

Hi I am thrilled you are interested in *healing your triggers*

Let's get started! As I mentioned in my previous sharing there is a great chance you are carrying triggers, traumas and stress which are caused by the past including the ones you have inherited from your ancestry. If you are very much identified with your gender, you may greatly benefit if you could learn about your forefathers if you are man, and about your foremothers if you are woman. Learn their lives. Imagine how their lives could have been. Learn any little bit of information you may find. Some of us indeed are very blessed to have published books or articles about our ancestry. Many of us have very little information. Thus, this sharing focuses on the latter.

To share this tip I am honoured to demonstrate what I mean with my own example:

I consider myself so blessed that I found my soulmate and married to my best friend. I love him and I cannot imagine my life without him. A few days after our happy wedding day, we started to argue and suffer from our differences. He is a very kind man and I am kind, generous and loving woman too. We had so many differences and when I focused on them they were the cause of our arguments and unhappiness. It got so painful that we were growing apart which was alarming. Regardless of how many times I promised myself not to react to our differences, I could not stop myself arguing with the man I call my soulmate. Nothing helped until I read Eckhart Tolle's books that teach how to stay still when ego, pain bodies and group identifications trigger us to do what we will regret (self-sabotage).

Eckhart Tolle's books *Power of Now*, *Stillness Speaks* and *New Earth* helped me to be still with ego, pain bodies and group identifications I carry ( I am still healing from some). According to Eckhart we carry pain bodies due to our identifications with a certain group based on our gender, nationality, race, country, profession, tribes, fun groups and political views. Mine got stronger on gender, race and political views as I age.

Not being aware of that I was on the path of self-sabotaging my beautiful relationship with my husband. Every time he got sick, just regular flu or he hurt himself working around the house I **would panic**. I would lecture him non-stop. Instead of asking him how I can help or simply leaving him alone to get better I would pester him asking questions like:

- Why did you get sick?
- Why you did not take care of yourself?
- Do you still love me?
- Do you even care about me?
- Are you punishing me?

It is funny to tell you these things now, however I did suffer for a long time, not knowing why I'd get easily upset with our differences. Later we found out my husband has a severe ADHD. It was an important realization, I still found myself triggered and I felt victimized.

Through meditation, yoga, journaling and learning the realities of my grandmothers from my mum's side I found the source of this particular trigger: My mum's mum was a double widow. She lost her first husband and then she married my grandpa who died in WWII. When she lost her second husband she decided to move away from her village so she would not be given away to another man. She never re-married. In her days widowed women did not have equal status and needed a husband to raise children and fulfill their needs for shelter, food and clothes. It has changed since then, however many women in many countries are still treated poorly because of past traditions and beliefs. This fact still triggers me when I identify with my gender.

Pain bodies, traumas our parents carry are transferred from stress and traumas their parents carried. This cycle continues until one commits to being a conscious human being. Unconscious resenting, judging or arguing in the family and in front of kids are the times when children receive the pain bodies of their parents and grandparents. Reading the Power of Now I was amazed how accurately Eckhart Tolle described my experiences of childhood. I never met my grandma however my mum told me so many times that her mum died very young. Until recently, I never understood or appreciated the stress I carried to my own marriage.

Reading prayers, meditating, connecting and honouring the past of my grandma I am healing my trigger and did not react negatively when my beloved husband was not well a couple of times already. I stayed super conscious of the old energy, described what and where I feel tensions in my body I acted with kindness, and let him heal by providing space, compassion and peace.

If you want to learn how to find the source of a self-sabotaging trigger/behavior, sign up for my newsletter and blogs to receive publications on how to avoid self-sabotage. See you there!