

## Exploring/Undoing Your Inner Library

This is a guided walk-through revisiting your life. Rewriting/reframing may be needed as we move into being more conscious, as adults, and likely as parents. We may find when tripped up/ 'triggered' that the charge within is still as fresh as when whatever happened became embedded.

You can do this over the next few days/weeks – it is not essential that there is a time limit to this – it is part of your inner reflection – uncovering more of what is stuck within, to allow all of who is there hiding to come out and be part of the adventure called 'life'.

There are two versions in this package – a précis, (short - one page) and a more detailed one – you may wish to get started with the one page version and then pop the longer 5 paged one up on a wall. As you go past it, occasionally start filling in things – get your mum or someone older in your family also involved.

Perhaps print many of these out and start a family history taking - it may be useful as all of us need to know what shaped us. You will see that all things that happen have a bearing on what happens next – and how you may feel from then on. If you have children – do theirs at the same time - and if your mum is still alive – see what she remembers of her mum – and her mum – as we carry their input down through the generations – as learned behaviours feelings and reactions as all of us were made in the energy capsule/womb – of another.

Their flows of life flowed through us as we were being built. Very helpful is to get a journal – we are undoing who you are/think yourself to be.

Please refer to my other works on 'Who am 'I'' here as the three-circle model allows us to separate out the components of life:

- 1 – **Biology** - we are mammals - and have a body governed by biological constraints.
- 2 – **'Human'** - we have a personality structure that often thinks it is in 'charge' - whereas it is totally run by programmes, and reactionary in relation to these.
- 3 – **Spirit/soul** – (unknowable - see all versions – many saying that theirs is the only one - and their 'takes' on this) a reason to be – and all religions, philosophies have their own version here.

Here we stay at the BIOLOGICAL level – a physical shell we inhabit, plus its electrical (energy) charges that allow it to be.

It is important to understand that life is not just about luck – you need to know what questions to ask and then how important apparently unrelated things are in your life. Not just 'bad luck. We usually have been incubating issues for often decades before they show up.

**Why do this?**

You will see how you have been made – how your choices now, and in the past are shaping what is happening for you and what will happen for your children, (who maybe even not yet here). Consciously living, and if intending conceiving is what we are aiming for – bringing forth your best possible life/self-and/or babies. After we are made, all that affects us is still within us/'online'. We may see connections and how life has been unfolding.

This is to be printed out and placed where you go past it and write something you remember.

Whilst watching my presentation causes of disease, you will see so much more – as bugs of whatever form – are a minor issue – if we see health as the ability to adapt to change – all falls into place. Being rigid - is not flowing and circulation not flowing gives pain. That is what you likely are here for – to rid yourself of an offending feeling/bit.

It is all connected. The living organism of a body is not designed to mess up. We as the one is living in this body have had something to upset flows and here we are being detectives. This may leads to places that you really do not want to go.

Often what we resist the most is the place to begin. 'She surely can't mean THAT' is usually the inner response. Your life, your choices. . .and when nothing else seems to 'be working; it is often the forgotten, the hidden that is blocking flows.

To get to here – get a selfing journal. Add in all the incidents that pop up as you start filling in the timeline. This is a deep dive into self. maybe write down some points on what the major events you think may have been in your life - and add them to the chart. See what happened in your life next - and watch this will trigger other memories.

A guided meditation may assist you make peace as often the stirring up of the past is a great way to clear what lies beneath the surface. You may find yourself grateful for this tool to deal with emotions that may be seemingly come out of nowhere to 'get' you. Perhaps look to spiritual bathing practices – a very easy way to clear your self and your space.

Enjoy . . .

You will have an interesting time.

Please be gentle on yourself.  
This does stir the pot!