

A short guide: how to use it best

Imagine you had a problem and now somebody tells you about a reliable and consistent way of solving this problem. Today you get a sneak preview of a scientific backed and proven way to solve any emotion-based challenge.

I believe that the core of every human being is inherently good and that we are all able to access our true authentic self that guides us through life and its challenges effortlessly. At times this access can be blocked though, especially if we fall back into unconscious patterns that shift the way we perceive the world and people around us. And sometimes this access to ourselves can be blocked a whole lifetime, depending on the intensity of the emotional learnings that were formed in the past. The good news is, it is possible to free ourselves from those blockages completely and achieve long lasting change that will allow us to move with more authenticity through life.

If you are a person who is observing and reflecting your own behavior in daily interactions then you're already doing a wonderful job. The world needs more people who are doing that job. And it's really a job, since it consumes time and effort and the ability to take on a bird's-eye view.

However, if you're doing all of that, you might have also come across situations, where you really WANT to behave according to your own standards and ideas of what is right or wrong but it just doesn't happen the way you envision it. For example, you might have learned that it is really important for you to set boundaries right and protect yourself and your energy. But even if you are very aware of that, you end up people pleasing. Somehow you just can't say no. Maybe you already have a sense of why that is, but still it is very frustrating and you would like to change it.

Or maybe you experience hyper-alertness in moments you are triggered and you scan for signs that something is wrong, interpret tone or feel anxious until you get reassurance. Consciously and especially in hindsight you know that you didn't need to worry in this moment but while being in the moment itself, it's just not something that you can control.

Or as to name another last example, one mistake triggers a spiral into "what's wrong with me," and your body contracts immediately. While you might know that one mistake doesn't define your worth as a person, it feels as if it does in the moment.

Those are just a few but very concrete examples that are all pointing to the same phenomenon. Despite our best intentions and conscious knowledge, our actions sometimes seem to be led by some kind of invisible force that's pushing us in unwanted and painful directions.

The good news is that all of that behavior isn't random. According to neuroscience, your behavior is at any point in time coherent, reasonable and serving a deeper purpose. Understanding and transforming those deeper layers of the mind will help to cease that behavior entirely.

Below you will find a series of questions that are aiming to help you unpack the mystery of such types of situations. Please note that those questions are aiming deep and might feel triggering. In some cases you might feel numbness, resistance to go deeper or to do the exercises at all, which would be all reasonable protection mechanisms in case the material you want to work with is intensely, emotionally loaded. Some people even experience falling asleep when trying to answer those questions. All of those cases are a sign that this process works, as it is hitting some emotional learning pattern and that it might be easier for you if you were to be guided by another person.

If you are at any point searching for a safe space to disentangle the complexity of your topics or simply be held in the process of discovery work please feel free to book a free trial consultation session to see if one of my packages might be a good fit for you.

How to use the PDF + audio:

1. Open the PDF and have a pen and paper ready (or type directly into the document).
2. Lay down or sit comfortably so that you are able to relax into your body.
3. Start the audio.
4. Follow the instructions: The audio names each section in the PDF and tells you when to pause to write.
5. Total duration: approx. 25-30 minutes depending on how much time you want to spend on each question.

Tip: Choose a specific, fairly “average” everyday situation, not the most difficult topic.

Enjoy