**6 Week Course**

Lost and Found

Phew! We made it through the brain science and you have come back for week 4. Congratulations!

For week 4 we have this PDF for you to read called “Lost and Found” which takes you on a journey a bit like the ‘curve of Wounding and Recovery’ in week 2 and explains what happens to take you away from your true nature and also how you restore it. Let’s start now.

The way families are structured at the moment every child will have had to disconnect to a smaller or larger degree, from their own budding awareness of the levels of consciousness and their personal sense of their unique self with it’s attendant compass and rudder guiding the person to what they really need

In order to maintain a sense of connection within the family, a child also has to sacrifice knowing of the loss of this authentic self-connection, the loss of spontaneity, the loss that not being loved for oneself entails, the loss of the ability to be fully in touch with their developing systems, the loss of connection with each of their Levels of Consciousness, the loss of connection with others and finally the loss of the space to fully grieve those losses as well.

The child shuts down much of the awareness, together with their grief and goes on to develop a set of memorised automatic reponses, psychological and physical reactions that habitually run and define who they are.

The fact the these are now in place is also lost to conscious awareness. The programming is set up within the unconscious which makes up as much as 95% of the daily decision-making process and the unconscious is not readily available to the conscious mind which may have some choice in, at most, the remaining 5% of decisions.

The programmes are set up not to be changed and as far as our biology is concerned, these have literally been hard wired in our brain with lifesaving in mind. What these do is save our early life, but ultimately become life damaging.

No longer able to access our internal compass we are focused outside and are not able to see, let alone choose, what truly makes us happy.

As an adult it is this compass and rudder which then goes on to inform the choices we make in life, choices which can be as simple as what colour clothes we really like to what type of work best utilises our innate skills or who we form relationships with.

The more we have disconnected from our own internal guidance, the more we lose our way and make choices based on external pressure, our system loses it’s ese and we begin to become dis-eased.

Your body is one of the principle sources of information as to how we are on track. This is because when we are off track our body becomes stressed as it is not working in the way it was born to do.

Signs that you are not on track can include:

Low energy

Muscle tension

Lack of ability to focus

Difficulty identifying feelings

Trouble making choices

Poor sleep

Reduced immune system functioning

Addiction

Chronic illness

Repeating dysfunctional patterns in relationships

You may have spent your life ding things that were not in accord with your authentic self and your body will have been signalling you that it is not okay. If we don’t listen and act on the messages, we begin to steal the body’s energy and resources away from doing the job it is designed to do, namely maintain your physical health.

As you clear and integrate your past and also open into, and reclaim, your fullest consciousness you will find it easier and easier to be able to get back on track with who you really are and what you really need in life in order to experience your fullest potential

Questions

Do you think it is true that you had to disconnect from yourself to an extent in your family to maintain a sense of connection within the family?

If so, the how do you think you disconnected?

How much do you personally think your subconscious runs the show?

What do you understand by ‘focusing externally’?

How accurate do you think your compass and rudder are?

Do you resonate with any of the signs that you are off track listed in this PDF?

What steps can you take to align more with your authentic self?