

# SELF CARE IS SACRED :: EMOTIONS

@suitestpee's emotional literacy mystery school

YOU ARE THE ONE TO HEAL YOUR OWN LIFE.  
EYES OPEN. MIND OPEN. HEART OPEN.  
COME TO KNOW THE NATURE OF ALL OF YOUR EMOTIONS  
AS PART OF WHO YOU ARE AND HAVE BEEN.  
EXPLORE YOUR EMOTIONS WITH MINDFUL SELF COMPASSION  
AS A PRACTICE MOMENT TO MOMENT.  
EMOTIONAL LITERACY IS A LIFE LONG HONORING  
OF YOUR OWN HUMAN EXPERIENCE.  
FOLLOW EACH ENERGY FLOW INTO IT'S ROOT.  
DISCOVER THE TRUTH.  
YOU ARE THE CONTINUATION OF A VERY OLD STORY.

WHEN I COMPLETED MASSAGE THERAPY SCHOOL IN 2010, I HAD LEARNED SO MUCH ABOUT THE INCREDIBLE HUMAN BODY & BRAIN THAT I FELT DEEPLY RENEWED IN MY DESIRE FOR THIS LIFE.

I WANTED TO LEARN AS MUCH AS I COULD ABOUT WHO & WHAT I WAS AS A HUMAN BEING. I WANTED TO EXPLORE MY BODY WITH LOVE FOR THE VERY FIRST TIME. I FINALLY FOUND RESPECT FOR MY BODY>>> BOTH AS A BIOLOGICAL MIRACLE SIMPLY FOR EXISTING, BUT ALSO AS THE SOURCE OF MY OWN HUMAN EXPERIENCE.

BUT I ALSO HAD A VERY DARK INNER WORLD, WHERE I HAD BEEN PRACTICING SELF-HARM AS AN ADDICTIVE PROCESS SINCE I WAS A CHILD. I WAS A CUTTER, A SELF HARMER, AN OVER WORKER, AN OVER EATER, A PURGER, AN ATHLETE, AN A STUDENT, A GOOD HELPER, DEPRESSED, ANXIOUS, CONSUMED BY THOUGHTS OF SUIDICE DAILY FOR MANY MANY YEARS...

I KNEW THAT I WANTED TO CHANGE. I KNEW THAT I WANTED TO BE A DIFFERENT KIND OF PERSON TOWARDS MYSELF. NURTURING. HONORING. GENTLE. PATIENT. ALL THE THINGS I LONGED FOR IN ANOTHER, I DESIRED TO BE FOR MYSELF. EMOTIONAL SELF CARE HAS BEEN SUCH A CHALLENGE FOR ME AS I HAVE WARRED WITH DEEP, PAINFUL, OVERWHELMING FEELINGS SINCE I WAS A TODDLER. I REMEMBER EVERYTHING. I FEEL EVERYTHING. I AM SENSITIVE BEYOND MEASURE AND I UNDERSTAND NOW THAT I HARMED MYSELF TO TRY TO NUMB THE PAIN WITHIN ME. WHEN I LEARN TO OFFER MYSELF LOVING CARE AS A PRACTICE MY WHOLE LIFE CHANGED. ONE BREATH AT A TIME. ONE THOUGHT AT A TIME. ONE WORD AT A TIME. ONE ACTION AT A TIME. AN INTENTIONAL LIFE TO CHANGE THE WORLD. MAY EVERYTHING SHARED ASSIST YOU IN REMEMBERING THE TRUTH OF WHO YOU REALLY ARE? ONE WITH ALL. ONE WITH THE INFINITE GOODNESS OF ALL. YOUR BIRTH BELONGS TO YOU NOW. MOTHER YOURSELF INTO NEW LIGHT.

**[CLICK>HOW TO MOVE FORWARD ONCE YOU'VE HIT BOTTOM](#)**

[CLICK> PHYSICAL BODY SELF CARE INSIGHTS](#)

[CLICK>EMOTIONAL SELF CARE INSIGHTS](#)

[CLICK>MENTAL HEALTH SELF CARE INSIGHTS](#)

[CLICK> SPIRITUAL HEALTH SELF CARE INSIGHTS](#)

LEARNING TO PRACTICE MENTAL, EMOTIONAL, PHYSICAL & SPIRITUAL SELF CARE AS AN ART FORM HAS BEEN YEARS OF SELF-EXPLORATION IN THE MAKING. CONFRONTING MY INNER DARKNESS AND HISTORICAL PATTERNS OF SELF ABUSE DAILY IS AN OPEN INTENTION TO EVOLVE MY WOUNDING THAT HAS KEPT ME SMALL AND HIDDEN MY WHOLE LIFE. WILLINGLY MAKING PEACE WITH EVERY TRIGGER AND EVERY TRAUMA AND EVERY DISGUSTING LIE IMBEDDED IN MY BONES IS MY PRIORITY NOW. MY HEALING IS ALWAYS ONGOING. THIS IS A GIFT FOR ALL WHO MAY CHOOSE TO ANCHOR THEIR OWN DESIRE FOR SELF RESPECT.

[CLICK>Shamanic Initiation: The Descent to the Underworld and the Return Reborn with Dr. Alberto Villoldo](#)



"Everyone is a house with four rooms, a physical, a mental, an emotional, and a spiritual. Most of us tend to live in one room most of the time but unless we go into every room every day, even if only to keep it aired, we are not a complete person."

~INDIAN PROVERB

*“In many shamanic societies, if you came to a shaman or medicine person complaining of being disheartened, dispirited, or depressed, they would ask one of four questions. **When did you stop dancing? When did you stop singing? When did you stop being enchanted by stories? When did you stop finding comfort in the sweet territory of silence?** Where we have stopped dancing, singing, being enchanted by stories, or finding comfort in silence is where we have experience the loss of soul. Dancing, singing, storytelling, and silence are the four universal healing salves.”*

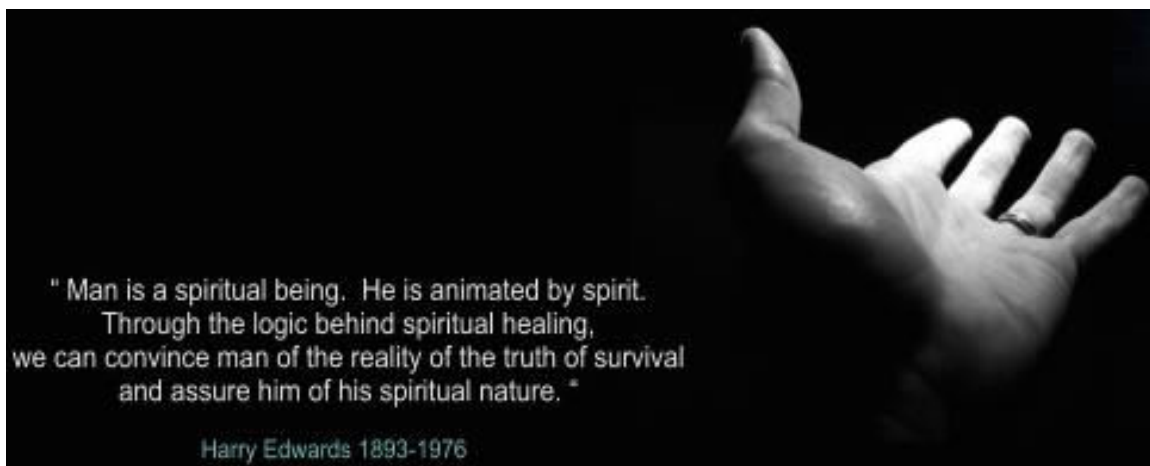
*~Gabrielle Roth*

### **#SUITESTPESHAMAN**

GIVE YOURSELF THE OPPORTUNITY TO TUNE INTO YOUR OWN PERSONAL EXPERIENCE OF YOUR OWN WORLD. NOT WHAT SOMEONE ELSE IS DOING OR SAYING OR PROBABLY WILL SAY AND MIGHT DO ... DIRECT ALL THAT AWKWARD ENERGY GETTING TO THE NATURE OF YOUR BEING. GETTING TO KNOW YOUR BODY. NOURISHING YOUR MIND. DISSECTING YOUR EMOTION WITH MINDFUL SELF-COMPASSION. YOU CAN LEARNT TO MOTHER YOUR HEART RATHER THAN FEEDING & BELIEVING YOUR MIND/EXCESSIVE NEGATIVE THOUGHT ABOUT THE ENERGY IN MOTION MOVING THROUGH YOU.

.....

***Work with fear as an energy, not as a story. Breathe into it, feel it in your body, observe it, taste it. Surrender all judgment and rejection of it. © [Caroline de Lisser](#)***



THIS QUOTE BELOW SHOOK ME AWAKE WHEN I READ IT. I HAD NEVER EVEN HEARD ABOUT THESE CONCEPTS BUT WHEN I READ IT. IT SENT ME ON MY JOURNEY LEARNING MORE ABOUT THE CHAKRAS. THROUGH THIS PRACTICE, I CONNECTED SO MANY DOTS IN MY BEING. I REALIZED I WAS ONE WITH ALL OF THIS EARTH; JUST AS YOU ARE. I AM YOU. ALL I SHARE ARE MESSAGES THAT HAVE HEALED ME, IN HOPES THEY OPEN YOU FURTHER INTO YOURSELF.

*"When the first chakra is disconnected from the feminine Earth, we can feel orphaned and motherless. The masculine principle predominates, and we look for security from material things. Individuality prevails over relationship, and selfish drives triumph over family, social and global responsibility. The more separated we become from the Earth, the more hostile we become to the feminine. We disown our passion, our creativity, and our sexuality. Eventually the Earth itself becomes a baneful place. I remember being told by a medicine woman in the Amazon, "Do you know why they are really cutting down the rain forest? Because it is wet and dark and tangled and feminine." [Alberto Villoldo](#)*

**[CLICK>EXPLORE CHAKRA SCHOOL TO GET TO KNOW YOUR EMOTIONAL / ENERGY ANATOMY](#)**

***Explore>>>***

**[#SUITESTPEECHAKRAS](#)**

**[#SUITESTPEEROOTCHAKRA](#)**

**[#SUITESTPEETHROATCHAKRA](#)**

**[#SUITESTPEETHIRDEYE](#)**

**[#SUITESTPEEFLOATS](#)**

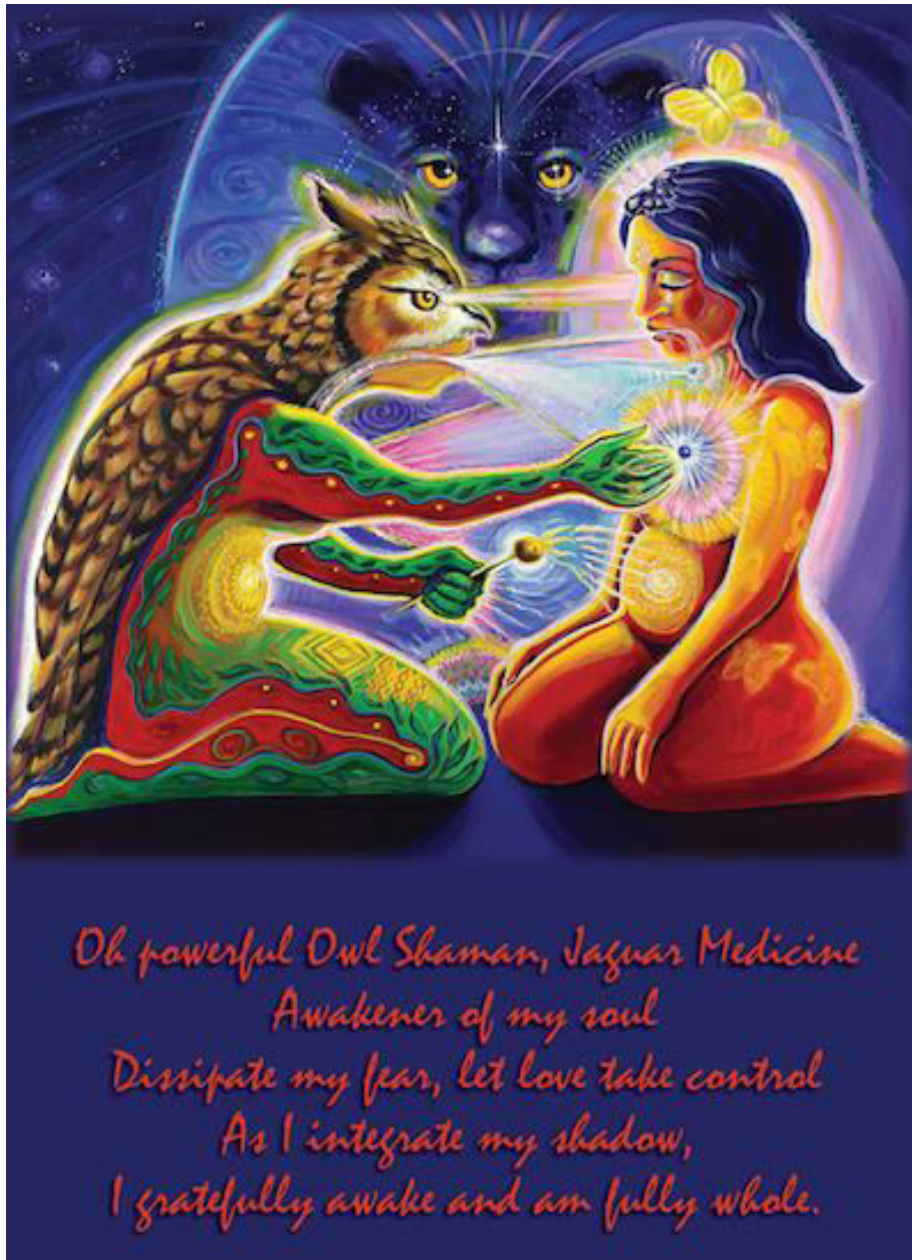
**[CLICK>THE EMOTIONAL HEALING POWER OF KEEPING A JOURNAL](#)**

**4 POWERFUL, LIFE ALTERING EMOTIONAL & MENTAL SELF CARE PRACTICES TO PARTICIPATE IN DAILY:**



I FOLLOW THE 4 AGREEMENTS AS A PACT WITH MYSELF EVERYDAY. [THIS SMALL BOOK BY DON MIGUEL RUIZ TRANSFORMED MY LIFE.](#) THE AGREEMENTS / LESSONS ALONE, IF RESPECTED AS A CREED FOR LIFE & ADHERED TO, HAVE THE POWER TO CHANGE YOUR WHOLE WORLD. ALL THOSE WHO WILL COME INTO CONTACT WITH YOU WILL BENEFIT FROM THE LIGHT YOU SHINE. EMOTIONAL MINDFULNESS IS THE KEY TO INNER PEACE.

[CLICK>LEARN MORE ABOUT THE 4 AGREEMENTS ON MY BLOG](#)

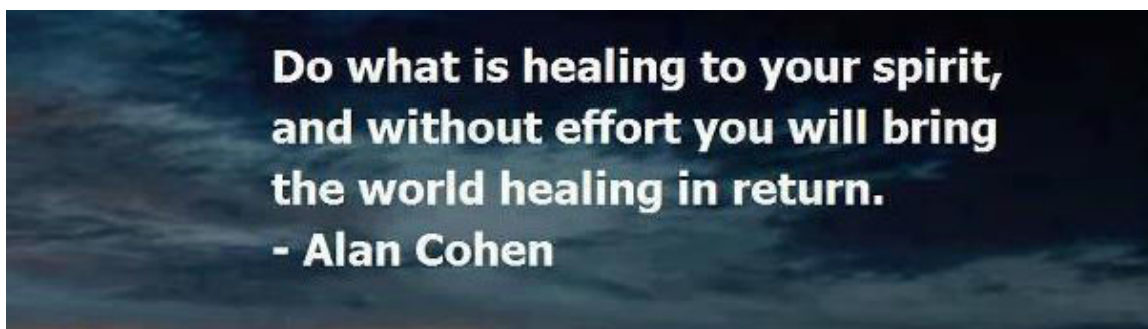


THE JAGUAR MEDICINE ARTICLE BELOW BLEW MY MIND WIDE OPEN. IT GAVE ME INCREDIBLE INSIGHT AS TO HOW TRAUMA BECOMES LODGED WITHIN OUR ENERGY FIELD THAT SURROUNDS US. TRAUMA FROM OUR PAST LIVES, TRAUMA OUR FAMILIES HAVE DUMPED ON US. TRAUMA WE CREATE INSIDE OUR MINDS WITH REPETITIVE HABITS.

**YOGA / MEDITATION / PROPER NUTRITION & HYDRATION ARE ALL NATURAL FORMS OF INDIGENOUS HEALING.** THE DOCTOR WHO DID THE RESEARCH BELOW CAME TO ME IN A DREAM LAST YEAR & GAVE ME HIS BUSINESS CARD IN THE DREAM. WHEN I WOKE I REMEMBERED HIS NAME, LOOKED HIM UP & THIS IS THE FIRST THING I FOUND...

**[CLICK>EXPLORE JAGUAR MEDICINE](#)**

Alberto Villoldo is brilliant & his work is powerful. I encourage you to seek out more of his work out if the article moves you. <http://onespiritmedicine.com/>



**[CLICK>THIS SOME INCREDIBLE INSIGHT ON GENERATIONAL PAIN](#)**

**[CLICK>THERE IS SO MUCH AMAZING RESEARCH BEING DONE NOW THAT PROVES YOU DO NOT HAVE TO BE LIMITED OR BOUND BY YOUR GENETIC MAKEUP](#)**

**[CLICK>THIS IS ALBERT VILLOLDO'S insight on energy healing & reprogramming our DNA](#)**

**[CLICK>You are AMAZING! The Neuroanatomical Transformation of the Teenage Brain](#)**



## TOP 10 WORDS OF WISDOM BY GANDHI

1. BE THE CHANGE
2. WHAT YOU THINK YOU BECOME
3. WHERE THERE IS LOVE THERE IS LIFE
4. LEARN AS IF YOU'LL LIVE FOREVER
5. YOUR HEALTH IS YOUR REAL WEALTH
6. HAVE A SENSE OF HUMOR
7. YOUR LIFE IS YOUR MESSAGE
8. ACTION EXPRESSES PRIORITIES
9. OUR GREATNESS IS BEING ABLE TO  
REMAKE OURSELVES
10. FIND YOURSELF IN THE SERVICE OF OTHERS

***ALL EMOTION IS BEAUTIFUL. STRONG, DARKER EMOTIONS NOW REQUIRE THEIR TIME IN THE SUN. AN ACTIVE MEDITATION & YOGA PRACTICE IS YOUR STILL PLACE TO HONOR AND MOVE THIS ENERGY. ALLOW FOR ALL TO FLOW THROUGH YOU. BECOMING IS A NEVER ENDING PROCESS + MY INTENT EVERYDAY IS TO BLOW MY OWN MIND THROUGH ACQUISITION OF INFORMATION THAT ALLOWS ME TO FEEL MORE COMFORTABLE AS A HUMAN "BEING" - AT REST - OPEN WIDE TO ALL.***

***ACCESS EMOTIONAL SELF CARE INSIGHTS ON MY YOUTUBE CHANNEL:***

***<https://www.youtube.com/playlist?list=PL1Cy0YTZErWpbQQz7INIMBrFKplq4L3md>***

***<https://www.youtube.com/watch?v=DMaSDD914qY&list=PL1Cy0YTZErWrXIAL8LNvXdqxPLAoYdH5J>***

**THIS IS SUPPLEMENTAL INFORMATION TO THE BODY SELF CARE MODULE. BODY MOVEMENT AND EMOTIONAL HEALING GO HAND IN HAND TOGETHER AND CAN TRULY PROPEL YOU INTO NEWER FACETS OF UNDERSTANDING OF YOURSELF EVERYDAY:**

**CONSISTENT CORE EXERCISES AND DAILY STRETCHING HAVE REALLY REALLY TRANSFORMED MY LIFE.** A LOT OF OUR FEMALE WOUNDING AND EMOTIONAL BAGGAGE IS IN OUR WOMB TISSUE. AS I LEARNED TO HONOR THIS AREA WITH INTENTION SO MUCH DARKNESS HAS BEEN RELEASED, PURGED AND HEALED. THIS IS INTENSE WORK AND IS NOT FOR THE FAINT OF HEART. MAKING YOUR PHYSICAL EXERCISE EXPERIENCES AN EMOTIONAL HEALING OPPORTUNITY IS SHAMANIC MAGICK AT WORK.

**ON WOMB / PELVIC HEALING:**

<http://www.pinklotuss.com/WombHealing.htm>

<http://theriteofthewomb.com/the-rites/>

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NOTE:

I AM A BIOLOGICAL BODY AND IN THIS BODY LAY ANCIENT KEYS AND CODES FROM MY ANCESTORS. WHEN I CONTRACT AND RELAX AND BREATHE AND HONOR THE BODY THESE KEYS AND CODES ARE RELEASED AND ACTIVATED. I HEAR MESSAGES I COULDN'T HEAR BEFORE. I AM REMEMBERING MY ORIGIN.

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YOU ARE A POWERFUL BEING, SIMPLY FOR BEING HUMAN MY FRIEND.

EXERCISES AND STRETCHING ARE POWERFUL SELF LOVE TOOLS. EVERY TIME I EXERCISE I AM FULLY FOCUSED ON MY BODY, CONNECTING MY BRAIN TO MY BODY PART, TELLING MYSELF I LOVE MYSELF, FOCUSING MY POWERFUL LIFE FORCE BREATH INTO ALL MY CELLS OF MY BODY AS I MOVE. THIS IS HOW WE GROUND THE SPIRIT ONTO EARTH MY DEAR FRIEND. THIS IS WHERE THE MAGICK REALLY LIES. WHEN I TAKE MY BODY BACK I HEAL MY WHOLE LIFE. WHEN I LEARN TO LOVE MY BODY I HONOR ALL THE LOST EMOTIONS WITHIN AND OFFER THEM ROOM TO ROAM AND BE FREE. MY BODY SELF CARE IS A SACRED ACT OF EMOTIONAL HEALING.

**[CLICK>EXPLORE THE POWER OF MINDFUL EMPATHY TO HEAL TOXIC SHAME](#)**

There are many ways to calm a negative energy without suppressing or fighting it. You recognize it, you smile to it, and you invite something nicer to come up and replace it; you read some inspiring words, you listen to a piece of beautiful music, you go somewhere in nature, or you do some walking meditation.

*-Thich Nhat Hanh*



**SADGURU IS AN AMAZING TEACHER. LEARNING TO SIT AND TO LISTEN TO NEW INSIGHTS ABOUT ANY SUBJECT YOU ARE CURIOUS ABOUT IS A POWERFUL HEALING OPPORTUNITY. **EVERYTHING I SHARE IS FROM SOME PROFOUND AHA MOMENT I HAD BY RESEARCHING AND SEEKING OUT THE ONE IN MY INNER BEING ASKING ME >>> I WONDER WHAT THAT MEANS. IAM THE COSMIC SEEKER OF MY OWN SOUL.****

**UNDERSTANDING ANGER & NEGATIVE EMOTIONS:**

[https://www.youtube.com/watch?v=-gL8c\\_ylofg](https://www.youtube.com/watch?v=-gL8c_ylofg)  
<https://www.youtube.com/watch?v=hzvT0vy5cjE>

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THIS WEBSITE BELOW HAS BECOME A GREAT TEACHER/TOOL FOR ME, ESPECIALLY WHEN I NEED TO REDIRECT MY THOUGHTS OR FEELINGS. LEARNING TO BECOME QUIET AND INDEED TALK LESS/INTERACT LESS GIVES US MUCH BROADER PERSPECTIVES OF THE WORLD WE ARE LIVING IN. BECOMING QUIET IS A PRACTICE. AN ART. A GATEWAY TO YOUR OWN WHOLENESS:

<http://keep-quiet.com/>

**ANGER IS WIDELY MISUNDERSTOOD & IGNORED: ESPECIALLY IN WOMEN.**

*WE MUST LEARN TO HONOR ALL OF OUR STRONG EMOTION. BOTH BY ACKNOWLEDGING THE PAST MEMORY/HURT, REALLY DESCRIPTIVELY SAYING HOW YOU FELT AT THE TIME, RELEASING THE NEED TO CONTINUE TO FEEL THIS WAY ABOUT THIS MEMORY & FEELING YOUR WAY BACK TO THE PRESENT MOMENT.*

*THE MORE WE PRACTICE THIS NAMING OF EMOTIONS EVERY TIME DARK EMOTION COMES UP INSIDE OF US WE ARE CHANGING OUR PATTERNS. WE ARE OPENING WIDE TO THE POSSIBILITY OF LIVING A MORE COMFORTABLE EXISTENCE.*

1. Let's distinguish between feeling angry and being hostile. Your emotion -- anger -- can be a private event that only you know about. You can stand in line impatiently, feeling frustrated and just feel really angry. But you say nothing and you do nothing. Or you can start yelling at the other people in the line and let everyone in your immediate range know you are angry. When you act on your anger by yelling, criticizing, threatening, or expressing sarcasm, you are being hostile. It's your hostility that will get you into trouble. Keep in mind that you don't have to act out your feelings. As simple as this observation may seem, it is important. It helps you recognize that you have a choice as to what you do.
2. What are the costs and benefits of being hostile? Ask yourself what the consequences have been for you and the people around you. Have you lost friends, upset your partner and your kids, gained a reputation as a difficult person? Anger can increase your blood pressure and risk of [heart disease](#). But anger may also have benefits -- at least you might think so. You might think that people will take you seriously, you will feel good about standing up for yourself, and your anger might motivate you. Look at the tradeoffs. Would you recommend that your friends become more angry? Why not?
3. Take a step back. You can pull away -- even for a minute or two -- to think things through. You don't have to respond immediately. Think it out -- what are the consequences of being hostile? Is it worth it? Can you just let it go and accept it as a "bump in the road" as opposed to a challenge to a duel?
4. What are you telling yourself that makes you so angry? You can make yourself even more angry when you take things personally, interpret other people's behavior as intentionally provocative, view an inconvenience as if it were a catastrophe, or label the other person as a bad person. Examine your thoughts and ask yourself if this event is worth getting angry over. Ask yourself if the other person is just doing what they do -- but not singling you out. Ask yourself if it might be worth accepting that people don't always live up to your expectations - - but you don't have to upset yourself about it.
5. Do you have a rulebook that makes you even more angry? You may have a list of "shoulds" about how other people should act -- and these infuriate you when people don't follow your rules. Examples are "they should drive faster," "this line should move faster," "people should always be polite and respectful," "everything should be fair," and "people shouldn't disagree with me." What if you dropped the rulebook and simply observed that the world is the way it is and wasn't built for your rules?

Keep a record of the situations that lead to your anger and your hostility. Keep track of your thoughts and try to use these ideas. You might find yourself less angry -- and less anxious -- and the people who care about you will appreciate your progress. You can control your anger rather than let it control you. - Robert Leahy, Ph.D

### **THE GUEST HOUSE**

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice.  
meet them at the door laughing and invite them in.

Be grateful for whatever comes.  
because each has been sent  
as a guide from beyond.

-- Jelaluddin Rumi,  
translation by Coleman Barks

## **SPIRITUAL INSIGHT ON ANGER:**

ANGER is the deepest form of compassion, for another, for the world, for the self, for a life, for the body, for a family and for all our ideals, all vulnerable and all, possibly about to be hurt. Stripped of physical imprisonment and violent reaction, anger is the purest form of care, the internal living flame of anger always illuminates what we belong to, what we wish to protect and what we are willing to hazard ourselves for. What we usually call anger is only what is left of its essence when it reaches the lost surface of our mind or our body's incapacity to hold it, or the limits of our understanding. What we name as anger is actually only the incoherent physical incapacity to sustain this deep form of care in our outer daily life; the unwillingness to be large enough and generous enough to hold what we love helplessly in our bodies or our mind with the clarity and breadth of our whole being.

What we have named as anger on the surface is the violent outer response to our own inner powerlessness, a powerlessness connected to such a profound sense of rawness and care that it can find no proper outer body or identity or voice, or way of life to hold it. What we call anger is often simply the unwillingness to live the full measure of our fears or of our not knowing, in the face of our love for a wife, in the depth of our caring for a son, in our wanting the best, in the face of simply being alive and loving those with whom we live.

Our anger breaks to the surface most often through our feeling there is something profoundly wrong with this powerlessness and vulnerability; anger too often finds its voice strangely, through our incoherence and through our inability to speak, but anger in its pure state is the measure of the way we are implicated in the world and made vulnerable through love in all its specifics: a daughter, a house, a family, an enterprise, a land or a colleague.

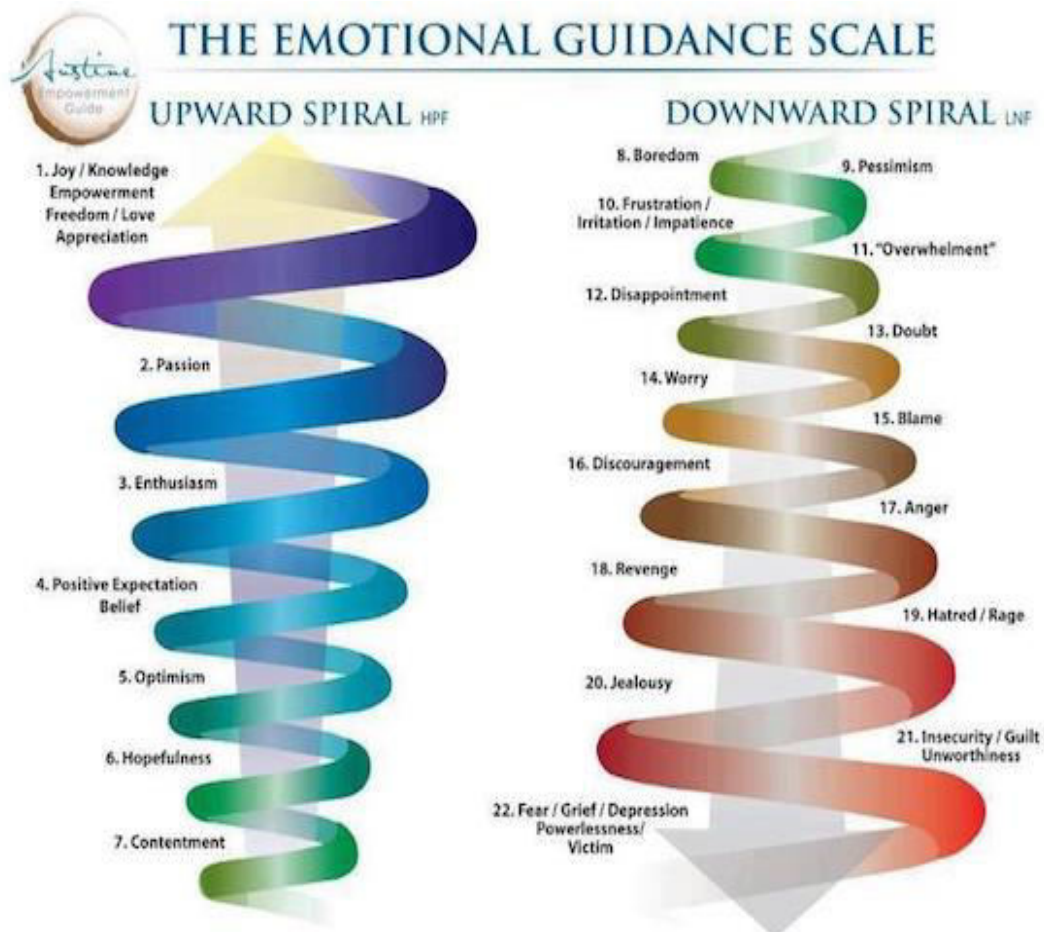
Anger turns to violence and violent speech when the mind refuses to countenance the vulnerability of the body in its love for all these outer things - we are often abused or have been abused by those who love us but have no vehicle to carry its understanding, who have no outer emblems of their inner care or even their own wanting to be wanted. Lacking any outer vehicle for the expression of this inner rawness they are simply overwhelmed by the elemental nature of love's vulnerability. In their helplessness they turn their violence on the very people who are the outer representation of this inner lack of control.

But anger truly felt at its center is the essential living flame of being fully alive and fully here, it is a quality to be followed to its source, to be prized, to be tended, and an invitation to finding a way to bring that source fully into the world through making the mind clearer and more generous, the heart more compassionate and the body larger and strong enough to hold it. What we call anger on the surface only serves to define its true underlying quality by being a complete and absolute mirror-opposite of its true internal essence.

~[David Whyte](#)

[CLICK>KUNDALINI YOGA KRIYA : TO RELIEVE INNER ANGER](#)

[CLICK>INCREDIBLY HEALING INSIGHT ON RELEASING  
REPPRESSED EMOTIONS SUCH AS ANGER](#)



**EXPLORE EMOTIONAL SELF CARE TEACHINGS::**

[#SELFCAREISSACREDEMOTIONS](#)

[#SUITESTPEEANGER](#)

[#SUITESTPEEGRATITUDE](#)

**OTHER FORMS OF MENTAL & EMOTIONAL HEALING TECHNIQUES THAT I DO CONSISTENTLY AS PART OF MY SELF CARE PRACTICE:**

**EMDR SOUND THERAPY:** EMDR is a remarkable treatment method used to heal the symptoms of trauma, as well as other emotional conditions, including anxiety and depression. EMDR is the most effective and rapid method for healing PTSD (Post Traumatic Stress Disorder) as shown by extensive scientific research studies.

This, in principle is EMDR therapy using sound (audio stimulation), which repeatedly activates the opposite sides of the brain releasing emotional experiences that are "trapped" in the nervous system. This assists the neurophysiological system, the basis of the mind/body connection, to free itself of blockages and reconnect itself.

**LEARN MORE VIA:** [https://www.youtube.com/watch?v=CvME\\_EyIPXU](https://www.youtube.com/watch?v=CvME_EyIPXU)

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**BINAURAL BEATS / ISOCHRONIC TONES SOUND THERAPY:** Binaural beats or isochronic tones (or a combination of both), are of commonly used to improve intuition, learning ability, memory, creativity, ability to concentrate, as well as to significantly reduce levels of stress and lower levels of chemicals related to stress.

**LEARN MORE VIA:** <http://www.sound-healing.info/>

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**EFT AKA. EMOTIONAL FREEDOM TECHNIQUE:** EFT is a form of psychological acupuncture, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. -- and voice positive affirmations.

**LEARN MORE VIA:** <http://eft.mercola.com/>

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**COLOR LIGHT OR CHROMOTHERAPY:** Modern science has now accepted the existence of an electrical force of energy flowing through the body by means of several devices. This energy gets depleted due to various processes we carry out throughout the day, and that is exactly when we need food to restore the depleted energy and ensure that our bodies function normally. Similarly, when a part of the human body is affected and loses its strength, it needs different foods and substances to maintain its optimum function. Colored light does just that! It sends out a particular vibration to the affected part, creating a harmonious balance and revitalizing it.



**LEARN MORE VIA:** <http://www.medindia.net/news/lifestyleandwellness/color-light-therapy-a-breakthrough-in-alternative-healing-practices-115224-1.htm>

**AFFIRM:** I AM COMMITTED TO GETTING TO KNOW THE NATURE OF THE DEEPEST PARTS OF ALL OF MY EMOTIONS. I AM WILLING TO OPEN MY HEART TO MYSELF FURTHER AND FURTHER EVERYDAY IN ORDER TO GET TO KNOW THE TRUTH OF WHO I REALLY AM UNDER THE STORIES OF MY TRAUMATIC PAST THAT IS STORED IN THE CELLS OF MY HUMAN BODY.

@suitestpee's

## POST TRAUMA TRIGGER SELF CARE

NURTURING OUR EMOTIONAL BODY & OUR INNER CHILD  
REQUIRES AN INTENTIONAL DAILY MINDFULNESS PRACTICE.

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WHEN YOU ARE TRIGGERED BY SOMEONE ELSE'S ENERGY BALL:

- ★ CHOOSE TO LEARN TO BE YOUR OWN MOTHER / LOVER / TEACHER.  
CHOOSE TO LEARN TO CARE FOR YOURSELF WHEN YOU ARE TRIGGERED IN WAYS OF YOUR OWN CREATION  
>>> YOUR WILLINGNESS TO EXPLORE YOUR "UNDESIRABLE" EMOTIONS IS A PIONEERING ACT.  
MY MOST REVERED SELF CARE PRACTICES FOR GROUNDING FROM MIND INTO BODY:;  
"TAKING A TIME OUT WHEN FEELING STRONG EMOTION RISING UP, "SELF MASSAGE," STRETCHING, "PRACTICING  
MANTRA & AFFIRMATION, "WRITING OUT STREAMS OF CONSCIOUSNESS, ALLOWING TEARS TO FLOW WITHOUT SELF  
JUDGMENT, "DEEP FOCUSED BREATHING INTO THE ABDOMEN & PELVIC FLOOR  
TO RECLAIM THE BODY'S ENERGY OUT OF "FIGHT OR FLIGHT" AKA PANIC MODE

SELF CARE IS SACRED. THIS ANCIENT TRAUMA BELONGS TO THE COLLECTIVE BODY/MIND. I AM WILLING TO HEAL MYSELF TO HEAL THE WORLD.

- ★ COME TO TRULY KNOW & ACKNOWLEDGE WHEN YOU ARE YOU ARE TRIGGERED  
>>> WHAT WAS IT SPECIFICALLY THAT HAS HOOKED ME BY WHAT THIS PERSON SAID / DIDN'T SAY / DID / DIDN'T DO  
>>> WHAT LIES AROUND THIS TRIGGER IS MY MIND TELLING ME THAT IS CAUSING ME TO SHUT DOWN?  
>>>WHAT SENSATIONS ARE MOVING THROUGH MY HUMAN BODY AT THIS TIME?
- ★ SEEK OUT THE HISTORICAL ORIGIN OF THE TRIGGER WITH COMPASSION & CURIOSITY FOR SELF. YOUR PAINFUL  
MEMORIES CANNOT HURT YOU IN THIS PRESENT HERE / NOW.
- ★ DIVE DEEPER & TRY TO REMEMBER EXACTLY HOW YOU FELT DURING THOSE ORIGINAL TIMES OF PAIN/TRAUMA  
/HURT/NEGLECT/ CONFUSION/LONELINESS +++
- ★ NAME AS MANY EMOTIONS AS YOU CAN OUTLOUD THAT ASSOCIATE WITH THE MEMORY / EXHAUST THE LIST OF  
ENERGIES MOVING THROUGH YOU. FEEL THE HEALING VIBRATION OF YOUR VOICE AS IT WASHES OVER THE MEMORY  
IN PRESENT TIME  
>>> GET USED TO SAYING :: I FEEL XYZ BECUASE ... // I FELT XYZ >>> RATHER THAN PROJECTING YOUR PAIN OUTWARDS  
ONTO OTHERS WITH "YOU ARE MAKING ME" STATEMENTS.
- ★ CONSCIOUSLY TAKE THE TIME TO RELEASE EACH MEMORY WITH LOVE FOR SELF FOR WITHOUT EVERY SINGLE  
EXPERIENCE OF YOUR HUMAN LIFE YOU WOULD NOT BE THE SAME BEING YOU ARE TODAY. ALL DARK AND LIGHT AS  
ONE.

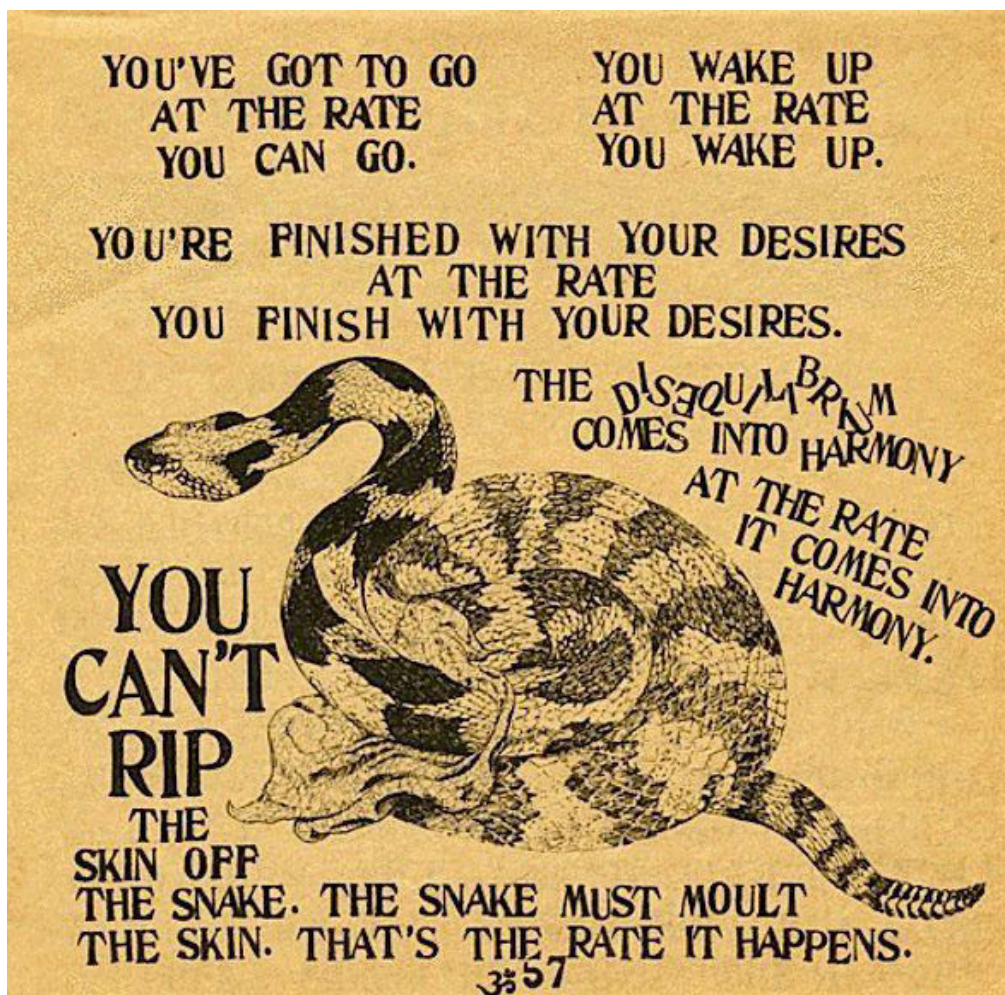
<http://boundariesarebeautiful.com/mentalalchemy/> EXPLORE: #suitestpeeptsd + #selfcareissacredmind

**CLICK>LEARN MORE ABOUT DEALING WITH  
POST TRAUMATIC EMOTIONAL ISSUES**

[CLICK>EXPLORE YOUR EGO //](#)  
[MENTAL SELF-AWARENESS IS YOUR BIRTHRIGHT:](#)

+

[CLICK>EXPLORE THE VOICE OF KNOWLEDGE.](#)  
[WHO ARE YOU REALLY?](#)  
[ARE YOU BEING CONTROLLED THE LIAR IN YOUR HEAD?](#)



[IMAGE FROM RAM DASS' ICONIC BOOK: BE HERE NOW](#)



SELF-EXPLORATION IS FREE. SELF CARE IS FREE. SELF MASTERY IS FREE. ACCESS MY OWN PERSONAL JOURNEY THROUGH LIFE LONG DEPRESSION, SELF HARM & ANXIETY. LEARNING & PRACTICING NEW WAYS OF THINKING AND FEELING DAILY HAS COMPLETELY TRANSFORMED MY BRAIN.

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**YOU CAN HEAL YOUR LIFE. ALL YOU HAVE TO BE IS WILLING.**

**~Louise Hay**

**[CLICK>3 POWERFUL HABITS FOR BUILDINGS YOUR SELF ESTEEM](#)**

### Vintage Diary : 3.6.2013 BY SARAH DURHAM WILSON

"I Heal Myself to Heal the World / When your heart is breaking, it's not the time to run or numb or cast blame outwards. It is not the time to do what we've always done. We can no longer afford to do what we have always done. What we have always done has not worked. Turning and facing your own pain is turning and facing the Earth's pain. You must heal yourself to heal the earth. When your heart is breaking, it's the time to deepen into it. It's the time to hear what it has to tell you and see what it has to show you. It's time to turn and face yourself. This is your moment. This is the time. You talk about healing the earth while poison still lies inside you. You are earth herself. Clean it out, clear it out, only then can you heal the ground beneath you. Purify self to purify earth. You can no longer fill the hole with gossip, alcohol, bad TV, the other addictions. You never could. All the hole has ever needed was Love, that's why nothing else ever worked. Self Love is Self Sustainability. You need You the most. This is where the big healing happens, when you breathe into your broken heart. Hand on your heart, breathing through your heart. Clearing it with your own breath, like the winds in the storm that take away the dead and the debris. Don't be afraid of the storm of truth, it's here to heal and free you. Lead me from the unreal to the real. This is the time to align with your truth and set yourself free. This is your chance to show yourself, for good, that you're here for you, and no one is ever going to come between you or take you away from you. No one is coming to save you. You don't need saving. You need freeing. The abandonment issues end here. The self-loathing, self-judgment, self-destruction, self-punishment. It stops now. For you, and all the women who've come before you. For you, and all the women who come after you. It stops now. The healing happens now. No more outside voices dictating your life. No more saying what you think others want to hear out of fear they'll leave you or judge you. No more shrinking, no more begging. No more speaking your truth then apologizing for it- it insults your soul. No more living like a refugee. You're your own mother, your own lover, your own sister, your own best friend, your own protector, your own teacher, your own nurse and midwife, your own medicine woman. If you're going to heal the earth you're going to have to be a powerful warrior. This is a big job for a big woman, and you know you've been chosen. There's no more waiting. You don't need any more signs. We are each maiden, mother, crone. Unlock your wise woman, with all her natural innate and ancient healing. You've got to heal yourself before you heal others. You've got to hold your own hand. You do not need permission to endlessly unconditionally love yourself; it is your birthright, your duty. You do not need permission to slice away what no longer serves, what keeps you down, stifled, depressed, leashed. You do not need permission to shed the old skins and heal the old recurring wounds and transform. In fact, it is your birthright, your duty. If you are awake in this lifetime, you are here to heal the cycles for good, this is your time. Unleash your fearless medicine woman. Show yourself what you've got. Be the amazing, endlessly transforming woman that you are for yourself, first. Stun yourself with your own love and healing. See what the angels

see in you. See yourself how Love sees you. If you can't do this for you you can't do this for anyone else, it will all be in vain, it will be more starts and stops, crashes and victimization. Self-love is sustainable love. How would you nurture a howling child, stay with yourself. Sit with yourself. I've seen you heal others, now it's time to heal you. The abandonment issues don't stop until you stop abandoning yourself. You don't ignore a child when she cries, why do we still ignore our own cries, the cries of our heart, our inner child? Receive the love that comes through you before you send it out. You don't have to give it away so breathlessly. Receive it first, serenely, let it heal every cell. Let love and light heal every cell. There's nowhere to run, there's no more time to waste. Love yourself deeply, thoroughly, unconditionally, patiently, serenely. Receive. Be the Priestess. Know you are sacred. Every breath, every thought, every second, sacred. It's just you and you and you aren't going Anywhere. Be there for you. The abandonment issues, the neediness, the clutching, the fear, the desperation, it ends here. With you. You're all you have and all you've ever needed. Deepen into the broken heart. Look around. Shine a light. Look at what hurts, find the gold in the wreck. Heal the wounds now, don't wait any longer. There is no more time to wait. It's not a question of can I heal myself? It's a question of when. It's a question of Are you finally ready, how bad do you want it. You know what hasn't worked. Stop doing it. Stop tuning out. Tune in. The love you've so fervently sought your whole life has been waiting for you in your own heart. Turn in. Love in. The seeking outside of yourself ends here, it ends now. Come home to yourself, and stay. Stay for good this time. No more leaving you. No more not loving yourself and blaming others for the pain. You simply cannot point to another anymore for the cause of your unhappiness. When you know inner peace you will know outer peace. When there are no inner wars there is no outer war. Peace depends on this generation. Truce. Peace. Forgiveness. Surrender. In your own heart, there is nothing to fear, there is everything waiting to be healed. The lions will turn to kittens when they are shown love and attention. The medicine woman lives in you. Just remember her to unleash her. You are your own healer, you were born with everything you ever needed. Yes, you're right, you are here at this time to heal the world. But first you must heal yourself, as you are Mother Earth herself. You come from a long line of healers and sages. All you have to do to unlock your infinite power is to remember. It's all right there. It's all in you. Inside you, a powerful healer is awakening. Tell her you are ready. Tell her she may do her work. Tell her it's time for her to fully rise. Let the healing begin. Let it begin in you and move outward. Once it starts, it never ends, and there is no limit to how far and wide your healing will spread.”

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"We all share the wound of fragmentation. And we can all share in the cure of unification. Healing is the unification of all our forces -- the powers of being, feeling, knowing, and seeing.

I look in the mirror and I look out the window and I see myself and others struggling to be in our bodies. Struggling to know who we are and what we need. To like ourselves, rather than wanting to be somebody else, or somewhere else. I see our inability to relate, to communicate from the heart, to overcome our distance and alienation from one another.

I see us avoiding each other's eyes, at a loss to know what others need. I see people searching for direction, trying to summon up their personal power, longing for the strength to be independent.

The wounded healer in me knows that healing our driven selves comes from our ability to empower our bodies, hearts, minds, souls, and spirits once more, bringing them into vital unity. Spiritual healing means taking responsibility for being a whole person. We have to take responsibility for being a body, for having a heart, for possessing a mind, for awakening our soul, for opening to our spirit. We need to do right by our body, purify our relationships, use our mind for creative freedom and not enslavement, free the soul from the ego, and undertake the spiritual journey. A whole person is an inspired person, one who embodies the spirit.

Disease is inertia. Healing is movement. If you put the body in motion, you will change. You are meant to move: from flowing to staccato, through chaos into lyrical and back into the stillness from which all movement comes.

If you let your heart be moved, be open to the risk and the adventure of feelings, letting them work through to completion, you will change. Tears turn into smiles, anger into embraces.

If you free your mind to experience and complete each of your life cycles, integrating their teachings and tasks, you will change. It's when you stop moving through life that you get caught out of place, that you react to adult situations with childhood emotions. Moving completely through your life makes you whole.

If you awaken your soul, you will change. Engage your characters. Watch yourself act them out. Master them, and you're free to be, feel, think, and act as your distinct self.

The spirit in motion heals, expands, circles in and out of the body, moving through the layers of consciousness from inertia to ecstasy. Open to the spirit, and you will be transformed.

Movement is my medium and my metaphor. I know that if a wave of energy is allowed to complete itself, it yields a whole new wave, and in fact that is all I really know. Riding these waves means joining the cosmic dance that, as Dante says, 'moves the sun and the other stars.'

- Gabrielle Roth

EXPLORING & STUDYING MY EMOTIONAL HEALTH & SENSITIVITY OVER THE LAST 5 YEARS HAS HELPED ME LEARN TO LOVE LIFE. SELF CARE IS A DIVINE SACRED ACT THAT HEALS EVERY LAST BEING WHO COMES INTO CONTACT WITH YOU. I GREW UP IN A VERY EMOTIONALLY & PSYCHOLOGICALLY ABUSIVE & NEGLECTFUL HOME, RAISED BY CHILDREN IN ADULT BODIES WHO BARELY KNEW HOW TO CARE FOR THEIR OWN EMOTIONAL & MENTAL HEALTH. BABIES HAVING BABIES. LEARNING TO TAKE CARE OF MYSELF WITH AUTHENTIC CARE & INTENT HAS BEEN MY WHOLE LIFE'S JOURNEY IN EMANCIPATING MYSELF FROM THE INNER TURMOIL I INHERITED.

>I HAVE BEEN SUICIDAL SINCE BEFORE PUBERTY.

>I WAS SELF HARMING BEFORE PUBERTY.

>I HAVE HAD MULTIPLE ACTIVE EATING DISORDERS SINCE BEFORE PUBERTY THAT I AM STILL HEALING.

>I WAS SEXUALLY ACTIVE ALMOST AS SOON AS I STARTED MENSTRUATING AT 12.

>I WAS DOING DRUGS & DRINKING ALCOHOL REGULARLY BY THE TIME I WAS 12 YEARS OLD.

>I CUT MYSELF & PIERCED MYSELF TO MEDIATE THE PAIN I FELT.

>I MUTILATED MY OWN GENITALS TO MEDIATE MY SEEMINGLY UNCONTROLLABLE SEXUAL URGES.

>I GAVE MY BODY AWAY TO MEN DECADES OLDER THAN ME FOR YEARS IN SEARCH OF LOVING CARE FROM A MASCULINE ENERGY.

>I PRACTICED FOOD RESTRICTION & OVER EATING HABITS DAILY & WAS BULIMIC FROM AGES 14-25.

>I WAS A STAR ATHLETE & STUDENT & HAD MY FIRST NERVOUS BREAKDOWN AT 16 WHEN I ENTERED POST-SECONDARY SCHOOL. I DROPPED OUT ON DAY ONE. THE PANIC & ANXIETY OVERWHELMED ME. I THOUGHT I WAS GOING TO DIE. NO ONE KNEW HOW TO SUPPORT ME.

>THEN I BROKE DOWN AGAIN AT 19 WHEN MY PARENTS FINALLY ENDED THEIR TOXIC MARRIAGE AND BODY WAS CONSUMED BY GRIEF.

>THEN AGAIN AT 24 WHEN I HAD THE COURAGE TO FINALLY LEAVE A VERY ABUSIVE PARTNER. IT HAS TAKEN ME MANY YEARS OF SELF-DIRECTED HEALING TO UNWIND FROM THE GRIEF THAT FOLLOWED ME EVERYWHERE.

I HAVE BEEN MEDICATED ON ANTI-DEPRESSANTS, ANTI-ANXIETY MEDS, BIRTH CONTROL ALL BEFORE I TURNED 20.

I HAVE BEEN HEARTFULLY DISAPPOINTED IN ALMOST EVERY EXPERIENCE I EVER HAD WHEN ATTENDING TALK THERAPY SESSIONS WITH ANY ADULT.

I ALWAYS FELT THAT I WAS BEING JUDGED & CATERGORIZED RATHER THAN GENUINELY LISTENED TO. HOLDING SPACE HAD SEEMINGLY BECOME A BUSINESS MODEL AND IT STUNK TO ME. WHERE WAS THE REAL CARE? THE REAL COMMUNITY? I COPEDED BY HOLDING EVERYTHING IN AND NEVER REALLY LEARNED TO EXPRESS MYSELF EMOTIONALLY UNTIL I MET MY TWIN FLAME TYSON IN 2012. HE HAS TRULY BEEN THE MOST INCREDIBLE GUIDE, HELPING ME EXPLORE MY PAST LIFE & CURRENT LIFE TRAUMAS BY LEARNING TO IDENTIFY SPECIFIC EMOTIONS AS THEY MOVE THROUGH MY BODY AND LEARNING TO HEAL MY OLD TRAUMATIC REACTIONS WITH NURTURING MY PHYSICAL BODY, ESPECIALLY IN TIMES OF STRESS AND ANXIETY. THE GIFTS I SHARE ON ALL OF MY SOCIAL MEDIA PLATFORMS WERE PIECES OF GOLD I DISCOVERED AS I CHOSE TO EXPLORE MY OWN INNER BEING WITH LOVING CARE.



**“Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will take their place.”**

**~RUMI**

MY DAILY RUMI EXPLORATION HAS HEALED MY BODY MIND SOUL.  
WORDS READ AND SPOKEN ALOUD ACTIVATE DIVINE ENERGIES WITHIN.  
LEARNING TO USE MY VOICE IN THE DIRECTION OF TRUTH & LOVE IS MY  
AGREEMENT I HAVE MADE WITH MY LIFE. THANK YOU DON MIGUEL RUIZ.

THANK YOU TO ALL THE TEACHERS WHO HAVE LIT THE PATH FOR  
OTHERS TO FOLLOW. HOLD YOU CUP. YOU ARE WELCOME HERE. HONOR  
THE FLOW. HONOR YOUR ENERGY IN MOTION. HEAR YOURSELF SPEAK.  
FEEL YOURSELF WAKE. THE TIME IS ALWAYS NOW.

[#SUITESTPEEMANTRA](#)

[#SUITESTPEEDECREE](#)

[#SELFCAREISSACREDAFFIRMATIONS](#)

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What am I, really? The beautiful thing...is nobody can tell us what we are. Nobody can really tell us. Not in a way that's going to be satisfactory to us. Our true nature is self-authenticating. When we bump into our true nature, it authenticates itself. Something inside us knows. This...is what has been sought for, longed for, looked for. This is it. Usually, it's not what we expected...

~~~

You must want to know the truth more than you want to feel secure in order to fully awaken to the fact that you are nothing but Awakeness itself.

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When you rest in quietness and your image of yourself fades, and your image of the world fades, and your ideas of others fade, what's left? A brightness, a radiant emptiness that is simply what you are.

**ADYASHANTI**

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