

A New Life is already waiting for you

As Easter approaches we are reminded of new life whether you follow the Christian tradition of the Risen Christ or the Pagan celebration of the Goddess Eostre's Eostre's Day, heralded the onset of springtime. Ostara, or Esther, the Goddess of Spring, was honored by the old tribes people of Europe. She has been depicted as holding an egg in her hand while watching a rabbit jump playfully around her feet, and from this association we now have the Easter Bunny.

At this poignant time of year take a moment to contemplate this question

“What sort of a new life would I like?”
And more importantly
“What stops me achieving this?”

Many people reach a point in their lives where they question

- *Where am I going?*
- *How on earth did I get where I am now?*
- *Why do I feel so empty?*
- *Will I ever feel safe, loved, accepted?*
- *Why do my fears outweigh my courage?*
- *How do I move these habits that have dogged me for so long?*

The answer to these questions lies in the deep recesses of the subconscious, the shadowy parts in our psyche referred to by Jung and yet they impact our lives and decisions every single day, day after day. Your perceptions about you and the world around you are formed early in life and they become hard wired into your brain creating a pattern of stimulus and response. Most of you are not even aware of them yet alone how they got there in the first place but you know at a deeper level that there is a part of you that is disconnected and there is a longing to reclaim it so that you can feel complete.

What we think about expands and most of our thinking is controlled by how we learnt to perceive our world when we were young. The young child's brain can only think in polarities;

- You love me -you hate me
- I am good - I am bad
- I am lovable -I am not lovable

How we are nurtured and accepted not only by our parents but also the extended family, friends, teachers, the socio – economic background we come from, religion and cultural traditions all play an integral part in creating our beliefs about ourselves and our self esteem. Our life is determined by the “Committee of They” – they said this about me and that about me and the tragedy is that in most cases we believed it when they told us we

were too dumb, too loud, too ugly, too fat, too skinny, too shy, too disruptive and the list goes on and on and words turn in to gut wrenching emotions that whisper to us that we are not quite alright. This is how perceptions are created and our perceptions create our reality.

These perceptions of whom we are, what we deserve, and ultimately what we become are only illusions placed on us as children and yet they seem as real as the solid walls we placed around our tender hearts to protect them. Just like the forest of thorns that grew up around the castle where Sleeping Beauty slept in her tower waiting for the prince to rescue her.

Resurrection comes when we put to death the lies that grew up around us, when we search for the true identity inside and release the false one that has been directed by fear

Buddha tells us that:

“There are only two choices in life love or fear”.

When our past is unrecognized and unhealed there can only be fear and in many cases we have carried these fears over lifetimes into the present. The power of emotions is only now being understood by the medical field, known as psychoneuroimmunology scientist concede that between 70 – 90% off all illness is psychosomatic meaning that emotions – even though frozen, unexpressed and inaccessible has enormous power to create the reality of whatever it is holding.

How do we accomplish this New Life?

Just like any great quest it requires a journey, a journey back to where we first encountered the beliefs of others and claimed them for ourselves. Known as Inner Child work we allow the child within us to release these perceptions as we lovingly learn to re-parent ourselves. Because our future is created by the thoughts in our subconscious mind, real and perceived hurts and pains from childhood will recreate the same patterns in our life over and over. It is easy to understand how one can have an Inner Child problem if we grew up in homes and families that were dysfunctional and even toxic, but even the best of families with all the right intentions can create an Inner Child purely on the basis of how a child’s brain develops and the perceptions that are created there. The shame, anger, abuse, neglect, abandonment, and dysfunction in our childhoods often re-emerges in ways that are very different from the original feeling. It can present itself as co-dependence, workaholicism, addictive behaviors, depression, anxiety, compulsive behaviours such as eating disorders, bodily pain,

Inner Child work it gives us the necessary skills and resources to re-unite with our Authentic selves and that will impact every area of our life. This is not about being a victim or being stuck in trauma from our past it is about finding that wonderful innocent self that believed everything was possible, John Bradshaw states it so beautifully

“Creativity is the glory of being human and our human destiny is to create our own unique lifestyle, to do this we need the spontaneity, resilience and curiosity of the Divine Child.”

Are YOU ready to create a life that:

- Empowers your choices for a life of abundance on all levels
- Improves energy, vitality and health
- Greater self esteem through vibrational rebalancing and life skills
- Increased productivity through self belief
- Guilt free lifestyle choices

If you are Abundant Life invites you to join us for a journey of a life time

Coming Out of the Dark - Rescuing the Inner Child
April 18th – 20th - 3 full day workshop

Who should do this workshop?

- Anyone who believes that they deserve the very best out of life
- People who are ready to take a quantum leap into designing their future through the Power of Attraction
- Parents – who either have children or are contemplating having them – imagine having the knowledge and skills to give your children the necessary self esteem and understanding so that they can create lives that are authentic and powerful
- Teachers – so that they have a better understanding of why children in their classes are exhibiting certain behaviors and how to help these children build their self esteem.
- Doctors and medical staff – many people who have depression have deep emotional issues that have been locked away. Depression tells us the way we see life is no longer working. Inner Child work inevitably helps a person gain a new refreshed view on life releasing them from helplessness and giving them powerful tools to get their life back.
- Teenagers – life is difficult enough during our teens, by removing limiting self beliefs you free up self esteem to help create vibrant happy teens who feel that they have the tools to cope with navigating through this difficult time. Abundant Life has an outstanding record for helping teens develop life skills

For further information go to our website www.abundantlifesolutions.com.au and click on workshops then “Coming Out of the Dark” at bottom of page
Or email us on info@abundantlifesolutions.com.au for a detailed brochure and registration form