



Part 03 – Shift

The third part will be about lifting and shifting past events by clearing space

03.01 The shift

Introduction

You have now pulled back up painful memories and experiences and have started to emotionally clear some of these out, but some will not move even if you try really hard to find them. This is either because you are not ready to let go of them yet, as mentioned multiple times before, you have to let go of resistance in order for you to let go of the suppressed emotion. Or your 'inner child' is protecting the suppressed emotions to protect you, so you have to let him/her out of the way if required. In this section you will be able to focus on events that you have not been able to let go of yet or something else that you want to focus on.

Instructions

The previous sections have been quite specific and targeted particular areas, whereas this section will be much more open for interpretation as you make it your own. This is because not every one has had the same experiences in life, hence everyone will respond differently to this part, you are also encouraged to do the below meditations for as many events or emotions as you think could benefit from it. You might also feel that the guided meditation isn't working for you and that you want to create your own mediation or way of letting go of events. Go for it!

But as always, write anything down that comes up, start with the journal questions and move to anything else that comes up for you. After answering as many of the journal questions as possible, put your eye mask on, headset in and listen into the meditation. Make sure that you're in a comfortable and safe seating position.

There are three different meditations to chose from, two to work through emotions, and the 'pause' meditation again if you feel you need a bit of a

break. Try the different meditations out as see what comes up. Come back to this as many times as you need to.

Journal Questions

- What events or experiences was the most difficult to deal with in the past sections? List them all and write down when they happened, who was involved and how it made you feel.
- What are some struggles that you live with in your daily life? For example do you struggle with confidence, do you have anxiety, are you scared of something, something you consider to be a weak or fragile aspect of you? Could this have been created as a child as a response to something that happened?
- Is there any other major traumatic event in your life that you haven't yet started to unravel, for example were you sexually abused, did someone in your life die or did you experience a disaster? Even if you haven't experienced anything like that, you it might be have gone through a really rough breakup that for you is a major trauma.
- Another very important aspect of things that can be difficult to identify that hasn't yet been mentioned yet is that, what you struggle with in others is something that you reject in yourself. What you think is annoying about someone else is something you struggle with yourself. Other people are mirrors of ourselves, so if there's someone in your life that drives you mad, or even if it's something that you dislike in others explore this.

For each experience or event that needs healing that now is on your list, take them through either of the provided meditations, or both and work through

them one by one. Write anything that comes up down as you might have to come back to the experience again and again to fully clear the suppressed emotions. More likely than not are a lot of experiences and emotions connected with each other, and the more you start to unravel, the more will come up and you start having a releasing flow. This can be heavy so remember to be kind to yourself, and if you need a break you can come back to the pause mediation.

With the journal questions in mind, continue to move on to the meditations below. If anything comes up in the meditation that you want to remember or come back to, write it down afterwards!

The three meditations that you can take each event through are called:

'03.01 Release Meditation'

'03.02 Child-self Meditation'

'03.03 Pause Meditation'