



INTRODUCTION

Why Bother to Read this Book?

Five States of Being *Everyone* Desires:

Peace
Freedom
Fulfillment
Love
Joy

What holds us back?

Shame
Blame
Guilt
Denial
Rejection
Indifference

Would you like to take a journey that gets you there?

Even with the myriad of books and information available to us about self-help, healing, transformation,

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consciousness, awakening, and enlightenment, so many of us are feeling frustrated, confused, restless, overwhelmed, or just plain angry. Does this describe you?

Have you tried various healing modalities, but, instead, ended up feeling disappointed? Or like it didn't work entirely? Do you get caught up in rumination? Are you wondering why others seem to be making changes, yet feeling like you aren't?

These are things discussed throughout the book. There isn't one easy fix in the healing journey. There may be things lying below the surface that need to be brought into conscious awareness before they can heal.

Often the unseen, the unconscious, and the unembraced parts of ourselves block progress, no matter what fixes we have tried. Likely, there are possibilities and perspectives that haven't entered conscious awareness.

Sometimes we just don't know what we don't know, until we know it.

Do you have an intuitive knowing that you can't shake? Is there a disturbance in your force? Intuitive knowing sets you on a path of self-discovery and ends the vicious cycle of dysfunction brought on by abuse.

Really, why bother with another self-help book?

True, there are 1,000s of them out there. However, repeated abuses create long-term effects deeply rooted in

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suppression. It takes time and multiple modalities to get it out of our cellular memory.

Abuse is linked to an unprecedented amount of mental and physical ailments, including suicidal ideation, which should never be taken lightly. Abuse weaves a tangled web of deceit and lies. Removing it from our cellular memory doesn't mean we forget; it releases the over-emotional charge on the memory.

Research is bridging gaps between science, physics, medicine, psychology, and the spirit. Research has revealed that memory is stored in areas of the body other than the brain. Credence is being given to cellular memory.

A conscious journey of self-discovery is vital to the individual in removing confusion.

Though covering a wide spectrum of topics, this book does so to help you open to broadened perspectives regarding your healing journey. Intuitive knowing propels a magical journey. The tips and techniques in this book will direct you toward integrated wholeness of well-being.

Many books on spirituality focus on unconditional love and self-love, which is the ultimate goal. The challenge is that abuses imprint a sense of being unlovable.

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Everything alive has a vibrational rate that can be measured scientifically. The vibrational scale of consciousness created by renowned physician and spiritual teacher Dr. David R. Hawkins, refers to either empowered or limiting emotions. You can easily find an image of the scale on the web. The image is copyrighted and, therefore, cannot be shown here.

Love exists on a very high vibration. Asking abuse survivors, carrying the negative impacts of survival mode, to start by loving themselves becomes lip service.

Loving ourselves is important. Abuse creates feelings that are of a very low vibration. Going directly to the energy of self-love is too big of a leap when you feel unlovable.

Asking us to love ourselves before we have raised our vibration to a level where we actualize feeling love can delay the healing journey. This is why I suggest that we focus on peace.

You can have love without peace, but once you find peace, love flows authentically on a soul level.

Modern psychology states that the long-term effects of childhood abuse can leave a survivor with recurring trauma and PTSD as difficult to recover from as it is for war veterans.

While many survivors have a support network, many, unfortunately, do not. Even those with support likely have many around them who remain in a shadow of ignorance.

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The ignorance of others, who express in insensitive ways, leaves a survivor feeling misunderstood and dismissed by the attitude of indifference.

Revictimization occurs when unhealthy feelings are triggered. Unless comprehension is brought into our awareness, we misunderstand our reactions. Being triggered feels like a tailspin, and we slip into rumination.

Sometimes it takes longer to recover from a tailspin than from the original incident because we feel like no one cares. Don't fault the triggers. They help us wake up and reclaim our power.

Conventional therapy helps on an emotional level, while spirituality and meditation help on a feel-good heart level, reconnecting us to the divinity we are born with. Medical treatments help on a physical level.

Energetic healing processes and self-discovery take all the above and empower us intuitively to direct our healing journey.

Until the journey of self-discovery is in motion, a survivor doesn't see just how badly the abuse affected them.

Failure to recognize and acknowledge abuse can also be a survival tactic.

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If we convince ourselves that our abuse wasn't that bad, or someone else had it worse, we falsely convince ourselves we don't have to deal with it. That's denial.

Denial causes us to stay in abusive situations longer than we should or attracts more abuse until we consciously discover our self-worth.

Self-discovery makes getting to the core revelations more palatable. A wordsmith would say it's palpable, not palatable, but, in fact, we need to digest the BS we were fed more easily and make healing pleasant to the taste.

As mentioned before, more than 24% of the population claims to have been sexually abused before the age of 18.

Add unreported cases to that 24%. Add in other forms of abuse:

- Physical – Child and Domestic Violence
- Verbal, Mental, Emotional, Psychological, Narcissistic
- Neglect and Abandonment
- Religious and Spiritual
- Ritualistic
- Child and Elder
- Financial
- Drug, Alcohol, Substance
- Self-inflicted, Self-imposed
- Cultural
- Hate Crime, Racism, Bigotry

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- Sex and Slave Trafficking
- Abuse of Power

There are so many kinds of abuse that abuse may be the number one problem we face in society. It has been trapped in an uncomfortable web of silence, deceit, and lies. There is never an excuse for abuse.

Abuse creates limiting beliefs that prevent us from living a life that's fulfilling. It becomes imprinted on a survivor's past, present, and future. Conquering abuse is needed if we are ever to evolve.

To combat abuse, we first have to heal as adults. Many of us have made great strides, but we may discover there is a connection to other problems that seem unrelated. This is why mind, body, spirit integration is essential to total wellness.

How strong is your longing for happiness? Is it strong enough to take a conscious journey of self-discovery?

To break the dysfunctional cycles of the past, we must strive to reach the peace we all crave.

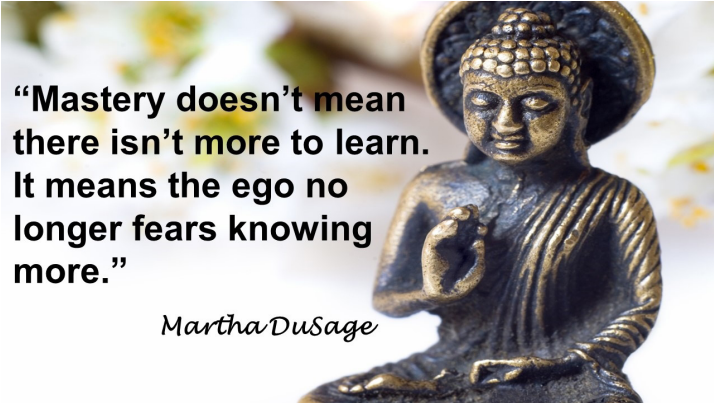
We want to feel good on the inside without pretending. To achieve peace, we must begin at a level of acceptance, while knowing abuse is unacceptable.

Consciousness is made tangible by practicing. It becomes anchored into our being, and, in turn, into everyday life and our present-moment experiences.

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It's not as difficult as it may sound. Is our mind and intellect involved? Absolutely!

Everything we know is continually evolving, and there is always something new to learn.



**“Mastery doesn’t mean
there isn’t more to learn.
It means the ego no
longer fears knowing
more.”**

Martha DuSage

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So, why bother? It's because we fall prey to the instant fix. While an instant fix may be possible, that fix often ends up being a *Band-Aid*. What is needed is a deep dive into the cellular/molecular level. Using the *aid of a band* can be a better solution.

Sound and vibration reach down into the molecules.

Lyrics arouse contemplation. Sound works on the physical and lyrics on the intellect. Combined in the heart center, sound and vibration create a mind, body, and spirit connection.

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Why bother? Because we all struggle and suffer in some way, and we want it to stop. Life comes with challenges, but we can seek a joyful path.

We are all seekers of something. Clues come from outside ourselves, but solutions come from within.

Ask yourself, how would it feel to make the choice that I would be at peace, no matter the outcome?

We all want stability, failing to recognize there is always magma under our feet. So, what is stability? How do we create that for ourselves in this tumultuous world? How would it feel if we did?

Our stability lies in our ability
to be divinely connected to pure source
and be grounded in our body simultaneously.

Metaphorically, we can equate the rumbling magma under our feet to what happens when we don't deal with what lies below the surface of our consciousness. Something is creating pressure in our subconscious, and, eventually, all that boiling lava has to go somewhere.

How it erupts, how it impacts us and those around us requires consideration. How would it feel if you could respond more ideally in most situations and take responsibility for your actions when you don't?

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Yes, we were abused and victimized, but it's important that we step into integrity and find acceptance of ourselves, without shaming and blaming.

Alternately, being stuck in the idea of blaming someone else keeps us stuck in that past and the negative energy of blame. Healing yourself has nothing to do with the perpetrator taking responsibility for what they did.

We can use our internal volcanic eruptions to learn self-awareness. After all, molten lava creates the very ground we walk on and provides a sense of stability in an unstable world.

Here is a popular quote from the character Morpheus in the 1999 movie, *The Matrix*:

“You take the blue pill, the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill, you stay in wonderland, and I show you how deep the rabbit hole goes.”

Using the metaphor of the red pill, blue pill from *The Matrix*, look at your life. You have free will and choice. What will you choose?

It's time for an inspirational song suggestion. Listen and decide if “love can change your life.”

♪ “You Decide” – *Fireflight* ♪

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Why bother? Too many still believe enlightenment is only for gurus, monks, lamas, shamans, and priests. This is simply not true. Enlightenment *IS for ALL* of us.

Being heart-centered doesn't make you a wimp. It makes you strong, vibrant, and powerful.

Our conditioned beliefs have caused us to be emotionally numb or overly sensitive. Conscious awareness allows us to feel on a practical level and teaches us to express with kindness, gentleness, and compassion. It propels our journey of self-mastery.

So, why bother? Because: how often do you feel stuck or hear someone say that? Imagine your feet stuck deep in mud or cement, and you can't get out. It's just energy. Being stuck is a form of fear which can feel very real. Feeling allows for creation from passion.

For lasting change, we need to take responsibility for getting ourselves out of whatever muck we are in.

Emotion from the ego and self-judgment can be where miscreation begins. Conscious, heart-centered feeling allows for creation from passion.

Before anyone gives up and says, "I want to feel less, not more," know that the feeling I am talking about is not the same as over-emotional sensitivity, under-emotional numbness, or the in-between of denial.

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We slip into denial or numbness because we believe it is the best solution. It's not. We can only discover our true feelings through self-exploration.

Practice is important to all aspects of learning. Even the word “practical” contains the word “practice.” So, if you want to awaken, why wouldn't you practice?



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We all want fulfillment on a deeper level than our boxes from the Amazon Fulfillment Center. Even though they are fun too.

Many of us have heard stories of transformation that while having a resonance of truth seem too fantastical. We have resistance or emotional blocks to believing that we can transform ourselves. Sometimes we allow others' doubts to stop us when we fear rejection.

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If you are attracted to the intoxicating scent of transformation, follow it. It may lead you to a

♪ “Magical Mystery Tour” – *The Beatles* ♪

Let it take you away to a place where you may find acceptance of yourself.

**What is the most important conflict to resolve?
The one within yourself.**

What would it feel like if your life became a rhythmic dance that flowed effortlessly? The ability to dance through the challenges encourages us to take a leap of faith. Initially, it may seem like work. The world you think you know most likely will crumble. However, the payoff is immeasurable.

Give yourself an accountability check by asking yourself, “Am I willing to allow some parts of my life to crumble, knowing that something better is waiting?”

If the answer is yes, take the journey *Beyond Abuse*, and mere survival. You won’t regret it.

I can hear you saying, “Yes, okay, okay we get it now. Stop, please stop, and move on.”

Fine, just let me finish with one more, “why bother?” When we take personal responsibility for our lives, we

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learn to communicate more clearly, consciously, and concisely. Hence, the universe will have no choice but to allow joy into our life.

Let's listen to ♪ *Paramore's* "We Are Broken" ♪ but then ask, "What must we do to be restored?"