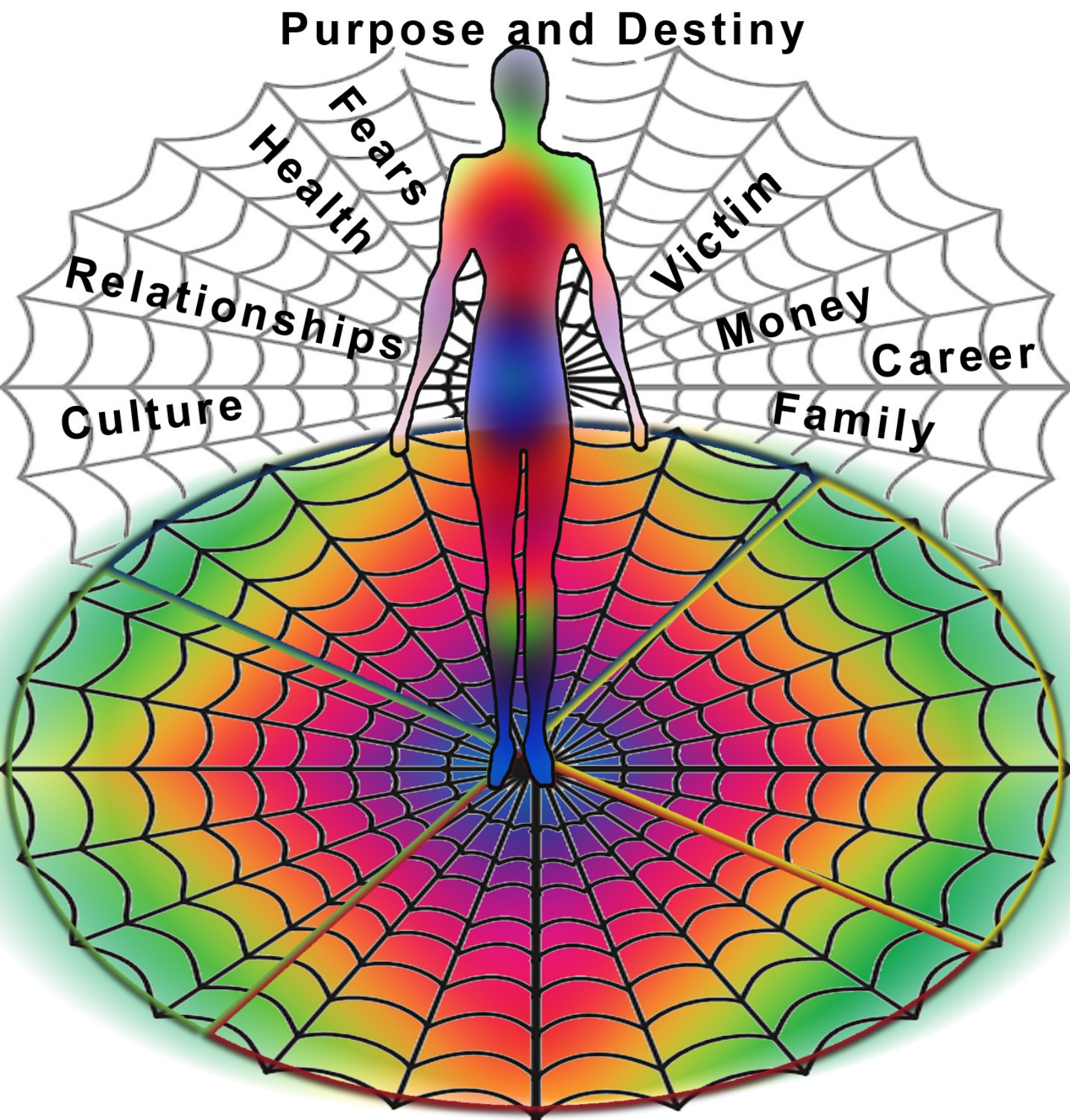
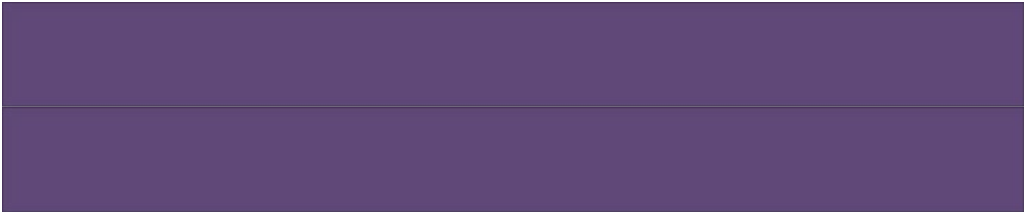
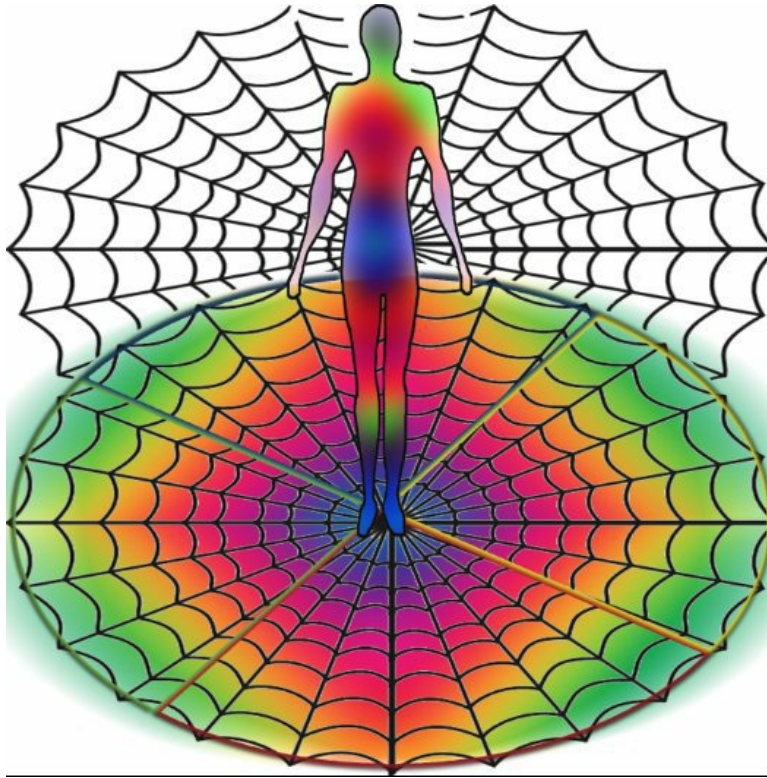


RECOGNIZING AND CLEARING LIFE PATTERNS





RECOGNIZING AND CLEARING LIFE
PATTERNS



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Why Explore Your Life for Patterns?

You've read all the books, attended inspirational courses to gather great information, mapped out a healthy living strategy and eagerly embarked on your life journey. Just when you begin to get results a familiar old problem returns or chaos hits. You think to yourself "I cleared this issue a long time ago. I forgave those who hurt me, I let go of the past and moved on". Yet here it is again. It seems as though some unseen force is sabotaging you and controlling your behavior like you are a mere puppet in someone else's play.

When the same situation continues to repeat itself you are probably experiencing a Life Pattern. Life Patterns, controlled by the subconscious, are layered. A Life Pattern causes

repetition long after the original event occurred. However, once a Life Pattern is recognized actions for change become clearer and desired results become easier to achieve. Recognizing Life Patterns is the beginning of an exciting and transformational process because working with Life Pattern discovery provides you with the opportunity to live intelligently and living intelligently is the ability to recognize subtle clues in your life and make choices to improve your life. By doing Life Pattern exercises provided near the end of this little book you can move from merely solving symptoms towards getting to the root of a problem.

Life Patterns are not always negative. By recognizing a positive Life Patterns you can begin focusing on a long term life plan that feels right. The positive side of discovering soulful Life Patterns is they speak to who you are and where you came from. From the awareness or built in Life Patterns you can recognize your talents, abilities and life purpose. But be aware, that exploring and opening up a Life Patterns requires that you to take full responsibility for all the coincidences and repetitions (good or bad) in your life. When you take full responsibility, you begin to understand you are in the driver's seat. The results of truly understanding your role in your life is an amazing sense of self-empowerment.

Have you ever asked yourself: "Why does it seem that one person is blessed with constant good fortune and another person is cursed with unbelievable bad luck?" Well the answer is both good fortune and bad luck can be attributed to a Life Pattern that is buried deep in your subconscious. When you recognize an unconscious, unwanted Life Patterns, you can see where the barriers to what you really want come from and begin the process of changing your approach to life. When you recognize a positive Life Pattern that you didn't realize was there, you can see where you are most likely to be successful. Life becomes fun even when it is challenging. New possibilities open up. Identifying a Life Pattern and making the necessary internal corrections that align with your goals can change the future for you and everyone you come into contact with.

Patterns Are Natural

To the astute observer, nature is one of humanities greatest teachers and patterns are everywhere in the natural world. Some natural patterns are subtle and others are more obvious. Nature teaches us that life is not as random as it may seem. Consider the following teachings to be learned from nature:

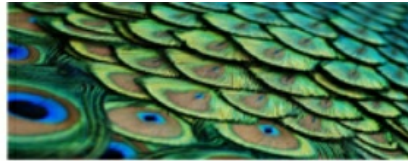
1. Patterns are natural occurrences that follow natural laws.
2. Patterns in nature patterns evolve or change in response to the environment so plants or animals can optimize their chances to achieve success.
3. Patterns occur when a certain element (or elements) repeats itself.
4. Although many natural patterns appear random when the observer's perspective changes suddenly the pattern is very obvious. It takes a certain type of sight.
5. Often a pattern is not revealed until the observer moves in closer with a microscope to look at the details and in other cases, pulls away to gain distance.
6. Remember, nothing really occurs by chance.
7. Environmental change may seemly cause chaos but usually different pattern

emerges after everything settles down again.

Basically a pattern is plan that is followed and repeated. Patterns are everywhere – in atoms, cells, seeds, flowers, trees, animals, hurricanes, planets, sunrises and sunsets, galaxies and throughout the cosmos. As the wind moves over water patterns of ripples unfold. When winds blow over large bodies of sand it creates extensive dune fields and a range of patterns form. Consider the following images to contemplate that there are large wide sweeping patterns that affect everything in your life and subtle patterns woven into the details of your life. There are patterns that form the very substance of who you are and there are patterns that will change the minute to decide to change them.



Peacock



Peacock Feathers



Drought



Clam Shells



Honey Comb



Butterflies



Forest



Pine Cone



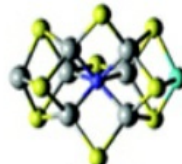
Leafs



Star Light



Snowflake



Atom



DNA

There Are Patterns in Your Life

From observing nature we begin to understand when a lived experiences repeats, even though situations seem to occur simply by chance, there is a natural mechanism at work. Careful, insightful observation will reveals that even there are many things in your life you did not want to happen, these events were not as random as it may have seemed. Historians recognize human patterns in world histories, in the organization of cultural communities and in family histories. Life stories are deeply embedded in our backgrounds, genetics and even in our DNA. More importantly, many complex subtle patterns occur in each individual's life.

In the case of the individual, unwanted Life Patterns can prevent the achievement of personal goals. The same walls or barriers appear over and over. Sometime the blockages are subtly

disguised but in retrospect a theme is revealed. It is advantageous to clear certain Life Patterns, especially when they cause blockages to succeeding. Some Life Patterns are unchangeable but your reaction to similar situations can change thereby changing the outcome. For example, it is not possible to become shorter or taller but it is possible to embrace your height by exploring how stature has affected your decisions. Signals that a Life Pattern is causing a blockage often display themselves when you experience the constant inability to find happy relationships or the inability to feel successful in your career.

Essentially, Life Patterns influence outcomes. They operate holistically. Life Patterns influence and are influenced by mental, emotional, spiritual and physical reactions to situations. For example, the subconscious mental thought or belief that repeats “I am not worthy” has emotional, spiritual and physical implications. When this belief is operating, other people sense unworthiness and react accordingly. Unwanted reactions to situations are high indicators that either a positive or a negative Life Pattern is in play. You may want a certain job but your Life Pattern dictates you deserve something more suitable. This may be an unwanted result to a positive Life Pattern.

Commitment to Explore Your Life Patterns

There are basic concepts that must be understood to successfully use exploration of Life Patterns as a personal transformation tool.

Firstly, accept that:

Everything that exists in your world is telling you something about your thoughts, emotions, spiritual energy and the physical communications you are emanating.

Secondly, accept that:

When you change a Life Pattern by changing your words, thoughts, emotions, actions and spiritual approach to life, then everything in your world has to respond accordingly.

Thirdly, accept that:

Life Patterns can be inherent through bloodline, DNA transfer, past life memories or a learned behavior earned from lived experiences (or a combination of all of these).

Fourthly, accept that:

Changing a Life Pattern requires conscious awareness, introspection, observation of self over a period of time and the discipline to do the work.

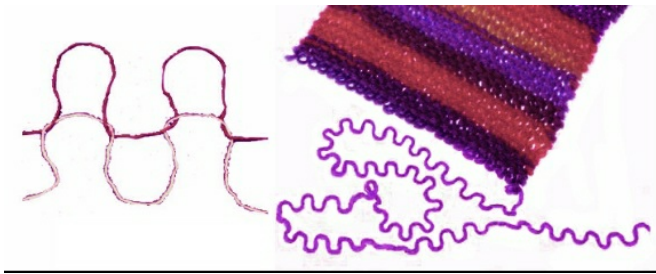
USE METAPHORIC APPROACHES

It is difficult to look at your own life without bias or judgment. So, an easy way to contemplate one's life is to use metaphors. For example, the metaphor of woven threads in fabric can symbolically represent overlapping interconnectedness of experiences. Or, symbolically visualizing memoirs as preservatives in a jar placed in storage can represent how these memories are stored away until it is time to open and reveal the precious contents. Questions we ask ourselves before we taste the contents can also be applied to memories. For example, do these memories taste/smell/feel good or is it time to remove them from the shelf and replace them with a less distasteful version? Also, observing your life as a story in a book or a movie can reveal highs, lows and turning points much as most storyline have a plot, climax and conclusion. Metaphors are valuable tool to help you achieve the unbiased, detached observation

of that is so necessary to gain insight. Once a healthy level the detachment occurs unwanted or seemingly uncontrollable experiences can be recognized or avoided all together.

Woven Textiles

A Life Pattern is similar to a woven textile with threads of different thicknesses weaving back and forth, up and down. In a woven design threads crisscross to form a two dimensional design. Life patterns are complex and woven tapestries or elaborate carpets can depict the multidimensionality of living. Life patterns incorporate intense and subtle experiences. Gradually as a life unfolds many patterns begin to reveal themselves.



Some life patterns are bright, beautiful designs and some are disturbing, uneven and others have areas

that are worn and unraveling. Over time rhythms and themes evolve. The treads of experiences may be short or very long indicating the amount of time that has elapsed and how often a similar experience has been repeated and reinforced. Short threads represent an occurrence that left a memory but did not create a very influential pattern. A very long thread or color that weaves though out, returning again and again may represent an experience or emotional reaction to a situation that has been passed on from generation to generation.

A close up of the warp and weft reveals there is rise and fall of the memories coming from the subconscious. The overall shape and design symbolically represents the energy a person emanates throughout their life. This energy subtly controls destiny or creates a predisposition to certain situations. The variety of designs is unlimited.

Exploring Life Patterns is like unraveling a woven fabric. If too many threads are pulled at one time the whole fabric can fall apart. If a thread is pulled too hard it can break. This metaphor teaches us that being gentle with ourselves is of the utmost importance. It is not necessary to reweave the whole fabric. It is only necessary to change one thread for another which takes work and special attention to details.

Preservatives Placed in Storage

Memories create Life Patterns which are like the preservatives carefully prepared, placed in jars and stored away. At a later time in our life, a visit to the preservatives will reveal some of the contents have turned to wine, others have become moldy, rotten and indigestible. Still other contents are almost better tasting than the day they were put away. Life Patterns are strongly influenced by memories, especially those memories that caused a change in perception. Like memories, preservatives were carefully stewed and sealed, and tucked away in a place where

they are not easily noticed by visitors. The tighter they are sealed, the harder they are to open and yet this is important because when the jar is tightly sealed the contents are more likely to be better preserved. Memories are sometimes difficult to open. The act of sealing is a self-preservation mechanism and the subconscious is the place where Life Patterns are often hidden away.

Interestingly, preserved jams, pickles and canned fruits usually make a popping sound when they are opened. The 'pop' of a seal being broken results in a jar being opened and air rushes in. This popping sound is much like the 'ah-ah' moment that occurs with the light of new awareness rushes in. As the contents reveal themselves chains of memories that influence behavior, thoughts and emotional reactions are suddenly revealed.

Many people have preservatives that have been given to them as gifts from friends, family or even community leaders. Metaphorically, memories are given to us in much the same way. When a neighbor or friend celebrates, memorializes or describes an experience, the witnessing of that even also becomes a memory. Preserved memories can be the result of a cultural teaching. For example, when a mature woman teaches a young girl how to become submissive or sexy or independent they are passing on their version of success based on their understanding. Sometimes those teachings no longer serve the girl when she becomes older because society has changed. Yet the memory is subconsciously controlling her behavior. Older men may also teach young boys how to be successful or how to find a wife or how to relate to other men. Again, these teachings may no longer serve to bring about the desired outcomes. All these teachings are placed away to ferment or sweeten until the day the preservative is opened. Upon inspection the quality of that memory or teaching can be reviewed, accepted or rejected.



Storylines

Life's stories begin when you tell someone else about something that happened to you. If someone asks you to describe your life and that story becomes part of your summary then you are likely dealing with a situation connected to a Life Pattern. How the story of your life is told is a high indicator of whether there are lessons to learn from the experience or changes to be made to prevent the experience from repeating. It is noteworthy that as you change your version of the story changes.

Life stories are based on lived experiences but Life Patterns may include other subtle thoughts, beliefs or emotions that were gathered through observing others, reading books or watching others. For example, watching a very scary horror movie as a child may become the foundation for a fear that reaches into adulthood.

Basically, each story has three basic principles: the beginning, the middle and the end. In the beginning the setting, the characters and the situation is introduced. In the scary movie scenario

the child is brought into the movie theatre or gets comfortable watching a movie on the television. In the beginning a plot of being afraid of settings similar to the one in the scary movie is set up. As time moves on, the plot drives the main character toward similar situations which then become what the story truly is about.

Many life stories begin with the main character being born into a family, culture and community. Group dynamics come together to set about sequences of events. A situational story often begins with a traumatic or dramatic occurrence. Many characters may enter the story and they are all contributors to create complexities and disguise the lesson to be learned. Also, if the main character is attached to an event about someone else...that situation then becomes a major part of the story too. Sometimes a life story is moving along on a positive storyline where the character is experiences compliments, confidence and successes. Then a sudden trauma/drama occurs and the storyline is dramatically changed. In this case the plot unfolds as a quest for the main character to find resolution.

In the middle the story develops and complexities evolve. A series of complications and obstacles keep reoccurring. The child who is afraid of settings similar to the one's in the horror movie cannot go out late at night or clings to untrustworthy friends out of a fear of being alone or leaves lights on all night in order to sleep. These behaviors indicate a very obvious Life Pattern. However, some Life Patterns are difficult to identify and gradually revealing themselves over time. The complications and obstacles are sometimes so subtle that simple solutions temporarily resolve the situation. However, there is constant rising and falling of tensions with each crisis, but overall there is a rising tension. Eventually the middle of the story inevitably leads to a climax. At the climax, the character becomes frustrated and believes the outcomes are so disastrous there is not resolution possible. The character often finds comfort in believing success is not their lot in life, blaming others, giving up the goal, organizing campaigns to change the world or simply running away hoping not to ever repeat that situation again.

At some point after the climatic situation calms, lessons can be learned. Resolution can occur once the character become introspective an internal, solution can be found. The main character has had enough and reaches a level of acceptance. At this point the main character finally understands and pursues their true purpose in life. And so, from looking at a metaphor of life as accumulation of stories we learn that by recognizing and resolving the original cause of the plot, the loose ends and tensions rapidly dissipate.

KEYS TO IDENTIFYING A LIFE PATTERN

There are so many stories that create patterns in one individual life that it is important to only identify the Life Pattern that has the strongest negative influence. One thread, one preservative and one story at a time. The approach of exploring Life Patterns gradually keeps the release process gentle, therefore easier to understand and the remedy is more effective. With each little illumination more and more opportunities will present themselves. If one story doesn't make a difference chances are you only revealed one chapter and not the whole story. Keep working. The following pages discuss keys that will help you identify when a Life Pattern is operating.

Emotional Triggers

One way to recognizing a Life Patterns is by becoming attuned to your feelings. Be aware that when you are immersed in a situation that involves a Life Pattern, emotions run stronger. Also be aware that recognizing the pattern may not occur until the situation has ended. Emotions are a trigger and the key is to be alert that something within you is operating. A trigger is something that sets off a memory tape or a flashback which transporting you back to an original emotion. In the midst of a Life Pattern a situation can occur that causes a strong emotional reaction and if that reaction brings about stressful thoughts, then this thread, preserved memory or situational story is worth investigating further. There are numerous emotional triggers and only you know what your triggers are. Others may provide valuable insight into recognizing your triggers. Listen to their comments or watch their reaction. If someone looks at you as if you are acting weird or feels uncomfortable with your reaction to a situation you may be experiencing an emotional trigger. The following are examples to ponder:

- Do you become upset or stressed when you believe someone has lied to you? Does the experience of being lied to trigger memories of other lies? Do you believe lies are okay in certain instances?
- Do you become upset or worried before an exam or job interview? This can occur because of a fear of failure. Could a Life Pattern exist where failure is perceived to be the worst scenario and not a valuable lesson to help you grow stronger? Where did your idea of failure come from?
- Have you been stuck in the same types of relationships or hardships for years?
- Do you have a suspicion that your life experiences are all connected?
- Do you sense that you have been through the same thing over and over?
- Is life running you and not the other way around?
- Am you learning and growing but not breaking through into the life you want in the areas you really want?
- What situations (even small) have you experienced over and over again?

Sights, Sounds, Smells and Colors

Triggers set off automatic subconscious driven behaviors (sometimes referred to as tape recorded responses). A trigger pushes the play button on the tape recorder. The best way to prevent an automatic response is to become aware of the buttons. Triggers can be brought to you through one or more of the five senses: sight, sound, touch, smell and taste. If a trigger sends you into unwanted behavior then you may want to explore the Life Pattern that creates the trigger and release the emotion or beliefs around it. Examples of sight triggers can include seeing someone who resembles a person from the past or an object that is familiar or returning to a place where similar experiences occurred. Examples of sound triggers can include songs, a tone of voice, footsteps, a late night phone call or emergency sirens. The following are examples to ponder:

- Does a song on the radio stimulate smiles or tears because the words of the song touch an emotional cord or agree with your belief system or the music lifts your spirit?
- Does the smell of cigarette or cigar smoke remind you of a lost or hurtful relationship?
- Does early morning or late night phone ringing trigger memories of bad news being delivered by phone?
- Does the sound of emergency vehicles bring about worries for a loved one?
- Do certain foods remind you of your childhood or your travels or a past relationship?
- Are there one or two colors in your closet that keep repeating or are you constantly drawn to the same color combinations on the store clothing rack?

Signs

If you believe in signs you will see signs. If you believe that signs are only coincidences then you will not recognize them as signs. To recognize signs in your life begin by recognizing everything in your life is a metaphoric response and a clue to which particular Life Pattern is operating. A life metaphor has three meanings. The first meaning is the reality of the moment. The second meaning is a reflection of your inner thoughts and emotions. The third meaning is guidance from your subconscious and the universe. If you find that every time you turn around someone is offering you sweet foods. The first meaning is simply someone is offering you sweet food and you have the choice to accept or decline the offer. The second meaning may be you have been thinking about controlling your dietary habits and hoping to avoid this situation. The third meaning is telling you to put more sweetness in your life or to be grateful for the sweetness that already exists in your life instead of reaching out for the taste of sweetness. Ask yourself question once you are removed from the situation. How did I react? Was the reaction a stemming from a Life Pattern I want to change? How long have I had this Life Pattern? When was the first time someone offered me something sweet to eat? Did I program myself to believe sweet foods equaled something more than simply nutrition?

When a sign arises, don't ignore it. Recognize the three meanings and ask yourself what the significance is. Is it a coincidence that you think of a person and within a short time they call or email you? No. There is significance in that coincidence. Chances are they are a reflection of what is going on in your life at the moment. The question is: How did I bring this about? It may be a sign that this other person has the answer to a question you need an answer for. Be sensitive and observe your thoughts and emotions or anything that upsets your plans. Physical pain, sadness or stress or words of advice from a colleague that resonate deeply are all important signals that a Life Pattern in operation.

Synchronicity or Coincidence

Synchronicity is best described as the experience of two or more events that are

meaningfully related. The events need not be exactly simultaneous in time. Synchronicity is an existing force in life and occurs more often for those who have the sight to recognize it. It often shows itself in series of little ‘coincidences’ that spark some awareness in your psyche that something could be going on. Synchronicity is similar to coincidence but not the quite the same. Deepak Chopra states that, “Coincidences are not accidents but signals from the universe which can guide us toward our true destiny”. Events don’t occur by pure chance. For a while it will seem like repeating occurrences are coincidences but over time a Life Pattern will reveal itself. There is always a message. When everything seemingly falls into place easily - this is synchronicity. The difference between synchronicity and coincident is synchronic events are confirmations and can reveal true life meaning, purpose and destiny. Synchronicity is the universe saying “You are on the right track”. Coincidental events are similar to signs that present subtle messages guiding you toward the right track. By watching for synchronistic or coincidental events you can begin to understand your life structure and the internal or external influences that are affecting your life.

Questions to ponder:

- Has ‘chance’ worked in your favor revealing information you were looking for?
- Have doors of opportunity opened to you one right after the other, immediately after you made a decision to change your life?
- Have you ever decided you wanted something or wanted to meet a certain person or you wanted to travel and the opportunity arose quickly and easily?
- Have you been stuck in one particular situation just to turn on the TV and watch a show that features your exact problem and how to solve it?
- Have you bumped into the same person over and over, even though you did not particularly like this person only to find out this person has important insight for you.

Dreams

A reoccurring dream sequence or setting is your subconscious showing you that a Life Pattern is operating. If you dream of the same place or a group of people who seem familiar with over and over, it is likely a Life Pattern is operating. Dreams store and retrieve lived experiences symbolically. By paying close attention to dreams correlations between your life and the dream messages gradually become obvious. By making connections, themes and coincidences in life become clearer. When you are able to recall the movie of your dreams, and write down the more memorable scenes you can translate the emotion or symbolic reference. Dreams are the universal soul communicating guiding messages and translating your life into story.

Repetition

All patterns have an element of repetition. Recognizing repetition is an integral key to discovering when a Life Pattern is controlling your experience. In fabric weaving the designs and colors repeat themselves because a Life Pattern is exactly what that implies. When repetition occurs a theme is being gradually revealed just like when a weaver gradually reveals a

design on the loom. Life has certain themes that play out regardless of how hard we work to prevent it. Sometimes themes operate to our advantage. Sometimes they work against us, especially if we repeat the same patterns over and over, expecting a different result. For example, many people run away from a family situation and get married only to find they ended up in exactly the same kind of family situation they were in before. This time they are the parents. They have the opportunity to not have their children repeat the same dramas but many wonder, “How did I get here?”

Mirrors and Reflections

Nature often reflects back to us what is going on in life. Looking at the reflection in the mirrors that the universe provides, is similar to looking into a real mirror. Usually another person is simply a mirror of your own behavior. If someone is behaving in a manner that bothers you or you can see how someone else can improve their life: you may be looking in the mirror. Sometimes the mirror simply reflects back to you that you have kept attracting this kind of person because you have not resolved a past experience. Listen to your own thoughts and words about any situation that bothers you, especially whenever you are passing judgment. For example, if you think that someone else should go back to school - ask yourself if you really wanted to go back to school and circumstances prevented it, or ask yourself if you need to go back to school to achieve your goals. If you believe other people are mismanaging their time or money – ask yourself if you need to look closer at your own money management skills or if you have been hurt by someone else’s poor management. If someone else’s suffering triggers a deep sorrowful compassion this can also be driven by a Life Pattern because their suffering triggers memories of personal experiences. The mirror is always there, even when we are hiding or running away from it.

Rhythms and Themes

Life Patterns have rhythms which can be observed as carefully timed cycles. Some patterns occur frequently, others only occur in certain situations and still others occur every five, seven or ten years. If the Life Pattern is complex it may take many years to sense “I have been here before”. If you find yourself job hunting every five years a Life Pattern is operating. If you find yourself going in and out of debt a Life Pattern is operating. If you find yourself going for long periods without a life mate a Life Pattern is operating. If you find yourself losing a loved one every seven, eight or nine years a Life Pattern is operating. If you find yourself in a depression every spring, summer, fall or winter a Life Pattern is operating. The best way to identify a cyclical Life Pattern is to investigate the rhythms in your life. Once you identify the first time you found yourself in the similar situation it is time to observe what happens if you react differently. This can be achieved by identifying the subconscious guiding thoughts or beliefs you formed the first time. Deeply held beliefs, fears and emotions will keep repeating until you find resolution. Then the rhythm changes from a fast chaotic drum beat to a steady slow heartbeat. The rhythm of your life may change from a dull, unhappy hum to a happy, more pleasant tune even if your situation looks the same from an outsider’s perspective. For example, that boring job can become challenging and fun once we change our tune/tone.

STEPS TO DO THE WORK

Step One: Awareness

It's impossible to see patterns if you're not looking for them. The key is to pay attention and inquire. The first very necessary step in identifying a Life Pattern is to consciously set the intention to find a Life pattern. This act of conscious intention involves deciding to look for patterns in the area you are concerned about. For example, if you have questions regarding relationships, money or health. State the intention as a simple clear question.

Step Two: Questioning

Questions can begin with 'how, who, where, when or what'. Do not use 'why'? A reply to 'why' is likely to be complex. That is the reason 'why me' does not yield the information sought. A question such as: "What thoughts, emotions and beliefs caused this (illness or pain)?" is more likely to bring about messages, rhythms, themes or signs from the universe. Another good question is: "When was the first time I experienced this emotion (name the emotion)?" Asking your subconscious to reveal the source of a problem sometimes yields valuable information about internalized memories. If a question does not yield a reply over three or four days, reword the question or look at the issue or concern from another direction.

Step Three: Detached Observation

Learn to be the observer of your life. View yourself objectively and let go of the conscious mind's need to analyze everything. There are a variety of tools that can assist the level of objectivity required to be an unbiased observer. One way to observe your life is to pretend someone else is bringing you the same story. If a friend brought you the same information what observations would you make. Drawing, relaxation meditations, journaling or listening to others' observations are a few examples of tools that assist detachment.

Step Four: Introspective Listening

Recognizing a theme or subconscious wiring is not easy but it is important to wake up and become conscious of internalized beliefs. Internalized subconscious beliefs strongly contribute to situations and outcomes. The simple awareness of a Life Pattern can begin the process of releasing subconscious beliefs, thoughts or emotions. During a release process, practice replacing the vacuum that is created by the release with wanted beliefs. Learn to listen to yourself and question your own behavior. Learn to be the observer of your own life.

The subconscious mind knows who you really are. Use the internal voice inside your head and focus (without side thoughts) on what you want to say or ask. Say it with your entire mind.

Be clear and to the point. Then listen. Your mind may try to interrupt so work on achieving a quiet state of mind. The reply may be words, images or an emotion.

If the subconscious delivers an emotion, allow yourself to feel the emotion. Go into the feelings before it passes by. Allow it to enter your conscious awareness. If it passes by too quickly use your internal voice to say what you want again. Change the phrase or question to achieve more clarity. Once you receive the response, try to translate it into words or pictures, or experiences from the past.

Don't think too much. An over-analytical state is what the conscious mind uses to defeat the purpose. The first time you explore a Life Pattern may simply create more confusion about whether you're imagining the answer. It's ok to be confused. It becomes easier and more reliable with time. If the reply resonates in your being or is surprising and illuminating chances are the question and the reply has been successful.

Step Five: Watch for Signs, Dream Messages and Triggers

Anything that upsets plans is insight. Even the absence of what you expected can be clue. Don't read too much into the signs. Remain the observer but don't let the process of observing your life interfere with everyday responsibilities. For example, bad weather is not a sign; it may simply be a delay. Then again, bad weather may be a sign that today is not the day to go where you wanted because the collective soul is unbalanced or releasing.

During busy periods just live and when it is over, sit back and review. Create a brief summary of events in a journal or diary.

FUN TOOLS TO HELP YOU RECOGNIZE LIFE PATTERNS

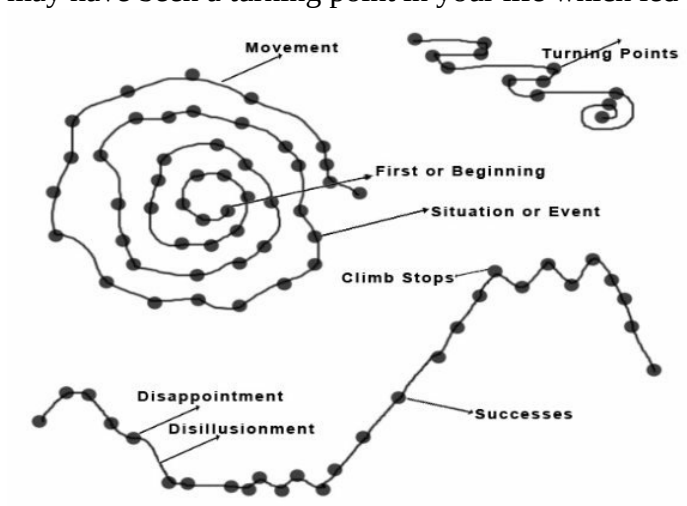
Create a Visual Representation

There many ways to visually represent one of your Life Patterns. The tool presented here is easy and quick. All that is required is a pen and a blank page of paper. Place the pen anywhere on the paper and think about the topic you are going track. The topic should represent something that you know reoccurs in your life. Topics to consider are: relationships, money, health, eating habits, teachers, sport challenges, career successes and failures, moving, or the loss of possessions. The list is actually endless.

Begin as far back as you can recall. Follow your emotions and thoughts with the pen. For example f you are tracking relationships begin with one of your parents or with your first date or first rejection. If a relationship became rocky show the emotion in your Relationship Pattern line. If the relationship changed suddenly or stayed the same for a long time show that in your line. Another topic to consider is physical fitness. If you are tracking physical fitness begin when you were young learning to swim or ride a bike or where you were first introduced to your

favorite sport. If you are tracking a hobby or something you are passionate about begin where you were first exposed to the topic. Move around the paper where your hand and heart leads you without worrying about accuracy or smoothness. Hesitation points with the pen will mark certain situations or events. Allow the line to move up, down or around. Let your memories lead the pen. Each drawing will be unique.

Once you have completed the Life Pattern drawing, quickly revisit the line you just created. Pick out and highlight with larger dots pivotal or hesitation points. Write a couple words describing the points so you can remember what you were thinking at the time. Below are some examples of drawings with notation on different areas in the lines. At turning points or places when there line flattens or moves note the reason briefly. For example, a job loss or relationship breakup may have been a turning point in your life which led to a return to school.



Notice the curves and bends in your Life Pattern. Ask yourself questions. For example, did a similar situation created more than turning points, decline or climb? Describe successes and failures as briefly as possible.

After you have developed a visual representation of a specific Life Pattern begin to elaborate on the details. On a separate piece of paper write the storyline for each area you noted. This will lead you into the following section on writing.

Writing

Writing about your personal experiences is an immensely healing activity. When you take the time to sit quietly and write about a lived experience your memories are pulled out from the subconscious. Chosen verbs and adjectives that describe an event or situation on your visual line drawing can be very insightful. As your writing progresses, your story becomes ordered and revealing. Your life is no longer composed of fleeting memories floating around in your mind.

To be successful at writing your recollections stick with a simple topic or theme and don't get side tracked. If you become buried in details and descriptive writing you may end up writing a biographical book about everything that happened in your life. Keep your stories short and focused. If you have problems writing, remember this result is for you alone. There are no critics

or grading involved. You can't really get it wrong. Just write down how you would tell the story if someone else was listening.

After you have accumulated a number of stories on the same topic arrange the stories by themes or chronologically. Put all the failures together and all the successes together or put all the happy stories together and all the sad stories together. Reflect on what you have written by becoming an observer. Review your writing for the symbolism, signs, repetition, influential characters, mirrored reflections and other themes you may have not noticed before. This takes practice. Consult past journaling or diary writing. If you have accumulated dream storylines add them to the mix too. A message may become clear if you overlap the dream storylines in chronological order with the lived stories.

THE IMPORTANCE OF GOAL SETTING

Setting Goals

Setting goals is most something successful people do. If setting goals is not something you consciously do, realize that most of your achievements began with a goal. Now is a good time to start formally setting goals that will affect the rest of your life. The best way to set goals is to write them down so they are floating in and out of your consciousness. By writing down your goals you can take a closer look at whether they are positive and realistic. The process of writing goals is personal so there is not right or wrong way to set life goals. The following are the steps to goals setting.

- Begin by listing as many goals as you can. Imagine a genie has granted you a hundred wishes. List as many wishes you can on a piece of paper.
- Once you have the list break it down into two categories and create two lists: Tangible Goals and Intangible Goals. A tangible goal has a physical presence in your life. An intangible goal has an emotional or spiritual appeal. At this point you may decide to re-word your goals. For example, education is an intangible goal but the certificate of graduation is a tangible goal.
- Review each of the two lists of goals and cross off any goal that is actually a reward for achieving success. For example, buying a new house is a reward for earning a higher income or getting married is a reward for finding a compatible life mate.
- Now chose one of the remaining goals and determine what actions you need to take and estimate how long it would take to achieve this goal.

How Goal Setting Reveals Life Patterns

Goal setting helps identifying internal beliefs when there are blockages. When blockages arise, thoughts like: "This is impossible" or "I'm not capable" or "This could take forever" surface. These thoughts are blockages created by limiting beliefs. Goal setting triggers limiting beliefs. This is when exploring a Life Pattern come into play. Revealing a Life Pattern brings them out of the subconscious in conscious awareness. When this first happens you are often tugging on a thread. Keep going until it begins to unravel. If you believe that a past event or series of events are interfering with your achievement of goals revisit the emotions and images

that are a source of the blockage. Go to that time and place where the blockage first established itself and became rooted in your belief system. The situation that introduced that thread into the weave of your life is very important.

FIND YOUR PURPOSE IN LIFE PATTERNS

Some Life Patterns are easy to recognize. Others are not. It seems the closer we are to an important Life Pattern, the harder it is to see. This is particularly true when it comes to finding your purpose. Purpose is often hidden in a core Life Pattern. It may be clearly spelled but hidden because it's so much a part of who you are.

Begin by answering the following questions:

- What skills, talents or behaviors come naturally?
- What do you enjoy doing when no one expects you to do it?
- What do you do in your spare time?
- What do you do when your plan is not working?
- What do people ask of you the most?
- What do others compliment you on?
- What draws your attention and excites you?
- What qualities do you admire in other people?

RE-PATTERNING TOOLS

Re-Patterning is important because most patterns are resistant to change. Once the Life Pattern has been brought into consciousness a process of clearing has begun. Recognizing patterns is one of the easiest ways to start changing. Once an unconscious belief rises into the conscious awareness amazing insights begin to happen. Although awareness is a huge step towards releasing the pattern, complete clearing takes more work. Clearing a pattern requires reflection and in some case assistance from therapists, books and/or alternative healers if the topic is especially disturbing. The following are some of the tools that assist changing a Life Pattern.

Use Affirmations

Once you have identified a Life Pattern that is preventing you from achieving your wanted goals it is time to make sure the beliefs, thoughts and emotions don't return. One great tool to use is positive affirmations. By using positive affirmations you can reprogram your unconscious mind from negative thinking.

Begin by writing down the thought (or thoughts) you discovered in your Life Pattern exploration in a statement that begins with 'I believe'. Then create positive statements that counteract that unwanted belief. Here are some guidelines for creating good positive

affirmations:

- Think about where you want to be in your life **HOLISTICALLY**. Think about your mental, physical, emotional and spiritual state in your ideal situation.
- Research and study other people's recommendations for affirmations. There are people who have discovered the exact wording to create what they want.
- When you read other people's affirmations look for a feeling that these words resonate with you. Often resistant thoughts are a signal that you have found the right affirmation. Use statements that are strong and confident. 'I am trying to' is not a strong, confident phrase.
- If you feel comfortable draft a few statements of your own. Start each statement with 'I am'. The 'I am' or 'I am now' brings the statement into the present moment. 'I will' sends the statement into the future somewhere and may never manifest. One of the most common reasons positive affirmations fail is many people say them in the future or conditional tense rather than the present tense. "I'm going to be rich" will never work. Instead say, "I am rich."
- Use words that you have a clear understanding of and you can define what that means for you in your life. If you say "I am rich." Define for yourself exactly what it means to be rich. Fill in the statement with key words from your definition. For example "I am rich in both supportive, loving friends and my financial situation is steadily improving".
- Be sure your affirmation only includes positive word. 'I don't want' and "I am stopping' are negative wording. The subconscious mind does not register negatives so it will turn it into a positive. 'I am stopping' means it exists and you are creating an internal battle scenario. When an internal battle exists in the subconscious you can actually attract the very thing you are avoiding.
- Be sure your affirmation is realistic. If you push your subconscious mind too far the affirmation will be negated simply by your natural protection system because it can cause internal turmoil.
- Be sure your affirmation reaches the subconscious mind by feeling the emotions and imagining all the wonderful possibilities that come with the affirmation. The subconscious mind seldom uses words to articulate beliefs. The thoughts you hear come from the conscious mind translating images and feelings or intuitions. For example, your conscious mind might say, "I don't like being here. There is something here that frightens me, but I don't know exactly what it is." In response your subconscious mind might react to the fear of the unknown by producing a dream in which a dark unidentifiable person or monster chases you.
- Use repetition. Write, Read, Speak, Listen to, Visualize, Think and Feel your positive affirmation. Repeat positive affirmations as many times a day as you can. Imagine yourself in the best possible outcome. Imagine the scene until you feel the emotion that comes with being in that situation. If necessary, use visual aids such as pictures from magazines or the internet to build the setting. Imagine your story

unfolding easily and gently.

Every time you use the same positive affirmation it becomes more effective. Repeating them aloud is even more effective because you not only think it, you speak it and you hear it.

Reinforce the positive affirmation by writing many times and posting in places where you can be reminded of the exact wording. Some people like to make a poster or create a recording of the affirmation with soft music in the background.

Use affirmations that have an opening, content and closing format. Open with words in the present tense such as 'now and today' 'I am, I have and I receive'. Use content that is positive. Only positive wording that causes an emotional, physical sensation or argument in your mind will work. Close with a strong confirmation of the power of your affirmation – 'and so it is' or 'in Divine Order'

If a positive affirmation triggers conflicts do the healing work around releasing the programming that conflicts with the positive affirmation. A conflict trigger can cause physical and emotional reactions (headaches, anger, or nightmares).

Go to sleep with your positive affirmations. What you think about when you fall asleep will expand in the night. Use your sleeping habits to reprogram your subconscious.

Wake up to your positive affirmations. When you first awaken use a few moments to set the tone for the day with your positive affirmations.

Stick to one positive affirmation for several weeks. This gives your new affirmation time to manifest. It took time to reinforce a negative Life Pattern. It is only natural that it will take time to release and rebuild.

Don't beat yourself up if there is a struggle. The struggle means you are on the right track.

Give your positive affirmation more credence by meditating to bring the affirmation through the spiritual realm into reality.

Practice Meditation

Meditation builds your capacity to balance both compassion and detachment. Meditation is the art of silencing the mind. When the mind is silent, concentration is increased because detachment from our daily lives occurs. Meditation also opens the door to the subconscious and quiets the analytical mind.

Start to meditate by learning to concentrate on one simple thing like breathing. With practice you can learn to eliminate all distracting thoughts from your mind. Once you have achieved a high level of detachment from your thoughts you can proceed to achieving no thoughts at all. Achieving a silent mind is very difficult, but as you learn to view your thoughts as separate from yourself you can begin to consciously decide what thoughts to throw out even when you are not meditating. Over time you will realize that you are perfectly capable of allowing or rejecting thoughts whenever something triggers you, when you are watching television or when you are listening to someone else. When you hear a belief that does not fit your ideal self programming, you can simply detach yourself and decide to not accept that belief as your own. This level of detachment does not mean you lose compassion for the other person's story. It simply means you will not take their story on as yours. This is a significant awareness derived from learning to meditate. It is the realization that you do not have to be a slave to your thoughts.

Regular meditation can change your life. Reactive Life Patterns are built on neural networks. Meditation is a wonderful gentle method to review and revise the subconscious influences these neural networks have on your daily thinking or response to situations. Through daily practice you literally rewire your brain and develop a whole new relationship with your life.

Find Good Energy Workers

Deeply embedded Life Patterns are difficult to clear. Outside intervention is very valuable if this is the case. Energy workers understand Life Patterns and a good energy worker can bring about balance, clearing and focus without causing chaos. Acupuncture, Reiki and Therapeutic Touch are examples of energy medicine. The best way to find a good energy worker is to be referred by a client who has had success with a particular practitioner.

Energy workers believe the body is filled with and surrounded by energy fields that they work with. An energy worker is sensitive to the stability or instability of human energy. Energy workers can take on a wide variety of forms. If energy flow is blocked or disturbed a corresponding illness or emotional unease can be the result. Energy healing enhances energy flow and corrects disturbances. By improving the flow of energy the self-healing capacity of the body increases. Energy workers understand Life patterns because they believe everything is made up of patterns of energy. Their work with energy influences the physical, mental and emotional, as well as the spiritual level. In that way energy healing is by nature holistic.

Energy healing is part of the larger field of energy medicine. Herbs, crystals, drumming, and/or sounds are examples of tools used by energy workers. The tools used by energy workers contain vibratory patterns which influence the energetic patterns at work in the physiology. Energy healing may employ a variety of tools, but essentially the interaction and trust between the worker and the client directs the work.

Learn from Others

There are so many self help websites and books out there it's difficult to determine which

one is the right one for you. Once you have identified a particular Life Pattern there are many great resources out there. Once you have set the intention to seek more information the people and literature will arrive. While some of the best awareness of a Life Pattern comes when we quietly explore the inner dialogue in our minds, simply watching others or reading another person's story about how they overcame a similar Life Pattern can be just as valuable. You can learn so much by getting out of your head and just watching quietly from the sidelines.

Trust and Enjoy the Process

It is a good idea to explore the Life Patterns that have led you to success, even small successes. Positive Life Patterns are inspirational. They help you keep a can-do mind-set and in that mind set walls will start tumbling down. Pursue your Life Patterns gently. Trust your intuition. Use them to discover or reaffirm your interests and passions, and always keep the feeling of being excited to be alive strong.