

Question: The following comes from a personal session where I suggested looking in the past for answers to the present and future and was met with great resistance.

Reply: One thing that jumped at me from your responses was you "can't wait till March" "not spending time trying to remember" "is the answer necessary" - all of these are on the theme of "time spent looking at your life". Sometimes we get instant relief and instant answers but most of the time the deep seated crap takes time. True, it is not necessary to know where all the generational stuff comes from and some things are not worth spending time on. But this one is your major issue and just doing the worksheets is apparently not surfacing it..you are still denying some part of you that is creating this life that you so desperately want to be different than it is. So maybe digging a little deeper will uncover the root and once the root of this weed is destroyed you can replant what you want.

Have you done a MindShifter exercise around this one? Your MindShifter is "I now attract the ideal relationship and am creating an eternal sacred partnership and am healing through love, gentleness and respect." Another worksheet that we have that would work here is "Three Early Memories" followed by the "When I Heal" worksheet!