

BEYOND MAINSTREAM THERAPY

A GUIDE TO  
NAVIGATING  
CONSCIOUSNESS

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# A Guide to Navigating Consciousness

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Hey there!

I am so happy you are here. I am excited to share with you the work I love and the work that has helped so many people. This book has been written from my own personal and professional experience. Keep in mind that the goal of this book is to break down the most fundamental information of **Quantum Counseling** and how it can benefit you.

**Quantum Counseling** is more than your traditional "psychotherapy" where you talk about your feelings, fears and behaviors. Traditional therapy helps you live with the cards you were dealt with, where as **Quantum Counseling** helps you understand why you were dealt those cards and how to draw the cards you want in your deck.

There are journal questions at the end of this book to help you expand your thinking and feeling in order for you to identify patterns or cycles of experiences in your own life.

Thank you for being here and I wish you the best on your healing journey.

## **What is Consciousness?**

Consciousness is an individual's awareness of themselves in relation to their external reality. In simple terms, what you experience in your life is a direct reflection of the health of the relationship you have with yourself. Consciousness is an awareness of the cause and effect that your beliefs have on the life you experience.

## **How are we hindered by our beliefs?**

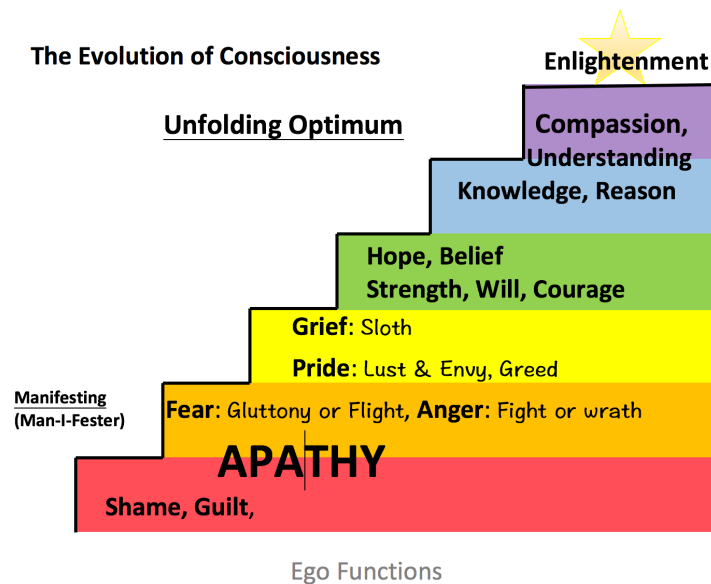
Many people get stuck in the vicious cycle of heartbreak, struggling and running into obstacles in their lives. They submit to the idea that this is how life should be. This is a false belief. Many people get caught up in the ego functions that keep them limited, not only in their lives, but also in their thoughts. They do not understand that the struggles and obstacles they are experiencing are just mirror reflections of how they feel about themselves, subconsciously.

## **What are ego functions?**

Ego functions are beliefs, thoughts and actions that do not have a "highest for one-and-all" intention. These are expressed in feelings and thoughts of anger, guilt, blame, shame, apathy, despair and fear. These are self-serving functions and elicit a "you versus me" or a "victim" perspective. Ego is also the voice inside of our minds that tell us that we are not good enough, that we do not deserve love or that nothing we do is correct. Ego thrives on fear. It is by living in these ego mindsets that many people experience negative circumstances in their lives. If you believe you are a victim of your life, you will always be a victim of your life. It is by changing these ego function beliefs that we can change our reality.

## Multiple levels of consciousness

Each human being on earth is on their own path of evolution. There are various levels of consciousness (figure 1) and each person is exactly at the level that they are meant to be. There are lessons at each level that are vital to learn from and move beyond. I explain it to my clients as the different grades levels in school. When you started school, you started at the kindergarten level and eventually moved your way to graduation and perhaps college. This is analogous to the various levels of consciousness.



Some people are in elementary levels of soul growth and some are in college levels of soul growth, with many people somewhere in between. When we become more aware of the relationship between ourselves and our environments, we get to “graduate” to the next level of consciousness. It is at these higher levels of consciousness that we allow the optimum to unfold to us, rather than manifesting from the lower levels of consciousness based on feelings of want, need and fear. These levels can last months, years and lifetimes, depending on the lessons that your soul needs to learn and your willingness to do so.



## **How do we make nice with ego?**

We do not want to completely erase the ego. The ego is part of being human. The ego was what protected us when we were young. It warned us when we were in danger and in need of a flight or fight response. The ego helped create our likes and dislikes. Our ego is what makes us who we are. The ego is also our wounded inner child who is in need of compassion, love and boundaries. We should work to tame the ego and not let it rule our lives. When we react out of anger, guilt, blame, shame and fear, we are letting ego (our wounded inner child) either throw a fit (fight) or hide completely (flight) with no resolve. It is these “temper tantrums” and “ignoring the problem” attitudes that cloud our ability to see the bigger picture of our lives.

## **How does taming the ego help us?**

Once we become consciously aware of the role the relationship to ourselves plays and how that role creates the life we experience, we can then use our external experiences to guide us (feedback) to our highest optimum potentials in our lives. This can be accomplished by understanding why we have attracted and continue to still attract certain unpleasant people, events and circumstances into our lives. To understand this better, we must reflect about and reconcile the turmoil that we carry within that we live with daily.

## **How do we “un-stick” ourselves?**

We can “unstick” ourselves from these tormenting patterns of belief by looking at where these beliefs came from, or should I say who they came from. It is important that you understand that all that you think, feel and believe was conditioned into you by your family of origin by means of generational viral

patterns. This means that a faulty belief was passed down from one generation to another and so on. This is the true nature of genetic disease, or DIS-EASE. In fact, the physical illnesses and conditions that we experience in our bodies are a direct result of these faulty belief systems. We can heal our bodies when we heal our beliefs.

### **What is a viral pattern?**

A viral pattern is a faulty or diseased belief system that is playing repetitively in your psyche. It was inherited from your family of origin through dysfunctional and distorted ideas of thought and expectation. These viral patterns then manifest into every aspect of your life, including: relationships and love, money and success, health and wellness.

### **So, where do we start?**

If we want to experience a smoother ride in our lives, we must heal ourselves from the sabotaging cycles of heartache, struggling and running into obstacles that keep us from joy and abundance. We do this by healing the root cause of the viral pattern. By healing the dysfunctional belief system behind the obstacle, we can literally change the types of experiences we attract into our reality.

### **How do we heal the root cause?**

All that we struggle with in the present, whether it is a painful relationship, money troubles or health concerns, has roots in a deeper, darker emotional wounding that we experienced in our formative years. To heal the root cause of our problems, we must go back and look at our early emotional traumas. This is where



many people stop. The idea of actually facing their emotional pain is far too terrifying and they turn to apathy activities to keep themselves distracted from the pain and discomfort.

### **What is an apathy activity?**

An apathy activity is anything that is used to repress and ignore deeper seeded emotional pains, called triggers. All humans have Post Traumatic Stress Disorder (PTSD) to some degree, more some than others. PTSD comes from emotionally traumatic events from past experiences. This does not necessarily mean any kind of abuse (though for some people it is abuse) but perhaps a simple shaming or blaming event that felt catastrophic as a child. When we experience a person or circumstance in our present day that triggers an early traumatic wounds, our minds go into protection mode and distracts us from having to experience the pain all over again. This distraction is expressed as activities, such as, excessive drinking of alcohol, drug-use (especially marijuana), excessive video game playing, over or under eating, excessive working out, work-a-holism, sleeping too much, over-enmeshment with pets or children or anything else that keeps a person from living in the present moment simply to avoid the pain. There is a high cost for ignoring and distracting ourselves from emotional traumas with apathy activities. When we repress our emotions long enough we eventually contract diseases, cancers, physical conditions, mental disorders and relational issues.

### **How do we get out of apathy and face the pain to heal it?**

In order to move out of apathy and into evolution, we must have ambition for more in life. We must learn to THRIVE, not just survive. We must make a commitment to ourselves to change our beliefs and destructive familiar patterns to

live life abundantly. It is through our commitment to our soul growth that we will find the strength to look at these viral patterns and all of the emotional traumas that we have been repressing. When we repress our emotions, they compound and fester inside of us, only to result in far more painful experiences time and time again. Having the courage to deal with them sooner would save us so much heartache, eliminate struggling and remove obstacles from our experiences. Many people will try to create over these traumas by creating new belief systems, but if they do not heal the root trauma/pain, the trauma/pain will still haunt them, causing sabotage in their lives despite their “new” belief systems. They will continuously put themselves in situations where they will have to play out the victim perspective, in the same way they did during the original trauma/pain. Looking at the emotional pain and/or trauma upfront is the only way to truly heal it and lay it to rest for good.

### **How do we move beyond victim?**

Many people get stuck in the victim perspective. We all know these people; they constantly blame others for their hurt, pain and struggle. Seeing our circumstances from a victim perspective is a very human response and one that is completely natural for us to express. We want to rise above this victim perception and see our circumstances from a higher perspective. In order to do this, we have to honor and move through the victim stage. We must then realize that we are also perpetrators of the same beliefs and actions that we have played victim to in the past. This puts each of us in the same shoes as the people who hurt us, betrayed us and did us wrong. This is a part of our healing that many people run from, because noticing and admitting that we are also guilty of the same offenses is hard to come to terms with. Having humility is such a crucial step in the healing process.

Our next step is to find the blessings in disguise of our circumstances. Everything and everyone that we experience is strategically placed by the Divine/Source/Optimum to teach us invaluable lessons for our soul's growth and expansion. Absolutely nothing is random or by chance. Understanding why we needed to experience a specific struggle or person gives purpose and significance to the painful experience that we endured. We must realize that the situations that we found ourselves in or out of were meant to happen exactly as they did, in order for us to have learned the lessons within them. We must appreciate and forgive those who have hurt us or wronged us, for they have assisted us with our growth as we must forgive ourselves for those we have wronged and ask for their forgiveness as well, understanding that we have helped them with their growth.

### **Understanding consciousness and our behaviors.**

In order for our beliefs and thoughts to be healthy and balanced, we must first balance our Right Brain and Left Brain Functions so that our thinking and our feeling aspects agree. Think of these functions in terms of personality characteristics.

Our left brain function is our logical side. This is the hemisphere that processes words, numbers, laws, rules, organization and analyzing. The left hemisphere is our masculine side (not related to gender, think energy) and can be attributed to father originated viral patterns. The left brain is also our "thinker" aspect.

The right brain function is our creative side. This hemisphere processes emotions (negative), feelings (positive), intuition, imagination, compassion and conceptualization. The right hemisphere is our feminine side (again not gender related) and can be attributed to mother originated viral patterns. The right brain is also our "feeler" aspect.

Some people are right brain dominant, meaning that they tend to be more emotionally reactive to their environments. Other people are more left brain dominant, meaning that they tend to be more logical or thought-based when reacting to their environment. We must balance both hemispheres by addressing both the masculine and feminine (energy characteristics) functions within our minds. When we can bring feeling to logic and logic to feeling, our minds stabilize for optimum functioning. This is Coherence of Mind.

### **How do I stabilize for optimum functioning?**

We can stabilize our right brain and left brain functions by addressing the viral patterns linked to each hemisphere by administering new thought programming that can balance the two hemispheres.

By addressing each parental figure one at a time (mother/right hemisphere, father/left hemisphere), we can illuminate, shift and heal deep, repressed wounds. The shifting of these “traumas” allows for the patterns to be transfigured (healed). No longer are they necessary to experience in order to teach us because the lessons have been learned. With no sabotage patterns, we can now experience our highest optimum potential and replace heartache with loving relationships, replace struggling with harmony and by overcoming former obstacles, we can obtain joy, abundance, self-worth and life purpose.

More on this process can be found at the end of this book.

## Conclusion

It is only through true forgiveness of your experiences and love for yourself that you will find the ultimate freedom to unfold a life that is full of joy and abundance. When you identify the negative patterns of beliefs in your family system and how you have perpetuated the same destructive patterns, only then will you be able to navigate through the blocks in your life. It is through understanding your consciousness and knowing how to use it to your advantage, that YOU can realize YOUR highest potential.

## The Letter Writing Process

The process for beginning this healing is fairly simple. It does not require expensive equipment or hours at the book store looking for the perfect self-help book. You do not even need to leave the comfort of your own home. All you need is a pencil and paper (or a computer if your more technologically minded), a quiet space, plenty of time to really sit and write and the courage to delve deep inside your wounded ego/inner child.

The typical letter writing process can be found in any counselor's office. Writing letters is a healthy and constructive way to get thoughts down on paper and out of your mind. It is also a great way to organize your thoughts and memory timelines. With the letter writing process you will learn here, I will take you one step further than traditional therapy/counseling provides. Here you will learn the true art of forgiveness, only when you can purely forgive that which was perpetrated onto you, can you find real healing and a lift to the blocks that keep you stuck and stagnant in life.

You will want to start with a one letter to your Mother/Mother figure in your life and one letter to your Father/Father figure in your life. When I say Mother/Father figure, I mean any person that you identified with in that role. This could be Aunt/Uncles, Grandmother/fathers, Step Mother/fathers. Anyone who was a parental influence on you growing up. I advise doing the Mother and Father letter separately from each other. Depending on how much you resurrect and are triggered by, I would encourage you to wait for a minimum period of two weeks before writing the letter to the other parent. After you write the parent letters, you will then write a letter to anyone who you still have strong negative emotional reactions to, if any.

This could be an Ex husband/wife/boyfriend/girlfriend, this could be an uncle who touched you, or a teacher who embarrassed you in school and you never forgot her, this can even be the best friend who slept with your boyfriend in high school.

Once you write letters to these crucial people, there is usually cycles of memories that will illuminate other people that may need letters.

### **The 3-Step Letter Writing Process (Fourth Step Speaking)-**

#### **Step One: Playing Victim-**

This is what is usually experienced in a counselor's office. In this section you get to play victim. You get to say all the things that you never were allowed to say or got the chance to say to the person. You get to tell them how much they hurt you, or how pissed you are at them. You get to yell, cry and cuss. You can dissolve all your filters and be raw with your emotions.

Write this in first person: "I am mad at you for not allowing me to share my feelings or have an opinion of my own..."

#### **Step One B: Restore What You Thought You Lost-**

This is where you get to restore everything that you feel you were denied, robbed of and kept from using "I am" statements.

"I am worthy of sharing my feelings and I will express my feelings by using my authentic voice in a tactful and diplomatic manner that serves myself and all around me for our highest..."



## **Step Two A: Playing Perpetrator-**

This is where some people get stuck. In this step, you will write about how you perpetrated the same behaviors from step one onto others. What we judge in others we will automatically upload the urges to act out the same behaviors. This is your opportunity to understand that what you are playing victim to, you have also perpetrated the same injustice/abuse/pattern on to someone else. This is where you take responsibility for your own actions and behaviors.

## **Step Two B: Forgiveness-**

Ask for forgiveness from others. You will also need to forgive your former perpetrator because you are in their shoes now. Forgive yourself. Understand that you had no control to change it even if you were aware of the patterns. It still repeated because it couldn't be extinguished without forgiveness. This will help you to forgive your perpetrator because you and that person are now equals in the same sense. You can now see it was a viral pattern and that neither you nor your perpetrator knew how to fix it or knew how to shift it. Forgive them as you are learning to forgive yourself. Remember, every person that we attract into our reality is a reflection of ourselves.

## **Step Three: Purpose and Perfection-**

There is the saying out there that "what doesn't kill you makes you stronger" and this couldn't be more true. In this section you are to write about why everything you endured as a child and in reoccurring adult experiences was perfect for your growth and who you are today. Find the blessing in disguise and understand the gifts and abilities that were created from "surviving" your experiences. If your life

had not played out EXACTLY as it did, you would not be who you are today. You will also want to give thanks to your Divine Source (Universe/God/Higher Self) as well as the person this letter is written to, as they ultimately assisted you in your soul growth. What a blessing!

### **Step Four: Witnessing-**

This step is CRUCIAL. In order to shift these experiences, you must read it out loud to a trusted loved one/counselor/friend. If reading the letter to the person you wrote it to is not possible, read it as if that person is sitting in front of you. It is the witnessing between you and the listener that will shift your experience from a painful memory to understanding. You also must read it with as much emotion and energy as you had when you were experiencing it. Its ok to weep, weeping purifies and cleanses the soul.

## Sample Letter Writing Template

*This is meant to be a guide. You may add more lines if you need them. Use your own words, your own sentence constructs and your own flow. Make this letter personalized to your life and struggles.*

Dear \_\_\_\_\_

I am writing to express my hurt and struggle because of the experiences and patterns of my past. When I was a child, your behaviors and beliefs really affected me. I was hurt when you \_\_\_\_\_ as it made me feel \_\_\_\_\_. Also, when you did \_\_\_\_\_, it made me feel \_\_\_\_\_. I did not like when you \_\_\_\_\_ because I felt \_\_\_\_\_. When you \_\_\_\_\_, it hurt me because \_\_\_\_\_. Because I felt like I did not have \_\_\_\_\_ as a child, now I will \_\_\_\_\_ in an authentic and tactful manner.

I know that patterns repeat until they are healed. I see that I have perpetrated these same behaviors on to others as well. I am guilty of \_\_\_\_\_ where I had repeated the same pattern as you. I also am guilty of \_\_\_\_\_ because that is what I had learned growing up. I have also repeated the pattern of \_\_\_\_\_ and \_\_\_\_\_ by doing the same to others by \_\_\_\_\_.

I forgive myself for not knowing that I was repeating the same patterns as you did to me. Because we are both guilty of the same behaviors and beliefs, I can forgive you for unknowingly perpetrating the patterns of \_\_\_\_\_ on to me because you were also a victim of this pattern by \_\_\_\_\_ when you were a child too.

I know that all that I have endured is Divine and purposeful; because I had to experience \_\_\_\_\_ from you, as well as, perpetrated the same onto others, I have gained the knowledge of \_\_\_\_\_. I am grateful for having to suffer the hurt and pain that I did, because from it I learned \_\_\_\_\_ about myself. I can see

## Journal prompts to help you expand your awareness.

- What do you struggle with the most in life?
- How do you cope with this life struggle?
- What is your greatest fear?
- When did this fear begin?
- What fears did your primary caregivers have?
- What did your primary caregivers struggle with the most?
- What was your childhood like?
- How did you handle or cope with your childhood?
- Are there any patterns you have experienced in your life?
- How fulfilling are your romantic relationships?
- In what ways do your romantic relationships mirror the relationship of your primary caretakers.
- How fulfilling is your career and/or money?
- In what ways does your career and money mirror the career or money of your primary caretakers?
- Did your mother experience a trauma or emotional turmoil during your childhood, infancy or her pregnancy with you?
- What was your mother's emotional state like when she was pregnant with you?
- What was your father's emotional state like when you were an infant?
- Were your mother and father having difficulties or stressors in their relationship during their pregnancy with you? Unsure they'd stay in the relationship? Affairs? Abuse? Substance use?
- What were the circumstances of your conception? Wanted? Unwanted?
- What there any abuse during your childhood? Physical? Emotional? Sexual?

## Journal Prompts Continued

- What was your mother's childhood like?
- What was your father's childhood like?
- What was your mother's relationship like with her parents when she was growing up?
- What was your father's relationship like with his parents when he was growing up?
- What trauma or emotional turmoil did your grandparents experience?
- What negative thoughts do you struggle with the most?
- Which primary caregiver also struggled with these negative thoughts?
- What do you love most about your life?
- What successes are you most proud of in life?
- What is your biggest dream for your future?
- If you could wake up tomorrow morning and your struggles were gone, how would life look for you? How would that feel?
- What thoughts have come up for you while contemplating these journal prompts?
- What feelings or emotions have come up for you while contemplating these journal prompts?
- What curiosities have come up for you while contemplating these journal prompts?

If you have children:

- What patterns or cycles have you noticed in your children?
- What is your relationship like with your children?
- Have your children experienced a trauma? Witnessed family conflict?
- Did you experience a difficult birth with your own children?
- Do your children experience significant anxiety or depression?

# Writing Space

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As gifted intuitive, Heather has helped numerous people break free from the faulty narratives of their painful past. She has worked with clients from across the country, bringing logic, humor and real talk to even the heaviest of life's circumstances. Heather believes that you have the answers you seek within you.

Heather utilizes existential therapy, narrative therapy, Gestalt therapy, as well as, other mainstream modalities in order to help clients in diving deep and deconstructing generational patterns, ancestral trauma and faulty or limiting beliefs.



**If you want help understanding why you were dealt the cards that you did and how to draw the cards you want in the deck, text or email me to get started. I look forward to connecting with you.**

