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Change your reality

How many of us when asked, are we happy all the time and the answer will be no...

Even if you will ask them, do you want to learn to be happy all the time, there would be resistance as they don't have the belief that one can remain so...

How many of us when asked, do we really know when do you really get angry or what really triggers to give the anger, and the answer will be no....the answer could be it just happened or I reacted to the person's ways....

They don't even know the root problem could be not the same person but it may be coming from his or her past, childhood issues, womb issues, past life issues...

How many of us really know that all the emotional challenges, trauma, stress, traumatic experiences are getting stored in the body and the bacteria and fungi from within get multiplied more and more causing severe health conditions, such as diabetes, high blood pressure, liver cirrhosis, stomach problems, kidney problems, heart problems and what not...

The reality is stop being ignorant and push all things under the carpet... stop blaming others for your anger, unhappiness, upsetness or sadness or any victim situation.... your reality is to be aware of your energies, your thoughts, your emotional experiences...the reality is to accept your conditions and be aware of how to help yourself from such situations... the problems or stress could be your own reality and not others....you, your perception, your interpretation to what happened, your cultural, parental, religious, hereditary, social beliefs could be trapping you in such a victim mode.....

All of us live, all of us carry identity masks, all of us carry a victim within us..

All of us have hundred conscious or unconscious thoughts springing within us daily...

Each and every thought is accompanied by emotions along with it, your emotional perceptions and your beliefs could be unique for you as each person born is unique.....some thoughts could be uplifting, positive or necessary, some thoughts could be negative, toxic or unnecessary...

Some emotional experiences could be mild, some could be severe...

Sometimes some gestures could be tolerable and some gestures could be intolerable...

Sometimes some people will react or some will respond...or some small simple situations get flared up and sometimes some major big flared up situations gets resolved in few simple manner.....

In my experience, people have gone through lack of love, support, encouragement during childhood, or they have got sexually abused or molested while they were child, or they have got mentally and emotionally tortured or stressed for some work, or at work, domestic violence, dysfunctional relationship at family and at romance level, communal violence, crime, murder... they have tremendous responsibilities or financial challenges which has outweighed them.... during this time they could have gone through certain significant emotional experiences which are stored in their heart, brain and cellular memories which keeps creating significant health symptoms, health problems, illness or disorder...

Each one goes through lot of conflict, some mild some severe...these conflict could be related to the fear of survival, fear of death, fear of loss, anger, inability to hold to some ideas, thoughts, words, gesture or action, inability to digest or let go such shocking events or emotional experiences, some conflicts could come due to real or perceived threats, attacks, worry or arguments, some conflicts could be due to self-devaluation and self worth, loss or overwhelm, or some conflicts could be related to not being able to mark or defend own territory or protect one's own identity or even in sex or any separation or loss creating disgust, shame, embarrassment, hatred feelings, helplessness feelings...heart brain and each organ are connected through nerves, blood and electromagnetic waves...the conflicts can strike any organ, nerves or blood through microbes creating mental or emotional or physical problems..

While traumatic experience becomes history, their psychological effects have a strong influence on the person's psyche..anyone who experiences any trauma or stress feels like a victim. He keeps remaining in this state and he feels entitled to compensation and thinks what was lost must be restored to him. such feelings are natural, but if not dealt with caution and awareness, they reinforce great misery... the original perpetrators are gone and now the victim has become the perpetrator. In order to get even, people fight their old battles in a different time and space....while trying to compensate themselves for old traumas, people imprison themselves in the victim's identity unknowingly....this is so true for children who has got molested or sexually abused are somehow propagating their victim mentality and are trapped lifelong...

The one who had a neglected mother wants to be nurtured like a baby in romantic relationship, the one who was weak in studies is hungry for compliments, the one who was bullied as a child may be want to indulge in violent acts to feel strong, the one who has lost a loved one in communal violence may turn to terrorist to take revenge... Our emotions are like free flowing water, if we obstruct the flow, there will be problems, there will be psychological problems, health problems..

People remain in the victim mode as they have not found the road to happiness, love, peace, harmony..they are still restless, tired, angry, upset, unloved, unsupported, unhappy..no matter what the world has to offer them now, they devalue, reject, resist to it... they cannot think of the changes or transforming their lives to the enlightened state unless they want to be aware, accept and change their beliefs, perception, attitude, behavior, personality...to heal the traumas and experience peace bliss state, one needs to transcend the victimhood and the associated

demand for compensation...a lot of people believe that you have to ignore pain, dismiss pain, neglect pain to be brave and strong or you will be more weak...another victim belief..the more you deny the pain, the greater the hatred,greater the pain and the greater the damage on you.acknowledge the pain the way it has come, accept it is the first crucial step..observe and witness...use knowledge and information to renew your self...god does not come to throw light...god has chosen angels, healers, downloaded divine intelligence, divine information to many to throw light on the dark areas..use that information and knowledge to help you to transform and transcend towards your higher journey to freedom and happiness... recall the world that you wished to live in...get in touch with that part of yourself that is hopeful, loving, forgiving...get in touch to inspire you and others..get in touch to uplift your energy and others too..this restarts the journey towards self growth and perpetual peace and positivity towards living in the beautiful world..

See you sometimes on your journey of exploring, reinventing and transcending towards your highest growth

With Divine Guidance for your best life

Roop Lakhani -Khar, Mumbai, India

- Tarot Master Consultant & Tarot Master Tutor, Numerologist, Vastu consultant, Energy Healer

- Theta Healer, Hypnotherapist, EFT practitioner, Meta health practitioner

The Inner Journey - Send email to order your copy of the book.

Mob: +91 98216 12031 ~ +91 98213 36195 (to fix appointments) - Mumbai, India

E-mail: roop@tarotfuture.com - Web: <http://tarotfuture.com/> - Twitter ID: tarot_cards

Facebook ID: Roop Lakhani Tarotfuture and Roop Tarot Card Reader

Blog: <http://roopslivechat.blogspot.com/> AND <http://www.itimes.com/public/people/roop1962/blogs>

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