

A lot of information is shared in this workshop and booklet. My wish for you is not to believe any of it but to see it as destinations on a map that need to be discovered by themselves. It is my wish for you to become aware of these things yourself. To have your own epiphanies. Your own understanding. To become conscious and embody the information in your own unique way.

*Keep learning but believe nothing*

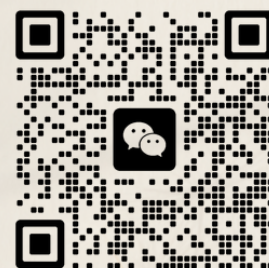
*Keep growing but be at peace with who you are*

*Search for answers but know that you have everything you need*


*Become aware of who you are, everything that is inside you and all the help that surrounds you*

*Nothing will help you, unless you ask for it*


*I wish you all the best. May love, joy and gratitude fill your life*



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# THE PATH TO CLARTY WORKSHOP

*Attendee Booklet*

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# Introduction<sup>★</sup>

*Congratulations on taking an important step on your journey*

What is healing really? For me it means becoming who you really are. Your authentic self. Not the person that feels stuck, worried, stressed and unhappy about life and who they are. We all know deep down that we are more than that. Beneath it all lies the desire to be free from these unwanted feelings. So, how can we be free?

- By taking responsibility for how we feel and for our healing
  - This means we stop blaming others for how we feel
  - Making time to do the work that leads to healing
- Willing to face the most hurt places within ourselves
- Willing to completely surrender to the love from our soul
- Learning our life lessons

*The journey is as easy or as difficult as you make it. Whatever you need to go through, one thing is for sure - It'll be worth it*

# Inner Child ✨

## Attributes:

- Our emotional self
- Like a child it thrives when it receives attention, is acknowledged and has a healthy relationship with its parent - you
- If it feels distressed or hurt it will communicate that to you through your feelings and if these feelings go ignored it will escalate those feelings. It wants to be heard!
- By listening to our inner child and building a relationship with it we can heal many wounds and our emotional body will become a place of vibrant love and joy

## How to work with your Inner Child:

When you feel distressed, unhappy or deeply hurt, take time to stop and talk to your inner child. Be the wise, understanding and supportive parent. Listen to what it has to say. Observe its body language.

Ask questions like:

- "How do you feel?"
- "Why do you feel that way?"
- "What can I do for you?"

Provide comfort:

- "I promise to be there for you."
- "I'm sorry I couldn't protect you, but I will do my best from here on."
- "I'm sorry I neglected you for so long, but I'm here now and always will be."
- "I will keep you safe."

*Our inner child doesn't care that you made mistakes, it just wants a relationship with you. It wants to be heard. It needs to be comforted. It needs to feel safe and only you can give that.*

# Ego ✨

The ego is often misunderstood. Labeled as an evil that needs to be vanquished. However, trying to do this causes a lot of inner conflict, confusion and can even cause self-hatred. The ego is unconscious for sure, but it is a natural (although outdated) system within us. Its original design is to keep us safe. To protect us. When left unchecked it creates havoc and keeps us stuck. It's easy for us to think we are our egos. It shouts and screams, easily taking over our thoughts, body and choices.

## Attributes:

- It's a collection of all our beliefs instilled in us through our parents, society, books, friends, etc.
- All the mental habits and patterns we have formed in life
- The ego is formed subconsciously throughout life

## The ego thrives on:

- **Comparison:** Feeling superior or inferior to others.
- **Attachment:** The need to be "right" or to own things/labels to feel worthy.
- **Resistance:** Saying "no" to the present moment because it's not how the ego wants it to be.

## How to work with your Ego:

Psychologically, the ego hates being unemployed. If you just tell it to be quiet, it yells louder. If you try to get rid of it, it fights back harder. Our goal is to see the ego as an advisor and then move it out of the driver's seat and into the passenger seat. First we have to understand why the ego is acting out. Often, the ego acts out because of an underlying unmet need.

## When the ego is loud, ask:

- Am I seeking **validation** because I feel unseen?
- Am I seeking **control** because I feel unsafe?
- Am I seeking **superiority** because I feel small?

When the ego lists its fears, it's important to stay conscious and simply observe what it says instead of letting it take over. Once you've allowed the ego to voice itself, you can thank it for its input and for trying to keep you safe. Then it's time to move it out of the way.

## Here's a suggestion on how to talk to the ego:

"Dear Ego, thank you for trying to keep me safe. However, I got this. I appreciate your opinion and concerns, but I will take it from here."

*When you talk to your ego, you can put a hand on your heart or belly. This signals to the nervous system that you are physically safe, which helps the ego "stand down" faster than words alone.*

# Consciousness

Consciousness is where you can feel yourself. It's where you can analyse what's happening from a neutral place.

Consciousness changes as we evolve in awareness. It's where we choose what to focus on and where we exercise our freedom to choose. It grows with wisdom and knowledge is either its greatest friend or worst enemy.

## Attributes:

- Can stay neutral when chaos happens
- Can act from a place of wisdom regardless of what's happening
- Should be in the driver's seat with the soul guiding the journey
- Can choose what to focus on
- Can make the subconscious conscious and transform it

## How to work with your consciousness:

What's important to note is that emotions cloud our consciousness. When we feel angry we think angry thoughts. Same goes for sadness, fear, insecurity, etc. When we allow these feelings to take over it causes all kinds of chemical reactions in the body that cloud our consciousness. Have you ever tried telling an angry person to stop being angry? Or a sad person, to stop feeling sad. It makes things worse and feels invalidating.

There are many techniques that can be used here but they all work around the same principle of allowing yourself to calm down after some time, then take back conscious control -

- 1 - Allow yourself to feel those emotions and give them time to play out
- 2 - Witness them and don't feed them...don't play into them or act from them making things worse
- 3 - Comfort your inner child (your emotional body)
- 4 - Do a worksheet to help you understand why something caused an emotional reaction - Discover what is the underlying belief or wound that's still bothering you

*No matter how you feel, you always have the ability to choose*

# Soul



Spiritual practices often say the soul is what you truly are. In some ways that's true, but right now you have a human experience to deal with too. The soul has too many different terms - God, guides, Higher Self, etc. It's a pity we have to label things and then limit those labels to a definition. It's best to simply become aware of what is there and always know that your understanding of what's there and how it all works will always change and evolve. The soul is important in this work for the healing and guidance it can offer. So many times I do worksheets and it offers me insight, asks me questions that lead to healing realisations. Things aren't always what they seem. By building a connection to our soul through meditation and intent we can access knowledge we don't have. Receive guidance that no-one else can give. This connection is a deeply personal journey for each person.

## Attributes:

- Where intuition comes from
- Can offer great guidance and insight when doing the worksheets
- Source of love and acceptance

## How to work with your Soul:

Pure intent is the key that opens all doors. If we simply sit with the intent of connecting and enhancing that connection, it will happen. Each person's timing is different. It requires letting go, releasing and trusting. It's a connection that grows stronger the more we exercise it.

## Some tips:

- Set your intent to receive guidance before doing a worksheet
- Ask for your intuition to become stronger
- When you don't know the answer to a question, stop and ask for guidance. Then let the answer come in its own time

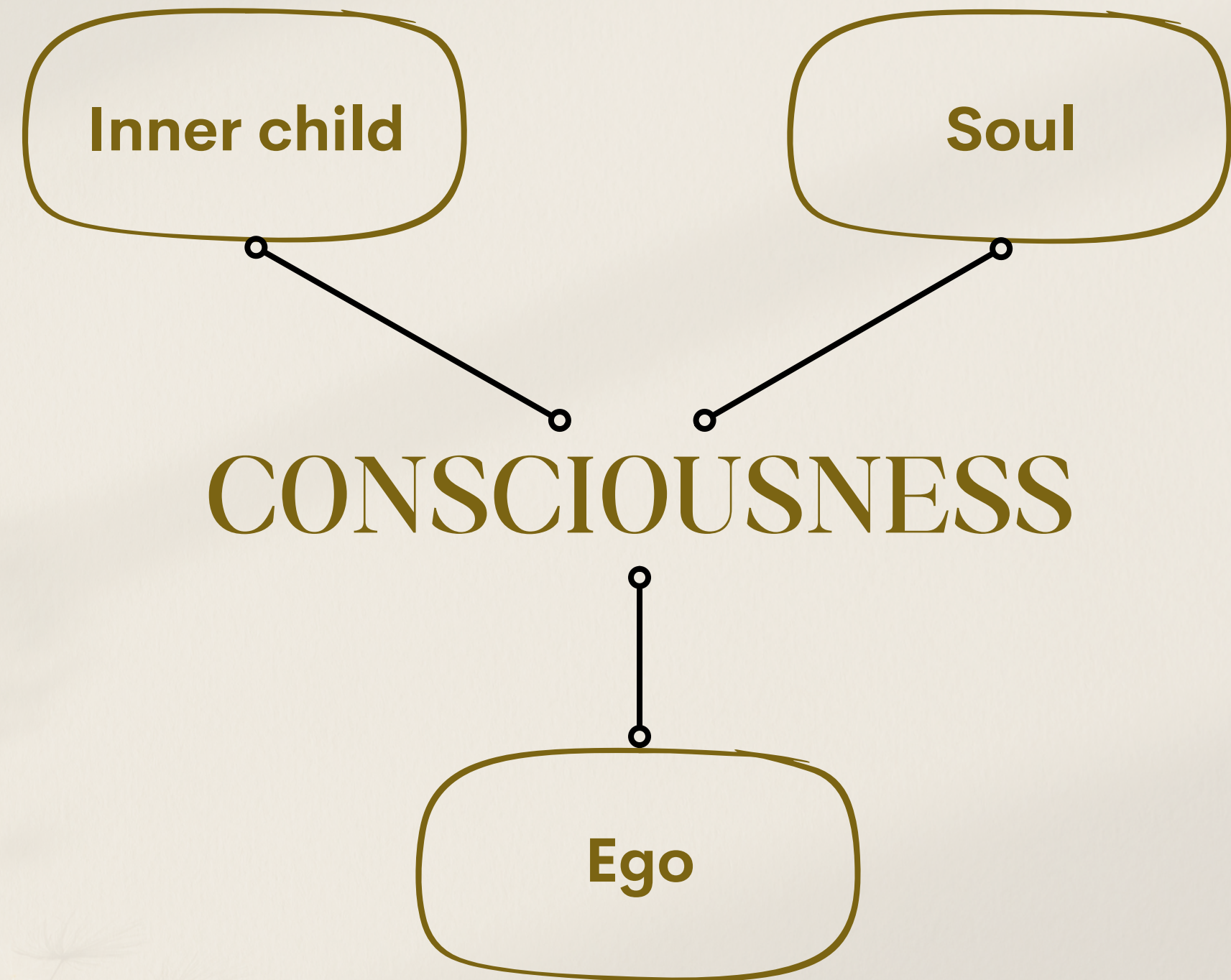
*Spirit respects your free choice. If you don't ask for help, you won't necessarily get it.*

# Influences<sup>✦</sup>

*Where different thoughts and feelings are coming from*

**What's happening and how to deal with it:**

- **Overwhelming feelings** - Move into witness consciousness, allow it to pass then connect to and communicate with the inner child
- **Thoughts are going crazy** - Talk to the ego to get it out of the way and do a worksheet
- **Someone or something causes a strong emotional response** - Do a "Judge your neighbour" worksheet



**Consciously practice building a relationship with the different parts of yourself**

# Self Parenting ✨

This part takes practice and is harder or easier for some. I call it self-parenting because a parent is supposed to be the wise leader. The one that is there to support you and guide you through difficult times. When the child acts out, the parent is there to comfort it. When the child is scared the parent can protect it. When there's an intruder (unwanted thought) the parent can escort it out. We have to consciously do this. When something happens, stop. Remember what you've learned and apply it. Guide yourself to safety.

## Thinking points:

- Ponder your childhood or moments where you feel, you were treated unfairly. Think about how you wish you were treated. Imagine the scenario playing out being treated from a place of love.
- Most people struggle with "I'm not good enough" or some form of it. Think about what a wise parent can say to a child when those feelings rise up. How can you offer wisdom and consolation?

## How to talk to the different parts of you:

- Ego -
  - "Thank you for trying to protect me. I got this"
  - "I appreciate your concerns. I will take it from here."
- Soul -
  - "Please tell me what I need to know."
  - "What should I do regarding..."
- Inner Child -
  - "I'm here for you"
  - "I love you"
  - "I'm sorry for..."
  - "What do you need?"

*These are starting points. As your relationship develops with these different parts of yourself, new ideas, new questions and new answers will appear.*

# Worksheets<sup>★</sup>

## Starting questions:

- Is it TRUE?
- Can you absolutely know that it is TRUE?
- How do you react (what happens) when you believe...
- Close your eyes and go within...
  - Notice images of the past (or future) that come up when you believe...
  - How does your inner child feel about these experiences?
  - What does your inner child need from you?
  - Now, go back to those past experiences and visualise how you wish they happened
- Who would you be without the belief/thought...?
- Can you see a reason to drop that belief/thought?
- Turn arounds

## Advanced Questions:

- Is it TRUE?
- Can you absolutely know that it is TRUE?
- How do you react (what happens) when you believe...
  - What do you do?
  - How do you get even?
- ...and it means that...
- Where do you feel it in your body?
- What did you want to get?
- What are you afraid of losing?
- What do you get for believing...?
- Close your eyes and go within...
  - Notice images of the past (or future) that come up when you believe...
  - How does your inner child feel about these experiences?
  - What does your inner child need from you?
  - Now, go back to those past experiences and visualise how you wish they happened
- Who would you be without the belief/thought...?
- What's the worst that can happen?
- Can you see a reason to drop that belief/thought?
- What would you be doing if you didn't need the love & approval of others?
- Turn arounds

The "Judge Your Neighbour" worksheets can be downloaded from <https://thework.com>

# Possible Side-Effects<sup>✦</sup>

Important to know so that if they happen you can know for sure you'll be okay, even through it feels very scary

- Pain body attacks (also panic attacks)
  - Happens when trauma gets released
  - Very unpleasant feeling, feels like you could die, but you won't
  - Breathe deeply, know that it will pass and connect with your inner child
  - After it passes, go outside and touch a tree - this has an incredible grounding affect
- Confusion
  - Can last a few days
  - happens when false beliefs get dismantled and the brain undoes the neural networks that kept the habit/belief in place
  - Can feel difficult to remember things
  - Chill and don't do more worksheets. Do some relaxing activities and look forward to the new you
- Difficulty sleeping
- Feeling nervous or anxious for no apparent reason

*Whatever happens, remember it is for the best and it will pass*

# Possible Reactions<sup>✦</sup>

## **Incredible resistance from the ego**

When the ego realises the worksheets and everything you're doing is causing change, it can start to try and defend itself. It can feel scary to let go of an identity you've held onto for so long. "I'm the victim" is a story we've come to believe and we build our whole reality around it. When that starts to be dismantled it feels very threatening and unfamiliar.

What to do:

- When the ego tries to distract you, catch it and practice self-discipline. Do things even though you don't necessarily feel like doing it. Don't let the ego tell you "It's not necessary" or it's favourite "you don't have time". Consciously take control.
- It's okay to take a break but always return to the practices mentioned here. Soon it will become a healthy habit. The relationship with yourself will improve and it will feel natural and normal to do these things.
- Do worksheet sessions with a professional/someone experienced