

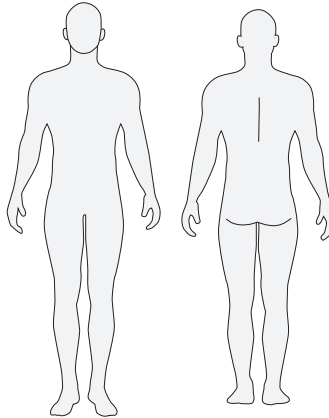
JOURNAL

ONE Who are you? Not the superficial person that the outside world might see, but who are you really? What are you about? What do you stand for? This is more thought-provoking than it sounds. Get detailed when writing down what makes you tick and what things you like and dislike about yourself and the world you are living in. This includes what you will tolerate and what you won't. What are your deal breakers? The more you write, the more you circle back to a few key points that define who you are in this world. Without realizing it, you will also find insight into who you want to be.

TWO What do you want? This is so important. You must constantly come back to this one again and again to be aligned with what you really want in every aspect of your life.

THREE What are you willing to do to get it? This is the deal breaker question. You might want all kinds of things, but are you actually willing to do all the work it takes to make them happen? This defines what you really want in your imagination and what you really want in real life. There are lots of things I thought I wanted until I found out how much hard or boring or taxing work is required to actually get them. Only the strongest desires come with a willingness to do the work that is required to make them happen. Get into those, and then you can formulate a true plan to make them real.

Journal



Mark an X where your body was holding the carrot.

Trauma Q&A

5-4-3-2-1 Sensory Practice for the Specific Trauma

Since we can't assume how our brains encode our various experiences, we want to go deep into the scene that our body just showed us. This will help bring it into clear vision in order to disconnect the language loop that our brains and minds have been telling us. Fill in these sensory answers before going directly into the scene that your body just shared with you in order to bring it all into the present. We will do a 5-4-3-2-1 practice to gain information from each sensory perception of the experience.

Visual aspect: Name five things that you can see in the scene your body showed you.

Look around the space. What can you see? Be very specific.

1 _____

2 _____

3 _____

4 _____

5 _____

Tactile aspect: Name four things you could *touch* in that space.

This includes yourself; what you are sitting, standing, or lying on; maybe the clothes you were wearing; or someone else if they were present. You could list them as well as anything nearby in your memory of the space.

1 _____

2 _____

3 _____

4 _____

Auditory aspect: Name three things you can *hear* in that space.

This could be your voice, someone else's voice, music in the background, or sounds outside your space. Tune in deeply to what sounds are around you in the space your body showed you.

1 _____

2 _____

3 _____

Olfactory aspect: Name two things you can *smell* in that space.

If you were outside or inside, what was around you that you can identify with a scent?

1 _____

2 _____

Gustatory aspect: Name one thing you could *taste* in your mouth during that time.

This could be a food you ate just before the session, a drink, or chewing gum. It could be another person or thing if they invaded your space or mouth. As an example, in a car accident, I distinctly remember the taste of metal in my mouth as if I had eaten aluminum foil. When you sit with this idea of which tastes you were able to identify, the scene becomes more present.

What was the story that the carrot shared with you?

What carrot presented itself to you when you meditated on the concept of trauma?

Where was that carrot located in the body?

How did it show itself to you?

How was it different (if it was different) from the story that you identify with in that particular circumstance?

Did you learn anything from what the carrot had to share with you?

Circle the color you chose to replace the carrot with and discuss why that color came to your mind.

You can reference the chart on page 98 to see what each color signifies.

RED ORANGE YELLOW GREEN BLUE PURPLE WHITE

What name did you give to the carrot for this story?

How do you feel in your body after removing the carrot from its rooted place?

Affirmation: *Create a simple affirmation to help enforce that it is safe for you to heal.*

Example affirmations: *It is safe for me to explore the messages of my body.*

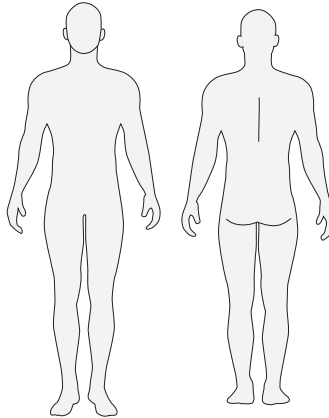
I trust the messages of my body.

It is within my own power to heal from this trauma now.

Pairing the Affirmation with a Hand Position or Mudra

When we create an affirmation to repeat following our deep meditation work, it is important that we also pair the practice with a specific touch to our body to fully activate and align both the tissue memory patterns and the mental groove sets. There are many options to help us dialogue deeply with the body. Feel free to explore

Journal



Mark an X where your body was holding the carrot.

Shame Q&A

5-4-3-2-1 Sensory Practice for Shame

Since you can't assume anything about how your brain encodes your various experiences, you want to go deep into the scene that your body just showed you. This will help bring it into clear vision in order to disconnect the language loop that your brain and mind have been telling you. Fill in these sensory answers before going directly into the scene that your body just shared with you in order to bring it all into the present. We will do a 5-4-3-2-1 practice to gain information from each sensory perception of the experience.

Visual aspect: Name five things that you can see in the scene your body showed you.

Look around the space. What can you see? Be very specific.

1 _____

2 _____

3 _____

4 _____

5 _____

Tactile aspect: Name four things you could *touch* in that space.

This includes yourself, what you are sitting, standing, or lying on, maybe the clothes you were wearing, or someone else if they were present. You could list them as well as anything nearby in your memory of the space.

1 _____

2 _____

3 _____

4 _____

Auditory aspect: Name three things you can *hear* in that space.

This could be your voice, someone else's voice, music in the background, or sounds outside your space. Tune in deeply to what sounds are around you in the space your body showed you.

1 _____

2 _____

3 _____

Olfactory aspect: Name two things you can *smell* in that space.

If you were outside or inside, what was around you that you can identify with a scent?

1 _____

2 _____

Gustatory aspect: Name one thing you could *taste* in your mouth during that time.

This could be a food you ate just before the session, a drink, or chewing gum. It could be another person or thing if they invaded your space or mouth. As an example, in a car accident, I distinctly remember the taste of metal in my mouth as if I had eaten aluminum foil. When you sit with this idea of which tastes you were able to identify, the scene becomes more present.

What was the story that the carrot shared with you?

What carrot presented itself to you when you meditated on the concept of shame?

Where was that carrot located in the body?

How did it show itself to you?

How was it different (if it was different) from the story that you identify with in that particular circumstance?

Did you learn anything from what the carrot had to share with you?

Circle the color you chose to replace the carrot with and discuss why that color came to your mind.

You can reference the chart at the end of Section I to see what each color signifies.

RED ORANGE YELLOW GREEN BLUE PURPLE WHITE

What name did you give to the carrot for this story?

How do you feel in your body after removing the carrot from its rooted place?

Affirmation: Create a simple affirmation to help enforce that it is safe for you to heal.

Example affirmations: It is safe for me to explore the messages of my body.

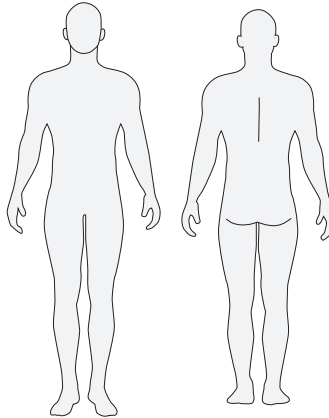
I trust the messages of my body.

It is within my own power to heal and release feelings of shame now.

Pairing the Affirmation with a Hand Position or Mudra

When we create an affirmation to repeat following our deep meditation work, it is important that we also pair the practice with a specific touch to our body to fully activate and align both the tissue memory patterns and the mental groove sets. There are many options to help us dialogue deeply with the body. Feel free to explore

Journal



Mark an X where your body was holding the carrot.

Guilt Q&A

5-4-3-2-1 Sensory Practice for Guilt

Since we can't assume how our brains encode our various experiences, we want to go deep into the scene that our body just showed us. This will help bring it into clear vision in order to disconnect the language loop that our brain and mind have been telling us. Fill in these sensory answers before going directly into the scene that your body just shared with you in order to bring it all into the present. We will do a 5-4-3-2-1 practice to gain information from each sensory perception of the experience.

Visual aspect: Name five things that you can see in the scene your body showed you. Look around the space.

What can you see? Be very specific.

1 _____

2 _____

3 _____

4 _____

5 _____

Tactile aspect: Name four things you could *touch* in that space.

This includes yourself, what you are sitting, standing, or lying on, maybe the clothes you were wearing, or someone else if they were present. You could list them as well as anything nearby in your memory of the space.

1 _____

2 _____

3 _____

4 _____

Auditory aspect: Name three things you can *hear* in that space.

This could be your voice, someone else's voice, music in the background, or sounds outside of your space. Tune in deeply to what sounds are around you in the space your body showed you.

1 _____

2 _____

3 _____

Olfactory aspect: Name two things you can *smell* in that space.

If you were outside or inside, what was around you that you can identify with a scent?

1 _____

2 _____

Gustatory aspect: Name one thing you could *taste* in your mouth during that time.

This could be a food you ate just before the session, a drink, or chewing gum. It could be another person or thing if they invaded your space or mouth. As an example, in a car accident, I distinctly remember the taste of metal in my mouth as if I had eaten aluminum foil. When you sit with this idea of which tastes you were able to identify, the scene becomes more present.

What was the story that the carrot shared with you?

What carrot presented itself to you when you meditated on the concept of guilt?

Where was that carrot located in the body?

How did it show itself to you?

How was it different (if it was different) from the story that you identify with in that particular circumstance?

Did you learn anything from what the carrot had to share with you?

Circle the color you chose to replace the carrot with and discuss why that color came to your mind.

You can reference the chart at the end of Section I to see what each color signifies.

RED ORANGE YELLOW GREEN BLUE PURPLE WHITE

What name did you give to the carrot for this story?

How do you feel in your body after removing the carrot from its rooted place?

Affirmation: Create a simple affirmation to help enforce that it is safe for you to heal.

Example affirmations: It is safe for me to explore the messages of my body.

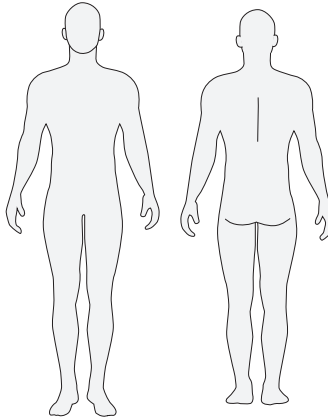
I trust the messages of my body.

It is within my own power to heal and release feelings of guilt now.

Pairing the Affirmation with a Hand Position or Mudra

When we create an affirmation to repeat following our deep meditation work, it is important that we also pair the practice with a specific touch to our body to fully activate and align both the tissue memory patterns and the mental groove sets. There are many

Journal



Mark an X where your body was holding the carrot.

Grief Q&A

5-4-3-2-1 Sensory Practice for Grief

Since we can't assume how our brains encode our various experiences, we want to go deep into the scene that our body just showed us. This will help bring it into clear vision in order to disconnect the language loop that our brain and mind have been telling us. Fill in these sensory answers before going directly into the grief experience that your body just shared with you in order to bring it all into the present. We will do a 5-4-3-2-1 practice to gain information from each sensory perception of the experience.

Visual aspect: Name five things that you can see in the scene your body showed you.

Look around the space. What can you see? Be very specific.

1 _____

2 _____

3 _____

4 _____

5 _____

Tactile aspect: Name four things you could *touch* in that space.

This includes yourself, what you are sitting, standing, or lying on, maybe the clothes you were wearing, or someone else if they were present. You could list them as well as anything nearby in your memory of the space.

1 _____

2 _____

3 _____

4 _____

Auditory aspect: Name three things you can *hear* in that space.

This could be your voice, someone else's voice, music in the background, or sounds outside your space. Tune in deeply to what sounds are around you in the space your body showed you.

1 _____

2 _____

3 _____

Olfactory aspect: Name two things you can *smell* in that space.

If you were outside or inside, what was around you that you can identify with a scent?

1 _____

2 _____

Gustatory aspect: Name one thing you could *taste* in your mouth during that time.

This could be a food you ate just before the session, a drink, or chewing gum. It could be another person or thing if they invaded your space or mouth. As an example, in a car accident, I distinctly remember the taste of metal in my mouth as if I had eaten aluminum foil. When you sit with this idea of which tastes you were able to identify, the scene becomes more present.

What was the story that the carrot shared with you?

What carrot presented itself to you when you meditated on the concept of grief?

Where was that carrot located in the body?

How did it show itself to you?

How was it different from the story that you identify with in that particular circumstance?

Did you learn anything from what the carrot had to share with you?

Circle the color you chose to replace the carrot with and discuss why that color came to your mind.

You can reference the chart at the end of Section I to see what each color signifies.

RED ORANGE YELLOW GREEN BLUE PURPLE WHITE

What name did you give to the carrot for this story?

How do you feel in your body after removing the carrot from its rooted place?

Affirmation: Create a simple affirmation to help enforce that it is safe for you to heal.

Example affirmations: *It is safe for me to explore the messages of my body.*

I trust the messages of my body.

It is within my own power to heal and lessen the feelings of grief now.

Pairing the Affirmation with a Hand Position or Mudra

When we create an affirmation to repeat following our deep meditation work, it is important that we also pair the practice with a specific touch to our body to fully activate and align both the tissue memory patterns and the mental groove sets. There are many

Journal

List your behavior patterns in order, from the most-used pattern to the least.

- ___ Laughing
- ___ Crying
- ___ Yelling
- ___ Running or hiding
- ___ Bowel disturbances

Once you see your order, what thoughts come to you about this? Is anything worth noting?

What things have you chosen to suppress until this point?

What messages did your body offer in this practice?

What can you do with the information your body provided?

There is no affirmation practice with this section. It is all about listening to your body and gently asking yourself if you are ready to continue with this work.

are back in your adult space. It can be a waste of time and energy to judge it. Also, for this work, please try not to preread the questions. Read them only as you are writing your answers. You may be very surprised by your answers. I certainly was when I did this work for my own processing and healing. It's a quick way to open up the part of the brain that holds our childhood way of thinking.

Journal

Answer the questions below with your nondominant hand.

What is your name?

Where do you live?

Who do you live with?

Where do you go to school?

What do you love to eat?

What do you love to do?

Who are your favorite people?

Who are the people you are afraid of?

Why?

Can you draw a picture of your house?

Can you draw a picture of your family?

What is your favorite kind of ice cream?

Does anyone take you to get ice cream?

What is your favorite memory?

What is your first memory of being really sad? What happened?

When was the first time someone hurt you?

Who was it? What happened?

What did you do? Did you tell anyone?

Did they do it again?

Are there any secrets that you have been keeping?

Do you feel safe in your home?

Do you feel safe at school or work?

Is there any place you do not feel safe? Why?

Where do you feel happiest?

You can share anything you want to share here:

Now move the pen to the dominant hand and read your answers. Does anything you wrote stick out to you? What is significant from this work?

Other Additions to Note

Getting into the child brain and searching for trauma is only one way that we utilize the processing portion for our internal healing. There are, of course, other ways that we can process, but it really comes down to the action of remembering painful events as they occurred, without letting our judgment and animations get the better of us, and working through anything that has held us back. It can be a process of forgiveness that actually has nothing to do with any other people (meaning we do not need to forgive anyone else in order to forgive the part of ourselves that was affected). It is in the release of the attachment of the part that you played in it. Forgiveness isn't the all-holy practice of playing the martyr. It's about forgiving ourselves for the part we played and releasing the attachments that we have carried toward someone. That, too, is a process.

Remember that it's not about anyone outside yourself for this work. It's about you and your attachment to any and all of it. It's the conversation that your body and your mind have kept (and many times those conversations are not exactly the same) that need to be changed. This comes down to awareness and ownership of your health and healing. The more information you have, the easier it

Congratulate yourself for a job well done. It takes strength and courage to finally release the ties that bind and the heaviness we have grown so accustomed to carrying. You are free. Believe it. Trust it. Embrace it. You earned it. Repeat this meditation for every person, situation, or event that you need to release.

Repeat this affirmation: ***Every cell in my body is reprogramming itself to function at healthy, optimum levels now.***

Journal

Who or what was this cord connected to?

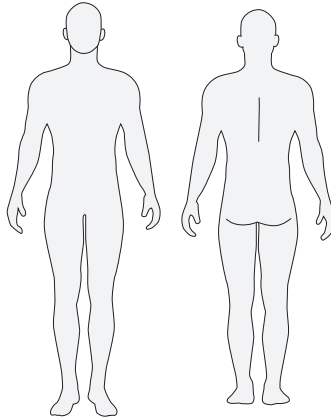
Where was the cord connected in your body?

What was the cord connected to? Was it connected to another person's body, or was it connected to a place or situation, and where were those cords on the other side?

How do you feel following the release of the cord?

Do you trust yourself to let these cords die there?

Journal



Happy What wild carrot bloom presented itself to you when you meditated on the concept of feeling happy?

Where was that carrot bloom located in your body?

How did it show itself to you?

What was the story that the carrot shared with you?

How did it make you feel when you experienced it again?

How was it different from the story that you identify with in that particular circumstance?

Did you learn anything from what the carrot had to share with you?

What did the flowers look like? What color were they?

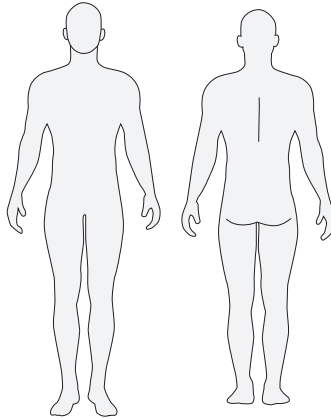
What name did you give to the bloom for this story?

Where did you plant the new bloom in your body, and why did you choose that place?

How do you feel in your body now after planting flowers in other areas of the body?

Allowing the happy emotions to enter your body means being courageous and trusting that you are allowed to be happy. You are allowed to heal. Believe it or not, accepting healing and that we deserve to heal requires follow-up measures to continue to confirm this new decision. I suggest you choose from the following: counseling, writing yourself a letter, placing your hand over that place in your body coupled with an affirmation allowing that new healing to remain, or writing how you feel and putting it on your mirror or someplace where you can see it daily. Make a commitment now to

Journal



Joy

What wild carrot bloom presented itself to you when you meditated on the concept of feeling joy?

Where was that carrot bloom located in the body?

How did it show itself to you?

What was the story that the carrot shared with you?

How did it make you feel when you experienced it again?

How was it different from the story that you identify with in that particular circumstance?

Did you learn anything from what the carrot had to share with you?

What did the flowers look like? What color were they?

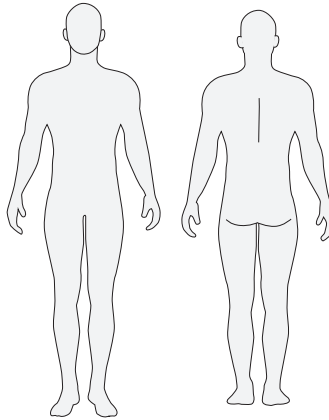
What name did you give to the bloom for this story?

Where did you plant the new bloom in your body, and why did you choose that place?

How do you feel in your body now after planting flowers in other areas of the body?

What follow-up practices do you intend to do in order to continue with the new loving space in your body? (Examples include counseling, therapy, writing a letter, placing your hand over that place in your body coupled with an affirmation allowing that new healing to remain, writing how you feel and putting it up on your mirror or someplace where you can see it daily, etc.) Make a commitment now to follow through with this work to be sure that the new blooms are committed to growing and multiplying in your body.

Journal



Connected

What was the wild carrot bloom that presented itself to you when you meditated on the concept of feeling connected?

Where was that carrot bloom located in the body?

How did it show itself to you?

What was the story that the carrot shared with you?

How did it make you feel when you experienced it again?

How was it different from the story that you identify with in that particular circumstance?

Did you learn anything from what the carrot had to share with you?

What did the flowers look like? What color were they?

What name did you give to the bloom for this story?

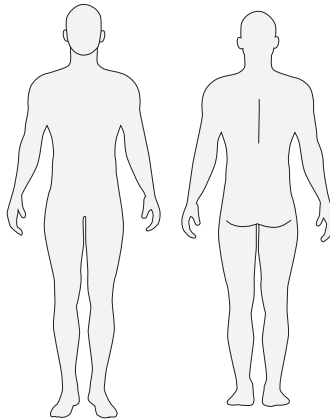
Where did you plant the new bloom in your body, and why did you choose that place?

How do you feel in your body now after planting blooms in other areas of the body?

What follow-up practices do you intend to do in order to continue with the new loving space in your body? (Examples include counseling, writing it a letter, placing your hand over that place in your body coupled with an affirmation allowing that new healing to remain, writing how you feel and putting it on your mirror or someplace where you can see it daily, etc.) Make a commitment now to follow through with this work to be sure that the new blooms are committed to growing and multiplying in your body.

your external body. When you are ready, and with a renewed sense of purpose and light, open your eyes and return, return, return.

Journal



Empowered

What wild carrot bloom presented itself to you when you meditated on the concept of feeling empowered?

Where was that carrot bloom located in the body?

How did it show itself to you?

What was the story that the carrot shared with you?

How did it make you feel when you experienced it again?

How was it different from the story that you identify with in that particular circumstance?

Did you learn anything from what the carrot had to share with you?

What did the flowers look like? What color were they?

What name did you give to the carrot for this story?

Where did you plant the new bloom in your body, and why did you choose that place?

How do you feel in your body now after planting blooms in other areas of the body?

What follow-up practices do you intend to do in order to continue with the new loving space in your body? (Examples include counseling, writing it a letter, placing your hand over that place in your body coupled with an affirmation allowing that new

JOURNAL

What did your guardian angel look like?

Did it have a name?

What color was the gem the angel put in your hand?

Where did you place that gem inside yourself?

The rest of this journal is blank so you can share your experiences and make notes about anything you might need to revisit through the previous chapters. It's your checkpoint station of who you were, what you've done, and where you are heading. This is a great place to be honest and create solid affirmations and intentions to move forward with.

and behaviors. I leave you now with the same three questions that began this book and wonder how different your answers will be:

1 Who are you? Now, who are you, really? What do you stand for now?

2 What do you really want? Be specific.

3 What are you willing to do to get it?

Define your return statement that encompasses your idea of success:

Final Affirmation:

I am safe.

I am healthy.

I am healed.

I am whole.

I am loved.

I pray you never forget these simple truths. Repeat them often. With all the love in my heart, thank you for sharing this journey with me.