

## Removing the Blocks in Your Life

- **Define your problem-build a foundation**
- **Feel your experience -go beyond the mind and defences**
- **Explore deeper meaning connect with the cause-be accountable**
- **Take full responsibility for your your situation-be accountable**
- **Learn the soul lesson what is the higher meaning and essence**
- **Take action-anchor the new learning and serve**

<b>Tools to use:</b>
<b>Heart space exercise</b>
<b>Surrendering as a tool for healing</b>
<b>Presence with inquiry</b>
<b>Create your sanctuary</b>
<b>Forgiveness of yourself and others</b> <b>for yourself: astaghfar kabir (mathurat)</b> <b>for others:</b> <b>1.[“Name], I fully and freely forgive you. I completely let you go. I do not wish to hurt you. I wish you no harm. So far as I am concerned, this trouble between us is over forever. You are free, and I am free, and all is well again between us.”</b> <b>2.Relax fully after you get into bed for the night. When your mind is quiet, picture the face of the person you want to forgive, and imagine yourself giving them everything that you would like for yourself</b>

<b>Things to avoid :</b>
<b>Self Blame</b>
<b>Blaming others</b>
<b>Negative Self Talk</b>

<b>Blocks to Growth</b>
<b>Resource lists are intuitive tools to help us get feedback from the subconscious about what is important for us. Scan the list below quickly, noting which blocks catch your attention. From the items you checked off, pick the top five and explore these in your journaling.</b>

## Holistic Leaders Block Busting

addictions aggression anger anxiety arrogance attachment being judgmental being opinionated being reactive being scattered being too emotional being too intellectual being ungrounded blind devotion boredom carelessness complaining compromising compulsion conflict confusion cowardice criticism cruelty defensiveness denial dependence depression dishonesty disorder dominance doubt egotism envy pride procrastination rationalization	fear feeling needy frustration futility future thinking greed guilt hate  hopelessness humorlessness ignorance illusion impatience impulsiveness indecision indifference inertia insecurity insensitivity intolerance isolation jealousy lack of confidence lack of creativity lack of discipline lack of purpose lack of trust laziness living in the past <b>selfishness</b> <b>shame</b> <b>shyness</b> <b>stress</b> <b>stubbornness</b> <b>suffering</b> <b>timidity</b>	loneliness low energy malnutrition manipulation materialism mediocrity moodiness needing to please others negativity no fun obsessions pain perfectionism poor health poor self-esteem possessiveness poverty mentality prejudice repression resentment resistance ridicule self pity self sabotage  <b>unexpressed emotions</b> <b>vanity</b> <b>withdrawal</b>
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### Some negative emotions and behaviours to check yourself for

Identification - identifying oneself with a prestigious individual or institution to build one's sense of self-worth.
intellectualisation - coming up with highly intellectual reasons or convincing arguments to justify the situation and keep attention away from feelings.
introjection - adopting external values and standards as one's own to ensure those standards are not used against him/her.
isolation - separating feelings and thoughts that are connected

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Identification - identifying oneself with a prestigious individual or institution to build one's sense of self-worth.		
isolation of affect - "thinking" feelings rather than actually experiencing them		
judging		
justifying		
laughing it off		
lying		
minimizing - writing off problematic events and behaviors as being too minor to worry about.		
passive aggression - indirect and unassertive expression of aggression towards another. projection - perceiving that another has our thoughts or feelings so we don't have to own them.		
rationalization - thinking up reasons to justify what's happening while ignoring one's feelings.		
reaction formation - unconsciously thinking, feeling and acting in ways that are opposite to how we really think and feel.		
regression - slipping back into old, often immature, ways of behaving to release the feelings.		
repression - burying thoughts and feelings in our unconscious so we no longer have memory of them.		
seeking approval	self-deception	shouting
ridicule	silence	smiling
sublimation - channelling socially unacceptable feelings into a socially productive activity.		
undoing - doing the opposite of how one feels to try to negate the feelings.		
withdrawing		
violence		
suppression - some awareness of a thought or feeling, but we try to hide it.		
threatening		

**Some Victim statements:**

**Look what you made me do.  
You hurt my feelings.  
It's not my fault.  
Can you believe what she did to me?  
If you straightened up your act, we could get along.  
I want an apology.  
I want her to acknowledge that what she did to me was wrong.  
I am sick and tired of ....  
I don't appreciate that.  
I don't have enough time.  
When you do that, it just drives me nuts.  
I can't help it--it's just the way I am.  
If only he/she would/wouldn't  
It's all his/her fault.  
I was just minding my own business when....  
I am always so busy. I never have time for myself.  
I'm that way because of my terrible childhood.  
I don't love myself enough yet, and, until I do....  
Can you believe it? That man/woman cut right in front of me....  
I was late because I hit every red light; I was behind the school bus; etc.  
We always have to do what you want to do.  
I have told you a thousand times that I don't like that.  
And after all that I have done for him/her If they cared about me, they wouldn't do  
that.  
I do all the giving around here and get nothing in return.  
I have been abused by people all my life.  
I am just not going to put up with that anymore.  
I have worked hard for all I have and look what you did.  
I have worked two jobs just to support you.  
My boss doesn't respect me.  
My kids don't appreciate all that I do for them.  
It is because of you that I have this headache.  
You just don't know the misery that you have caused me.  
If it weren't for me you would be a nobody.  
I don't ask much from you. Why can't you do this for me?  
You have hurt me for the last time.  
Why does this always have to happen to me?  
You make me so mad, frustrated, angry, etc.**

<b>Some smart questions to ask yourself and write in your journal</b>
What do you try to control in your life and how do you do it?
Who do you trust?
·What do you trust?
How do you trust in yourself?
How do you not trust in yourself?
How is the world, the universe a friendly place?
How is the world, the universe an unfriendly place?
How do you trust in yourself to make you happy? (No one but ourselves can make us happy.)
What do you feel you must control to be able to function well?
When you are caught in struggle of any kind, where is your faith?

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*Table 19 Questions to Answer*

what blocks/ problems weakness and life challenges do you have?	what are your pet peeves, what pushes your buttons?	what really gets you stressed upset and angry?
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<p>what is not working for you in your life?</p>	<p>what or who do you dislike and why?</p>	<p>what are you afraid of?</p>
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what do you feel down or sad or depressed about?	what is the worst thing that ever happened in your life?	How do you feel your parents could have done better in raising you?
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Pay attention to your thinking. Thoughts are powerful. It's been estimated we have over 50,000 thoughts every day. How many of those thoughts serve you? Learning to develop more awareness of our thinking, to replace negative thoughts with positive ones and to actively use intention to bring focus to our activities pays off royally in our experience of quality of life.

Use Conscious Prayer to change the way you think:  
Allahuma Inni Auzu Bika Minal Hammi Wal Hazan  
My Lord, Protect me from regret over the past and anxiety over the future