are already whole, just as we are.

Our early programming always seems to hit a raw nerve. If someone touches it, we react as though we were little again, with our sister, brother or someone else saying something AGAIN that generates a particular, maybe negative, feeling.

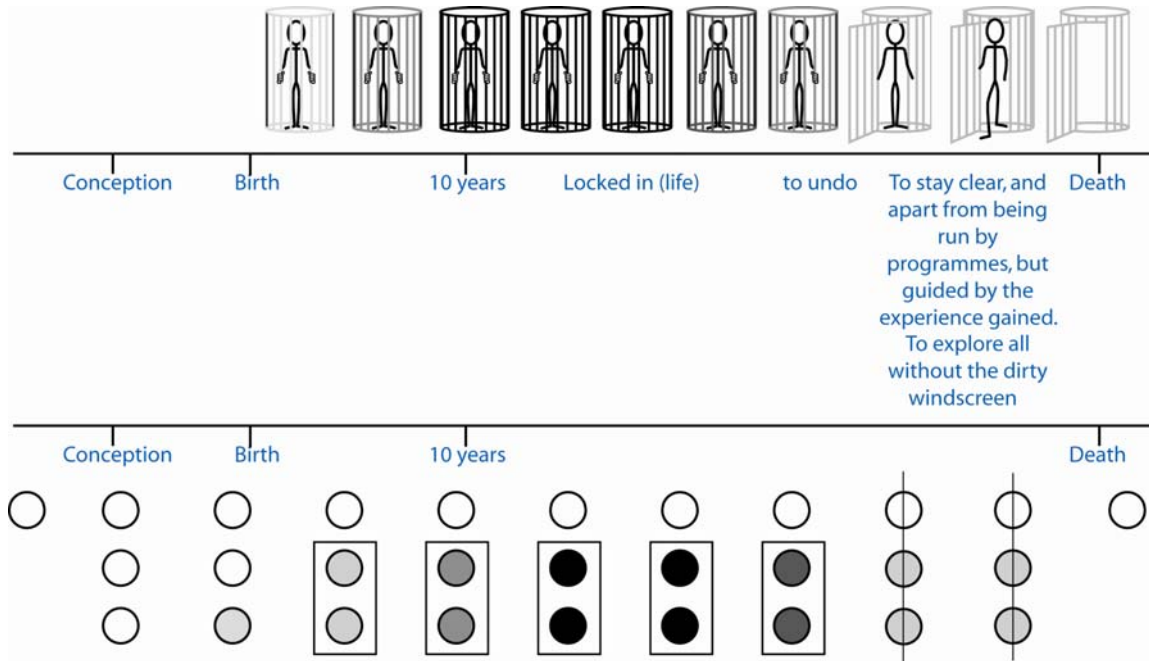
We are not in the current moment (as we reach for something like a cigarette, chocolate, a drink, a vicious comeback), to help the wounded part of self feel better, or by retaliating.



## THE CAGE

The box or cage represents the identity that we build or is constructed. It does not HAVE to constrain us as tightly and as stiflingly as it does through never questioning all the programmes installed for us prior to awareness (think parents and the process we go through to become 'civilised' and 'grown up').

THIS PERSONALITY CAGE AND HOW IT IS SET AS WE GO THROUGH LIFE - BEING SOCIALISED/CIVILISED.



The **top circle** represents the spirit aspect that pre- and post-dates our having a body/identity.

The **middle circle** represents the cage. The **bottom one** represents the physical form that allows us to play the game of life.

**The box** in which the bottom two circles are placed, represents what we, in this culture, see as a person. The personal identity is that which is experiencing what it considers to be 'a life'. In our society, our group consciousness does not allow for the existence of parallel, multiple or other dimensional realities. To take action to move beyond the limitations of our upbringing will create discord with those who are still happily bound by those constraints.

As individuals connecting with our inner guidance, we may thus appear to be out of step with our parent culture, and may be seen by friends and acquaintances as being slightly unbalanced, even a little 'mad'. This may lead others, and even our internalised social template, to try to bring us back to the fold of conventional thinking.

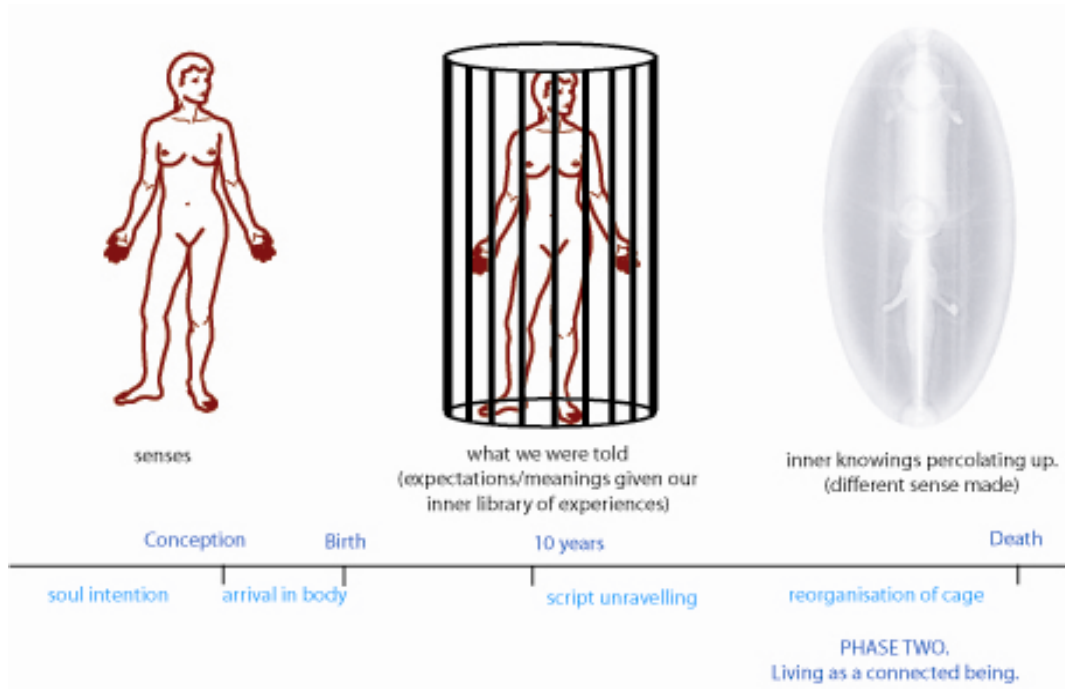
Even so, we may find we can no longer follow that particular script, acquiring status, possessions and external responsibilities to the detriment of our inner spiritual life. We may need to reframe our ideas of what life is — what ARE we here for and to do?

When in pain (ON ANY LEVEL but especially emotional/spiritual), or very distressed due to diagnoses and prognoses from the medical sphere, we might stop and take stock. Think, "What is 'me' and how can I alter the instructions that the physical is getting?" Attending to yourself this way is far more likely to create a different and permanent change than just having something cut out or drugged. And it will be certainly a lot cheaper.

### *THE PROBLEM*

Redefining '**the problem**', (the condition that brings us in for attention), as a point of soul dilemma, expressed in a way that is guaranteed to get attention, takes us well beyond physical aches and pains. We can then look at the whole situation differently.

We may see that the actual issue is of having been seduced into a life script that has out-stayed its usefulness. It may tell us that our beliefs are no longer serving us. So we may we rethink our ideas about 'self'.

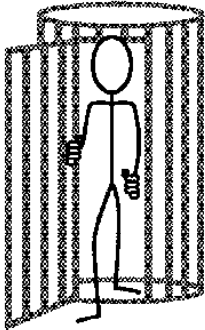


## UNDOING THE PERSONALITY CAGE

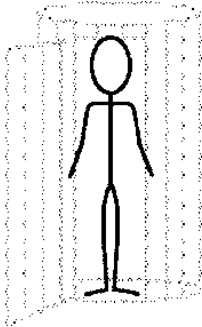
*Totally breaking out of the mold of "you" means knocking down some structures just as when renovating a kitchen, garden or whole house.*



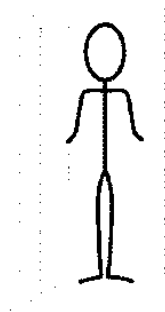
1. *Early conditioning.*



2. *Acknowledging the existence of your personal walls, and the context of your reality being only as seen through the bars of your cage. Hence, the possibility of your release.*



3. *The cage walls becoming transparent with inner spiritual development and subsequent growth.*



4. *The top and bottom gone, the now semi-structure glowing. The transparent cage acting as a base with which to anchor you here as a light being.*

Our body and all other aspects of who we really are feel upset about all parts of this, and we experience 'fight or flight' alarm. Often, we become stuck in moderated panic, stopping normal and healthy body processing of everything. BUT...

WE **ARE** THE BODY — it isn't that we just **HAVE** ONE.

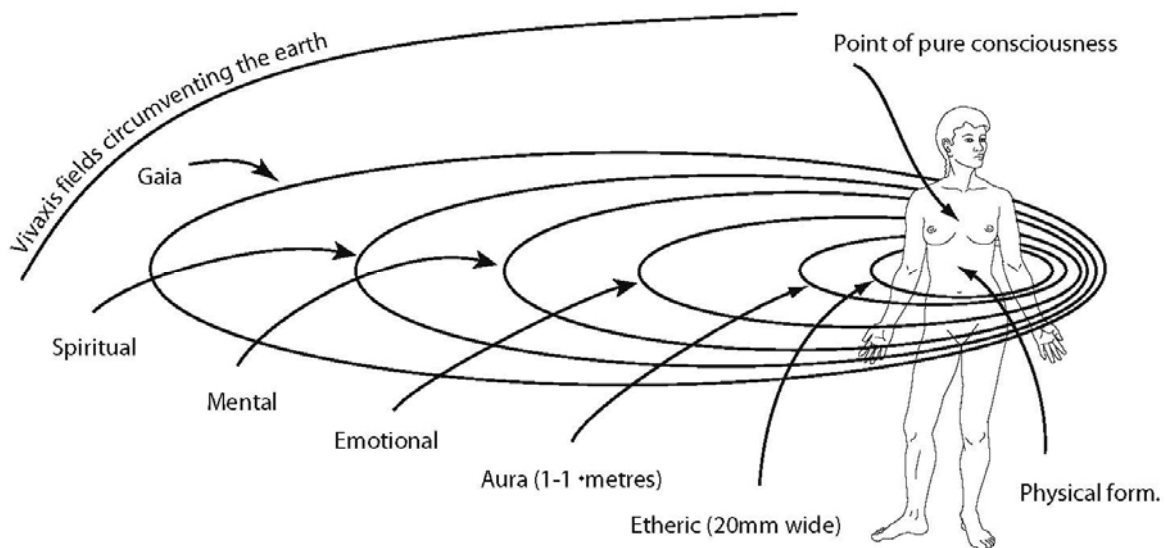
Everything is stashed away - we experienced - or we shut it down, or we stored it somewhere 'for later'. We can run out of storage space within - then we have a need to be 'defragmented'. Often this is the role of gardening, or walking the dog, or doing something that may appear unproductive . . .

The body responds to all our angst, displeasures, frustrations and general distress, working differently to how it was intended to.

So how do we pull ourselves into line? First, by realising we ARE being run by all the old programmes and reactions that may have NOTHING to do with whatever is currently happening. Second, by realising that, without some clearing of other aspects of self, the part that THINKS it is in control is actually being CONTROLLED itself — by a lot of non-physical attachments and energy splinters that our culture does not even recognise.

It could be said that we have our collective heads in a box of a constructed reality in which we are all schooled. This is reinforced by the messages of myriad TV shows and other forms of 'entertainment'. Just think of all the electronic channels that even very little children plug into instead of living in their OWN lives.

Remember, we are NOT JUST a physical body behaving mechanically whilst being in the same space and time co-ordinates as many others . . .



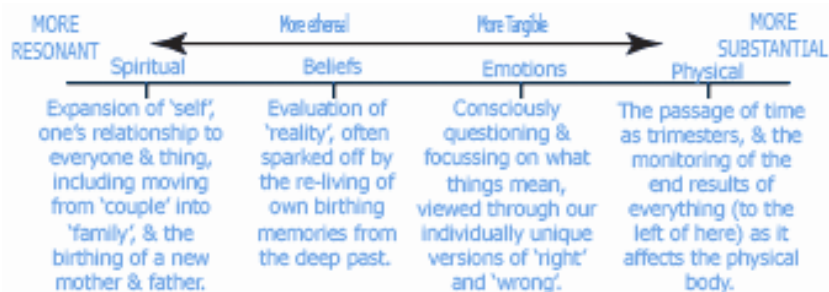
These **fields of energy** can become muddled and unclear; containing bits and pieces of all sorts of traumas we have been through (past arguments, accidents, deaths, wars and general unpleasantness). This can happen at any point in our lives and the debris can then remain there.

This can be especially so if we not fully in control of all parts of ourselves at the time — for example, when under the influence of great anger, shock, distress, alcohol or drugs.

If we closely observe animals and very small children, who seem to have very odd and often powerful responses to locations or people, we could start to understand what we have shut down. I mention this because we seem to forget that even as adults we often sense thunderclouds or sunny dispositions around individuals sometimes, but we discount these 'vibes' as not being 'real'.

Here is a way of looking at what is actually REAL. Here is the example of what may run us when we hear of **birthing** — we tend to see it all as just the physical story line, rather than an exercise where the mammalian body is programmed to do very well and safely on automatic — and we add our own ways of blocking natural (medical intervention) and then say it is dangerous.

Well it is to get in the way of normal !!!! ↓



There is always more than the physical dimension. Acupuncture and most 'alternative' energy and traditional medicinal system work with these other influences. Many religions have 'spirit possession' rituals and most aware people are conscious of needing to support themselves to strengthen their aura, at least to ensure that leakages from others to them do not occur.

This notion is actually crucial to **Getting Out of Your Own Way** because our behaviour, perceptions and beliefs are not always driven FROM us, but TO us. Many healing modalities have this as an integral part of their credo. Tibetan medicine is one major example, and also acupuncture prior to the current politically correct Chinese version.

This is an appropriate point when considering people who deal with energy matters such as dowsing and shamanic retrieval. They are just working with non-physical intangibles and in different dimensions.

In the same way, bees can see components of the light spectrum that we cannot, and dogs can hear sounds outside our aural range.

Prior to the invention of glass and lenses, it was considered foolishness to think that something could be transmitted from one body to another. This meant that what we NOW consider to be crucial in all endeavours — washing hands at the very least — was not common knowledge. Ernst Semmelweiss, who tried to convince his medical colleagues that they were CREATING the infections that were killing women in childbirth — went mad. His colleagues wandered between cadavers and childbirth in their bloody aprons and hands and thought nothing of it!!

No one believed it possible — what could not be seen did not exist!

It is the same when anything outside of the reality you have constructed within is challenged through some other experiences — “Am I going mad?” may be the first response if you experience it directly.

If it is someone telling you of their experience — it is often your initial writing off of their life and reality so what really are we doing — expecting the world to be as we think it is?\

This may be far deeper than you have ever stopped and thought before.

Does it make it in some way wiring that you have not been exposed to causation?

Somehow wrong that this is here in this book?

There are many theories on why we are here.

In this eBook I am collating many philosophies into something that stands alone — here we can start from your upset and undoing what you believe to be happening.

It does not alter what HAS, what possibly FEELS like happened — but how you reframe everything then allows the clarity that you may have needed to filter through.

## 4. RE-DEFINING 'LIFE'

### WHERE DID WE COME FROM?

We need to answer the question, 'What is a person?' for ourselves, before expending too much energy trying to identify why we are sad or distressed.

If we regard ourselves as coming into existence at the moment of conception of our physical body/shell, and as being eliminated at the point of the termination of breath in that body/shell (physical death), then our concept of 'self' is tied to the human form. But if we take a different approach and consider that 'we', as light beings, only temporarily inhabit this planet, we can drop the notion of there being only this time and space. This reality is bordered by the physical laws of matter:

Conception of....

Death of....

...the physical/social vehicle/identity

So we see ourselves ONLY as the one who lived through the timeline above. We can think of ourselves as more than the being known by the name we were given at birth (entry into this place we call 'here'), as more than being the collection of tissue, memories and obligations. We can think of ourselves also as a being that existed before (preceded) our arrival in this physical form, one that will in some state be released once the physical is 'dead'. This provides a very different take on what we think we are doing through the passage of time we call life. *We usually start paying attention from here* ↓



What programme are we running in our heads that has us believing things should be a certain way or in any way different than they are? To answer this, we might need to work out what happens in our lives, to become a socialized being?

**WHO OWNS OUR THOUGHTS/WHO WE BELIEVE OURSELVES TO BE?** ↓



To revisit what we saw a few pages back - which circle do you identify with?

If we see ourselves as the *mind being carried about by a body*, we get very busy and don't pay attention to the condition of the physical until it is often very distressed (we are too busy being busy), and in our heads and in our stories. Forgetting about the health of the body is always a recipe for woe later.

Few behave as though there is *just a body* involved because our brain has a tendency to take over and have us believe that what we 'want' — in terms of status, acquiring things and hence apparent power — is why we are here.

If we see ourselves *only as being here for spiritual purposes*, and hence the body and mind are here at the soul's script, there is a likelihood of being disconnected from 'reality;' because everyone seems to believe that acquiring things and power in this place is all we are here to do.

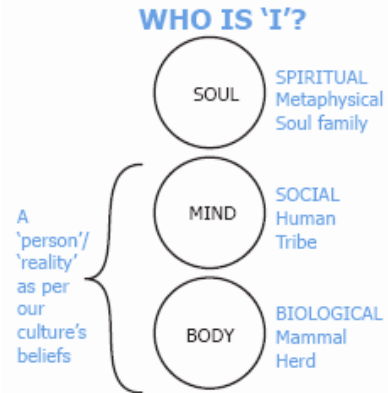
Why *are* we here? Many never think this through as life is just too busy. But when ill, distressed, not appearing to get what we want, or otherwise singled out by life, or feeling thwarted, these matters become important as a foundation set of beliefs to answer.

Are we just here to populate and then perish? Is there a reason why things go one way for you and another for me? Is there another way of looking at life? After all - just about all different groups of people and at very differing times in their histories have all come up with creation mythologies to help them explain why they are here and what may be awaiting after they leave.

### ***HOW TO MAKE SENSE OF THIS ISSUE?***

It may not help you to use the same framework/thought patterns that you have always been using. If this had 'worked', you would have not fallen through the cracks of life and be reading this. Those who are happy do not go searching. Those who are well are not being pushed to make different sense of their lives . . . .

But what other framework? People often dabble in New Age visionary or otherwise 'alternative' options. In these and allied metaphysical frameworks, the physical body is regarded as carrying the record of life's experiences as impacts on all levels of being.





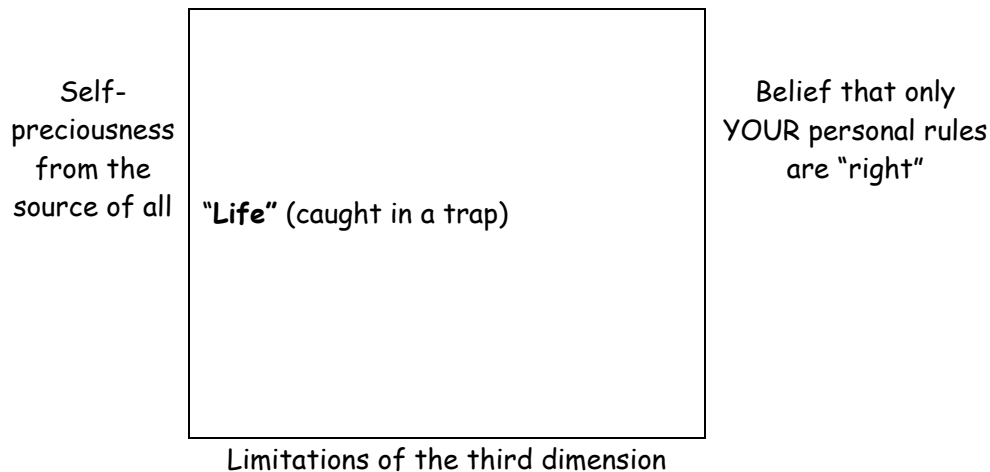
## 5. THE GAME — 'LIFE'

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Since there are always many layers to any perspective, we may choose to redefine this process we call 'life'. To begin, which circle (in the above diagram) are we identifying with, or do we just see ourselves as a body with a mind/ego/identity, or do we see ourselves as an entire unit with also a soul/spiritual script unknown to our consciousness? A soul having temporarily a human experience encased in a mammalian wrapper? In this work I am assuming so - that the reader can suspend whatever they have previously thought, and just try this on for size, to see if the rest of what is happening to them and what they feel 'fits' better with a different set of assumptions.

Is the top circle (Soul) running the show - or are you performing in this life as a board game piece that is being moved about without any apparent understanding of what is happening as it all unfolds? Is it a case of dust to dust? Does anyone think it is all just a matter of here we are then we are gone? What or who is 'we'?

Forgetfulness of the GRAND PLAN



To understand this, think for a minute of playing a game of Monopoly. You are moving the pieces about to a set of rules that all the players know. The dice are cast and that gives the impetus to move about the board.

The piece you are moving — whether you chose the hat, the gun, the boot - has no apparent interaction other than to hold a space on the board. What is also happening is that you are setting what happens by the throw of the dice.

What is also happening is that others are equally throwing the dice, landing on 'properties', and attempting to influence their fortunes through interacting with you. What is different here to the 'real' world?

We as beings don't know in advance the rules from where it may matter — what we 'signed up' for, or with whom. Possibly this explains the magnetic attraction and apparent coincidental events that clutter our lives and seem to create such pivotal alterations later when we stop and reflect a bit.

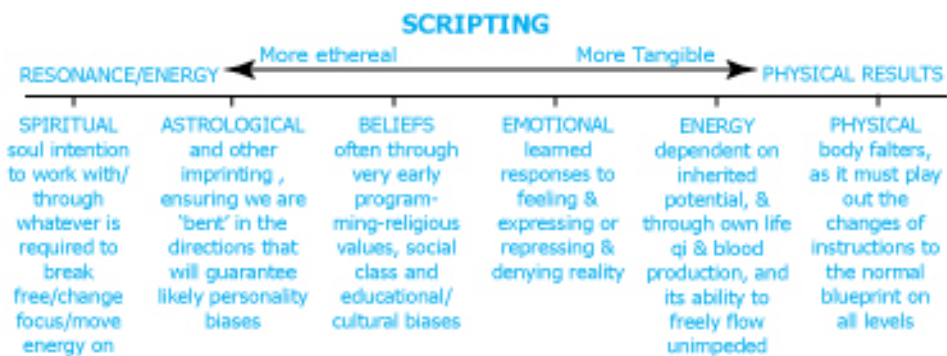
What are the pre-requisites for being here? Please see the diagram above again. Within the box, (of what we call 'life'), we try, often almost killing ourselves in the effort, to live by the rules as they appear to us, never stopping to question what would happen if we just let our interpretations of these go.

How do we know what the rules are? We actually all have only a very rough idea of the rules — they are the results of the interpretations from our parents because they set out who we are through their past experiences that they now call 'reality'. Are there ever any hard and fast rules?

Actually you may notice that there are; the body has a preset script — it unfolds, it blossoms and it ages according to a template. An aspect of our biology (**mammal**) determines the extent of our abilities and potentials. We may see the social (**human**) constraints as being important, but they are the most fluid and chaotically changeable.

Our **soul** intention in being here is usually never considered (possibly even argued to have existence at all), and most seem to think that they are here to 'get ahead', in practical terms. But seen kin a different level - and within a lot (those who do not place great store on accumulations on this plane) of other human cultures - another form of 'getting ahead', may well be to grow and develop as a more rounded/mature and aware person/for their soul evolution. We can't after all take any of the goods we may feel better about ourselves having, with us when we leave this 'here' and 'now'.

'Life'/being here as seen through these eyes, instantly may make more sense to those looking for answers as to whatever is happening to you — as the, 'it's not fair' argument, is not working and is outdated for most. What is really going on in being a person? What is running the show? **What sets us up?** *Mostly we focus only here* ↓



Could it be that if we stopped and saw this as whole being here as a person as a game set up elsewhere — for reasons that we are never to know consciously whilst playing it (life) - just a game. We could then perhaps we have a sense of humour about the whole notion of 'being in control' — as we all eventually discover that whatever our personality and will want doesn't really affect the end result anyway.

**AN ALTERNATIVE VIEW /TAKE ON 'LIFE'**

<b>SET UP</b> (WE HAVE TO GET PASTS)	<b>PERSONAL SCRIPT</b> (INDIVIDUAL HANDICAPS)	<b>LIFE AS WE KNOW IT</b> BELIEFS WE NEED TO LET GO- AND WHAT IT COSTS US TO DO SO MAY ACTUALLY <b>BE</b> THE WHOLE POINT OF THIS 'LIFE')
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To ensure we definitely work on what we chose to, this time.	Our very own lenses and blinkers.	The rules as determined by this cultural setting.
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So what starts us off initially in life believing who we are, and what makes the most impression? Our very early, pre-conscious life.

The line below gives a representation of the impact of life influences, as shown through the life work of the previously mentioned very gifted Chinese medical man.

**Early life imprinted into your template**  
Conception
birth
10 years
death

Our very own set of personal constraints — birth order, birth family position in status and power within the community, the resources and experiences that then shape us, the ethnicity, religion and personal attributes we start off with — all determine how we are viewed by others, and thus reflected back to ourselves. Our sense of self and worth is often externally derived and shores up whatever we were initially taught through life about ourselves. Are we to live as a victim of this setup?

Having gotten to here, I suggest that you review 'the role of parents ' p 34 and then p 45 again - 'who owns our thoughts?'

Please be aware that an inner demon/saboteur may decree that this is all nonsense at this point - anything stop you from growing and evolving out of being so stuck and driven by whatever addictions/behaviours that runs you presently).

## RELEASING YOURSELF FROM THE CAGE OF BELIEFS

- ✚ Accept that 'life' is like a board game, and that you willingly signed up for it.
- ✚ The first rule was and is that you forget that it is only a game.
- ✚ Free choice to believe anything can be yours.
- ✚ See apparent limitations, challenges and dilemmas as gifts.
- ✚ Accept that the tools you got on setting up your version of this game surround you — your astrological, numerological and other individual indicators.
- ✚ Gratefully acknowledge you cannot avoid the perfect 'default' setting (all your family stuff), as it forms your starting point for change. All those 'problems' have created the tools for you to exit your cage.

## NON JUDGEMENT IS YOUR FRIEND — YOU ARE WHERE YOU NEEDED TO BE TO START UNDOING ALL OF THIS

### STEPS ON "WAKING UP" (AWARENESS)

- ✚ Return life habits to the original blueprint (acknowledge life & Qi flows).
- ✚ Simplify and let go.
- ✚ Change who "you" think is "you".

## REFRAMING

To confer more meaning on life, beyond being part of an ongoing human production and consumption line, we could seek a different framework that makes a different sense of life events. We may be prompted to do this by ill health, or challenging life events, or an inner awareness that there is more to being here than going through the surface motions.

To step out of our usual behaviours and move past predictable reactions to similar circumstances, we could start to undo the life consequences that are still with us. There are few ways to see life different within the actual game whilst we are running it. This is why being ill, distressed and possibly by being sidelined (staying at home/not productive for whatever reason — a broken body or a broken heart, spirit or mind), will allow the space for this very process of uncomfortable programme questioning to occur.

POSSIBLY stop to be thankful for being ill or injured as it got you thinking/exploring.

## *HOW TO UNDO ALL OF THIS?*

I remind you - it is not going to help to use the same framework/thought patterns that you have always been using. Some find 'God' in various flavours. Others may choose to dabble in New Age visionary or otherwise 'alternative' options. In these and allied metaphysical frameworks, the physical body is regarded as carrying the record of life's experiences as impacts on all levels of being.

This can also be seen to be true in acupuncture. The body stores life experience information away in different systems to be accessed later. Often what has been stored is so potent and so highly charged with energetic charge/meaning, that it is locked out of your conscious awareness. This can cause small glitches — the occasional migraine/depressive episode, or vast disruptions as such as life threatening physical illnesses and life disturbances that alter forever the course of your planned existence.

Energy fields store the past as memory in many forms. In time, we as a science (rational and evidence based), culture may become aware of these; they may eventually create secondary, significant obstructions to normal circulation. We do get messages/warnings — subtle at first, drawing our attention to the existence of an energy field.

The point of apparent dysfunction that stops us in our tracks may not be the original source of the imbalance. We may regard whatever happens to us as being random — just bad luck — and be easily silenced through taking pills or medications. This seems to be the stance and focus of western medicine — get the person PHYSICALLY back on deck without recognition of why the body/mind started giving out distress signals.

## **CHOOSING TO KEEP GOING EVEN WHEN WARNED NOT TO . . .**

But using a common example (higher than optimal blood pressure), the symptom is the 'red light'. It tells the person that they are under too much stress. Taking a pill to lower the blood pressure is not actually a healthy or a sensible solution, it just masks the warning sign. Taking a pill rather than correcting why the body is under too much strain is a fear based/educated reaction to the apparent medical reaction to the possibilities of what will happen if the high stress levels converted to high blood pressure carries on (because you don't alter the cause), to its logical end.

Taking a pill to mask the problem is not a life-respectful or healthy answer. Your system is now also under stress ALSO from taking a chemical that stops the warning signal. What next? Invariably, although not necessarily instant, some other warning signal will start flashing, and if you continue to shut down the messaging system between the body and the consciousness, eventually it will get critical enough for a major meltdown.

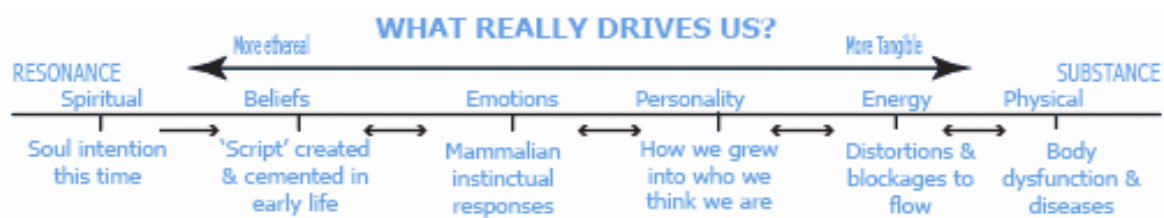
The medical system that we as a culture have uses a system that is limited to only following the end results of any given imbalance. What is seen in our physical body is the eventual breakdown. Like a car, should we do regular maintenance, it works far better and does not break down needing a complete and drastic road-side rescue. With our bodies, we can choose to listen and heed the equivalent of red dash board lights and under-the-bonnet noises — or we can wait until the engine blows up.

When we have a system that ignores karma, that ignores the fruiting of past actions thoughts and deeds — but JUST looks at what may have happened physically two seconds/years ago — what CAN we expect but fear — as everything WOULD appear to be so random and based on luck . . . when trying to explain everything away through the end consequences/results is surely a fool's game.

Most 'primitive' cultures had different explanations for everything - why is it that we as humans in any and every culture think we have the exclusive truth - all and the only 'right' answers? Why is it that we are so ready to even die for the beliefs that we have no proof of — just that they are the rules we were started off by our parents with?

Outside the medical and the accepted cultural 'takes' of what happens :

*We tend to only start thinking about this here* ↓



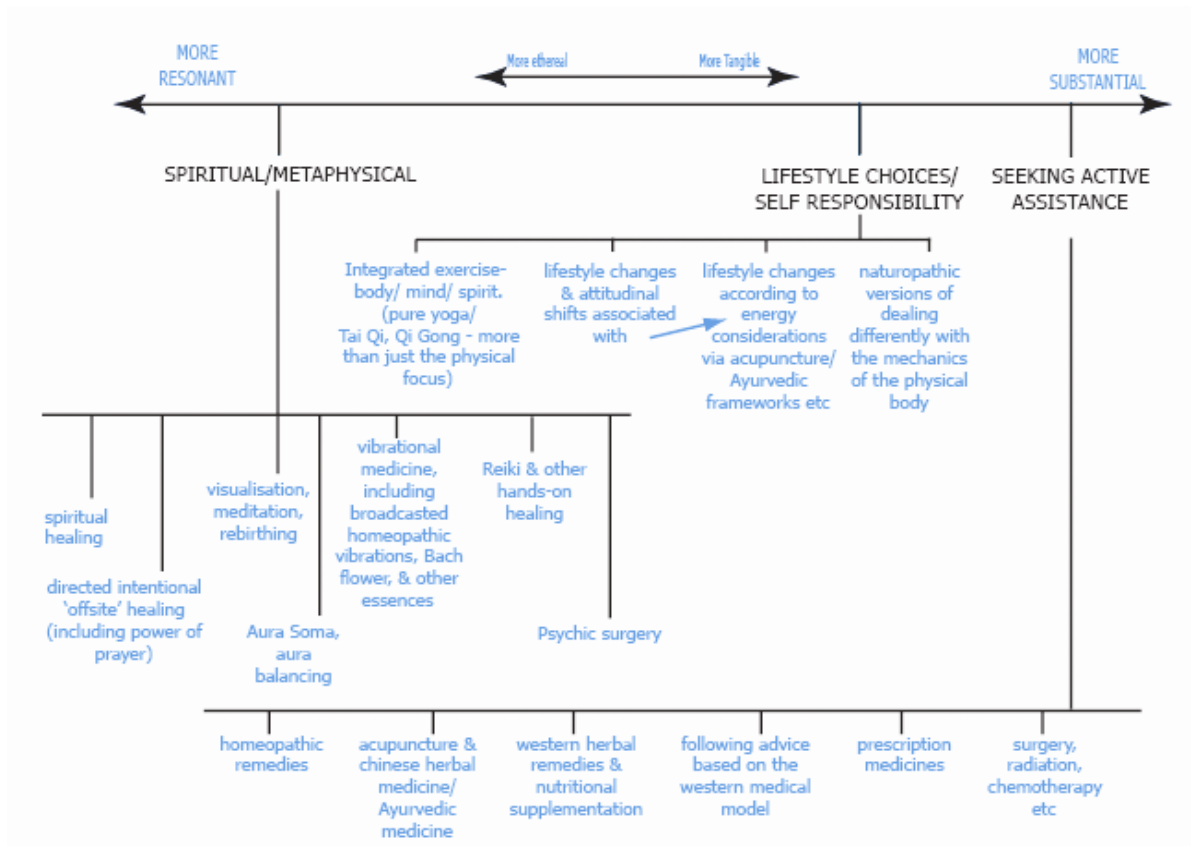
The western medical focus is hard up against the right hand end of the page. Is that all that is who we are though? What else may be influencing what our body does and says?

*Think back to the beginning exercise of defining what health might be to you. Thus what is illness? Why does it happen at all? What to do about it?*

As a healer over many decades, I have watched people with varying levels of body and soul distress, most essentially suffering from the same problem — a broken heart.

Something has caused a disconnection between who they are within and the life they have to lead on the surface to keep body and hearth together. The outer eventually reflects the inner states of woe. Well before an external bit breaks down to validate inner upset; we all know we are hurting. We may these days take a pill for this as well such as a muscle relaxant or anti-depressant (it is a band-aid for suffering), and the suffering may be less felt, but still there.

Where everyone seems to start as pain/the physical body is SUCH a great distraction ↓



### *Some possible levels of life/health interventions*

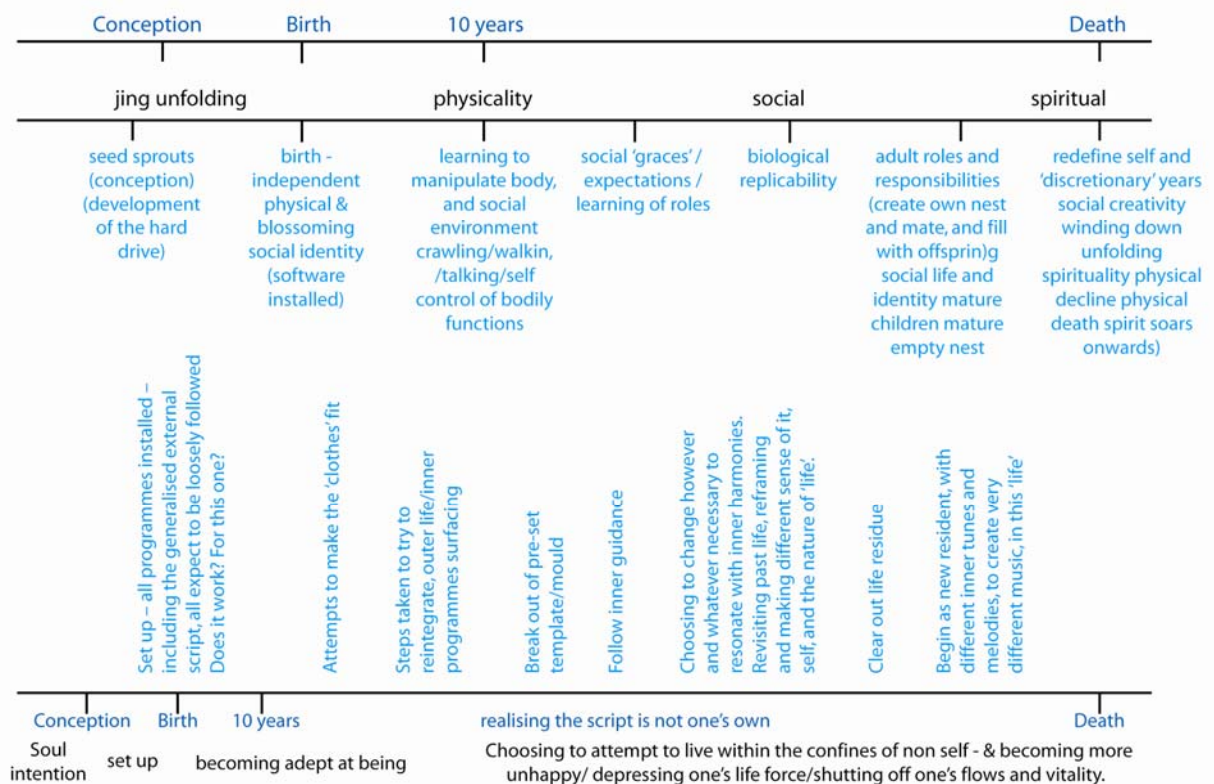
So what to do when not feeling at peace and in synch with your life? Finding yet another therapist to tell the story to rather than actually adjusting your life uses up your time, personal and financial resources. Doesn't it get boring repeating the same old same old?

Eventually we may choose to realise what we are doing IS NOT WORKING. We may then listen to the quiet inner voice. What do you really want to do in this life? Standing outside the acquisitional nature of being a First World inhabitant, what else is there — why are we all in this spot together? Perhaps we could stop, observe our busy activities and view being here as a drop in the time spent as the upper circle (spirit). Maybe even seeing being here on Earth — and within a mammalian wrapper having a human experience as just an assignment — for the soul to experience and learn. Is that what this 'life' thing is all about? How we play it whilst here is what I am suggesting you review. Is it just a matter of going through one square to another — on the board of life, or is there more meaning to be placed in it all? Is mindfulness even something you are attuned to? Is it enough for you/are you happy enough to just pretend you are 'dust to dust'?

## 6. LIFE AS A MOVIE

Once we begin observing ourselves, rather than being in constant reaction mode, we notice that our lives, and those of others around us, seem to be constructed in definite phases. We may especially notice that the apparent rules we thought were 'normal', are dependent on situations, that the beliefs we hold are ours alone, and form a barrier between us and others of different beliefs, gender, and religion or ethnic affiliation.

### LIFE AS A MOVIE



We may wonder how we are on one side of a divide, yet, past the social constructions, we are all part of the same large group. We have enough resources on this spaceship (Planet Earth), and if goodwill and compassion abounded, could be living in paradise.

Once awake, the disconnect between what we previously regarded as 'normal', and what we now perceive, will be very obvious — as though having taken a pill that removes the illusion of the game (see the movie "The Matrix"), life is never to be the same.

Going through the motions of life may no longer appeal. Becoming aware of the inner void, the sense of separation, loss, grief and possibly even betrayal ("how could I be left here, alone?") may be intense. Whilst still attending to the physical body and the



demands of a terrestrial existence, choosing change, completely re-evaluating everything, may be necessary.

Is taking a 'chill' pill the best option?

Is hiding away from the thing you have been avoiding all your life, worth the hassles you are medicating against? What about acknowledging the rape, the adoption, the abortion, the first marriage and what it did to you, the 'whatever' . . . and what ever happened as a consequence . . . . is holding onto secrets, old hurts even actually helpful?

What if, just for this exercise, instead of arguing against this novel concept, you ran with it - and just watched what happens next . . . ?

What of there IS more to being here as a person - and until the whatever stopped you from being so unconscious in your life - you were blissfully asleep - and possibly this is where your life needs to take a different turning - with a mindful and aware self taking over from the crudeness that you may have experienced up till recently . . . .

If you are so upset and fed up with what still keeps happening in your life, maybe what you DO need is a change - and change always results in difference - and although it is sometimes scary, eventually where you may be stuck is worse than actually having to change . . .

## 7. SETTING YOURSELF FREE

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### PICKING UP ENERGY

When the mirrors and windows of our cars and houses become dirty, we clean them. We go through the days, weeks and years of our lives, washing our clothes and physical bodies. Yet we ignore the state of our energy fields. This contaminates our inner purity with a host of pollutants, which we eventually consider part of ourselves, by default - they may be well stuck to us - we may even have held them over and carried them for eons.

Over time, we believe what we think we see, viewed through the lens and filters created by our overlay of unresolved life experiences. The stored emotional charges behind the experiences that have shaped us; run our responses, the emotions we feel and our reactions. We become like the smears and stains on the windscreen of our souls. (See <http://www.heatherbruce.com.au/meditation> )

### WASHING OUR ENERGY FIELDS

Our energy layers protect us. They also attract and repulse similar and different frequencies, which in turn pulsate with the colours and feelings, the vibrations of all we have experienced. Sometimes, we may find someone who 'reads' auras, as well and as easily as we read a book. They have attuned themselves to see what babies possibly can before these talents are lost, and what we *believe* to be real is defined.

If we chose to hold onto all the shocks and traumatic reactions we experience, these misconceptions and blockages become part of our energy fields. As such, they form part of what we present to the world, as 'ourselves'. The guided meditation, [REUNION – Healing Breath](#), presented as an MP3 with this package has been designed exactly for this purpose.

The *first track* allows the clearing and releasing of stored physical sensations, the *second track*: the detachment from emotional bondage into freedom to be. Once you choose to move out of misery, out of being apparently controlled by the actions of others, you may recognise yourself as the active ingredient in another's story. If you get out of their way, then they have no need to be in yours.

To let go, release all that is carried within other realms of your being, free yourself from these blockages and the need to suffer.

## LETTING GO

**WHAT IF WE LET GO OF IRRITATIONS, ANGER AND FEARS BASED ON PAST EXPERIENCE? WHAT IF WE SAW OUR PAST AS A MOVIE, REALISING WE ARE OFTEN STUCK IN A FRAME THAT IS ONLY IN OUR OWN HEADS, CONTINUALLY PROJECTED ONTO OUR OWN PERSONAL SCREENS, INTERFERING WITH OUR PRESENT AND THUS OUR FUTURE?**

What if we started to create our own living/flowing energy, by freely releasing that which is being held in our personal inner energy structures? Breathe and let go, breathe and let go - breathe and thankfully say goodbye - breathe and let go.

To start, we might take the time to be with ourselves, for at least one session of 30 minutes a day. If you respond by saying you don't have the time, ask yourself — whose life is it? When is reflection, contemplation and clearing to happen? We clean out the fridge, the oven and the cupboards eventually — as there is just no more room or it smells! So when do we prioritise to clean ourselves from inner clutter?

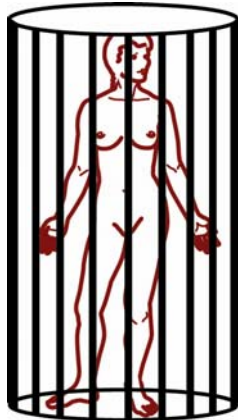
When do you get to undo this being busy business? Are you going to wait until life stops you with a wrecked back, broken knee, cancer diagnosis or heart attack? Your thoughts and inner life cannot percolate up to be discharged while you stare vacuously at the TV screen. **You can't make different sense of anything whilst stuck reacting in fear.**

Perhaps an activity like watering the garden, embroidery, doing a jigsaw, walking, or some other repetitive pursuit can take precedence over the present 'winding down' in front of a screen. Or how about lying in a soothing bath every night, in candlelight, listening to gentle music, or sitting in a secluded spot in the garden?

Being with yourself — the time spent alone with your thoughts, to just be — may become the most powerful part of your day. It is a way to top yourself up, refill your own cup, before attending to the demands of the day. Then those in it may return you to a state of humour and fun.

In addition to this time out, washing away the day, clearing your energy of everything that has surfaced as part of being in the world with others, is as important as cleaning your physical self. We may not want to think about this apparently unorthodox approach but sometimes, when nothing else fits, this does. Some folk, especially those with issues that just do not go away, and particularly if it involves really 'weird' stuff, need look beyond the obvious and find someone who specialises in different approaches to difficult situations. The fact is, there is always a logical explanation; it just may not be the logic tied into orthodox reasoning.

Looking back to the formation of the personality and the cage of beliefs and the memories, expectations and behaviours that define who we think we are, it can be seen that real CHANGE and healing may only be possible if we work not on the PHYSICAL /mechanical interface (which may in fact be giving us grief), but on the instructions we give our bodies, held within the cage.



**THE CAGE** - who we think we are - without processing anything that has happened to us - who we become through ever paying attention to undoing ourselves — all the little knocks and broadsides that happen as we go through each day/week/year/our lives . . . getting more encrusted with 'stuff' - which we may call 'baggage' — unseen yet definitely there for all to experience with us - as 'us'.

*Seen again - how we set this 'life' up - and then proceed to live it out in deep unconsciousness of what 'we' may have set in motion.*

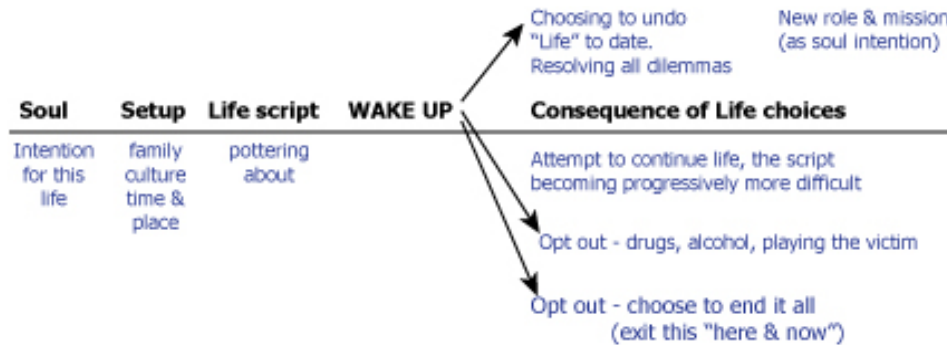
## RELATING

In essence, being here as people we need others. We need to feel connected, be related to and with others, and to be included in their lives. This gives us a sense of belonging in the world. There are three levels on which we may relate:

RESONANCE		SUBSTANCE
Spiritual	Emotional	Physical
In a connected knowingness	Being run by one's belief systems	Going through the motions
The point of light we could access	"The mask" we construct	What it looks like we're doing

Sometimes when relating with other people, we sense something different to what their words, actions or stated intentions say. Our responding feelings and intuitions may penetrate below what the other person intends us to believe of them.

More ripe experiences - whose world are we all living in - a shared one, or our very own - all playing parts in our own and their plays - and all running our own rules as we go along . . .



**To recap . . .**

**STEPS ON 'WAKING UP'**

- ✚ Return life habits back to the blueprint (acknowledge life and Qi flows).
- ✚ Simplify and let go
- ✚ Change who 'you' think is 'you'.

**RELEASING YOURSELF FROM THE CAGE OF BELIEFS**

- ✚ Accept that 'life' is like a board game, and that you willingly signed up for it.
- ✚ The first rule was/is — you forget that it is only a game.
- ✚ Free choice to believe anything is yours.
- ✚ See the apparent limitations, challenges and dilemmas as gifts.
- ✚ Accept that the tools you got on setting up your version of this game surround you — your astrological, numerological and other apparently random idiosyncratic
- ✚ Gratefully acknowledge the perfect default setting (all your family stuff) you cannot escape, because it forms your starting point for change. All those problems have formed the tools for you to exit your cage.

## LIVING LIFE ALIVE

- ✚ Is life a dance, with you playing out a role?
- ✚ What if you let the entire pretence slide, and appear as naked as you could be?
- ✚ What do you have to lose other than the loneliness, pain and suffering your past actions are now playing out through your holding on?
- ✚ It is very lonely behind the mask.
- ✚ Like old clothes, perhaps consider discarding aspects or all of the old you.
- ✚ Experiment with being real and vulnerable.

Then watch everyone about you open up, and the sun come out in your life.

### *In summary*

- ✚ Clean out your life.
- ✚ Start with possessions — clutter be gone!
- ✚ Move on to friends and acquaintances. Leave the less-than-inspiring and non-uplifting to find other sounding boards. Consider your blood relations — what games have you been up to? Do they really know you? Be real. Do you let them in? That special person or people in your life — are you allowing them to really *be* with you?

## 8. TAKING CHARGE

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*We stay stuck/ill/on medications that mask our bodies' warning cries, because often, we just don't feel like changing.*

### NEED FOR SPACE

As we journey through different life cycles, we could choose to take time for private reflection and contemplation to allow the sifting through and re-cataloguing of thoughts and memories. This would allow and ensure that we retain and review an integrated sense of self.

To spend all of every day doing — rather than being — and to be busy every second, disturbs our inner harmony. We end up with a clutter of half thought through and half completed ideas and inner tidy ups — all unfinished and all competing for attention within the busy-ness of every day.

More and more, we need to stop and get our inner house in order, and more unceasingly there is no time to even think of this. Things that really affected us are swept away out of sight and we keep the pace of the treadmill going — ever faster. This all leads to us becoming terse with those we love. We become irascible and difficult, because we need to defragment like the computer.

Regardless of the calls upon self, *there is something you can do*. By studying the hours available in a day, week, year and life, and planning their expenditure, affords you the luxury of purposeful and enjoyable living. As with all time allocated for planning, this can at first, look like an extravagance with time you do not have.

Claiming the first hour of every day for self, allowing nothing to interrupt, regardless of the hour you have to arise, will immensely enrich your whole day and life. Sitting in quiet solitude, with a journal, recording the events of your sleep cycle, the dreams, feelings you awoke with, plans that were there when you became conscious, will very quickly show in the experience of your daily life. This may sound like pure indulgence. In times past, people sat with God for at least 30 minutes a day — why not sit and be as a contemplative exercise? Try it for a week and see how more productive you can possibly be.

Setting aside private time again in the middle of the day, even if only ten minutes, to centre and realign all of who you are — rather than who everyone else sees, and reacts to and with — will grant you inner peace that will give rich rewards.

Purposefully become aware of the part of you that is precious, the essence of self, and consciously realign to and as this, particularly when feeling yourself being thrown up against old self-beliefs, will yield big inner changes.

### *HOW PRECIOUS IS YOUR TIME?*

- 1. Get a piece of paper and divide the page into eight columns — one for each day of the week, plus the extreme left hand one for the 24 hours of the day.*
- 2. Write each time, hour by hour down the page.*
- 3. Use different coloured marker pens, to colour in each activity, according to the time spent: sleeping, driving, working, shopping, food preparation, self grooming, housework, washing and ironing, and so on.*
- 4. List the things you wish you had time to do: like more quality time with children, spouse, meditation, leisurely walking (rather than power striding for exercise)*
- 5. If with a partner, either get them to do the same exercise, or do it for their life, as a comparison, especially if you feel you are holding too much responsibility.*
- 6. See the discrepancy of each one's 'free' time.*
- 7. See, maybe for the first time in your life, the race living has become.*
- 8. Take a deep breath, pause to make a calming drink and take a protein nibble.*

### *Is this how you wish to continue?*

Regardless of the sense some of these suggestions seem to make, it is easy to procrastinate. There are always the excuses of weather, the time of the month, and the lack of money — there is always a perfect reason why not. This is actually part of the whole pattern of why you have picked up this book.

Turning this around, and seeing this lack of apparent commitment as part of the problem helps to identify other ways of going through our lives. It appears that we (whatever 'we' think of as being self) are not always in control, as though a little gremlin gets to be the doer. Then, sometime later, the reins are returned to us and we are expected to negotiate out of the mess created.

### *WHY WOULD WE BOTHER?*



## CHANGE OF EMPHASIS/FOCUS

We all know that, especially when hard pressed for time and when feeling as though everyone wants more than there is to give, and when time restraints stop us from doing and being all that we would like, — when things are NOT going the way we want them to, we can often be triggered into old ways of dealing with events and people.

This often gets us into far more strife than we were in before. This also often leads to physical issues — especially headaches, fatigue and digestive distress and sleeping disorders. We have been seeing various healers to try to resolve these issues — usually with no success, as we are creating and recreating the conditions that set these discomforts up in the first place. It may be unwanted this advice — but usually until we stop CREATING the setup — the results keep being the same. The whole catastrophe we all our 'life' is complicated by 'no time' to deal with any of it. Let alone to live consciously. Maybe the very reason things are SO BAD that you found this book?

These 'landmines' are the inner distressed sites which have been glossed over. We may think that hiding away from what really distresses us will dissolve our hurts.

Unfortunately, keeping things inside causes them to fester.

Having no tools to deal with these, having no time to even want to remember them, means that at some point — and usually when apparently most inopportune, a strong reaction pops up. What sets you off? Maybe someone 'upsets' you — they may say something that means to you something that it would to no — one else listening in — you personalise — you imagine they meant whatever . . . and maybe, they even meant what you got from the conversation. It is your choice what to do next.

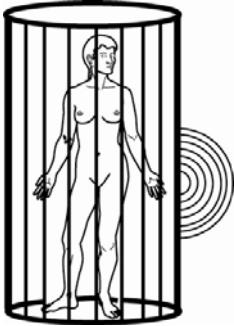
Then your own personal world war three begins. Your inner reactivity spills over as it is all just too hard within and the next person to speak with you or even look your way is then the enemy. For the recipient there are no warnings or sense in what is now happening.

You may well have been on the receiving end of someone else's angst-filled diatribe. You may remember the times you have watched mothers especially, 'lose it' when out and about. You may have looked on and thought how you would never do this. But if you have had children, you may have been in exactly the same situation — roles reversed now.

When parenting small children, be aware that they are the most vulnerable and the least guilty. They very often cop it: we very often copped it growing up. If we are not very conscious and aware enough to clear ourselves before or as we are parenting, we then pass this on through 'genetics'. We have all large stores of especially maternal angst that we ourselves were exposed to growing up.

## HOW THE CAGE CONSTRAINS US

The inner personality cage walls may reverberate around what you call 'self'. These influence all that you perceive to be happening. They influence all that you feel and all that you thus do.



YOU may believe you are just 'made like that', and everyone else will have to learn how to handle you; otherwise it is THEIR 'fault' if you behave or react in a certain way.

After all, you may well have warned them. We in our state of distortion may even justify that they 'deserve what you dish out' . . . . by 'upsetting' you . . . .

So what IS going on here? Do we really want to keep this all alive? Does it make us happy? Feel included, warm and fuzzy, happy with our place in other's worlds?

### FEAR-BASE

Sense of helplessness and impotence as there is less we seem to be able to negotiate, without inner reactions, and censors, and saboteurs.

SPIRIT

SOUL  
GROUP

Anger – thwarted beliefs

Uncover underlying fear

SOCIAL

TRIBE

Judgement - including self doubts possible through the inner programmes, intersecting with the outer ones, others give us. it clinging to us – we do emotionally and psychically all our lives.

BIOLOGY

HERD

Perhaps do we prefer to be more in charge of ourselves and less at the mercy of our subconscious and our reactive sites from long ago? Looking back at the three circles – how we may see who we are here as 'people', *spiritual beings* having a *human experience* in a *mammalian wrapper*. What moves us to respond in reactive ways at times? You may wonder why you need to investigate this. It is at the root of all the physical responses your overloaded system has when you come under perceived attack, so there are exceptional reasons to de-clutter and disengage from the war you perceive others waging upon you.

## WHAT IT MEANS IN DAILY LIFE

The keys required to loosen bondage of the past are held within the inner library contained in the energy fields that you radiate; the timelines you can access, and the other aspects of 'self' that are able to communicate as and if you shed your tightly held convictions.

Centring within allows you to connect with the inner aspects that set this 'life' in motion. Using the acupuncture model again, the STUCK Liver Qi is creating a situation of 'not happy' and trying to let you know so you deal with it. The more you ignore the warning signs, more you create all sorts of inner discomforts.

When everything is in harmony and in a state of balance, it all works - there IS no pain - on any level. When we start clogging ourselves up with no exercise, little nourishing replenishing nutrients, far too much work and little sleep to regenerate, we can expect that in time we start behaving differently.

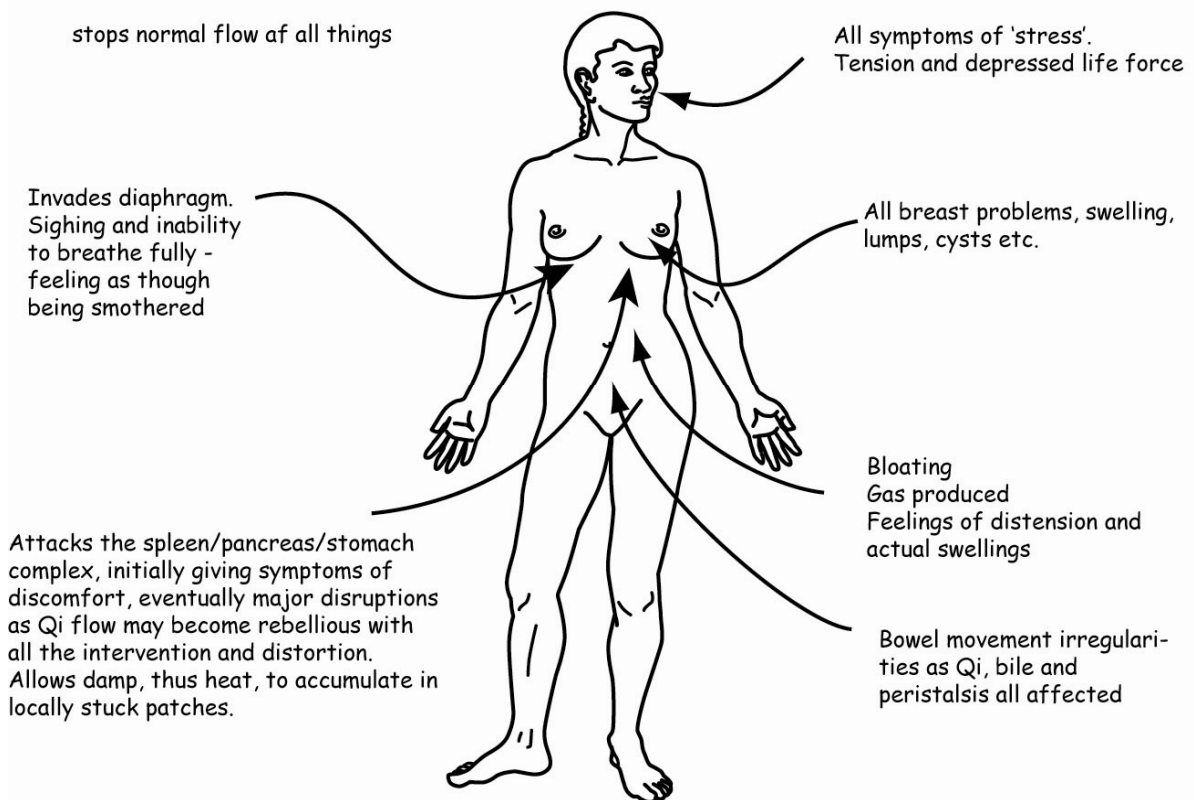
Just getting enough rest may be all that is needed.

Just taking time out to 'defragment' ourselves may be also what is needed.

AND IF YOU DON'T . . . . .

STRESS (STUCK LIVER QI)

stops normal flow of all things



If we keep blocking out/medicating the signs and symptoms of our hanging on and ignoring inner congestion, (telling the messages we don't want to know) we are putting off until later all that the body was trying to warn us against. This then gives us a very different perspective on the medical 'treatment' offered when upset — taking chemicals to quell anxiety, fear, rage, depression and sleeping problems. All these are responses due to the on-board accumulations of what you haven't dealt with.

Hiding them away and becoming numb to all (not just the scary bits), is a recipe for a lot more strife later. It also stops our bodies' normal template from being able to work well - hence the warn lights are flashing and something doesn't feel right/hurts.

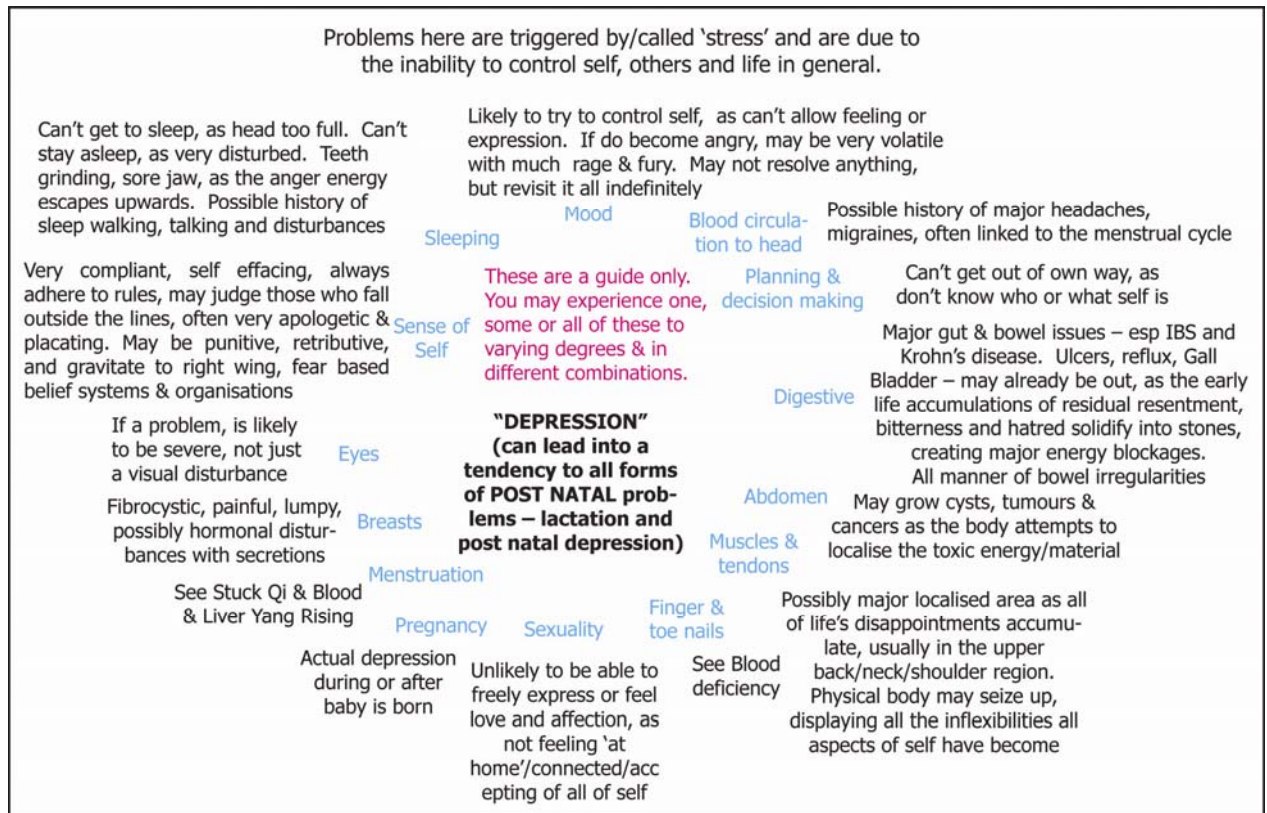
### More on stuck Liver Qi

<p>These are a guide only. You may experience one, some or all of these to varying degrees &amp; in different combinations.</p>	<p>Reactive, feeling thwarted, irritable, angry outbursts, emotional &amp; mental inflexibility, always 'right'; sleeping disturbances, feeling disconnected and 'out of sorts'</p>	<p>Surges, especially in moods resulting in occasional sense organ disruption (esp ears &amp; eyes) Headaches, migraines</p>
<p>Possible irritation, maybe itchy &amp; uncomfortable, visual differences Lumpy, sore, often cyclic changes.</p>	<p><b>Eyes</b></p>	<p><b>Sense of Self</b></p>
<p>Feeling suffocated and feel like/can't take a full breath. Feeling of oppression, as though something sitting on chest.</p>	<p><b>Breasts</b></p> <p><b>Breath &amp; diaphragm</b></p>	<p><b>Blood circulation to head</b></p> <p><b>Planning &amp; decision making</b></p>
<p>Irregularity in all aspects, including sometimes 'normal'/sometimes not. Flow may stop &amp; start again. Cyclic disturbances of everything, often called PMT.</p>	<p><b>Menstruation</b></p>	<p><b>Digestive</b></p>
<p>Possible infertility as menstruation is not perfect. More likely to have pregnancy complications</p>	<p><b>Pregnancy</b></p>	<p><b>Abdomen</b></p>
<p>Cranky, irritable, difficult to be with, as highly unpredictable. Physical body reflects this</p>	<p><b>Sexuality</b></p>	<p><b>Muscles &amp; tendons</b></p> <p><b>Finger &amp; toe nails</b></p>
<p><b>STUCK LIVER QI</b></p>		
<p><b>Everything is magnified, or may only be evident, when 'stressed', when then the extra body reactivity will start a snowball effect of discomfort and overall grumpiness.</b></p>		

You may live decades thinking this is normal - and in fact it has become who you are. Along the way you start drinking more coffee/alcohol to help you get through the day - you start smoking more, sleeping less well, stacking on weight and all the while a little niggle in the back of your mind wonders if this is all there is . . .

This when added to a little Blood deficiency (which is very different to anaemia), lends itself well to something many have aspects of . . . .

## LIFE FORCE NOT FLOWING/DEPRESSED AND STUCK AND FEELING TOTALLY DISEMPOWERED AND HOPELESS/IMPOTENT IN YOUR LIFE



### SO - WHAT TO DO — if all this looks too hard

1. When in a state of 'can't be bothered':
2. Take a **few very deep breaths** — outside, if the air is clean enough.
3. Whilst there, do some **serious stretching**.
4. **Skipping rope is the easiest form of exercise**. You stay in the same place, it is a small investment that tends to last, and if done without foot coverings and quickly, instantly gives feedback when you start tapering off your effort.
5. Get a **drink of water** — not chilled; in winter, add some warm water to take the cold off it — bodies need body temperature ingredients.
6. If it has been more than three hours since you ate **protein**, go eat some.
7. Sit down and **write what is going on**. "I ought to . . . . But I feel like . ." This enables you to **communicate with yourself**, rather than just live through it all. In a free-ranging sort of fashion, let the pen write away whatever is going on.

*You may be diverted into lists of anything.*

*Lists get the stuff out of your head.*

***Write down everything that is pending – things you can't do because . . . .***

Some of this process will be a matter of patience, some a matter of hassling others to do their bit, the absence of which is keeping you in a holding pattern. Some of the process is do-able, but when you feel like it. This is the stuff that is helping keeping you stuck, and not wanting or feeling like taking action.

The **Liver energy** is in charge of the free flowing of everything, and as it needs to move, writing down everything that is slowing it is the first step to breaking out of this. Action is next.

If you don't take charge of what is around you, all manner of 'health' problems arise in diverse areas — because **Liver Qi** is in charge of the free flowing of everything. Look at all the aspects of who you are it impacts. Western medicine seems only to be mechanically based, focusing on specific areas of the body, rather than the entire being. Orthodox medicine especially discounts the role of the feeling heart and living soul within it. So it is not surprising that you may have missed adding these elements of the equation of who you are when wondering what is happening or adding up the **real** cost of doing or not doing something.

Compile a list of all the projects you can't seem to get around to doing (even stuff as simple as not cleaning the bathroom mirror), and place it somewhere you pass constantly. Doing something from that list every day and crossing it off will give you a feeling of being more in charge.

***NOW REVISIT WHAT YOU DO TO SET ALL THIS UP INITIALLY***

***THE 'GOOD/BAD' GAME WE ALL PLAY***

The set of behaviour rules we all inherit includes a sense of what is appropriate (good), and what is not (bad). Along with these judgements/discriminations, come the consequences of being caught on one or the other side. When we were young, if we were considered to be good, we were given more of what we felt happy with, especially parental conditional loving acceptance.

When we were deemed to be bad or naughty, uncomfortable things happened. But from whose perspective are they deemed bad? We may have consciously forgotten the separate instances, yet have been trained from a tiny being as well as any circus animal, to behave ourselves — we were tamed into how they wanted us to be presented in the world.

Now we are older and theoretically in charge of ourselves, we can chose to change some of this programming into an optional, not a foregone conclusion to self talk. The perspective of what it means to be 'good' or 'nice' and to behave as our parents expected of us, no longer HAS to run us. We may liberate ourselves from a lifetime of pain and torment, as we release what was never really part of us. We can choose to discard some or even all of this.

This is when the second track of the downloadable MP3 *Emotional Clearance* track from the [Reunion meditation](#) (MP 3 comes with this package) is handy. All these old attitudes are much like so many handed-down clothes that never really fit us. The consequences of being naked without these beliefs is also part of our heritage — to explore the fears that bind us, as we become bolder, spiritually.

What would it mean to us if we let go of a key assumption?

Might you lose the pain and suffering you thought was your lot?

What if you live for whatever the next day brings, rather than salting everything away for a rainy day?

*What if, we, in acceptance, just let go?*

In allowing our spirit to soar, freeing ourselves from the 'shoulds', 'musts' and 'have tos', we may liberate self-judgement. We all hold our own keys in our pockets. We just have to recognise that we are all in our own cage, find the door, then the key, and face what it would mean to us to begin the journey out, away from what has become very comfortable and safe but what also smothers all light, creativity, joy, sense of freedom and free choice.

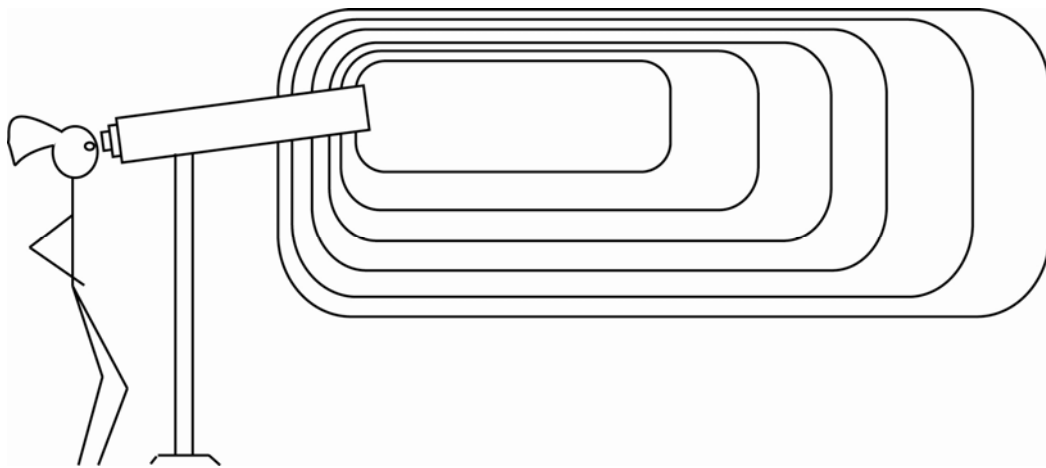
By altering our belief structures, the emotions that appear to rule our lives can shift focus. The enormous intensity with which we judge ourselves and others, and thus hold grudges, bear an unforgiving, closed heart, and demand retribution, is often the very prison that keeps us locked into our physical pain.

## 9. HOW TO BREAK OUT OF THIS?

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### CHANGE FOCUS

One way is to recognise that by our personality cage's existence, reality is personal, not general. It is ours alone. We all live in our own worlds, with our very own special codes, replicated for every nuance of meaning, every perception, and every possible situation. We will take in any situation through our own individualised set of filters and lenses.



One day we may realise we are viewing the world through a telescope, with a fixed focus and immovable position, so that we see only a fraction of what we have realised is possible on the screen we call 'life'.

How special is that day when we arrive at the point where we know there is more, when we begin unravelling what we thought was true for all. Our life education begins! The self cage is perceived. There is more out there!!!

We know we are in it and we can step out of it — it is not all that there is.

Through persistent efforts, many tears and changes, often fuelled by people and external circumstances that rile us, we may eventually realise we are the only ones we can change. We can't influence anyone else to change, and really we can't do ourselves all that readily anyway.

It is all a matter of exploring things we would rather not. Why do we do this? Possibly we only can when it all becomes too uncomfortable, and finding a fix-it person, therapy or answer, is seen as finally less useful than changing ourselves.



Gradually, as each "A-ha" moment is uncovered, relished, and integrated into the whole new world, the telescope may move, so we can view any part of the screen. With more self-application, we may discover that there are also lenses, and, beyond that filters that distort and garble the external show. Over time, we may also notice that if we cleaned the glasses we wore, or adjusted the settings on the telescope, we could more clearly 'get the picture'.

### What if?

One memorable day, we may discard the telescope, and opt to go naked — viewing the world without preconceived notions, no judgements - actually being in the absolute 'now' moment, each one as though newly born — with no expectations, or desired outcomes, just experience, with no good or bad account ledger, just being.

As we continue our inner quest, we may allow the screen to expand. We may realise that what was on show, on the little black and white monitor, can be enhanced through another screen — a full size, colour, possibly state of the art model. Then one day, it may dawn upon us, that the DVD we see through the television, was actually shot for a wide screen, and then maybe an IMAX, and if we are open to sufficient internal reorganisation, in three dimensions.

It may take many evolutions through the cycles of duality (we call being on planet earth as a person) before we realise that in fact, it was 'the director's version of what he /she wanted to portray anyway, and as such, had been edited mercilessly. That 'reality' is whatever we wish it to be.

We may in time even 'get' that those who share our reality/version of how the world works, is partly due to a commonality. They have similarities to us. We resonate somehow with them. We thus feel comfortable with each other's presence and world views as expressed through conversations, ways of talking, expectations and cultural mores, styles of dress etc. We share what we do and this makes us feel as though we belong.

The inclusion in a wider group is the tribal aspect the human condition needs to validate us feeling OK with ourselves.

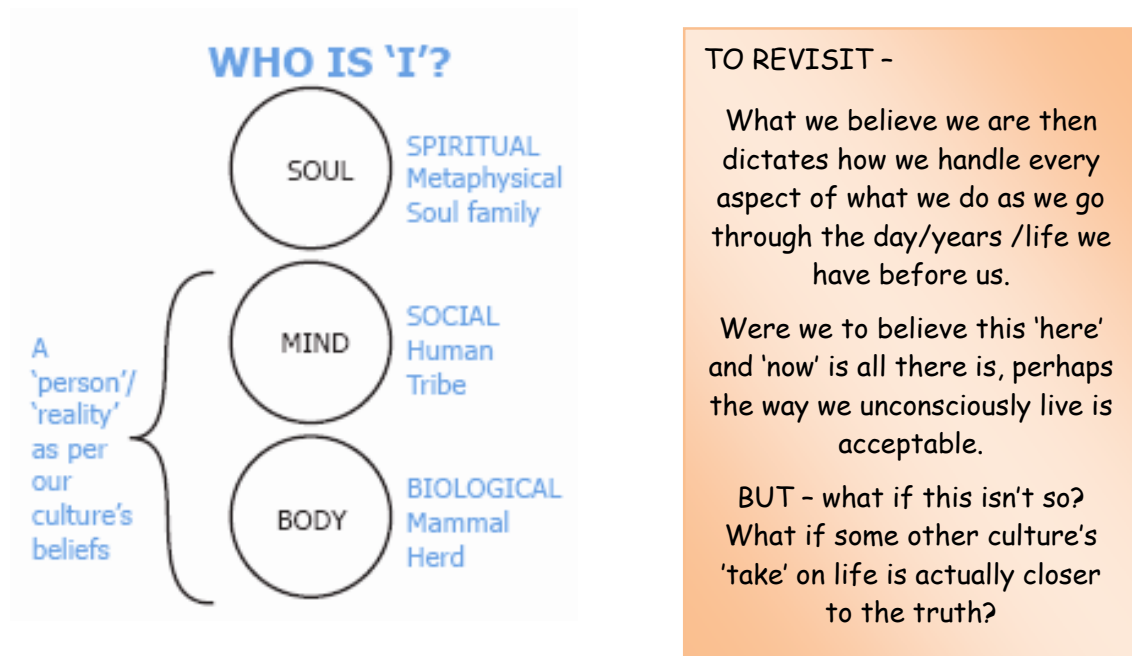
We also resonate with their STUCK sites — their own personal difficulties and hidden agendas — their inner beacons (beliefs /world views), receptors (magnetic sites that pull us in/repulse us), and the set-up that placed us exactly where we would be most likely to experience as needed, to grow through the time we all share together. We shore each other's versions of what should have happen up.

We act as touchstones to stay stuck, together.

## WHAT IS GOING ON?

If we stand outside this 'life', this time in a human form as this *current* person, and wonder, as though we were the top circle (the bit that may well recycle through different bodies/identities and hence 'lives' here), what is the point?

If we change gears to allow this more unusual 'take' on being here to happen, all manner of things may shift into a different alignment for life perception.



Perhaps if we rerun everything, taking the time to journal, to go through some inner work, maybe helped through someone doing a version of some form of life retrieval, we may finally break free. Acting consciously, rather than in reaction is a gift.

To finally break out of the equivalent of our soul's Groundhog Day — going back and EACH time failing the central issue because we want to 'get back' at whoever last upset us — will free us from whatever it was that created the need to be even reading this. Health problems may be the solutions to LIFE problems.

## HOW DO WE DE-PROGRAMME OURSELVES?

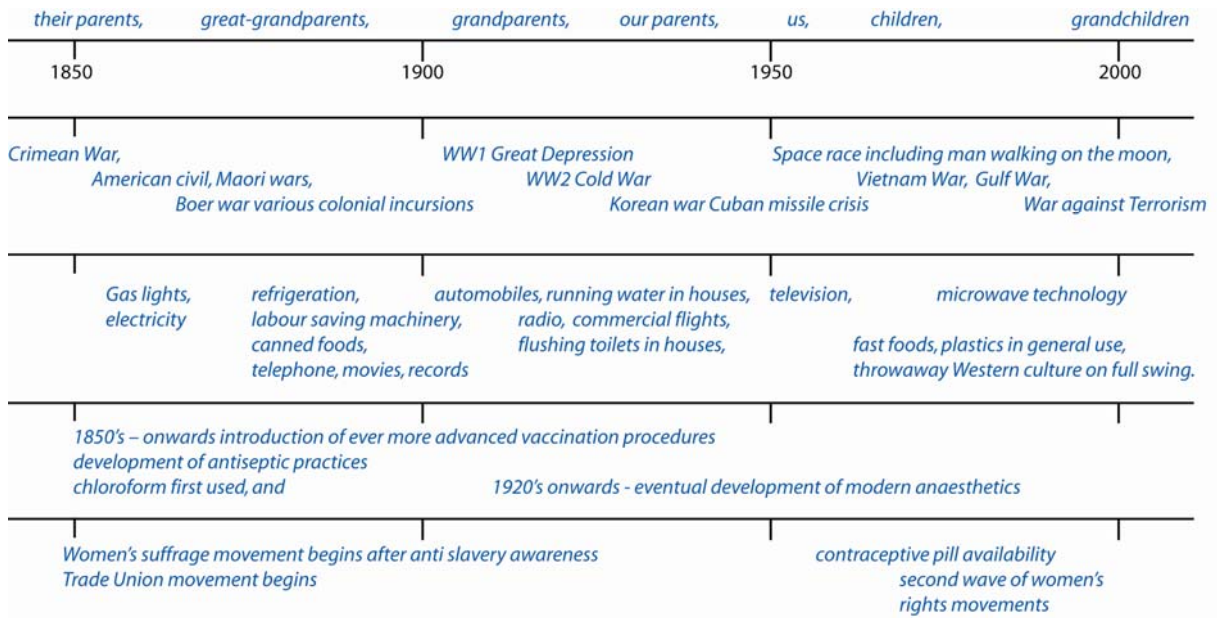
Recognise that it is we who are holding the matrix in its current setting, and it is thus we who have the power to change, to let go of what we resist the most.

Starting from right of centre, look at where you are roughly as a birth date, and move backwards, looking at events as they shaped those in the different generations. It becomes obvious that what we are prepared for just keeps having the changed goalposts.

**Ask** -How do we get programmed in the first instance?

(WHOSE REALITY ARE WE LIVING IN?)

*We start from here* ↓



**TAKE A BIG BREATH** — (So much the better if you are feeling put upon, irked, irritated, upset, angry, generally feeling hard done by). These "IT'S THEIR FAULT" states help the process below, as there is less of the 'nice' veneer to get in the way. If you are feeling calm, at peace with the entire world, and have happened to be reading this, you can choose to pretend, or imagine that a person or whole bunch of people who you are attempting to think 'nice' thoughts about have just upset you.

**# VERY IMPORTANT — PLEASE DO NOT MISS THIS STEP #**

Surround yourself, and others involved, with love and light, so that your outpourings will in no way affect the ethers. Energy fields are as powerful as the physicality we believe to be 'reality'.

Sit quietly, and say to yourself

**"I (YOUR NAME) AM IN A BUBBLE OF LIGHT, AND ONLY LIGHT CAN COME TO ME, AND ONLY LIGHT CAN BE HERE."**

It may also be an idea to repeat the process on behalf of the 'recipient' of your angst:

**"YOU" (whoever it is) "ARE IN A BUBBLE OF LIGHT . . ."** etc

## LETTING GO/GIVING IT UP/FORGIVING

**1 – WRITE A LIST** of everyone who is in some way incurring your wrath.

**2 – CHOSE THE ONE THAT AT THIS MOMENT STIRS YOU UP THE MOST**

(Do not do this exercise with them in your physical presence, or if you are severely premenstrual, under the weather with alcohol or drugs, or REALLY angry).

**3 – WRITE A LONG LETTER TO THAT PERSON.** Go into as much detail as possible. Get all the energy you have stored up on this issue down on paper. It is then out in the open. You can see all of it. Do not judge it, or yourself. By starting to release what was stuck, you are beginning to let go of what in time might have initiated a series of chronic ill-health states in your body or mind. This is about YOUR healing. This is not about them 'getting what is coming to them'. This is not a retributive exercise. This is a journey of personal and private, self-discovery. **This is not to be disclosed to anyone.** It is private.

The point of unleashing the unpleasant bits is to discover what lies underneath.

Uncovering the anger is the first step. If you cannot access your anger, thinking this is all a 'head trip', go through the motions, just to clear the air for yourself. You may tap into what lies beneath the menstrual/digestive/ headache/neck and shoulder tension that has been plaguing you recently.

At some point in all of this, a feeling or realisation may arise. We may have a core belief that has been triggered (and we react massively, as if someone has just stepped upon one of our inner land mines). If we can give ourselves the gift of a question that lies beyond the reaction/hurt/justified retributive action, and answer it, probably in awe, then, we are beginning the journey home.

The point to this exercise is not to heap vitriol on another individual. We have lovingly and very carefully found the most perfect people to assist us in our own self-discovery journeys. They would respond far better to thanking and releasing, rather than abusing.

**4 – ONCE WRITTEN, YOU MAY FEEL EMOTIONS.** If you start to cry, this is likely to be a manifestation of frustrated anger. Acknowledge that the energy needed to be 'good', to put on a brave face, or to continue to look well and happy in the face of chronic and debilitating illness, and may actually be the every energy you need to activate yourself.

Once written, you may spontaneously feel a release. If you decide that it is time to go forward in love of life, in light, the release of the self-righteousness is as good a place as any.

You may feel anger. WOW — Is this energy? DO something with it!

Run, if that is your thing. Clean all the cupboards/floors.

Roll up a towel, get down on your knees and beat the floor, find a punching bag, and go for it. Yell. Now is the time to do the guided meditation MP3, [Healing Breath](#), it was designed with just this process in mind.

There is nothing enlightened about hanging onto your repressed feelings. It has a tendency over time to merge further with who you are, making the eventual release that much more problematic and eventful. Look again at the section on **Stuck Liver Qi** and all the mischief that holding onto this causes YOU, not them. Hopefully, in the process of releasing some of the residue, and airing your vulnerability, the voicing of who you are and what you want may become spontaneous in the real life occurrences. To say nothing of losing your **aches/pains, depression** and distressed/irritable gut etc.

*Once the anger begins to lift, the joy IS underneath.*

**5 — RE-READ YOUR LETTER**, or start another. Add bits you forgot about. Next day, or after an emotional response, re-read it. Add more. Put it aside, rewrite. Repeat steps \*4 and \*5, as often as necessary, until you either can no longer see the point, or are ready for Step 2.

## STEP TWO

**6 — THROW ALL EVIDENCE OF YOUR RELEASE WORK AWAY.** Perhaps you could burn it ceremonially, imagining the energy trapped within being taken forth to the light, and dispersed. BURN THE RESULTING OUTPOURING OF WHAT WAS STUCK WITHIN

**7 — LISTEN TO TRACK 2 OF REUNION — HEALING BREATH MEDITATION MP3** This will enable the accumulated, released emotional charges and other debris to be cleared away, leaving your outer energy fields cleansed and renewed. You now see the patterns, the gifts and the clarity offered through the reframing process. Clearing our side of the tangle may give others the freedom to move on in theirs.

**8 — WRITE A GRATITUDE LIST.** Write a list of all the benefits from interacting with the person you have just focused upon — their contribution in having been in your life. If this turned out to be the last day of their lives, what would you regret not having said? What stops you from saying that now?

In understanding that all we really have is this minute, possibly a card of appreciation or a phone call to let them know that you value their presence in your life may completely alter the tide for both of you. Synchronicity being as it is, it may be that at

that moment they were at their lowest ebb, and this token of appreciation may be the one thing that unlocks for them the next chapter in their own lives.

As part of the clearing process, thankfulness for the effort put into our lives by others, regardless of whether we acknowledged their input at the time, will give them a warm feeling. What does it cost? What does it impart? Would we not feel warm and fuzzy if someone had taken the time to respond to our input in their lives? What if we all started making the first move? What if we all started to 'pay it forward', rather than waiting for the other? What have we got to lose by freeing the old 'wounds'?

## **MAJOR 'CAUSE' OF DISEASE: EMOTIONAL STUCKNESS**

Chinese medicine states that **external climates** (like draughts or excess of anything that challenges the state of homeostasis — inner balance — too much), and our inner weather - **emotions** are the major causes of disease. Not germs, epidemics, parasites, accidents etc., but the stuff that ancient wisdom abounded with. This means that **if your ability to adapt to change is weakened, you will be easy pickings for whatever opportunistic dysfunction is floating about.**

In Tibetan medicine, suffering is the root of all illness, and the state of **suffering is due to attachment** to the judgement that we are right, to a particular belief, to our state of being, even to the body and its precious life. To breathe under this framework IS to suffer. And to shut down and not feel the pain is a sure way of making it hurt in other ways!

*So, stress is not in your head.*

But, equally, the state of **not flowing** is definitely something you on some level have created through your early life learnings, and arises from the beliefs that you should or should not do certain things. Perhaps you can stay in denial?? Well, it will eventually become too uncomfortable for you to stay there.

## **WHAT IF LIFE SEEMS PERFECT, JUST AS IT IS?**

You have 'issues' but they are managed . . . you know some time would need to sort out whatever . . . . But — you don't feel upset and you know you would rather get this process started before you are premenstrual again, or because you have no migraine AT THE MOMENT or you have taken time out of your life/job to sort yourself out a bit, and you are not currently/this minute in a triggered state.

*I COULD SAY - EASY - THIS IS HOW!!!!*

Or I could say that this is the best way to start picking at an old wound. It is festering quietly and rears up at very difficult times — which is why triggering happens when it is too stressed to keep it all locked away. Why not clean it out before it percolates to the fore again?

It all sits there waiting. We may know of its existence as we feel bad about ourselves generally, and drink/smoke/eat inappropriately/self medicate in some other way to resolve the feeling bad about self. We may also just be unaware and have been chasing after health problems with this or that therapist over the years, and now we are sitting in the mess still, wondering why it is still with us.

*(We are hanging on/refusing to change too hard that is the real issue).*

So - how do we change?

1. **Recognise the need.**
2. **Be prepared for whatever happens and DON'T JUDGE whatever comes up.**
3. **Nothing is really personal. All is not about US but just is . . . people aren't here ONLY to annoy or frustrate you.**
4. **Remember everything in life is temporary — and 'this too shall pass'.**

All ready for us to undo it — just attend to it all with no judgement - just an inner recognition of the need to clean out the inner cupboards.

**What if we dropped the good/bad balance sheet**, and saw ourselves as covered with the energy consequences, as yet undone, of our 'lives'? Instead of seeing ourselves as 'broken', 'diseased', 'stupid', 'poor', a 'victim of circumstance', or a 'sufferer', we accept this is where we need to be to start the inner journey we intended this time to be?

**What if we chose our birth family as the perfect setting for all this work this time around?** What if they are all perfect and uncomfortable and we wish often we never knew them, and if we passed them on the street we would NOT have to deal with them? (IS exactly why we are blood relations, perhaps?)

We don't get a choice . . . . The family itself was part of a wider community. This community itself is placed in a time/space warp, where its own 'reality' is dependent entirely upon the 'now' and 'here' all within it believes to be happening.

If we had been born in this time in another country/caste/gender w would not have ANY of the expectations we currently run — hence what is a person really, indeed?

The rules to survive and prosper in the wider context are given to us, along with physical and emotional nourishment we receive as we grow. In our innocence,

vulnerability and impressionability we may confuse the rules with survival; believing that our physical continuance depends on our pleasing and emulating our parents or guardians.

They may also expect this. The intensity of this energy shaping the degree of **emotional charge** we carry the social programmes/conditioning through time along with us, much like default settings, that trip us up, just when we thought we had it all sussed.

**We may well choose others** whose inner and outer world views loosely match our own, and we then earnestly play a game of living together in this place. They are 'friends', they make us feel validated as they see things the way we do. Those whose worldview differs from ours, we stay away from, collecting our own modern version of tribal in and out groups.

We have to come together in working situations, and end up clashing as we wouldn't by choice be with these people. Funnily enough, often these become the best triggers for change. We may do anything to avoid their presence. We set up enormous stories and pit one bunch of people against another — massive hassles, and we get ill, we have 'stress' leave, we get sicker, running the same stories within, are convinced it is all 'their' fault . . . and so it goes.

At some point we may wake up and realise that we are carrying ourselves forwards into all situations, and the faces and daily exchanges may change, but we don't. Are we sick of ourselves enough yet to change? Is it that uncomfortable that we will stop throwing money at therapists and start sorting out what is too hard within?

#### *HOW TO GET OUT FROM UNDER*

Stop seeing yourself as the life experiences you have had to date, but as the spark of pure consciousness you were prior to entry into that physical vehicle and the one that you will also be after the body dwindles and dies.

*If this begs the question "Who am I?"*

*please revisit Chapter 3*

***I suggest you start working this out for yourself. This is what inner work is about — undoing what has led you to being where and who you are.***



## **WHAT TO DO**

1. *Start with any physical incident from the past.*
2. *Ask yourself what it meant to you (the cage of beliefs/the part that reacts), when this happened.*
3. *Explore how you felt before the physical problem laid you out. Not the story line, who said what — but beneath all your responses, how you felt.*
4. *Got a word? Write it down. Forget how or why you started this process, who or what is irrelevant.*
5. *What does that word or feeling bring up for you?*
6. *Write that down.*
7. *What would you also have to give up, to let this feeling go?*
8. *Forget the context — who and how this started is a huge gift, though not seen so at the time.*
9. *Follow the track down inside yourself through all the layers you have secreted throughout the years.*

Your body may give you symptoms. Be brave enough to know that the more distress this causes the more you are on the right track. Sometimes our inner saboteurs will do anything to keep us 'safe' — stuck in our secrets.

Once a major memory or bottom line is uncovered, start the writing processes suggested above. Complete this with a meditative washing/cleanse (The *Healing Breath MP3* is downloadable as part of this eBook package. If you go to the [www.heatherbruce.com.au](http://www.heatherbruce.com.au) site, you can also follow links through meditation /beings of light/ pictorials and articles.

## **REMEMBER**

Give yourself the space to explore yourself.

Remaking a new person takes time, patience and lots of self-care.

Revel in the beginnings of your rediscovering or remembering who you really are.

## **WHY WOULD YOU BOTHER?**

Probably because nothing else you have done has helped permanently.

You can't keep up a high maintenance schedule of helpers, in pill, supplement and therapist form at some point it is a body and a person choosing what to do with every waking moment.

Our life choices are what have us intimately in every way tied up in other people's loves, in stories and in situations.

At every and any minute, regardless of the apparent cost, unless we are incarcerated, and even then we still have our inner being - we have the freedom to change things. How we feel minute to minute is always our choice.

Why we don't change is up to us — and is why we stay sick/depressed and stuck.

I wish you all the joy and peace that comes in accepting that you are NOT in control, but realising that the journey is fun if we don't judge it or try to stop what will happen ANYWAY and in spite of us.

## FURTHER READING

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The [\*Helping Yourself\*](#) eBook series takes the reader into why we eat and how to get the best start to healing - fuelling yourself differently, and why it is to your advantage to follow what Nature intended. This is appropriate to any age and interest - especially those troubled by weight and energy issues.

Low thyroid function and not understanding how a well body works can often mean that robust good health and happiness are forever just out of your grasp.

In the absence of the eBooks listed here - as I am currently working through the pregnancy and infertility series - you will find a lot of assistance looking through my website <http://www.heatherbruce.com.au/meditation>

The pictures there especially at <http://www.heatherbruce.com.au/meditation/cleansing-energy-fields> will help you to see and understand what is presented in the MP 3 second track.

Looking at the area of the site <http://www.heatherbruce.com.au/healthy-living> and searching for 'Stuck Liver Qi' will then uncover a lot of the physical ailments that you may be medicated against - such woes as IBS, reflux, depression and menstrual issues.

These will be covered in more depth eventually in [\*Woman Tides\*](#) (see below).

[\*Freeing Yourself\*](#) is about the programmes that tend to run us, that we are stuck with and within — all of which need changing if we are to escape always having the same sorts of problems within our relating, and thus our emotional life.

[\*Woman Tides\*](#) is for those who want to normalise being woman. It tracks the beginning - including pre teenage years — through to the eventual ceasing of periods back into a zestful 'free woman' stage.

### *PREGNANCY RELATED COMPLETED WORKS (HARD COPIES)*

[\*What Dads Can Do\*](#) manual and accompanying DVD has already been put in hard copy (pub. 2005) and will be soon available in eBook format, as it is a very heavy tome (.75Kg) and costly to ship. It comes complete with a DVD [\*Massage - What Dads Can Do\*](#). The book is printed on very good quality art paper, in three colours and section-sewn (very sturdy), so it can be used as a reference for generations to come. *Conscious Conception*, the earlier book I intended to write, is superseded by this current one. **WDCD** thus has much pre-conceptual information to be used in conjunction with this book.

[Getting There](#) is a DVD presentation of the quality issues I raise below. It is part of a *Connected Birthing* set - that is nearly complete as a six pack of DVD presentations.

The DVD *Massage - What Dads Can Do* and *Birthing - What Dads Can Do* form parts of this set and are available from me on [www.easybabies.com.au](http://www.easybabies.com.au)

*Birthing - What Dads Can Do* DVD is a workshop explanation of why pain happens, and how to minimise its likelihood well before labour. It is a complete birth preparation, alternative childbirth education tool, easily followed by the most unprepared couple awaiting their baby.

[Connected Midwifery](#) is a 3 DVD (8 hours duration) presentation with accompanying PDF containing the PowerPoints, manuals and workbooks used. Although the intended audience is midwives (hospital and home), doulas and other birth attendants, should you be a massage or other support therapist, or just someone who has had their interest aroused by what you have read so far, it is pitched at the beginner and follows logically.

## GLOSSARY

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**Yin** - a term from Chinese that essentially means the relative density /structure/solidity of whatever aspect of life is under discussion.

**Yang** - the other component of this duality. Yin and yang are always relative to each other, and can't be used without context.

**Shen** — The spirit that pre exists and that will be still around once this vehicle/ body is shed and this 'life' is over - the Shen is that part that continues on. It is also our driver.

**Jing** — The inner bank account/reserves that take us through all the developmental changes that guarantee we have a body to play the game of being a human in.

**Qi** — The charge that fuels us - that which we have to propel the vehicle around in/ with.

**Blood** — Far more than the physical red liquid, this is the energy that nourishes all aspects of our vehicle

**Spleen Yang** — The energy that allows for easy digestion/immune and lymphatic and blood production and holding all tissues/blood and babies in place. Spleen Yang is mostly damaged through life style choices and therapeutic mismanagement - invasion of cold being the major issue energy concern - although eating irregularly and lots of raw and/or cold and /or sweet things will weaken this.

**Liver** - when used here means the entire sphere of influence that the Liver Qi has in the body. This ranges from the spiritual visionary aspects of self through to the ability to poo easily and the mechanical functions of the liver organ.

**Liver Energy** - that which flows freely to energise and maintain life functions in health. Without liver Qi flowing, all aspect of self stop up, slow down, start clogging up and result eventually in all types of obstructive and degenerative conditions. It is mostly affected by the inner inability to express and is worse with being 'nice' and sedentary.

**Stuck Liver Qi** - what happens when we are constraining who we are. This leads into all aspects of digestive, reproductive, circulatory and emotional distress.

**Stuck Liver Blood** - where all the eventual congestion becomes physical. It is often seen as endometriosis, blockages in the physical body and pains of fixed locations.