



WHO ARE YOU?

Your emotions are created from your past experiences with others. Within some of these events, you have only taken into consideration your feelings and perceptions, not the facts. This creates a FALSE REALITY for who you THINK you are and how life is. This is fueled by your continued negative thoughts, which then turn into your feelings about yourself. Because of this, you label and limit yourself from becoming more. You feel that “this is who I have become, and who I will always be.” Often, these false perceptions of ourselves cause us to attract more of the same situations and circumstances that created them. When this type of perception leads to a recurring event or circumstance, it can be used as an opportunity to address this FALSE REALITY, to heal and move forward, breaking the cycle.

Over time these emotions will be felt in different parts of your body. “That person is a pain in my neck”, as the saying goes, but it is **you** that has the POWER to change how you react to others and, in turn, make you feel better. Your need to react is simply your desire to defend who you **think** that you are or how you **believe** they should be.

A sense of self is created when you interact with others. You define your ego by differentiating yourself from others. When you share your emotions, you will see that we are no different from each another. There is no separation between us, other than your own perceived sense of self (your ego). The ego is created from a desire to stand out from others, because who are **you** if we are all the same? You want to gain attention, to get what you want and have more than the next person. For most, this is when the need for POWER and CONTROL comes into play. We play this game of give and take, using our power and the power of others, with the desire to gain something from it.

Power is taken or given out of fear. To control someone else is to take their power. Each person has many reasons for this, but at its core, something is lacking in this person who needs your power. You may think that this person just needs/wants more control, but what are the underlying reasons behind this need? There is also the person who is willing to give up their own power/control because they are lacking something. They are willing to surrender to someone else in the hope that this person can provide them with what they feel they are lacking.

Like attracts like, and your energy is attracting what you need to heal from. You may be someone who sees themselves as the victim, while others need to heal from taking advantage of others because they need this perceived control in their life. Sometimes our energy brings people to us that make us feel and react in ways that are unpleasant and we wish it to stop. Your past experiences will continue to affect your life and the lives of others until you start to **really** learn who you are.

Take the first step towards learning who **you** are by releasing the thoughts and emotions of who you **are not**. Allow me the opportunity to help you with this process to separate your authentic self from your false reality.

Call Today for your appointment with Divine Guided Healing, LLC at Brookview Wellness **919-577-2225**