EMMA MUMFORD

Hurt

Healing

Healed

A practical guide to healing
the blocks and limiting beliefs
that stop you manifesting
the life you want

Endorsements

"This is THE guide to self-healing, breaking through to abundance and supercharging your manifestation! Emma Mumford's tools really work and will get you the manifestation results you want."

Mel Robbins, author of New York Times bestseller *The 5 Second Rule*

"Emma Mumford presents an essential guide for those ready to embark upon the path to high vibes and healing."

Kyle Gray, bestselling author of *Raise Your Vibration*

"A fantastic book on how to effectively identify and release limiting beliefs! Emma's tools and practices throughout are unique, powerful and get you manifesting quickly – highly recommend!"

Amy Leigh Mercree , bestselling author of 16 books including *The Healing Home*

"Doing the inner work isn't easy, but knowing how to navigate it definitely helps! Through relatable and heartwarming stories, powerful insights and practical processes, *Hurt, Healing, Healed* shares a framework for embracing our feelings and clearing our obstacles, on the way to manifesting our desires."

George Lizos, bestselling author of *Protect Your Light* and *Lightworkers Gotta Work*

"The number one thing that blocks us from experiencing a joyful, abundant life is unprocessed pain. This amazing book will help you to identify and heal subconscious trauma. Armed with self-awareness you can attain the wellbeing that you desire. A fantastic read."

Claire Stone, international psychic and bestselling author of *The Female Archangels*

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Hurt Healing Healed

Release Limiting Beliefs, Fears & Blocks to Supercharge Your Manifestation



WATKINS
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Hurt, Healing, Healed
Emma Mumford

First published in the UK and USA in 2022 by
Watkins, an imprint of Watkins Media Limited
Unit 11, Shepperton House,
83–93 Shepperton Road
London N1 3DF

enquiries@watkinspublishing.com

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Publisher: Fiona Robertson
Commissioning Editor: Anya Hayes
Assistant Editor: Brittany Willis
Head of Design: Karen Smith
Design concept: Kieryn Tyler
Production: Uzma Taj

A CIP record for this book is available from the British Library

ISBN: 978–1–78678–679–1 (Paperback)
ISBN: 978–1–78678–678–4 (eBook)

10 9 8 7 6 5 4 3 2 1

Typeset by Lapiz

Printed in United Kingdom by TJ Books Ltd

www.watkinspublishing.com

For Luna, AB, my friends and my loved ones – thank you for reminding me what unconditional love is and for helping guide me home to myself and peace.

This is for all of you navigating this journey of inner healing and coming home to yourself. I really hope this book brings you the same peace and abundance as the journey did for me.

Other Books by the Author:

Positively Wealthy

The Positively Wealthy Journal

Spiritual Queen

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Introduction

I started writing this book back in May 2020 when the first global lockdown happened and COVID-19 made its entrance in the world. It was a year that changed everything for every single human being, and looking back, I realize now just how much we have all grown and evolved since then. The words I wrote back then feel like a lifetime ago today, and this book has turned out to be part of an expansive journey, even though I didn't fully understand its direction until now.

I've wanted to write this book since I finished writing *Spiritual Queen*, but then my book *Positively Wealthy* needed to come through first and, thinking about it, I can see why this was important. I also knew this new book would be about love, but it's only now in this new world, this new reality we're all in, that I can see the book's theme is really about returning to a state of unconditional love through healing. It's about releasing our limiting beliefs and fears, and removing any blocks or resistance that stand in the way of manifesting abundance and experiencing unconditional love for ourselves and others. In this book, you will find a powerful three-step process to help you achieve this and welcome the healing it brings into your own life.

According to numerology, I'm a Life Path 33, which means that my ultimate lessons and purpose here in this lifetime are about learning unconditional love in all its forms. This has certainly been an experience, I can tell you! And something which I'm sure I will continue to learn in positive ways until my last breath – and which I am so happy to be sharing with you now.

When I was going through the depths of my own inner work journey, I craved books that would help me deal with limiting

beliefs and fears, but sadly – apart from the psychology books and academic books on inner child work that I studied – I didn't have much luck. This is what ultimately led me to write *Hurt, Healing, Healed*. When so many of you kept asking me for book recommendations on shadow work and inner work, I decided that I'd write the book I'd needed during my own healing journey. There are no other books like this one and I hope it will be the perfect spiritual, practical and cognitive book to help lovingly guide you through your inner work too, with a focus on spirituality and the Law of Attraction.

So how does healing or inner work connect to love? Well, just like with any form of manifestation, if we have limiting beliefs, fears or trauma standing in our way this acts as an energetic block that stops the Universe from delivering our desires – whether that be love, money, friends, a career or a house, for example. Any blocks or limiting beliefs that may be there under the surface are affecting your Law of Attraction journey and that's why I'm so passionate about sharing this book with you now. I want us all to learn how to embody unconditional love, but in order to do this we must know how to identify and release anything that blocks the path. Which is where my three-step process of *Hurt, Healing, Healed* comes in: to help you identify your own blocks and help you heal and release these through inner work. The quickest way through is by shining love on your limiting beliefs, fears and trauma – and in this book I'll be showing you how to do just that.

The Tools in This Book

Since going through my spiritual awakening in 2016, I found out very quickly along my Law of Attraction journey that the tools and methods I had learned were only going to get me so far in helping me manifest what I wanted in my life. Things would manifest, of course, and with ease most of the time, but the things I really and truly wanted were harder. I also manifested tests and embarked on my twin flame journey for three years (a karmic relationship and a divine mirror), which taught me a heck of a lot about myself and revealed exactly where the inner work needed to be done. Now, don't worry – I'm here to simplify that process for you and share the numerous tools and modalities I've learned along the way from both the Universe and from working with incredible souls. Yes, the answers are always within us but a true guru or teacher will always offer that nudge or positive reminder in the right direction to help you

find real healing. So that's what this book is designed to do: remind you of your infinite power and strength as a beautiful human being.

This is the deepest book I've written by far and the one that I believe will give you the biggest results. While *Positively Wealthy* is a fun book that encourages you to dip your toes into the pond of inner work, this new book aims to take you much deeper. It's designed to help you uncover your blocks and to help you find true freedom, fulfilment and happiness in your life so that you can manifest effortlessly and experience unconditional love in all of its forms. Yes, to some that may look like a relationship but unconditional love must always start with loving yourself first!

While some of you picking up this book may be very open to the concepts I include in my work, other readers may think this is too far-fetched for them right now. That's why if you're new to the Law of Attraction and spirituality I would highly recommend reading my two books *Spiritual Queen* and *Positively Wealthy* first so that you can grasp what manifesting is all about and experience a fun and exciting way of seeing the Law of Attraction in action. *Spiritual Queen* shows how you can be a Spiritual Queen in every circumstance in your life by taking charge of what you attract into it, while *Positively Wealthy* will guide you through daily manifestation challenges to complete over 33 days. This book, *Hurt, Healing, Healed*, is about the next stage, although I promise to keep it as straightforward as possible. You know me, I'm a very practical and to-the-point Virgo. I make all of my work easy to understand and accessible because spirituality is for everyone – not a select few. I'm a big believer in incorporating the spiritual, practical and cognitive elements into all that I do with manifesting and healing work, so that's exactly what you can expect within this book. A combination of all three to help you with all aspects of uncovering the blocks in your life and healing them with inner work.

Over the last few years I've been through a lot of healing on all three levels and in order to truly embody that healing I had to incorporate a range of spiritual, practical and cognitive practices. Meditation is an incredible tool and one I swear by. But meditation and manifesting alone will not help you to truly embody healing and experience release. They will work up to a certain level, but from my own experience and those of my clients I can tell you that the same trigger or block will resurface later on – which is probably what led you to pick up this book in the first place! That's why you will find a range of my tools and practices within these pages.

A Little Bit About Me

So, what makes me qualified to share this book with you? Well, during the years that I have worked as an award-winning life coach and mentor, not only have I picked up so many valuable tools, tips and lessons from my own spiritual journey, I have also studied and qualified as an emotional healing coach, Reiki master, EFT (Emotional Freedom Technique) and inner child work practitioner to deepen my work and be able to serve my clients and you all in the best way possible. I have worked with hundreds of thousands of people around the globe to help them transform their lives and manifest abundance through healing.

By the end of this book, you will have learned my three-step process for the stages of *Hurt, Healing, Healed* and the tools and modalities any Spiritual Queen needs to uncover to be able to release limiting beliefs, blocks and trauma. And, of course, I'll be setting you some fun tasks and actions at the end of each chapter so that you have some practical things to go away and implement.

Think of me as your pocket emotional coach over the duration of this book, cheering you on and helping you to remember just how worthy and amazing you truly are. The most exciting part? The fact you get to meet the new you after this process, a you who doesn't operate from fears, negative beliefs or trauma anymore – and meeting that new version of yourself is a very exciting thought!

Manifestation and Privilege

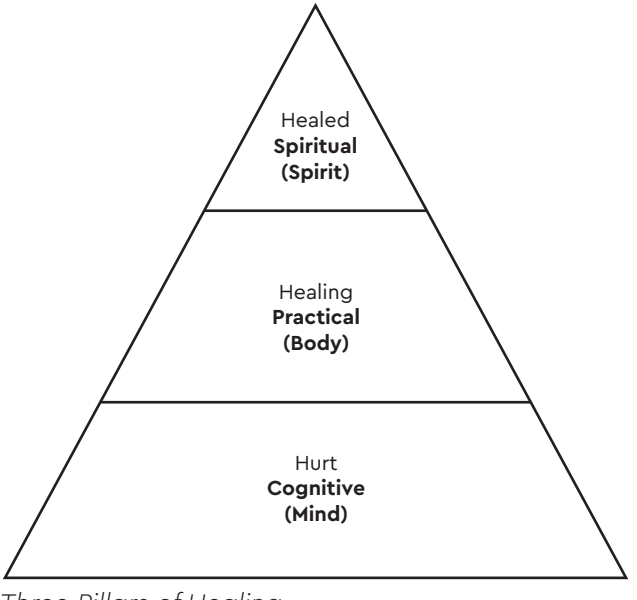
Before we get started, I would like to touch briefly upon manifesting and privilege. While I can only speak as a white, cis, able-bodied woman who is aware of her privilege in life, I do believe the Universe isn't inherently oppressive; it's us as humans with our society and conditioning who have created the many problems such as racism and discrimination against minorities. The Universe is love, remember, and only love. While I know the tools and modalities within this book absolutely work, I also recognize there are other factors involved if you are from the black, people of colour, trans, gender fluid or disabled communities. The results such individuals will get from this book will differ from mine, for example, and may be impacted by the many complexities and oppressive systems that these communities have to face on a daily basis. Having gender fluid and disabled friends in my life, it's really important to me that the manifestation and spiritual space recognize and highlight why

different people will get different results with this work and why trauma and healing may differ from community to community.

I don't feel that I'm qualified to talk at length about such important topics, but I can highly recommend checking out the work of playwright and producer Trey Anthony, a beautiful black woman whose work I adore and who offers insightful perspectives on issues such as diversity and inclusivity in the spirituality and wellbeing spheres. Another great resource on diversity in the wellbeing industry is a great platform called thy.self, which has a wealth of resources and content for you to explore on diversity in the wellbeing industry. I hope and pray that as great movements such as Black Lives Matter continue to bring awareness of these issues to the forefront, black people, people of colour, trans, gender fluid and disabled people will all experience a life of ease and equality in all forms of abundance too.

Your Three-Step Process to Healing

The main focus of *Hurt, Healing, Healed* is all around your mindset and manifestation. So many people ask me how to shift their mindset that I wanted to create a formula and process that helps you successfully do just that! This book is divided into three parts that deal with the three main levels of healing, as shown in the diagram below.



Three Pillars of Healing

Now that you can see my three pillars of healing in the diagram, I want to break this down into my step-by-step process for achieving the ultimate outcome of healing. These steps are all incorporated in each section of this book to give you the best results.

Hurt – Cognitive (Mind)

Meaning: betrayal, disconnected from unconditional love, confusion, loss, pain, numbness, seeking, longing, avoidance.

First of all we need to work with the mind to identify any blocks, resistance, fears, beliefs and trauma that could be blocking you currently. This is done by exploring the conscious and subconscious mind safely and reprogramming your core beliefs into new positive beliefs. Awareness is key in this cognitive stage and I will explore your mindset with you and help you to create a positive abundant mindset.

Healing – Practical (Body)

Meaning: on the journey back to love, remembering love and Source, process that is evolving and changing constantly, moving toward connection, liminal stage, movement, chrysalis transforming, transformation process, feeling shifts, tears, release, awareness, forgiveness, self-acceptance, surrender, flow.

In this second stage we explore the practical steps to healing through physical activities, exercises and energy stored in your physical and energetic body. This step is all about taking action toward releasing the past and healing your emotional body.

Healed – Spiritual (Spirit)

Meaning: flourishing, blossoming, reconnecting, shine, light, expansive, connected to unconditional love, peace, empowered, abundance, clarity, ease, receive, reveal, trust, belief, warmth.

Finally, we work with the spiritual side of things to bring all of this together through integration. As much as we need to consider the human mind and body, we also need to energetically release and heal through our spiritual side. This step looks at the merging of your human self with the metaphysical side

of healing to bring you back into alignment with yourself and Source (another name for the Universe).

How to Work with This Book

This is a book for anyone who feels reactive, angry, triggered, unsafe, rageful, controlling or freaks out when things are out of their control. In the next few chapters, I'll go through the key signs that limiting beliefs and fears are present, but if you feel triggered and irritable in your daily life then this is the book for you. This book is also for you if you lack confidence, if you procrastinate, if you experience perfectionism, lack of self-worth, lack of belief or have any negative feelings at all for that matter. *Hurt, Healing, Healed* has been designed to help you feel peace within yourself again and come into true alignment with your desires.

Throughout the book there are lots of practical tasks and actions at the end of each chapter to summarize and help you along this process, and I would suggest dedicating a special notebook to your *Hurt, Healing, Healed* journey so that all your reflections and notes are safe in one place.

The book has been written in a specific order to guide you along the healing journey, so you may want to read the entire thing first in a linear order and then come back to individual chapters to give them your full energy at a later date. The most important part is that you don't skip any of the steps. You can absolutely take it at your own pace but by following the structure of the book you'll see big shifts and changes by the end as I cover each step of the process thoroughly.

I hope you're ready for some awesome inner work, Queen, because while it's going to be a journey it will be one of the most rewarding adventures of your life. I can vouch for this wholeheartedly. I wouldn't be who I am today without having been on this deep inner journey. Your future self who has these desires you wish for is already thanking you for picking up this book and dedicating the time to this work. You deserve healing, Queen, and you deserve a life full of beauty, magic and abundance. Remember, everything is energy, so when we clear the way to abundance there is nothing in this world that can stop our desires from manifesting. So affirm that today and know the life you truly want is awaiting you.



The Law of Attraction and Healing

You may already be aware of the inner (shadow) work that comes up with a spiritual or Law of Attraction journey, or you may be a complete newbie and thinking, "Hey Emma, what's blocking my manifestations?" About a year or so into my spiritual journey was when my real, deep shadow work came up to the surface. That's not to say I didn't experience inner work before then, but it certainly deepened when I went on my twin flame journey.

Essentially, the Law of Attraction is one of the seven laws of the Universe; it's the belief that we can attract anything we want into our lives. It's all about having a positive and grateful mindset and being conscious that if we can see something in our mind, we can hold it in our hands. Like attracts like.

"A bit like karma" is the best way I can explain the Law of Attraction. What you put out into the world you get back. For example, if you're being loving, kind, caring and happy, you're going to attract lots of incredible miracles into your life, including more love. But if you're being negative, expecting the worst to happen and doubting everything – then guess what? Your life isn't going to look too positive.

The Law of Attraction also teaches us that we are constantly speaking and thinking things into existence – so wherever your

energy goes, it will manifest into your reality. The Universe matches our energy, so essentially we get what we tolerate in life.

The Five Steps of the Law of Attraction

After learning about the Law of Attraction, I realized that there are more than just the usual three steps (these being Ask, Believe and Receive) and so I developed these into the following five channelled steps in my first book, *Spiritual Queen*:

1. Ask

The first and most important step in the Law of Attraction is to ask the Universe, God, Source, Divine – whatever it is you connect with – for what you desire. It's really important to know exactly what you want and to be specific. Don't worry if you have absolutely no idea right now what it is you want in life; the Universe will soon help you out along the way. I always find that focusing on things that bring me joy is a great way to establish what I want. You don't have to manifest materialistic things. You can manifest emotions, answers and guidance galore! You can even manifest to be shown what your next step should be. The way to ask the Universe can be as simple as saying it out loud – for example, "Universe, I would like to manifest my monthly salary increasing." I always like to add the words "and so it is" at the end in order to see it as done. Whether you keep a goals list, say your manifestation verbally, write it down as an affirmation, think it or put it on a vision board, these are *all* ways of asking, and you only need to ask once.

2. Believe

The second step is to believe that your desire will manifest at the perfect time. Now, I know some of you will be saying, "Well, I just asked – so how come my money, dream career and hunky husband aren't knocking at my door?!" The answer is divine timing. The Universe has a set timeline for you, and everything will manifest at exactly the right time. Enjoy that process too. It's no fun if you get everything at once – if that happened, what would you focus on manifesting? If you find it hard to believe that your desire can be yours, then ask for a sign. Connect to your angels, spirit guides or simply the Universe and ask for a sign that your desire has been heard. Belief can take some time, so make sure that you're doing your

daily practices and challenges in this book, where you'll be working on your vibration, energy and self-love in order to be in the best place possible to receive your manifestation.

3. Trust

This is an important step that I've added into the manifestation process. This is very similar to the Believe step earlier, but I do think the two are separate. There will be a period where you're waiting for your manifestation to appear. This is when it's vital to trust the Universe's plan and find inner peace with the outcome. Essentially, this means acting as if you already have your desire. For example, if you want to manifest your dream partner, you would date yourself, commit to yourself, take inspired action and love yourself. After all, if you had your dream partner you would be relaxed, feeling loved and getting on with your life. You wouldn't be sitting indoors waiting on a text or feeling miserable. So really connect to the feelings you would have if your heart's desire were here right now, and live them now!

4. Let Go

This fourth step is arguably one of the most important and another one that I've added to the usual trio of Ask, Believe and Receive. Although letting go is a vital part of the manifestation process, for some reason most Law of Attraction methods skip past it. Let it all go – though it may seem confusing that you should ask for your desire and then forget all about it, right? Crazy, I know, but you actually make things happen so much faster when you let go. Letting go means that you're totally okay with either outcome. If you want or need something so much that you get desperate about it, then you're putting out a vibe of lack, and just like karma, that's what you're going to attract back: lack. Believing that your desire will manifest, while at the same time being really grateful for what you have now and accepting the possibility of a different outcome, is an absolute game-changer. This is the miracle: seeing how far you've come, honouring your growth and not even needing the manifestation anymore. You still hold that manifestation as your end goal, but you release how and when it will happen. By doing this you attract your desire so much faster; and by living in the now, having fun and focusing on other things, you let the Universe get to work!

5. Receive

This is the final step: receiving your manifestation. YASS! Now let the partying begin. You may receive signs, numbers or even snippets of intuition that your manifestation is on the way. I often sense something the day before it happens. If you do, just relax and get excited, baby! Honour your journey, thank the Universe and be grateful that your desire has been delivered to you.

Doing the Inner Work

The number one problem many run into with manifesting is hitting blocks and limiting beliefs. Many think they can bypass these with "positivity" and it's okay, Queen, we've all done this because that is what we're told to do in many old-school Law of Attraction books. Just think happy positive thoughts and nothing else matters! Well, how's that been working out for you? Probably, like for me, not so great with those negative thoughts and fears still sat there, never moving or releasing, no matter how much we try to fake it until we make it!

We didn't know any better at the time, and it's only when we're brought to our knees by the Universe that we realize the only way out is through – and these things are coming up for a reason. This is the work many don't speak about on the spiritual journey – and it is a journey, remember. You don't just spiritually awaken and then that's it – every desire is yours! Yes, of course, manifestations and desires will come to you, but everyone is different and unique and that means their inner work will be too.

I've always tried to include the inner work in my books and methods as I realized the importance of this in order to welcome in your manifestations and abundance. With all my big manifestations I've had to clear resistance, limiting beliefs or fears, and work on things like worth, self-love and even past lives too! But where is this spoken about in the usual Law of Attraction process? Many teachers and authors are starting to mention the importance of this work more often, but not in the sense of offering an accessible guide on how to identify these blocks and then release them. Now, I am a big advocate for working with professionals in a safe space to identify and release these in a safe way, and I've worked with numerous spiritual and cognitive therapists myself over the years. However, as with all my work, I want to make this process accessible for people who aren't able to afford coaching or who want to dive

into this journey by themselves as long as it's safe to do so. Remember that the power is always within you and all that any spiritual teacher or coach is ever really doing is reminding you of your innate power.

The reason why this work is so important and why I felt the need to write a whole book on this subject is because we need this as a collective now more than ever. Many give up with the Law of Attraction or feel abundance isn't for them because of the inner work involved. Some paint the Law of Attraction as this easy journey to abundance but don't share the full picture with us. We need the full scope of the spiritual journey and its essence to understand all the laws of the Universe and how integrating all of these is how we actually manifest our desires. This lack of information is why many people think they're doing it wrong or don't believe the Law of Attraction works for them. It breaks my heart to hear or see this because *everyone* is worthy and deserving of abundance and it is possible for everyone. It's not just for a select few or the Law of Attraction experts you see online.

This is the missing key in any Spiritual Queen's toolkit, because when you can clear the way of blocks and resistance you become a magnet for abundance. When you clear anything holding you back or keeping you small in life, you step more into your authentic self, which allows you to align with your greatest desires. This is all about vibration, your energy and aligning yourself to your truest version who has these desires.

It is my hope and aim for this book that more and more people DO believe in themselves, DO manifest their dreams and DO see success. Many make out the Law of Attraction to be a super-easy process, and while I'm all for affirming it's easy, of course it's a little more complex than that. What about when irrational thoughts and fears are plaguing us? What if we don't feel worthy? What if we're resisting change?

Healing and the Law of Attraction

Healing and releasing are an essential part of the Law of Attraction. You may have heard about the concept of creating space in your life for your desires before. But truly making space means at a mental, emotional and physical level. You have to work on all three levels for the space to be truly created. While it's great to declutter your home and clothes, etc., you have to declutter your mind and emotions of any stagnant or negative energy too – and that's what we're going to do in this book.

So what causes blocks and limiting beliefs? Well, life! We live in a very busy world where we don't always get things right. We're learning on the job, and we arrive here having agreed to soul contracts that determine some of our lessons in this life. We also have ancestral trauma travelling down our family lines too. So, it makes for a nice little spiritual cocktail – and it's now time for our generation and lifetime to help heal these for good and stop ancestral trauma, for example, from going any further.

Think about it: if we were taught about mindfulness and spirituality in school, imagine how differently we would experience life? Now, everything does happen for a reason and it's important to remember there is no blame involved here either for yourself or others. I know that may be triggering to read for some people, especially those who have experienced abuse, so trust that as this book unfolds you may be able to lean into this a little more.

As you dive deeper into this book, certain things may come up for you and it's important you honour these. This book is your guide to help with those triggers and emotions that may be coming up for you. Witness, allow and release these in your own time. Healing is not linear and that's one thing I want to make clear from the get-go. If you think this journey will be a straight "a to b, job's a good-un", you may be disappointed. The one thing I've learned over my healing journey is that it takes time, commitment and surrender.

You may finish this book and then feel great and experience six months of joy, abundance and manifestations. Then you may find something else comes up and you need to pick up this book again. This is all part of our cyclical nature and how the rhythms of life work. It's not that you're not doing the work or that it hasn't worked. Think of healing as being a little like an onion, and you're peeling away the layers with inner work; so each time something comes up in the future or you feel triggered, it will become less and less intense. I always say judge your comeback rate, not the thoughts and emotions that come up. If you feel able to pull yourself back into a neutral space of peace quicker each time, then you know the process is working. This again highlights that nobody can predict a healing journey so something might release quite quickly for good or you may have a few layers come up over a period of time.

While some of the concepts and tools in this book may not be everyone's cup of tea, embrace what you can. I ask you to have an open heart, open mind and open approach to your healing journey. I also think there's a lot of emphasis on what is

meant by a "healing journey", which may seem heavy or a lot for some people. A healing journey is basically your spiritual journey – you may only have a few things to shift or you may have years to unpack. If you only have a few things to work through that don't feel major to you, don't worry – honour this. Remember this is a journey of ebbing and flowing; in fact, you may just read this book and not need to use any of the tools or modalities right now – celebrate this too. Do what feels good and come back to anything else that doesn't. Healing doesn't just have to be for spiritual folk. Healing is for everyone and, as always, I try to keep things as accessible and easy to understand as possible.

Healing to me means returning to my true self, the person I came here to be. It means unpacking any of the unnecessary baggage I've picked up in this lifetime that isn't mine to carry and for the stuff that is, working to lovingly release this. It means clearing the way for happiness, joy, abundance and returning to unconditional love. Healing to me means coming home to myself fully and feeling peace and love in my soul and body.

Ask yourself this or maybe even journal upon this: *What does healing mean to me?* Healing doesn't mean you're broken, faulty or that you need to be fixed – because that would be the case for every single human being if it were true! We all have weights we're carrying around – some that are visible and some that aren't – so it's important we reframe what healing looks like and help people to know asking for support or help is brave, it's courageous and it's *not* a form of weakness, ever.

Different Healing Journeys

Doing the inner work has transformed my life in so many ways. It has allowed me to experience pure bliss and happiness, and manifest the most beautiful blessings into my life. It has allowed me to align with and embody my true self and express this into the world. It has allowed me to return home to myself finally. But this isn't just about me; there are so many incredible real life stories out there just like mine. And that is why I want to share with you the experiences and results of some of my spiritual peers and coaching clients who have undergone their own healing journey ...

"My transformation journey required a lot of letting go, slowing down and self-love. Having been a CEO of a tech company for a number of years I had spent a lot of time in my masculine energy in a male-dominated environment, so the most important inner work that I had to do involved embracing my feminine, which included meditations, forgiveness and learning to nurture myself.

The inner work I have done has been the most important thing in my life, it has helped me to understand what matters most to me and to give time and energy to those people and activities. In addition to meditations to help me step into my feminine, I now have a strong gratitude practice and I have found EFT (Emotional Freedom Technique) to be the most effective practice for changing the way I feel when anxiety or overwhelms sets in. Writing and journaling have also been fundamental to my progress. My life is now on my terms, I have freed myself from toxicity in my working life and I stand strong when it comes to protecting my boundaries. By doing this I attract the people and projects that work best for me."

Dr Becky Sage, Life and Business coaching client

"Inner work itself is the most important thing in any transformation or change in life. If I didn't do my own work around my beliefs and mindset I wouldn't be able to be where I am now. When we work on inner healing, we work on ourselves to have a better, happier, healthier and abundant life. I love to do my inner healing with journaling, affirmations, coaching, memberships group, gratitude list and meditations. Now after a long and very rewarding inner work journey my life is so different. I run my own business, my self-confidence is bursting out of the roof, and my health improvement of 100 per cent (lost all pain, lost weight, low moods gone etc.). Inner work was and still is a very important part of my life."

Michaela Hornakova, Life and Business coaching client

"In the past I struggled with self-belief. I thought that my own feelings and beliefs were alien. I feared I was an outcast who had no place rejecting what I felt was not for me. For example, I had a strong sense from a young age that having children wasn't for me. However, I was surrounded by a world that kept telling me I was going to make a wonderful mother and there was no greater joy or purpose than bearing a child. So much so I started to walk a path every bone in my body was telling me was wrong, just to be what everyone around me told me I should be, as I had no confidence in myself.

Having done the inner work, I discovered that not wanting children didn't mean I was worth any less than others. That there is nothing wrong with me or who I am. I wouldn't be the strong, independent, confident woman I am now without it. If I hadn't done the work I would still be letting the doubt in myself allow me to walk paths others tell me I should instead of following my own truth. Healing my lack of self-belief has not only helped me with this, but in every area of my life. I can make decisions with certainty. I know I can trust myself and know who I am. My life now is so much more positive. I have attracted true friends who accept all of me. I am able to navigate conversations and communicate at a whole new level. I have also been able to set and stick to healthy boundaries."

Amber Perman, Spiritual Queen in my community

"For me, the inner work has been fundamental in helping me reclaim my inner peace and sense of empowerment and wellbeing. That no matter what I go through, I can ride the storm with grace and temperance.

An example of this was embarking on a hypnotherapy journey that led me to past-life regression. The combination of these two things enabled me to begin inner child healing but also to reclaim lost parts of myself that I hadn't even realized I had suppressed through addictive behaviour patterns that weren't helping my mental state with the health situation I was in. I was able to release these addictive patterns,

which brought me a whole new sense of freedom. The outcome of this was that it started helping to heal my mental health and bring me to a more peaceful state of mind, allowing me to deal with my health situation and to feel stronger, more empowered and in control of my life again. With the aftercare of this treatment I learned specific visualization, autogenic imagery and self-hypnosis techniques. This also led to a deeper meditation practice and brought me to a much more consistent place with my self-care and overall wellbeing."

Hannah Wallace, writer and speaker

"Like many people, the lockdown brought up deep-seated, unresolved traumas that I had to deal with. Inundated by triggers I couldn't understand and overwhelmed with emotions I couldn't release with my existing healing tools and modalities, I knew I had to ask for external help. Often, we think that just because we're spiritual or we teach about healing, we have to be happy 24/7 or know how to resolve what we're going through without external help. In truth, we need to keep it real and realize that human emotion is nothing to feel guilty about, and asking for help is a sign of courage rather than weakness. I was inspired to work with Kamran Bedi, an Integral Eye Movement Therapy (IEMT) coach. In just four sessions I was able to heal traumas and limiting beliefs I'd been struggling to release for years. Doing the inner work has allowed me to follow my purpose and improve my quality of life in every respect. Healing past hurts and limiting beliefs has allowed me to trust in myself more, develop my gifts and abilities, and show up confidently in my work and relationships."

George Lizos, bestselling author and intuitive

I love these empowering, real, raw stories because no matter what inner work may be coming up for you, healing and abundance are possible. You've got this, Queen, you always had – and this book is a reminder to come home to yourself to feel ease and peace once again. Are you ready to welcome in true unconditional love and abundance again? Then let's begin ...

PART ONE:
Hurt

"It is our wounds that create in us a desire to reach for miracles."

Jocelyn Soriano, *Mend My Broken Heart*

In this section I will explore with you what causes hurt, the layers to this and how you can start to identify the inner work that needs to be done. I will lovingly guide you through the process of uncovering your hurt and help you understand what blocks you from manifesting your desires currently. By the end of Part One, you will be ready to do the inner work, have awareness of your pain, have the courage to move forward and be prepared to transform your pain into healing.



What Causes Limiting Beliefs and Fears?

Think back to your childhood – to all the magic and wonder that surrounded you as a child. I now want you to revisit memories or defining moments when that same magic felt lost and the harsh reality of this Earth started to set in. When unconditional love suddenly felt conditional and the dream began to disappear.

As children we're born into this world pure beings of unconditional love; we witness this when a baby is born and the pure love that we feel toward these perfect bundles of joy. As that baby begins to grow and experience this world, they start to pick up on their surroundings. The toddler develops into a child and absorbs even more of their environment; the magic starts to feel clouded and they become conditioned by all they're absorbing and learning. By the age of seven the child has formulated all their core beliefs and mental patterns and starts to display this through their personality and actions.

You may be wondering how this relates to your manifestation journey or even to yourself as an adult. See, the thing is, within us all there is a version of ourselves who is still running the show in the form of our inner child. I believe the inner child disguises themselves as our inner critic and ego; so that doubtful nagging voice in your mind that holds you back, puts you down and is worried about everything you do is really

just another version of yourself. The inner child will appear to everyone at a different age, but they are there waiting for us to acknowledge and love them. (We will cover more of this later on, in Part Two.)

The good news is that as well as the inner child we also have a higher self – our love and light self. The higher self is part of our spirit team, which is designed to guide and teach us in this lifetime and we can always reach out for support from them. And then we have our human self – the you who is reading this book now. But for now, let's get to know our inner child.

When I explain the spiritual side of manifesting, I always include the inner child because it's such an important factor when looking at where those belief systems and fears stem from that block us from manifesting. Now, as we know from the previous chapter, everything is energy – but emotions are energy in motion and if you have trapped emotions in your body, for example, or you have some negative core beliefs, all of this *is* affecting your manifestations and how you feel within yourself. So how do we get limiting beliefs or fears?

Limiting beliefs come from accepting that something about ourselves, others or the world is true and are the result of the different things that happen to us in our lives. Many of our limiting beliefs develop in childhood when we aren't so well equipped to process what is happening to us. Childhood trauma can come in the form of many things, including abuse (physical and emotional), neglect, abandonment, tragic events, enmeshment (such as having parents with no personal boundaries) or a lack of approval, affection and affirmation. When something traumatic happens, the feelings from that moment can remain stuck in your subconscious mind, causing you to replay this memory over and over again whenever your subconscious perceives the same threat.

When I first dived into this work, I thought there was no way I'd experienced trauma as a child because I had a good upbringing, but as I looked at the above description of childhood trauma, as explained by popular psychologists, I realized many of us experience these traumatic events and don't even realize how much of an impact they have on our lives.

Often, limiting beliefs are unconscious thoughts that act as a defence mechanism to help us avoid possible negative experiences or emotions, such as frustration, anxiety, anger or sadness, for example. These beliefs are often triggered by specific memories that may have hurt you in the past. So your subconscious tries to block these new experiences by altering

your thoughts and behaviour, which can result in negative outcomes like procrastination, conformism, overthinking, anxiety or impostor syndrome, to name a few.

Dr Bruce Lipton, author of the bestselling book *The Biology of Belief*, talks about how from birth to around age seven, we operate primarily in brain wavelengths that are very close to a hypnotic state. You see, as children we're literally like sponges, absorbing everything around us from our caregivers, parents and family members. To show you an example of how this plays out in your life, think about your parents' or caregivers' relationship with money: how would you describe it? Now, what is your relationship with money and who do you resemble? When I asked this in a money masterclass, all of the Queens who attended were shocked at how accurate this observation is. Money is one example but we could also apply this to love, friendships, body image or whatever – we are all products of our environment, growing up.

As well as this, there is a spiritual factor that comes into play when we develop limiting beliefs or fears, and that is ancestral trauma. We can inherit limiting beliefs, fear and trauma that are passed down through the generations of our father and mother (paternal and maternal) lines. This could be from only a few generations back or even date back to centuries ago. After doing Family Constellation sessions (which are therapeutic sessions that help reveal the hidden dynamics in families) during the process of writing this book to heal my mother line, I realized that some of my core fears and patterns, such as a fear of safety with men, were never really mine to start with, yet I can remember having this fear for as long as I remember. When diving into this, I discovered the fear actually came from a relative far back along my mother line and it was being passed on from one generation to the next.

This is why your work here is so important, because when you do the healing work you're not just doing it for yourself – you're doing it for your relatives, ancestors and future lines too. This is powerful stuff, meaning that our children and future generations won't repeat these patterns or have to experience what we or our ancestors have experienced.

You can also bring limiting beliefs, fears and trauma through from your past lives. I worked with a client who had an irrational fear of getting on planes; she had tried every healing modality going and yet still she couldn't even go to the airport. I suggested working with a past-life regression expert to explore this as I couldn't find any trauma in this lifetime that correlated to this deep fear of hers. Finally, after doing a

past-life regression session, she got her answers, cleared the fear and started to build up to getting on a plane again.

And Now for the Science ...

As neuroscience isn't my field of expertise, I invited expert brain re-wirer and coach Bob Doyle to explain how limiting beliefs and fears work from a biological and science perspective. Bob's work is featured in Rhonda Byrne's book and movie *The Secret*. He told me:

> "In my 20 years of teaching the Law of Attraction, the topic of "limiting beliefs" has always been at the top of the list as to the reason people are slower to manifest than they'd like. In my teaching and coaching, I would talk about the energetic resistance that these beliefs would create in terms of moving one's self into vibrational alignment with their vision. The "frequency" of the resistance caused by the limiting beliefs literally resists, or pushes away, anything that is vibrating in alignment with the actual receiving of the goal.
>
> While all of those ideas would definitely fall into the "metaphysical" category, let's look at what's happening on a biological level and what's happening here on the physcial plane.
>
> Our beliefs determine to a great extent the action we will or won't take in our lives. And because most manifestations are a direct or indirect result of action we take, our beliefs play a crucial role in our manifestation success.
>
> At a biological level, beliefs are determined by how our brains are wired, or programmed, over the course of our lifetime. In fact, our wiring runs the entire show. Taking a look at how we are wired, and how we can change that wiring, becomes very valuable when it comes to manifesting with intention.
>
> From about age zero to seven, our brains are wide open and ready to receive. Before our brain is developed enough for us to have our own capabilities for critical thinking, we basically are saying "yes" to all the input

from the outside world. If our parents have limiting beliefs about money, then we are very likely to be programmed with those same beliefs and act accordingly throughout our lives. The action we take is very likely to reinforce these beliefs that have been wired, and thus we get the appropriate results based on that action – whether we want that result or not.

The power comes from knowing that although our brains are not as "plastic" as they were when we first came into this world, we still have the ability to change any wiring in our brain that is not serving us. However, in order for us to change that wiring so that our "default" behaviour can actually sustain new results, we must re-teach the brain.

Instead of allowing our deeply wired, auto-pilot responses to determine the action we take, we need to learn to become aware of those responses and consciously change them on an ongoing basis in order for new neural pathways to be formed to support a "new normal."

The challenge with simply changing our autopilot responses is that when we have an emotional reaction to something – large or small – our body produces a flood of chemicals based on thoughts and feelings that are triggered in a situation. We are literally under the influence of our own drugs. Exactly what reaction occurs depends fully on your brain's wiring, and how it is processing the details of the moment. Depending on the situation, this change in body chemistry can feel great, terrible or something in-between. When our body chemistry takes over, it's even more difficult to override our auto-pilot reactions, despite the fact that we realize that we're experiencing pre-wired behaviour.

The reason so many people do not ultimately have success with the Law of Attraction or manifesting in general, is that they do not send new thoughts and ideas to their brains consistently enough for the new wiring to take hold. Most people stop way too soon, with the idea that if the thing hasn't manifested yet,

> then "the Universe doesn't want it" for them, or that they are going against the flow, so they stop ... which only reinforces the older, default wiring.
>
> However, if one has the support and/or proper inspiration to become aware of, stop and change their autopilot responses, then the resulting new action that occurs puts new energetic events into place, and this is where the Law of Attraction does its thing, pulling in the circumstances to which we must react.
>
> It is how we react that determines what the Universe does next. It is only when we become aware of how our wiring unconsciously controls us that we can truly become intentional manifestors on a consistent and more predictable basis."

You can find out more about Bob Doyle's work at his website meetbobdoyle.com.

Another interesting perspective comes from Dr Bruce D Perry, an American psychiatrist who wrote a book with Oprah Winfrey called *What Happened to You?* (a great read if this work fascinates you like it does me). In the book, they explain that we shouldn't ask people "Why are you like that?" but instead ask "What happened to you?" I feel deeply this is an important question we should all ask ourselves. When you realize that everyone is merely acting from that small childlike version of themselves who went through certain experiences, you begin to realize nothing is ever really just about you – it's always about the other person too and how they feel about themselves and their core beliefs.

So we've covered how core beliefs are formed and where they stem from – but is it possible to get more of these beliefs once we are over seven years old? Absolutely! We can still experience new fears, beliefs and trauma at any age, but what I have found in my own healing and with clients is that what we think is a "happened at 15 years old" problem nearly always stems back to the core beliefs we had as a child. Now, as we do the work in this book, not everyone will go as far back as age seven or younger but it is very likely and usual to do so. What you normally find is that you'll remember a key event or feeling in your teenage years but actually you first would have felt the core feelings or emotions much younger. In our adult years we can then start to make limiting decisions that

trigger our core limiting beliefs – it always starts with a limiting decision first, which leads to the core belief being reaffirmed in our subconscious.

The Link Between Love and Fear

Love and fear are the only two things we can experience, and yet we can't feel both of them at the same time. But we can feel these emotions very closely to one another; for example, when experiencing desire or even entering into a new relationship we can feel deep love and then fear can follow very closely behind it – this is a sign that the inner child is at play and there is some inner work that needs to be done.

So how is it that we can experience pure moments of joy and happiness and then feel an overwhelming sense of fear? Well, sometimes getting what we want *is* scary because it triggers a version of ourselves who has experienced loss; you may have felt this yourself before and, while any belief could be playing out here, the fear comes from the inner child screaming out for reassurance and wanting to know it's safe to let their guard down again and unconditionally love something. Loving anything unconditionally is scary for a wounded inner child, as seeing something so pure and amazing only reminds of us experiencing that loss of magic and wonder in ourselves as a child – and that's why this work is so important. So that we can love ourselves and others openly, unconditionally and from a trusting space.

It's very easy when reading all of this information to spiral into a place of shame and judgement. Believe me, no one is perfect and as humans we are all traumatized in our own way. As weighty as that term is to use, we are all hurt in some way and are experiencing different versions of that. We learn these belief systems as a child and then move through life creating experiences that match our beliefs.

The good news is that because we can't feel love and fear at the same time, whenever we are feeling moments of fear and anxiety, evoking feelings of love will help us return to a natural, peaceful place.

Why Do We Have Fears and Shame?

So why do we all have limiting beliefs, fears and trauma? Well, from a spiritual point of view we came to Earth to learn in the classroom of life. We pick upbringings, scenarios

and circumstances that give us the opportunity to learn and support our soul's evolution. Essentially, as I mentioned at the start of this chapter, we are all born into this world as pure beings of unconditional love, but life and society teach us how to disconnect from this and experience hurt. It's then our job to remove the barriers along our journey and come back home to ourselves and unconditional love.

One example of how society plays a large part in our conditioning and how we the view the world is made clear when women discuss pleasure and sex. I use this example as it's a topic that my friends and I have discussed at great depth, including why we've felt shame in bringing it up.

For thousands of years women have experienced suppression in society for everything from their periods to sexual pleasure and even for initiating sex; so when my friend asked me once why she couldn't initiate sex or why she felt shame around these subjects I reminded her that, yes, some of it could be linked to her past – but all women feel this too because of societal conditioning. We have been conditioned to feel shame and judgement around many of these issues so it's great to see in my adulthood that women are starting to reclaim their power and rewrite the story and beliefs around sexuality.

I want you to look at your childhood, upbringing, experiences and conditioning without shame and judgement. This is a judgement-free zone and it's about looking beyond what's wrong or right because, really, who are we to judge that?

It's important to remember our parents and caregivers were doing the best they could for us with what they knew. At the same time, it's also important to acknowledge any abuse a child has been through from a parent and recognize how that child's parent may have been acting out of their own hurt and experiences. This goes for everyone: we're all doing the best we can with the tools and awareness we have at that time.

Ways Our Fears and Beliefs Play Out

Some other ways that limiting beliefs, fears and trauma play out is in our relationships. Our divine assignments (by this, I mean our key relationships such as with soulmates, karmic connections and twin flames, etc.) will be the biggest triggers of our inner work as they reflect to us the lessons and wounds that need to be looked at.

I myself felt very codependent in relationships for many years, which stemmed from my own relationship with my

parents when I was growing up and how this taught me what love should look and feel like. I went for emotionally unavailable men to suppress my deep ancestral fear and my own fear of commitment. Although commitment was actually the very thing I was seeking, underneath all of that lay my own fear of commitment – and the emotionally unavailable men were reflecting this fear and energy back to me.

Through doing the inner work I learned to be independent and love myself. I was able to provide for myself and be okay by myself without validation from men, which was transformative for me in so many ways. I'm now in a healthy relationship where we are both independent people who choose to meet in the middle and can coexist as a team without either depending on the other in an unbalanced way.

Equally, someone who is extremely independent might not let in anyone else or allow themselves to be held. They may fear commitment for the same reasons as I did, but that may manifest as being an overly independent person who prefers their own company and can't commit.

Ideally, we want to be well balanced and self-dependent in our relationships. That way, we allow people in and let ourselves be supported, but at the same time, we don't become needy and rely on another person for our happiness as that's how we always end up losing ourselves.

As you can see, there are a whole array of limiting beliefs and fears that we can experience, but the most common limiting belief that I come across, and which many women I work with have but which also affects men, is around self-worth – and not feeling worthy or enough. I have had to work on this a lot during my spiritual journey too, and I may just attract this type of person to my work because I've experienced and healed this in myself.

So how do we identify what limiting beliefs and fears are in our subconscious? You may be consciously aware of what limiting beliefs you have playing out in your life already, and you may have even had some breakthroughs and realizations from reading this chapter so far. But some do go under the radar in the subconscious and it's my job throughout this book to help you safely uncover these.

Most people have between 60,000 and 80,000 thoughts a day. Imagine if every thought we perceived about ourselves and our world were true? Subconsciously, you already disregard a lot of the thoughts that enter your mind. The next step is to identify the negative thoughts that do not serve you and examine them closely. By understanding the core fear or

emotion behind our limiting beliefs, we can then begin to heal these and let these damaging thoughts peacefully leave us.

Too often we judge the thoughts that come into our heads and worry that we're being too negative or that we've had a bad or a shameful thought. But when we witness these without judgement as just thoughts and part of us, the force they hold instantly dissolves and we take back our power.

Fear and Trauma in the Body

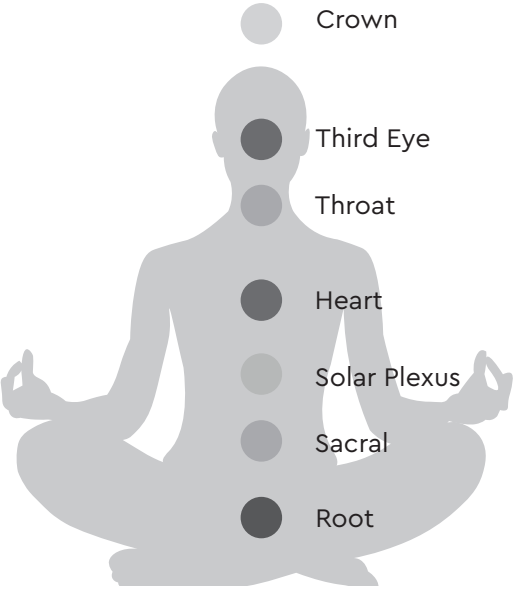
I like to think of trauma as being an unloved aspect of ourselves that we need to love back into integration. Instead of rejecting our trauma or seeing it as negative, we need to move toward it, embrace it and tell it that it's okay. Remember that your inner child is at the root of all of this – so love, compassion and embracing them is exactly what your fears and trauma need right now.

It may seem like an exciting task to work through all your limiting beliefs or it may even seem scary and triggering. That's why it's important to go slow with this process and only look at one or two blocks at a time. (You can always come back once you're ready to work on another belief.) There are many benefits to this approach, as it means the process doesn't become too overwhelming and it ensures that you give each belief the energy and focus it needs to properly clear and release.

The best way I've found to start this journey is to begin with the most prominent belief or fear holding you back. To find out what this is, think about your desires and one in particular you've really struggled with manifesting. Now I want you to close your eyes and take a deep breath in and on the exhale just release any stress or tension from your day so far. Next, I would like you to focus on your desire and see yourself with this manifestation. I'm now going to say something and I want you to take note of where on your body you feel something as I say it. Ready?

Your manifestation is not going to happen.

Where on your body did you feel pain, resistance, uncomfortable or uneasy?



The location of the seven chakras in the physical body

- Crown – connection to spirituality and the divine (the Universe)
- Third Eye – inner vision, intuition, outer vision (what are you not seeing?)
- Throat – voicing and speaking up or your truth (what are you not voicing or over-voicing?)
- Heart – Giving and receiving unconditional love, how we love
- Solar Plexus – Power, action, confidence
- Sacral – Creativity, sexuality, sensuality and pleasure
- Root – Stability, grounding, foundations

Now let's look at which chakra in your energetic body this part of your body represents. I am bringing in the chakras because these play a key role in our spiritual body and where we store emotions and feelings. If, for instance, you felt a pain in your heart chakra then this is a clue that your core belief relates to giving and receiving love. If the pain was in your throat chakra then the block relates to not being able to speak up, voice your truth or say what you need to say – maybe you're not being honest with yourself?

Identify in which chakra you felt something by using the picture above.

Once you've identified the chakra, I now want you to place a hand over that area on your physical body and tune in to the fear that comes up. What words, feelings or emotions come up as you tune in to this fear? These might be about loss, lack, acceptance or feeling not enough, for example. Trust the words and emotions that are coming up for you and write these down in your notebook or journal.

Finally, I want you to take the core words or emotions from this fear and now place a hand on your heart space (at centre of your chest) and breathe into this space. I would like you to tune in to the fear and your core words and ask yourself, "When was the first time I felt this?" Write down the first number that pops into your mind even if you can't remember what happened at that age. Trust the first age that comes up for you.

So now you have identified your primary limiting belief or fear that is blocking your biggest desire. The reason why we look at this one first is because this will always be the strongest and most potent in your life. From this point on, you can use the tools and stages in this book to work on this and discover more about your belief and where it stems from.

Another great question to ask yourself if your feeling was "I'm not enough" is to enquire into who taught you that. While we won't always be taught every belief we have by someone we know, very often we learn these core emotions and wounds from our parents, caregivers, family and experiences growing up and in school.

As well as in our energetic body and our chakras, limiting beliefs and fears can show up in the physical body. One of my favourite books that has helped me to understand this side of healing is *The Body Keeps the Score* by Bessel Van Der Kolk. It's a very deep, research-based book that is fascinating to read and explains how our body stores our limiting beliefs, fears and trauma. I won't go into too much of the science here, but this aspect is why I work with the practical, cognitive and spiritual sides of healing – because we need all three pillars to truly embody healing and to be able to move forward from a new healed space.

An example of this happened for me a few years ago when I wasn't speaking up or voicing my truth in a situation; so after clearing my throat constantly, the Universe knew it had to step up to get my attention. I then developed laryngitis and couldn't speak for 10 days. With no choice but to slow down and rest, I had time to address the situation I wasn't speaking up in by

communicating openly – and just like that my voice came back and I recovered.

Another example was with my chronic acne, which was always heavier on my left side, which is the side of our divine feminine, meaning I was unbalanced in my feminine energy (as I'll be explaining in more detail, the divine feminine and masculine relate to types of energies that we all have, not sex or gender as such). This also related to my sex hormones and womb, which once again was a manifestation of the inner work I needed to do relating to my womb space and feminine energy.

Like fear, trauma can be stored in the body, and my experiences from an emotionally and sexually abusive relationship stayed in my womb space and stomach and manifested as a hormone imbalance (in my chronic acne) and bloating. Now while I took physical steps to help balance both of these through taking supplements, I also explored the emotional root of these problems and saw big changes in my health from working with my mind, body and spirit very quickly after years of suffering.

The body doesn't lie. While there won't always be a spiritual or traumatic explanation for our illnesses or ailments, our bodies will always let us know when they need something or if something is out of balance. So during this process of exploring your beliefs and fears don't forget to listen to your body too.

(I also want to add in here that a condition such as a chronic illness, for example, doesn't always mean someone has to do the inner work; sometimes our karmic contracts mean we're born into this world with illnesses that aren't always linked to trauma or emotions trapped in the body and needing to be cleared. So please make sure to use your intuition and discernment with your health, always.)

So now you know exactly what's contributing to your resistance and fears in life. Remember, it's not just you in charge – think of your mind as being like a control room in which you might think you're the captain of the ship when actually you have your higher self in there too, as well as your conscious mind (you now), your subconscious mind (your programming) and your inner child (your psyche) all in there pressing buttons and directing you in life. So, if you've ever reacted abruptly to something and felt triggered and then later on wondered why you reacted so badly, remember that this means your inner child is pressing your buttons and running the show.

PRACTICE

Journaling prompts

- "What stops me from manifesting my desire currently?"
- "What core emotions or feelings come up as I think about this lack?"
- "When did I first learn this?"
- "Who taught me this?"

Activity

Use the activity earlier on in this chapter (see page 32) to identify where on your body (and in your chakra system) you feel any resistance or discomfort when I say, "Your manifestation is *not* going to happen." Then use the above journaling prompts to help you explore what's underneath that feeling. Also, which chakra are you being called to work with in connection with this resistance?

Action

Take the time to sit with all I've shared in this chapter and move through the rest of this part of the book as and when you feel ready to. It may be worth taking some time to reflect and identify your core beliefs first and then use the following chapters in this section to help you unravel them further. You may also want to explore the chakras more deeply and which one you're feeling called to work with. I have some chakra balancing YouTube meditations on my channel (see page 211) if you'd like to start working with them.