

Developing a relationship with yourself

*"Are you hardwired into your spirit, or only plugging in from time to time?" - Jenni*

Work for the inner self

1. Be absolutely honest
2. Celebrate yourself and all that you are
3. Release negative patterns: thoughts and emotions
4. Deal with conflict in the present
5. Release judgment
6. Take responsibility for who you are and stop projecting
7. Stop complaining
8. Release fear and guilt
9. Make peace with family members living and transitioned
10. Complete the circle of energy

We all create drama in our lives, some much more than others. This drama creates discord and skews our perceptions of "Truth". No one wants to be sick and many of us look outside of ourselves to find the solutions, go to specialists, take these supplements or medications or go on specific diets. It is true that these outside sources are helpful, but can we honestly see the patterns in our life that hold us back from being fully healthy and vibrant? Illness gets attention and it has benefits regardless if we want to see it or not. Here is a case study as example:

(Made up names) Madam X got a disease in her early 40's. She has gone through intense treatments, which are necessary as this disease is a complex illness that affects every organ system as well as joints. She had to stop working for several years and has not yet returned to work. Madam X moved back in with her mom to have her take care of her. She has battled this for about 5 years. She is now getting stronger and clearer. Madam X insists that healing must go slowly as her body can't handle healing work and reacts.

From the outside, taking a big picture view..... Madam X was raised in a family with a brother that was mentally ill and demanded so much attention from her parents. Her father and brother died when she was a young adult. This woman gets ill. Now through this sickness, she has the nurturing from her mother that she didn't have as a child. She gets to be home and be the child as long as she is sick. (Benefit for slower healing)

Can we be brutally honest within ourselves to see our patterns of victim or lack in our present and past?

Benefits of illness or not claiming our full spirit, or being a victim:

(we don't consciously want to be sick or a victim, these are hidden benefits)

- Attention from anyone, even doctors.
- Money like in a law suit on an accident, for example
- Controlling others so you can feel more powerful.
- Security: Nurturing from others, for example, in our old age we can lose body function, it is scary and we need more attention to feel secure. This fear takes over and hinders our ability to heal or to stabilize and increases our need to hold on to others or the past memories of how it used to be.