



Part 02 – Recall

The second part will be about recalling and discovering different events in your life that had an affect on you.

02.01 Childhood (age 0 – approx. 13)

Introduction

These years are critical in a person's life, and it's almost common knowledge that most of our beliefs about the world are shaped in childhood, and that a lot of difficulties that we experience, especially in relationships with others as adults, have something to do with what was experienced in the earliest years of life.

In order for you to find the deepest suppressed emotions created during traumatic events in your life you need to start digging. In this section you will have to start recalling memories from your childhood as well as people and experiences. It is common for us to repress experiences that were traumatic to us, but the emotions live on in our bodies. So in order for us to properly release the trauma we will need to start recalling and bring back these memories so that they no longer hold power over us.

Instructions

Write down any initial thoughts from the introduction if anything comes to mind. Then move on to answer the journal questions, these are just suggested questions for you to answer, so respond in a way that feels authentic and true to you.

There's quite a bit of reading in this section, although have been kept very general, but if you feel that you want to do a bit of extra reading upon the below topic, 'Attachment theory' then go for it, however we'll come back to it in a later section again so if you continue the course you'll learn more later on.

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.

The meditation may not work for you the first time around, so you may have to come back to it again. It's also worth noting that this work is different for everyone, so make it your own, do what works for you and skip what doesn't.

Journal Questions

- Who were your parents or main caretakers?
- How do you feel about their way of bringing you up?
- Do or did you have any siblings?
- Was there any rivalry among you?
- What are your general thoughts about your childhood?
- Are there any main traumatic events during this period?
- What attachment style are you? (see below)
- Do you feel any strong feelings towards how you were treated, and thereby how you attach now? (see below)

Attachment theory, which is the theory suggesting that whoever the primary caregivers were during your infant years (most critically during 0-18 months), are 'responsible' for what type of attachment style you have today in your relationships, particularly intimate and/or romantic relationships. Children who received support and love from their caregivers are likely to be secure, while those who experienced inconsistency or negligence from their

caregivers are likely to feel more anxiety in their relationships. The four different attachment styles are:

Secure Attachment: Your caretakers were attuned to your needs during early childhood. You learned to trust people, and objectively struggle the least with relationships, as you don't respond to rejection or to be dismissed. If you do struggle in relationships it's more likely because you tend to stay in the wrong, but more comfortable relationships rather than opening up to something new.

Avoidant Attachment: Your caretakers likely punished you for feeling anything other than "happy" or at least shamed you for crying or expressing your feelings in any way that wasn't convenient for them. They were emotionally unavailable and insensitive to your genuine needs. You had to start acting like an adult at a young age, avoided (and still avoid) expressing true pain or need for help and highly value your independence, almost to a fault. You are self-contained and most comfortable alone. Growing up with caretakers who didn't tend to your needs has likely lead to intimacy issues, as you struggle to be your whole self around someone else.

Anxious Attachment: Your caretakers were likely inconsistently attuned to your needs. At times you were nurtured and loved, but at others they were insensitive and intruding. You likely struggle with indecisiveness and fear of the unknown, as you never know what kind of treatment to expect from people. You have a hard time trusting others, but at the same time, can be overly attached and clingy, even just to the idea of a person. This is because you are afraid of anything you haven't grown to know as "safe," and want to hang on to people rather than face your fear of the unknown. In intimate relationships you tend to think that opening up completely and genuinely will inevitably lead to you being unloved or rejected, because you learned at a young age that expressing genuine feelings can be dangerous.

Disorganised Attachment: Your caretakers were abusive, frightening, or even

potentially life threatening. You obviously wanted to escape, but your basic needs depended on the people who abusing you. Your caretaker who was meant to be the secure part was your main source of distress, and to survive, you were forced to begin disassociating from yourself. In intimate relationships you tend to choose someone who is not right for you because you may not really trust who you are as you learnt to disassociate from yourself at an early age.

By reading this brief overview of this theory, it can hopefully help you understand and start opening up the 'box of childhood' spark some memories. We'll come back and dig back into attachment styles in relationships at a later stage.

With the journal questions in mind, continue to move on to the meditation called '**02.01 Secure Meditation**'. If anything comes up in the meditation that you want to remember or come back to, write it down afterwards!

02.02 Teenage (approx. age 13-19)

Introduction

During your teenage years it's all about your friendships. You have learnt how to interact with other people other than just your immediate family. It's when you start really develop into the person you'll become, therefore you are very vulnerable to all sorts of influences. It's also when sex becomes a part of your life, for some earlier and for others later. You are sort of stuck in between childhood and adulthood not knowing who you are at all, so there is naturally a lot of shame attached to this period of your life.

Instructions

Write down any initial thoughts from the introduction if anything comes to mind. Then move on to answer the journal questions relating to this period in your life, these are just suggested questions for you to answer, so respond in a way that feels authentic and true to 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.

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Journal Questions

- Who were your most prominent people in your life?

- What was important to you?
- How was your life at home/ in school?
- Did you have any friendship fallout or other traumatic experiences with people?
- What are the most embarrassing, shameful things that happened?
- Any other traumatic events?

With the journal questions in mind, continue to move on to the meditation called '**02.02 Shame meditation**'. If anything comes up in the meditation that you want to remember or come back to, write it down afterwards!

02.03 Young adult (approx. age 19-26)

Introduction

This age is a very critical age as it is when you have to start taking responsibility for your own actions for the first time, yet your brain is not fully developed and you're in many aspects still a child so naturally a lot of mistakes will be made, probably the biggest and worst mistakes you'll ever make in your life, but you learned the lessons... In fact you will keep experiencing these events until you learn the lesson you need to learn. You will have to take bigger risks and so the fall will be much harder when you fall.

Instructions

Write down any initial thoughts from the introduction if anything comes to mind. Then move on to answer the journal questions relating to this period in your life, these are just suggested questions for you to answer, so respond in a way that feels authentic and true to 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.

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Journal Questions

- What did your life look like at this stage in your life?

- What were your relationships like? (Both romantic and friendships)
- Did you have your heart broken?
- Did you lose friendships?
- Did any major life changing events happen?
- Any other traumatic events?

Go to the meditation called '**02.03 Regret Meditation**'. If anything came up in the meditation, write it down! Come back to this meditation as many times as you need for each trauma that has come up.

02.04 Pause

Introduction

Before we get into clearing space it's important to remember that this work can be very heavy and difficult, but the releasing of suppressed emotions are also giving way for space. This space can now be filled with other emotions, so let's make sure we make it good ones. It's important that you don't get lost in only negative emotions from doing all this heavy work and fill the spaces back with negative energy. We need to fill this space back with positive, loving energy, as that is the aim of this whole process, so from time to time it's important to pause from the heavy work and give yourself some loving energy.

Instructions

This part is meant to be a bit of a boost for you as a reminder that you're doing great and that this is really difficult work. So it's just a meditation that is meant to make you in a better mood and fill yourself back up with loving energy. If you feel like skipping this and want to move along do so! Otherwise, headset in, eye mask on and put the meditation on.

"If you clear out all that space in your mind that you're using right now to obsess about this guy, you'll have a vacuum there, an open spot – a doorway. And guess what the universe will do with the doorway? It will rush in – God will rush in – and fill you with more love than you ever dreamed."

- "Richard from Texas" Eat, pray, love

With the journal questions in mind, continue to move on to the meditation called '**02.04 Pause Meditation**'. If anything comes up in the meditation that you want to remember or come back to, write it down afterwards!

02.05 Friendships

Introduction

Friendships are a very important part of your life that tend to as we grow older, not play as major role as it used to when we were children, yet they are a crucial part at any age. Depending on what type of person you are, where you live and what you have done in your life, friends play a similar role, but maybe not as major. For example, someone who spent their 20's travelling, or moved to a different city may not have the same friendships to the people they don't know as well as to someone who has lived in the same place all their life and have been in each other's life on a regular basis since they were born. Such relationships that are made later in life tend to be more fleeting and appear when you need them, and dissolve when they no longer serve you. But some stick, and those are worth holding on to. It is also important to remember that it's not the amount of friends that you have but the quality of the friendships you have with them, and some friendships may be better for when you need a Friday drink and others are better at a yoga retreat. However your friendships are, be grateful for them! In this section we'll be focusing on the friendships that no longer is as they are not serving you anymore, so it's time to let go of them.

Instructions

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Journal Questions

- Who has been the most important friendships in your life up until now?
- How do you feel about friendships in general?
- Have any friendships broken up in a traumatic way?
- Did anyone (friend) breakup with you?
- Do you feel shame for something you did towards someone else?
- Do you blame anyone else for hurting you?
- Any other traumatic events?

With the journal questions in mind, continue to move on to the meditation called '**02.05 Blame Meditation**'. If anything comes up in the meditation that you want to remember or come back to, write it down afterwards!

02.06 Love life

Introduction

Oh love, what have you done to me? This part might be one that is the most triggering and painful one as it has so much attached to it. When you're younger and you are in love it is like the whole world stops existing and the only thing that matters is your partner, and let's not even think about when it ends. As you grow older its not as all consuming or important, but the world won't let you live without it, a partner that is, as everything is counted in two's, booking a holiday, renting a flat or even ordering takeout food is much easier for two than one. There are also a lot of expectations from family that can be very difficult to navigate, so the subject can be really triggering simply because of society.

It is one of the things in life that matters the most, you invest so much into it yet if it's not working it can affect your whole life. Everyone's experience with love is different, but more likely than not will there be some very painful heartache that still lives on in your body that it's time to clear, if you're ready to let go.

Instructions

Write down any initial thoughts from the introduction if anything comes to mind. Then move on to answer the journal questions, these are just suggested questions for you to answer, so respond in a way that feels authentic and true to 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.

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to come back to it again. It's also worth noting that this work is different for everyone, so make it your own, do what works for you and skip what doesn't.

Journal Questions

- What partners have you had in the past?
- How have the relationships ended? Are there any similarities?
- What is your view on partnership now? Why?
- Is there a particular relationship that hurt more than others when it ended?
- What is your relationship status? Is it what you want?
- Are you satisfied in your relationship/ single life?
- What is your view on sex? Have you been generous, maybe even not respected yourself when it comes to it, is this an embarrassing topic?
- Any other traumatic events?
- Do you recognise your behaviours in relationships in your attachment style? (see below)

Below is a revisit, and do a further dig into attachment style (from part 02.01 - Childhood) but more in detail, and specifically of how you most likely behave in relationships due to your relationship with your caretakers during your youngest years. This can help you again be able to open up and potentially

find some things that you can relate to.

Secure Attachment: In close relationships, you may find solace in familiarity and be inclined to maintain that comfort, potentially neglecting the authentic desires of your heart. It's crucial to embrace the fact that love can be intimidating, particularly the kind that holds genuine value. Take as much time as you need, but resist the temptation to opt for the path of least resistance.

Avoidant Attachment: In close relationships, you may grapple with intimacy issues, struggling to reveal your authentic self to others. If you're facing challenges in your relationships, it could be because you've come to link "imperfections" with rejection. The belief that complete and genuine openness will inevitably result in being unloved or shunned may stem from early experiences that taught you expressing true feelings could be perilous. While you might readily accept others' flaws, you find it hard to tolerate your own. To address this, consider practicing genuine openness with people, starting with friends, to discover that being yourself won't lead to rejection. As you cultivate a more trusting approach in your connections, intimacy will likely become more accessible and comfortable for you.

Anxious Attachment: If you find challenges in your relationships, it may be due to an excessive focus on mind-reading, assuming, projecting, predicting, and anticipating outcomes. These efforts aim to shield yourself from potential pain or stem from a reluctance to let go, fuelled by the fear of not finding someone else. In either case, you might be residing more in your thoughts than your emotions, allowing your actions to be dictated by avoidance rather than pursuit. Improving your relationships likely involves recognising that the anxiety and urgency you experience are products of your thoughts. It's essential to redirect your focus, distinguish reality from fears, and surround yourself with trustworthy and caring individuals.

Disorganised Attachment: If you're facing challenges in your relationships, it

may be because you haven't yet tuned into your emotional navigation system. Perhaps you're not selecting partners with genuine care, or you're disregarding your instincts due to a history of being conditioned not to trust yourself. Although you experienced pain, survival required you to push aside that discomfort and convince yourself that everything was okay. To address this, it's essential to embark on significant mental and emotional work, which may involve revisiting past traumas and reshaping the narrative of your life. Reconnecting with your inner guidance system is crucial, learning to trust it more profoundly than your thoughts or ideas.

With the journal questions in mind, continue to move on to the meditation called '**02.06 Heartbreak Meditation**'. If anything comes up in the meditation that you want to remember or come back to, write it down afterwards!