

HEALING *Your Life*



A Self Study Guide

PHASE ONE: AWAKENING

PAUL FERRINI

Healing Your Life

ROADMAP for HEALING



ECOURSE

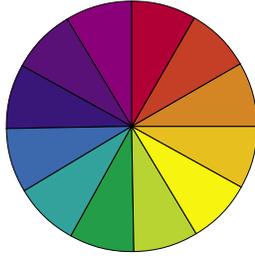
PHASE ONE: AWAKENING

PAUL FERRINI

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Welcome from Paul Ferrini

Welcome to my *Healing Your Life E Course*.

This course is designed to help you take the next step in your journey of healing and empowerment. For each of you that will be a different step, but all of these steps are necessary on the journey from fear to love.

During this E Course, I will present you with a *Roadmap for Healing*, and you will be able to locate yourself on this map. You will be able to see where you have been, where you are now and where you still need to go.

This E Course requires that you be honest with yourself and willing to bring your unconscious patterns of self betrayal into conscious awareness. It will help you forgive yourself and others in new ways and on new levels. As you deepen in your healing process, many of the blocks to love in your heart will dissolve and shame will give way to acceptance.

In this Course you will meet your Core Self and learn how to honor it. You will get in touch with your power and understand that you can no longer give it away. You will know that you have no choice other than to be yourself.

You will be blessed, and we will also be blessed because you had the courage to show up as you really are.

The Healing Your Life E Course will help you:

1. Learn to love and accept yourself unconditionally
2. Heal your pain and dysfunction
3. Come into your power and create successful relationships
4. Discover and fulfill your life purpose

Healing Your Life is an inside job. It does not depend on what others do or leave undone. It is self-generating. To be really happy, you must engage in a process of self-healing and empowerment that helps you:

- connect to love in your heart
- heal childhood wounds
- forgive yourself and others
- take responsibility for what you think, feel, say and do
- communicate without blaming others
- stop being a victim
- change dysfunctional beliefs
- end patterns of self betrayal
- create healthy, equal relationships
- honor your creative talents and gifts

We are all in various stages of the healing/empowerment process. Yet all of us can heal more deeply and move into closer alignment with our spiritual purpose. This is the goal of the Healing Your Life E Course.

Self Study and Teacher Support

The Healing Your Life E Course is designed as a self-study program that you can do at your own pace at home. Should you wish to have support and guidance as you study this material, we offer bi-weekly telephone support from a certified teacher for small groups of students. Many people find it helpful to work with an experienced teacher and our teleconferences offer this service to you without your needing to travel to workshops. Please contact us at 941-776-8001 or email us at orders@heartwayspress.com to arrange for teacher support, which is offered at an additional cost.

Our hope is that once you have taken this E Course, you will want to take the next step and experience this material in person with a certified teacher and a small

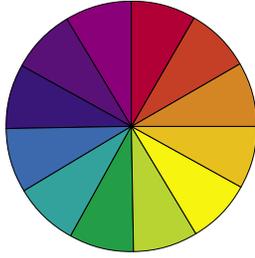
group of committed students. Residential intensives for Phase 1, 2, and 3 of the Healing Your Life work are offered several times each year. Please [click here](#) to visit the website and find more information about intensives in your country.

Attending three residential intensives (Phase 1, 2, and 3) with a certified teacher and two spiritual mastery retreats with Paul Ferrini enables you to complete our Healing Your Life Learning Program which is the first step in training to become a teacher of this work. More information on the Healing Your Life Learning and Teaching Program is available on the website www.paulferrini.com.

I wish you the best possible experience as you delve into this material and take this important step on your healing journey.

Blessings,

Paul Ferrini



Introduction to Healing Your Life

The Three Requirements for Healing Your Life

There are three primary commitments that you need to make to create happiness in your life:

1. Show up for your life. Stop escaping, running away, avoiding, and making excuses for why you cannot show up or why you can't do it. No more excuses.
2. Take responsibility for your thoughts, feelings and actions. Stop blaming others or trying to make them responsible for your experiences. Recognize that you are responsible for everything in your consciousness and experience.
3. Stop believing that others can make you happy. They can't. Only you can create happiness in your life.

Definition of Real Happiness

Our definition of happiness is not the Madison Ave. version. That's phony happiness. Healing Your Life is not about the outer shell, image or mask, but about the inner core. It is not about how things look to others, or about pleasing them, but about how we feel about ourselves in our hearts.

1. Happiness is an internal state not an external condition.
It is not about surface things: money, lifestyle or possessions, role or image. It is not about what we do or what we have, but about who we are and how we feel about ourselves. This is a radical definition. Most of us measure happiness by how good we are at what we do or by how much money or how many material possessions we have. But the truth is that we can have name, fame and riches and still be unhappy. Healing Your Life does not come from the outside. It comes from within. It must be measured from the inside out, not from the outside in.
2. Healing Your Life depends on your ability to bring a transcendent consciousness to your experience.

It is essentially subjective and depends on what and how you think and feel. In other words, Healing Your Life is a state of heart and mind. Here are some of its attributes.

- Nonjudgmental awareness, open-mindedness and optimism are some of the qualities of mind that need to be cultivated in order for us to heal.
 - Unconditional love, acceptance, and compassion for ourselves and others are some of the qualities of heart that need to be cultivated in order for us to heal.
 - Patience, humility, hope, trust and faith are some of the spiritual qualities that need to be cultivated for us to heal.
 - Fairness and a commitment to equality are some of the ethical qualities that need to be cultivated for us to heal.
3. Healing Your Life is based on acceptance of and compassion for self and others. Both acceptance and compassion are the qualities associated with unconditional love. You are really healed when you know how to love yourself and others unconditionally.
 4. Healing Your Life requires humility and willingness to acknowledge your mistakes and learn from them. That means that you must surrender your perfectionism and learn to accept that life is a learning process. You need to learn your lessons without being too hard on yourself or others.
 5. Healing Your Life is achieved through an active and ongoing practice of forgiveness of self and others.

Myths About Happiness

There are many myths about happiness. Let's look at some of them.

- **Myth #1:** *That once we are happy, we are always happy. That we live happily ever after. That happiness is a static or steady state of joy without ups and downs.*

This is completely unrealistic. If this were the requirement for happiness, nobody would be happy.

- **Myth #2:** *That when we are happy life shows up the way we want it to.*

This too is unrealistic. Life rarely shows up the way we want or expect it to. To be happy, we need to be able to roll with the punches, to let go of our expectations and accept and work with the reality at hand. Healing Your Life means being able to weather the ups and downs of life with reasonable flexibility and resilience. It is

determined not just by what happens to us, but by what we bring to what happens. For example, when we bring acceptance, we can be happy. When we bring judgment, we cannot be happy.

- **Myth #3:** *That you can be happy and treat yourself or other people badly or in an uncaring way. That you can judge, blame/shame others or yourself and be happy.*

This is not possible. Judgment or criticism of self or others creates unhappiness.

- **Myth #4:** *That we know how to be happy.*

If that were true, we would not have to take this workshop or read books about Happiness. Most of us do not know how to be really happy. We have to learn.

The Two Biggest Obstacles to Healing Your Life

1. Perfectionism (being too hard on ourselves and others)
2. Lack of Forgiveness (of our mistakes and those of others)

Healing Your Life means the ability to be true to ourselves, kind to others, and able to weather the ups and downs of life with acceptance and compassion. There are two primary areas where healing is found.

Relationship with Self

Genuinely happy people know or are learning how to

1. Accept, nurture and love themselves
2. Live honestly and authentically
3. Make their own decisions and accept responsibility for them
4. Develop their talents and gifts and find their passion and purpose
5. Cultivate an open heart and an open mind

Relationship with Others

Genuinely happy people know or are learning how to

1. Love and accept others
2. Honor uniqueness in others and encourage them to be true to themselves
3. Empower others to make their own decisions and to take responsibility for their lives
4. Support others in developing their talents and standing in their power and purpose
5. Encourage others to be open in heart and mind

This is done not by preaching, but by modeling these capacities. Some of the qualities and skills of genuinely happy people are

- Compassion for self and others
- Ability to forgive and learn from their mistakes and those of others
- Patience with the process of healing and transformation
- A positive attitude toward life and ability to see obstacles as challenges
- A belief in the essential goodness of all beings and their worthiness of love

Genuinely happy people live in Right Relationship to self and others and engage in Right Livelihood, expressing their gifts and bringing joy to self and others. These are therefore the goals of this work.

Two Key Understandings about Healing Your Life

1. Happiness is an internal state, not an external state. Both happiness and unhappiness are a result of how you think and feel about yourself and others.
2. You are responsible for creating happiness in your life. No one else has that responsibility.

Journaling Questions

Do you meet the 3 requirements for Healing Your Life? Please be honest.

Which requirement is most challenging for you?

Please list the characteristics that define Healing Your Life in the order of their importance to you and say why.

What myths about happiness have you believed in and how has your belief in them unconsciously run your life? What do you believe now and how has your life changed as your beliefs have changed?

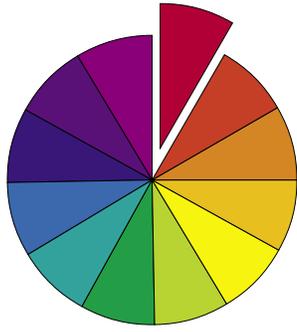
Journaling Exercise

Using the definitions of Healing Your Life given here, please rate your degree of real, authentic happiness on a scale of 1-10 with 10 being the highest rating. What aspects of your consciousness and experience require your love and attention if you are going to create more happiness in your life?

You may also want to take the longer Litmus Test on pages 17 and 18 of the *Real Happiness Workbook* and see if you get a similar result.

If you are doing this E Course with a partner, please take 15 minutes each to share with each other some of the insights you gained while journaling.

Where are you really happy in your life? Where do you need to grow and transform?



STEP 1:

COME OUT OF DENIAL

GOAL: *Feel Your Pain & See it as a Wake-Up Call*

STRATEGY: *Drop your Mask. Open your heart.*

Get in touch with your feelings. Share your pain.

Core Understandings

1. You understand that you can't heal until you acknowledge your pain, your fear, and your shame. You can't heal until you stop hiding your negative feelings and stop pretending to be happy when you are not. You have to be authentic to be happy. You have to take off your mask and be real. You have to come out of the closet.
2. You understand that pain is a wake-up call. Therefore, feeling and acknowledging your pain is the first step in the healing process.
3. You understand that all addictions/compulsions are a form of denial. They anesthetize your pain or help you escape from it. As long as you are an addict, you won't feel the depth of your pain, and you will have little incentive to heal it.

Journaling Questions

Please write your answers in a special journal devoted to this work.

There is fake happiness and real happiness. Fake happiness is all about avoiding your pain and pretending to be happy. How have you done this?

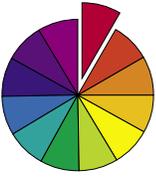
Pain is not necessarily bad. It is a wake-up call. In what way is your pain a wake-up call for you and how is it asking you to change or shift?

What hurts the most in your life right now?

Are you feeling your pain or trying to push it away? How do you push it away?

Do you pretend to be happy when you are not? Do you hide your pain behind a mask?

STEP 1: COME OUT OF DENIAL



What is your mask?

When did you begin to take off your mask and get in touch with your true feelings?

A mask sometimes helps you gain social approval. Did it do that for you?

Some people have a shell, rather than a mask. They escape into their shell to feel safe. Is this true for you?

A mask enables us to get attention and approval. A shell helps us hide from the judgments/disapproval of others. Do you have a mask, a shell, or both?

When you are in your shell do you feel your feelings, intellectualize your feelings or avoid them entirely?

A shell often keeps us detached or cut off from others. It keeps us isolated and alone. Maybe that is the only way we feel safe. Is this true for you?

Sometimes you need more than a mask or a shell to avoid feeling your pain. That's where addictions come in. What are the addictions you use to try to numb your pain or avoid facing it?

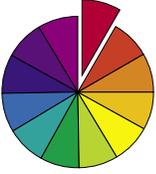
Sometimes being in our heads and analyzing our lives can be a way of detaching from our pain and not feeling our feelings. Is this true for you?

How hard is it for you to come out of isolation and share your pain with others?

Main Concepts for Step 1

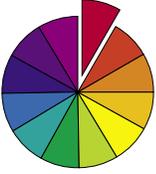
1. Real Happiness is an internal state, not an external condition. It is not about surface things like money, lifestyle or possessions, role or image. It is not about what you do or what you have, but about who you are and how you feel about yourself. If you want to be really happy, you must tune into how you really feel about yourself. You cannot be in denial of your pain, your fear or your shame.

STEP 1: COME OUT OF DENIAL



2. Your Mask enables you to fake happiness and deny your pain. Real Happiness means that you stop pretending that everything is okay when it doesn't feel okay. In order to do that, you need to drop your mask and be real with others. Wearing a mask is your first act of self-betrayal.
3. You try to hide your pain from others because you are afraid that they will judge or reject you if they knew about your pain. You create your mask to try to get acceptance and approval from others.
4. Your Mask is a False Self. It is not who you are. It is who you are pretending to be. People may love your mask, but they don't necessarily see, accept or know what is underneath the mask. What is underneath the mask is what you don't want others to see.
5. Behind your Mask is your Shadow. Your shadow is the seat of your pain. Your pain is comprised of two elements: fear and shame. Your fear and shame created the mask in the first place. Now, they can operate unseen and unknown behind your mask.
6. Your Shadow is locked away behind the Mask. It is unconscious. You see it only when you are triggered and your pain compromises the mask and leaks through. Like most people, you are probably trying to avoid this eruption of your shadow because you do not want to deal with your pain or the pain of others.
7. Society rewards you for having a good Mask and living behind it. It is all about "saving face." It is all about looking good, even if you don't feel good. It all about denying the shadow and not looking at your pain and self-betrayal.
8. Taking your Mask off is therefore a revolutionary act. It is the first step in the process of healing your pain and creating an integration between shadow and persona. Healing depends on taking this first courageous step.
9. Some people have a Shell rather than a Mask. Whereas the mask is about seeking approval through a False Self, the shell is about becoming invisible/inaccessible to others. If you have a shell, you hide your pain, but you do not necessarily avoid it. Hiding in your shell leads to social isolation, which can reinforce your shame.
10. Addictions/Compulsions keep your Mask in place. They are an attempt to manage the pain that you are feeling by numbing it or escaping from it. If you are an alcoholic or a workaholic, you will not feel the full extent of your pain unless your addiction/compulsion leads to a major physical or emotional collapse.

STEP 1: COME OUT OF DENIAL



11. Remember, there are three primary ways in which you deny your pain: you wear your Mask, you crawl into your shell, and/or you become addicted to substances. You may have one, two, or even all three of these denial mechanisms. Which ones do you have?
12. Intellectualizing your feelings is another denial mechanism that can keep your mask or shell in place and prevent you from experiencing your pain/trauma.
13. All attempts to escape your pain by medicating it, denying it, or avoiding it are bound to fail. When you run away from your pain, you create more pain. Only when you face your pain can you move through it.
14. Your pain is a wake-up call. It tells you what needs to change, heal or shift in your life.

The Work of Step 1:

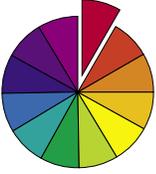
First you drop your mask and feel your pain. If you have addictions, you have to heal them to access your pain. Then, once you can feel your pain, you begin to explore your shadow in order to access your Core Wound.

Your shadow is the part of you that you don't want to look at and don't want others to see. It is where your fear and your shame lurk. Behind your shadow is your Core Wound. It is root of your pain and the cause of your separation from yourself and from others. To heal your pain, you have to investigate the shadow and uncover your wound.

What You Accomplish in Step 1:

- You stop denying your pain and pretending to be happy. You acknowledge your pain and began to share it with others, working through some of your shame and feelings of isolation.
- You identify your mask, your shell, and your addictive patterns that prevent you from feeling your pain. You understand that the mask must be taken down, the shell must be vacated and addictive patterns must be overcome if you are going to feel your pain and move through it.
- You realize that all people are in pain in some way and that people can connect through their pain and support each other in healing.

STEP 1: COME OUT OF DENIAL

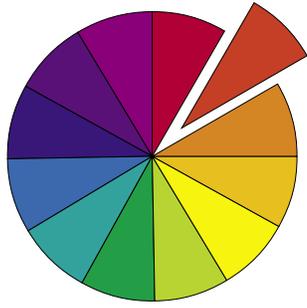


Strategy 1: Drop Your Mask/Share Your Pain

During the week, be aware when you choose to wear your mask and pretend to be happy when you are not. Be real with yourself and others. Be with your pain and share it with others when it feels safe to do so. Keep your heart open and be in touch with your feelings. Know that pain is a wake-up call showing you that change is necessary. If appropriate, seek help with any addictions that prevent you from feeling your pain.

Two Tips for Feeling and Moving Through Your Pain

- Stay out of your head. Stop analyzing, intellectualizing, or seeking to justify your feelings. That's just a way of pushing the pain away. Just tune into how it feels.
- Break through your shell of isolation. Share your pain with others when it is safe to do so. When you have the courage to share your pain, you realize that you are not the only one who is suffering. This helps you to move through some of your shame and creates a community that supports your healing.



STEP 2:

SEE YOUR SHADOW

GOAL: *Accept and Integrate Dark and Light in Your Psyche*

STRATEGY: *Look with Compassion. Be gentle with yourself.
Look without judging or beating yourself up.*

Core Understandings

- The shadow is the part of you that you don't like or accept. It is the seat of your pain. It is where your fear and your shame live.
- You try to hide your shadow behind your mask, but it doesn't work. That's because you project your unconscious shadowy material outward onto others. Your dark side does not stay hidden, but is mirrored back to you by others. What you judge in others shows you a part of yourself that you need to learn to love and accept.
- Healing requires the integration of shadow and mask, light and dark, conscious and unconscious within your psyche. This results in wholeness.
- To integrate your shadow, you must learn to see it with compassion. You must learn to hold your judgments of self and other with understanding and compassion.

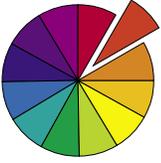
Journaling Questions

Please write your answers in a special journal devoted to this work.

The Shadow is comprised of what you have not learned to love or accept about yourself. What do you not love or accept about yourself?

Your pain consists primarily of fear and shame. Fear and shame are the two primary components of the Shadow. Please describe your biggest fears and your deepest shame, as a child, an adolescent and an adult.

STEP 2: SEE YOUR SHADOW



The people who trigger you and bring out your shadow qualities can be your best teachers. Who are the people who have triggered you the most? What have you learned from seeing your shadow through the mirror they hold for you?

Because you don't want to look at the wounded, unhealed parts of yourself, you often project your shadow onto others who trigger you. Who are the people who trigger you the most? What are your biggest judgments of others and how do they reflect the parts of yourself that you do not love or accept?

One aspect of your shadow can consist of gifts/talents or positive qualities that you have difficulty accepting because they are not valued by parents and other important adults in our lives. Do you have gifts/talents/positive qualities you repressed because you were judged or ridiculed when you tried to express them?

Have you been able to acknowledge, accept and integrate any of your shadow qualities so far in your life?

Your persona or mask is composed of aspects of self that you love and accept and that are valued and accepted by your parents and society in general. You wear your mask to try and get the love and acceptance you so desperately want. Please describe your persona or mask.

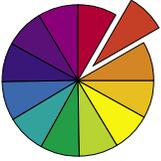
What is the down side of wearing your mask? Are you being honest and authentic with others when you show up the way you think they want you to?

What real and true aspects of yourself are you betraying when you put on your mask?

Main Concepts for Step 2

1. The shadow is the seat of your pain. There are two major components to your pain: fear and shame. You feel shame about certain aspects of yourself and you are afraid that they will be found out, exposed, or uncovered, and that you will be rejected, humiliated or punished.
2. To understand your shadow, you need to get in touch with your fear, shame, unworthiness, judgments, anger, etc. and bring them into conscious awareness.
3. The shadow side is primarily unconscious. You don't look at the shadow, because you don't like it. This is the part of yourself that you judge and try to hide behind your mask

STEP 2: SEE YOUR SHADOW



4. Unfortunately, this attempt to hide the shadow does not work. You tend to unconsciously project your shadow on other people. Then you have to look at it.
5. You see and judge in others the qualities that you do not like or accept in yourself. Yet your judgments say more about you than they do about others. They show you the shadowy part of yourself that you must learn to see and accept.
6. The shadow is the dark side of self. The persona (also called the mask) is the bright side of self. Like most people, you try to show people your bright side and hide your dark side. Yet this is not completely honest or authentic. Part of you is discounted, ignored and kept hidden or unconscious.
7. To be authentic and real, you have to embrace all of who you are — dark and light, strengths and weaknesses, what you like and what you do not like.
8. You try to hide or get rid of the shadow, but to grow emotionally and spiritually you need to learn to accept it and integrate it. When shadow and persona integrate, wholeness comes to the psyche, and healing is possible.
9. The key to the process of integrating your shadow is to see it with compassion. That means that you need to look at your judgments of yourself and others without beating yourself up. You need to see the dark, unhealed aspects of self, without making them bad or evil.
10. When you see with acceptance and compassion, you bring the light to the dark places in your psyche. This illuminates them and creates the potential for their integration.
11. On the other hand, when you see with judgment, you push the shadow back into the darkness. You make it bad, evil, unacceptable, and yes, you hide it from sight once again.

STEP 2: SEE YOUR SHADOW



Other Important Concepts for Step 2

Denial of the Shadow

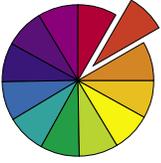
- The reason that many people do not heal is that they deny their pain and shame and push the shadow down underneath their mask, showing people their bright side and hiding their dark side. As a result, they never acknowledge or heal their shame and negativity.
- Like other human beings, you do not like or accept your shadow and believe that others would not like or accept it either. That is why you try to hide it.
- Your fear and shame keep your mask on and your shadow hidden. Yet, deep inside you may feel insecure and afraid. You may feel a deep, dark, shame/unworthiness and be terrified that it will be uncovered or exposed.
- Behind your fear of exposure is the belief that, if your shadow were seen, you would be humiliated, rejected or even punished. This fear is so great that some people would rather die than have their dark secrets exposed.

The Need for Integration

Neither the shadow nor the persona tells the whole truth about you. To find the truth you must integrate dark and light within your psyche. That is how you become real. You look at your strengths and weaknesses. You see both the confident adult and the scared little kid. By integrating dark and light, conscious and unconscious, good and bad, you begin to heal your divided psyche, and this enables you to feel whole again.

- The division of the psyche into shadow and persona creates a kind of schizophrenia or split within your consciousness, which is then projected outward in your relationships. Healing requires that you heal that split/division within.
- When you are at peace with the different aspects of yourself, peace in your relationships and in your world becomes a real possibility.
- Inner wholeness — the redemption of the shadow from the darkness of the unconscious — thus becomes the prerequisite for the healing of our individual and collective human consciousness.

STEP 2: SEE YOUR SHADOW



Projection and Triggers

- Because you don't want to look at the wounded, unhealed parts of yourself, you often project your shadow onto others. You see in others what you do not want to see or acknowledge in yourself.
- As a result, your pain not only consists of your fear and shame, but also of your judgments of others (projected shame) and anger at others (projected fear).
- That is why the people who push your buttons are your best teachers. They mirror back to you the unhealed parts of yourself.
- Your reactive behavior and related interpersonal conflicts are shadow-driven. Thus, by healing your relationship to your shadow, you no longer have to project it onto others, and you can heal your relationships with the people who used to trigger you.

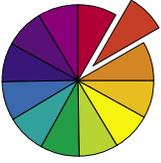
Opening Pandora's Box

- Meeting your shadow is like opening Pandora's box. All kinds of unexpected things come tumbling out. It is really the beginning of the descent into the underworld to reclaim and redeem the rejected aspects of yourself. In this process, your unconscious is made conscious. Light is brought to the darkness.

Bringing Light and Love, Awareness and Compassion

- This work is not about trying to get rid of fear and shame — because what you resist persists and intensifies — but about bringing your fear and shame into your conscious awareness.
- When you bring light to the darkness, the darkness is illuminated. When you bring awareness to your fear and shame, both diminish in intensity.
- When you learn to see and hold your fear and shame compassionately, you break your identification with your fear and shame.
- Awareness creates a healthy distance between the observer and the observed. This distance is necessary for emotional healing and spiritual growth.
- Once you have awareness (light), you can bring compassion (love). That is what this work asks of you — to bring light and love, awareness and compassion — first to yourself and then to others.

STEP 2: SEE YOUR SHADOW



Courage and Compassion

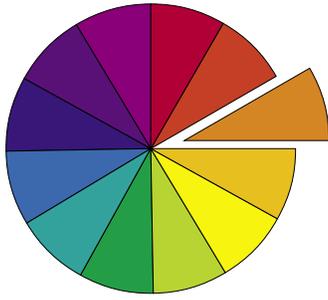
- Becoming aware of your shadow requires courage and compassion. You need courage to look at the parts of yourself that you don't like. You also need compassion. Otherwise you will look with judgment and that will just deepen your shame.
- Your goal here is to look with compassion, to see without judgment.

What You Accomplish in Step 2:

- You locate the seat of your pain: The Shadow. You realize that to heal you have to uncover your dark side and come to terms with all the aspects of yourself that you judge, dislike, and refuse to love and accept.
- You realize that you have both a shadow and a persona and that part of the healing journey is to create an integration of these polarities of dark and light within your consciousness.
- You identify specific aspects of your shadow and your persona and share these with others. This is a first step toward creating an awareness and integration of dark and light elements in your psyche.
- You also learn that you tend to project your shadow qualities onto others. You learn that people who trigger you can be good teachers, mirroring back to you the qualities you do not like or accept in yourself.

Strategy 2: Look with Compassion

Practice holding your fears, your anger, your shame, your judgments in a loving and accepting manner. Throughout the week, continue to see disowned, rejected aspects of yourself with compassion. Please understand that you are cultivating compassionate awareness, not judgmental awareness. Otherwise, this practice can become an exercise in beating yourself up. As your fears and judgments of self and others arise this week, learn to hold them gently, without buying into them. Begin to bring acceptance and love to all of the unhealed aspects of your consciousness. Realize that beneath all the negativity in your psyche is a wound that needs to be healed and know that you are taking the first step in healing it. Notice when others trigger you and ask if that is because you are seeing in them some shadow qualities that you don't want to accept in yourself. Be courageous but also be gentle with yourself.



STEP 3:

CONNECT WITH YOUR CORE SELF

GOAL: *Find the Hidden Jewel Within*

STRATEGY: *Accept what is. Enter the Silence and accept your life as it is.
Cultivate the presence of love in your heart.*

Core Understandings

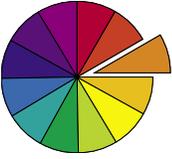
- The Core Self is the innocent part of you that lies behind your shadow. It cannot be seen unless you look with love and acceptance.
- Everyone has a Core Self, but not few people are in touch with it. That is because they have not yet learned to look with love and acceptance.
- The Core Self contains all the gifts and talents you possess, in their potential. It is the blueprint you are born with.
- The Core Self is whole and complete. There is nothing lacking in it. There is nothing in it that needs to be changed or fixed.
- Connecting with the Core Self creates a pathway for the integration of the Shadow and restoration of wholeness in the psyche.
- When you are connected to our Core Self, you are connected to all that is. You live in relationship to your Source or higher power.

Journaling Questions

Please write your answers in a special journal devoted to this work.

Your Core Self is innocent, whole and complete. It is your essence. It is the Being you are when your heart is open to love and you know that you are worthy. It is the spiritual part of you that cannot hurt or be hurt. To what extent have you discovered a place within your heart where you feel safe, whole, complete, accepted and loved?

STEP 3: CONNECT WITH YOUR CORE SELF



The Core Self contains the blueprint you were born with, including the talents and gifts that make you unique. What gifts of self were you born with that make you unique? Have you nurtured and expressed these gifts or have you disguised, covered up, or neglected them?

When you judge anyone including yourself you cannot connect to your Core Self or that of others. Can you give a personal example of the fact that when you are connected to your Core Self, shame and blame fall away and you see your innocence and that of others?

What was your most profound experience or encounter with your Core Self and how did it change your life?

When did you feel most disconnected from your Core Self and most out of alignment with the truth of your being?

To what extent are you seeking salvation from the outside and looking for answers outside of yourself? To what extent have you found the light and the connection to love within?

To be a light-bearer, you must have the courage to enter the dark tunnel of your shame and pain and reclaim your innocence. You must learn to hold your fears gently and bring love to all the wounded places in yourself. To what extent are you doing this?

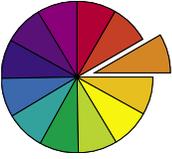
The choice to connect with your Core Self and to learn to trust it is the most important decision you will make. Making time and space for this connection may require a reordering of your priorities in life. Have you been willing to make this choice in the past? If not, are you willing to make it now?

Do you have a spiritual practice that helps you to stay connected to your Core Self on a daily basis?

Have you ever used the mantra that Paul Ferrini gives us Are you loving yourself right now? as a spiritual practice throughout the day? If not, are you willing to begin using it today and tomorrow?

Do you take time each day to enter the silence and connect with your Core Self? If not, are you willing to take at least 15 minutes to do this today and tomorrow?

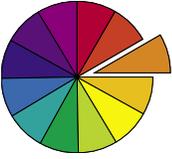
STEP 3: CONNECT WITH YOUR CORE SELF



Main Concepts for Step 3

1. The Core Self is your essence. It is the place within your heart where you connect to love and know that you are worthy. It is the Spiritual part of you that cannot be wounded.
2. The connection to Love must be established if you are to be successful doing your inner child healing work.
3. You connect to your Core Self by letting go of your judgments, accepting your life experience just as it is, and by feeling gratitude for all the gifts you have received.
4. Connecting to your Core Self also means connecting to the Source of love within. As you become skillful at doing this, you begin to feel the presence of love as an actual vibration and warmth within your heart center.
5. Your most important practice is to take time in silence each day to connect to your Core Self and the Presence of love in your heart.
6. When you feel connected to love, you sink into your essence and know it deeply and without question. Then you can emerge from the darkness holding the light, first for yourself, and then for others.
7. Only when you bring light and love can you integrate the shadow. Otherwise, you may get scared by your shadow and put your mask back on, or you may identify with your shadow and think that you are dark, bad, and unredeemable.
8. Integrating the shadow means you reclaim your innocence. You learn to face your unworthiness and see that it is false. You learn to hold your fears gently and bring love to all the wounded places in yourself.
9. When there is nothing about you that you are not willing to love and accept, your Core Self will shine forth in all its glory. Then, you will not only carry the light. You will become it.
10. The Core Self is your energetic connection to Love. It connects your heart to heart with other people. When you rest in the Core Self, there is no separation or conflict between you and others.
11. When you abide in the Core Self, you are incapable of judgment. You cannot think or act in a way that is hurtful to yourself or others. You know that you are loveable and acceptable just the way that you are, and so are others.

STEP 3: CONNECT WITH YOUR CORE SELF

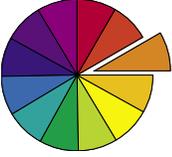


12. The Core Self is about being, not about doing. Your essential, existential worth is found here.
13. When you try to act without a connection to your Core Self, all you create is wound-driven. Every attempt to do without being is simply wrong doing. It leads to wrong relationship, wrong livelihood, etc. and all other expressions of self-betrayal.
14. When you meet and align with the Core Self everything you do is congruent with it. As a result, you spontaneously honor self and other. This leads to right action, right livelihood, right relationship.

Other Important Concepts for Step 3

- The Core Self is the connection point between your divine origin and your human incarnation. It is the divine spark that you bring with you into this embodiment.
- The Core Self is the Hidden Jewel. When that jewel shines forth, you are expressing your true nature.
- When you are connected to your Core Self, shame and blame fall away. You see your innocence and that of others.
- The Shadow cannot hold itself. Something has to hold it that knows that it is not the Shadow. Some essence that knows, accepts, understands and loves without conditions. That essence is the Core Self.
- The Core Self is the resting place of Universal Love. It has been called Tao, Atman, Christ, Buddha nature, and so forth. It has many names and is spoken of in many traditions.
- The Core Self is eternal, consistent, unchangeable. Some say it is not born and does not die because it exists beyond the vicissitudes of this world.

STEP 3: CONNECT WITH YOUR CORE SELF



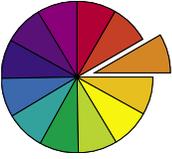
What You Accomplish in Step 3:

- You connect with your Core Self, the Spiritual part of you that is innocent and cannot be wounded.
- You open your heart to experience the power and presence of unconditional love and acceptance and began to realize that you can tap into this Source of love within whenever you need to.
- You learn how to enter the silence and connect to love as an energetic presence within your heart and throughout your body.

Strategy 3: Accept What Is; Bring Love

During the coming week, connect to the presence of love by radically and unconditionally accepting your life experience just as it is and by feeling gratitude for all the gifts you have received. By refusing to find fault with or condemn yourself or others, you can maintain this connection to love throughout the day. The more you stay in your heart, the more the energy of love intensifies and others can feel it. Whenever you catch yourself finding fault, judging, feeling sorry for yourself or experiencing any other kind of fear or resistance, ask the question Am I loving myself right now? Use it as a mantra throughout the day. If the answer is “No,” understand that love is what is needed, take a deep breath, and consciously bring love and acceptance to yourself. If necessary, close your eyes, breathe into your heart, and connect to your Core Self.

STEP 3: CONNECT WITH YOUR CORE SELF



Experiential Practice for Step 3

This experiential practice suggested for step 3 has been adapted from *The Power of Love* (p. 19–23) by Paul Ferrini. It will help you learn to enter the silence on a daily basis and radically accept your life the way it is.

Today and every day this week you are asked to spend at least 15 minutes going into the silence to commune with your Core Self. Many people find it easiest to set aside this time when they get up in the morning before they move into the demands and expectations of their work or family life. Others prefer to take this time at night before going to bed. Choose a time that works best for you and then let that time be your daily appointment with your Core Self. Keeping the same time every day is important because it helps you build this practice into your life.

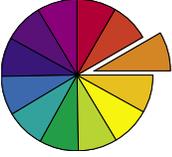
Choose a beautiful spot in your home or in nature where you won't be interrupted. If you wish, build a simple little altar—a few stones gathered together—or a candle with some flowers or incense if you prefer. Create a space that feels sacred to you.

Begin to do some deep breathing—inhaling and exhaling through your nose for a count of 5 or 7 or whatever feels relaxing to you. On the inhale let yourself remember “I am taking this time to center within my heart of hearts, to connect with the core of my being, where my Spirit resides” and on the exhale tell yourself “I am letting go of any worries or stressors that stand between me and my deepest peace. I am coming to my Core Self empty and open.”

As you breathe and center, feel the warmth and peace of your Core Self in your physical body. Feel the warmth of unconditional love and acceptance in your heart center and the spaciousness, clarity and grace in your mind. Dwell at peace in this moment. If judgments come, just acknowledge them gently, but know that you are not these judgments. Stay in the energy and the radiance. Commune with your Core Self.

As much as possible, remember your oneness with your Core Self throughout the day. Whenever you get drawn into the drama of life, step back and remember your connection. The Core Self lives in you and through you. You just need to become aware of its presence in your heart.

STEP 3: CONNECT WITH YOUR CORE SELF



Extending Silent Communion Throughout the Day

As your daily practice takes root, you will find that you are able to re-experience this communion with the Core Self throughout the day. Sometimes, just closing your eyes and breathing deeply will enable you to reconnect to the energy of unconditional love and acceptance in your heart, removing you from the push-pull drama around you and restoring your inner peace and equilibrium. You can quicken this process by taking five minutes out of every waking hour to close your eyes and re-enter the silence. This five minutes of communion with the Core Self becomes your little mini-retreat from the world and sustains the presence of love in your life throughout the day.

Stepping into Love Communion

If you have trouble connecting to the Core Self, experiment with the following process of “Stepping into Love Communion.” Enter into unity consciousness by accepting life as it is right now. To help you enter this state of unconditional love and acceptance, allow yourself to sink into the awareness reflected in the following words:

I can accept myself as I am right now.

I can accept others as they are right now.

I can accept life as it is right now.

These words are not affirmations to be mindlessly repeated. They are not magical formulas. They are statements of truth that represent a certain level of consciousness to which you can attune.

Saying these words if you don't believe them is an exercise in futility. So let yourself sink into the consciousness of the words before you attempt to say them. Breathe with the words. Mull them over. Turn them around and let them weave into your consciousness right now. When you feel willing to do what the words say, then they have meaning.

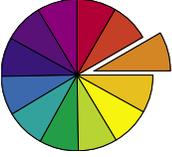
So be with them until that willingness comes. That is what it means to attune or to “vibrate with the words.” Then continue:

I am loveable and can receive love right here and now.

Others are loveable and can receive my love right here and now.

Love can be fully present in my life right here and now.

STEP 3: CONNECT WITH YOUR CORE SELF



Let this sink in. When it has, then continue:

I am the bringer of love.

Without my presence and my willingness to let love come through me, love cannot be.

Without my presence, love cannot be.

Let this sink in. Breathe into this awareness. Love comes from you, not from someone else. Then continue:

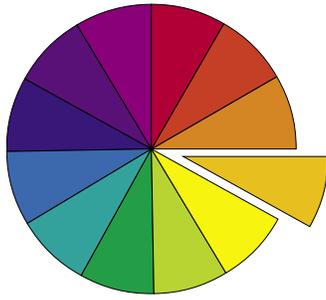
I cannot bring love to myself or to others if my heart is not open.

I am willing to breathe into my heart and feel it open right now.

I am willing to be open to the healing power of love.

Be in the consciousness of these words until the words dissolve and only their resonance remains in consciousness. Then you will experience the ecstasy of love communion.

You might find it helpful to write these words down and carry them with you in your wallet or pocketbook. That way you will be able to use them not just in your formal 15-minute meditation, but also throughout the day when you are thrown off-center and need to come back into connection with the Core Self.



STEP 4:

OWN YOUR JUDGMENTS

GOAL: *Stop Projecting Your Pain Onto Others.*

STRATEGY: *Take Responsibility. Realize that your judgments say more about you than they do about others.
Bring Love to the wounded parts of yourself.*

Core Understandings

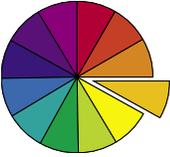
- Your judgments belong to you, not to anyone else. You are asked to see and own your judgments as they come up and to realize that they say more about you than about anyone else.
- Instead of projecting your shadow onto others you are asked to see the unworthiness behind your judgments and bring love to the wounded and unworthy parts of yourself.
- By taking responsibility for the judgment, you are able to bring correction and forgiveness. You are able to hear and respond to the call for love from the wounded child within yourself.
- The goal here is not to stop you from having judgments — that is an unrealistic expectation — but simply to have you begin to be aware of the judgments that arise in your mind and to see them, correct them, and forgive them.
- Recognizing your judgments can be the key toward healing your wounds. It can show you where your real issues of self-worth lie.

Journaling Questions

Please write your answers in a special journal devoted to this work.

Make a list of the people in your life whom you judge the most and your major judgments are about them. Include anyone else who consistently triggers you. Be as specific as you can. Exaggerate your judgment if necessary to articulate it clearly.

STEP 4: OWN YOUR JUDGMENTS



Remember judgments can be positive or negative. You can see others as more or less worthy/talented/correct than you. You can feel “less than” or “more than” in comparison to them. You can look down at others or put them up on a pedestal. Judgment is the mechanism by which you project your shadow qualities onto others. Every time you judge someone else, your job is to see the judgment and inquire into what it says about you. Who are the three people you judge the most and what is your judgment about them?

Person's Name, My Judgment about him/her

1. _____
2. _____
3. _____

How does your judgment of each one of these people reflect back to you your Core Belief about yourself and the shame and the hurt attached to that belief? To help you do this, ask the following questions about each person:

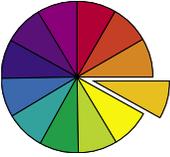
- Do I see myself as more than or less than this person?
- How is this judgment a reflection about how I feel about myself?
- What is the unworthiness I feel now that makes me judge this person?
(Note: feelings of both inferiority and superiority stem from unworthiness)
- Can I see that this unworthy part of me is just calling for love?
- Can I bring love to the wounded little kid within, and take others off the hook?

Please journal any insights you have gained from doing this process and be ready to share them with others who are joining you in this work.

Main Concepts for Step 4

1. You don't want to look at your shadow, so you try to get rid of it by projecting it outward onto others. Your judgments are all projections of your shadow material.
2. The problem with projection is that it happens unconsciously. You aren't aware that you are doing it. Your job is therefore to make it conscious, to become aware when you project your pain and shadowy material onto others.

STEP 4: OWN YOUR JUDGMENTS



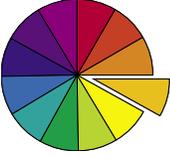
3. When you judge another person, you project some aspect of yourself onto someone else. That is why your judgments are about you, not about someone else.
4. None of your judgments are justified. They are all unjustified and untrue. Your attempt to justify your judgments is an exercise in denial and a refusal to take responsibility for your thoughts, words, and actions.
5. When you acknowledge your judgments (know that they are about you and not about anyone else) you stop projecting. Awareness and responsibility stop projection in its tracks.
6. Your judgments about others show you your shame/unworthiness. They offer you an opportunity to look at the unloved/unaccepted aspects of yourself and bring love and acceptance to them.
7. When you own your judgments and bring love and acceptance to the aspect of self that feels unworthy, you begin to integrate your shadow. You move toward unity and wholeness.
8. True forgiveness involves correction. First you correct your judgments and then you forgive yourself for making them.
9. The correction to each judgment is therefore “I see that this is not about you. It is about me.” That is what it means to own the judgment and take it back.
10. Correction and forgiveness are essential if you are going to learn to take responsibility for your thoughts, words and actions.

Other Important Concepts for Step 4

Projection: The Futile Attempt to Escape Your Shadow

- Your judgments are the way that you unconsciously project our shadow onto others. Because you don't want to look at your shadow, you try to get rid of it by projecting it outward.
- However, this strategy is completely ineffective. When you judge others, they don't like it. They don't accept your judgments and usually judge you back. You attack them and they attack you. You don't succeed in getting rid of your self-judgment. You merely externalize it so that you get to look at it.

STEP 4: OWN YOUR JUDGMENTS



- In the end you come face to face with all of your fear and shame reflected back to us through others. Projection is just a big mirror that shows you what you don't want to look at.
- In other words, you cannot escape your shadow. It follows you wherever you go.

Becoming Conscious of How and When You Project

- Of course, projection happens unconsciously. You aren't aware that you are doing it. Your job is therefore to make it conscious, to become aware when you project your pain and shadowy material onto others.
- Your judgments are always about you. They are not about anyone else. You try to make them be about others, but that is just an attempt to deceive yourself and others. Your judgments belong only to you , not to anyone else.

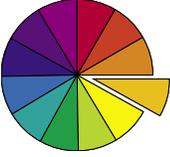
Awareness Stops Projection

- When you own or acknowledge your judgments (know that they are about you and not about anyone else) you stop projecting. Awareness and responsibility stop projection in its tracks.
- You do this by saying first to yourself and then to others: "I see that I am trying to make this be about you, but I know it really belongs to me. It is my stuff."

Your Judgments are Untrue/Illusory

- None of your judgments is justified. All are unjustified and untrue.
- Projection is a mechanism of denial. It denies what is true and affirms what is not true.
- When you try to justify your judgments you hold onto them. Only when you realize that your judgments are untrue and unjustified, can you let them go.
- The correction to each judgment is therefore, "I see that this is not about you. It is about me." That is what it means to own the judgment.

STEP 4: OWN YOUR JUDGMENTS



You Heal When You Own Your Judgments and Let them Go

- Holding onto your judgments reinforces the division in your psyche between persona and shadow. That means that you do not heal and become whole. Your shadow remains un-integrated.
- Your judgments mirror back to you how you think and feel about yourself. They show you your fear and your shame/unworthiness. They offer you an opportunity to look at the unloved/unhealed aspects of yourself and bring love and acceptance to them.
- When you own our judgments and bring love and acceptance to the aspect of self that feels unworthy, you begin to integrate your shadow. You move toward unity and wholeness.

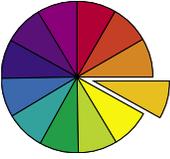
Forgiveness Requires Correction

- True forgiveness involves correction. First you make amends/correct the judgment and then you forgive yourself for judging/projecting onto others.
- Since we all project, since we all judge, we must all learn to correct and to forgive. This becomes a daily and even moment-to-moment practice.
- To correct and forgive is to heal, atone and reconnect with your Core Self and the Core Self in others. That is what it means to be truly responsible for your thoughts, words and deeds.

What You Accomplish in Step 4:

- You learn to own your judgments and to realize that they say more about you than they do about others.
- You understand that the people whom you judge reflect back to you shadowy aspects of yourself that you need to learn to accept and to love.
- You learn to see your projections and to correct and forgive them.

STEP 4: OWN YOUR JUDGMENTS



Strategy 4: Take Responsibility

Strategy 4 is all about taking responsibility for the contents of your consciousness. Your judgments belong to you, not to anyone else. You are asked to see and own your judgments as they come up and to realize that they say more about you than about anyone else. Instead of projecting your shadow onto others you are asked to see the unworthiness behind your judgment and bring love to the wounded and unworthy parts of yourself.

First you take others off the hook. You see the judgment. Then you own it and refrain from projecting it onto someone else. Second you take yourself off the hook. You see your judgment as a call for love and acceptance, and you learn to bring love to the unworthy and wounded parts of yourself. By taking responsibility for the judgment, you are able to bring correction and forgiveness. You are able to hear and respond to the call for love from the wounded child within yourself.

Experiential Practice for Step 4

See Practice below adapted from *The Power of Love* p. 26–34, by Paul Ferrini.

Notice Your Judgments and Hold Them with Compassion

Notice the judgments that you make about others, and remember that a judgment can be a positive or a negative thought.

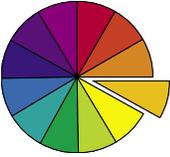
Many of us think that our judgments are bad and we should make them go away. But I can tell you from experience that this strategy doesn't work. If you try to make your judgments go away, they will either intensify, or they will go underground.

When judgments “go underground” they drop out of our awareness. It doesn't mean that we have stopped judging. It just means that we are not aware of our judgments. So we walk around pretending that we don't have any judgments when we have millions of them.

You aren't going to be able to grow spiritually if you are unwilling to look at your judgments. You can't escape the confrontation with your shadow. It is a necessary step on any authentic spiritual path.

Many people try to skip over this step because they are afraid of it. They are drawn to teachers who promise them instant salvation. But in the end, they are disappointed. There is no salvation for any of us without coming face to face with our erroneous beliefs about ourselves and others and the wounds behind those beliefs.

STEP 4: OWN YOUR JUDGMENTS



So take a deep breath and start looking at the contents of your consciousness. Don't be afraid to see all the ways that you feel "less than" or "more than" others. I assure you: you aren't the only one who is feeling like this.

Our goal here is not to stop you from having judgments — that is an unrealistic expectation—but simply to have you begin to be aware of the judgments that arise in your mind. Once you are aware of your judgments, you learn to hold them compassionately. You realize that everyone has judgments and they are not "bad, sick, or defective" because they judge. They aren't even "unspiritual." They are simply imperfect human beings with unconscious wounds.

Recognizing your judgments can be the key toward healing your wounds. It can show you where your real issues of self-worth lie.

Going Deeper

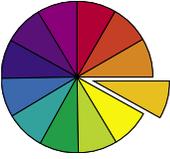
The more we observe our judgments, the more we begin to see how many layers of judgment there are in our consciousness. First we judge, and then we judge our judgment. We beat ourselves up for being judgmental and so the downward spiral of judgment continues: We have to catch this spiral somewhere. At some point we have to say: "Okay. I see I'm judging. It's okay. It's no big deal. We all do it. My job is just be aware of my judgments and hold them compassionately."

That is the turning point. That is the point when we bring love and acceptance. We begin to see that our judgments come and go, but we don't have to identify with them. We don't have to pretend that our judgments are accurate or that they can be justified.

Indeed, we recognize clearly and firmly that our judgments are not accurate and therefore can never be justified. Every time we judge someone, we perceive something that is not true. All judgments and interpretations are subjective. They inevitably contain some distortion of the truth.

So we remind ourselves of that. We say, "I know there is no truth in my judgment and I'm not going to try and justify it. I am not going to try to convince you or anyone else that my judgment is true or accurate. I know it isn't. I realize that my judgment is not accurate and it cannot be justified."

STEP 4: OWN YOUR JUDGMENTS



Taking Others and Ourselves off the Hook

If we stay with this process of observing our judgments, we begin to ask, “What’s behind this judgment?”

Before long, we realize that our judgment is not really about the other person, it is about us. So we take the other person off the hook. We say, “I see this is not about you; it’s about me.”

If I make the judgment “she’s ugly,” I am not saying anything about her; I’m saying “I see her as ugly.” For some reason I need to see her as ugly. Others may see her as beautiful or ugly, but this does not matter. What matters is what I see. What I see says something about me.

So first I take her off the hook. I say, “I know this isn’t about her. It’s about me. I am seeing in her what I see in myself. She is just the mirror. It’s not that she is ugly, but that I think I am ugly.”

However, owning the judgment and taking the other person off the hook is just the first part of the process. Once I know that this is about me, I need to take myself off the hook.

After all, the judgment “I’m ugly” or “I’m unattractive” isn’t any more true than the judgment “she’s ugly.” All judgments are untrue and can’t be justified. That’s true about our judgments of others and about our judgments of self.

So I take myself off the hook and bring some compassion to myself. I say, “I see that I feel afraid or that I feel unworthy. What’s behind all this judgment of others and of me is this fear that I’m not good enough and will never be good enough.”

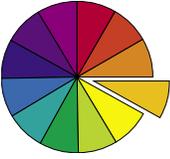
Now I am coming closer to my wound. My judgment points to a wound that needs to be healed. Behind my pain and discomfort is a need for some love and acceptance. And I realize I need to give myself some love right now.

This brings the judgment trail to its end. It cancels my projection of my own feelings of unworthiness onto others. Instead, I confront these feelings directly and bring love to the wounded part of myself.

That wounded part of me might be the five-year-old child who is hurt because Daddy paid more attention to my sister than he did to me. You can usually trace these feelings of unworthiness back to their source, and it is often helpful to identify where they came from so that they can be understood and released. That is the purpose of inner child healing work

For now, go through as many of the steps as you can, but don’t rush or try to force your practice. If all you can do is become aware of your judgments without

STEP 4: OWN YOUR JUDGMENTS



beating yourself up for having them, that is a genuine achievement. Stay with that portion of the practice for now and it will bear fruit.

The more skilled you become in the practice, the more you can tackle some of the advanced steps. Let's review these steps so that they will be clear to you.

Beginning Practice

1. Become aware of your judgments.
2. Don't beat yourself up for having judgments.

Intermediate Practice: Take Others off the Hook

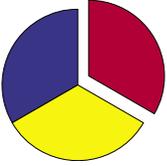
3. Realize that your judgment is not accurate and can't be justified.
4. Own the judgment. Understand that it's ultimately about you, not about the other person.

Advanced Practice: Take Yourself off the Hook

5. See that your judgment of you is not true either.
6. See the fear or feeling of unworthiness behind the judgment.
7. Hold your fear with love and compassion.

If you are able to go through this whole process, you will not only become aware of your judgments, you will also be able to release them. In the process, you will tune into some of your childhood wounds and begin to bring healing to yourself and integration to your psyche.

Most importantly, you will begin to learn how to hold your fears in a loving and compassionate way. This is a foundational spiritual practice.



TRANSITION TO PHASE TWO:

BRINGING LIGHT AND LOVE TO THE SHADOWY REALM

In order to move successfully to Phase 2 of this healing process, you need to understand that you are the bringer of love to your own experience. That is your job and your responsibility. You cannot rely on anyone else to do this for you. You have to learn how to accept and bless yourself. If you try to heal your Core Wound without establishing your connection to love, you will fail. It will be like entering a dark cave without bringing the light with you. You will not be able to navigate the terrain of the shadow unless you bring the light with you as you descend underground.

Despite the warnings, some people try to take the journey before they are ready. They enter the shadowy world and get stuck or lost. They blame themselves and others. They deepen their pain and their shame. They cannot find their way forward, nor can they easily retrace their steps. Simply put, they get stuck in their pain. They do not move through it. That is both tragic and unnecessary.

Please make a solid connection to the source of love in your heart before you attempt to investigate your wound and the shame around it. Practice seeing the light behind the shadow. Practice looking at your judgments with compassion. Learn to become a bringer of love to your own experience. Then you can enter the dark tunnel of your pain.

If you are having difficulty connecting to love, you may not be ready to move into Phase 2 of this work. Take some time to learn to open your heart. Join an Affinity Group. Don't rush the process. Don't open Pandora's box until you are ready to face your fears.

Curriculum for the Healing Your Life E Course

Paul Ferrini's *Healing Your Life* Transformational Workshops condense the most powerful teachings from his books to create a comprehensive curriculum that helps participants awaken to the truth, heal their wounds, and step into their power and purpose. Paul has spent the last 7 years training teachers to offer his transformational work in small groups all over the world.

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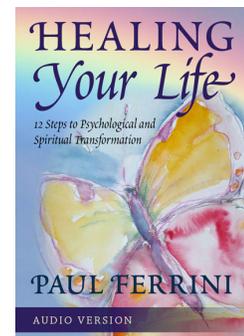
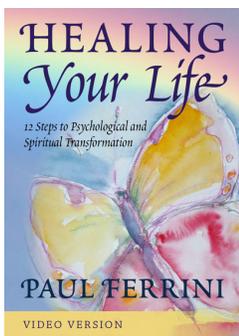
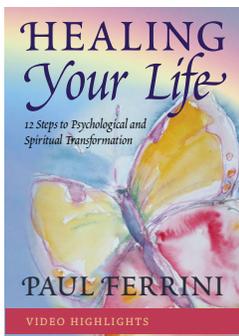
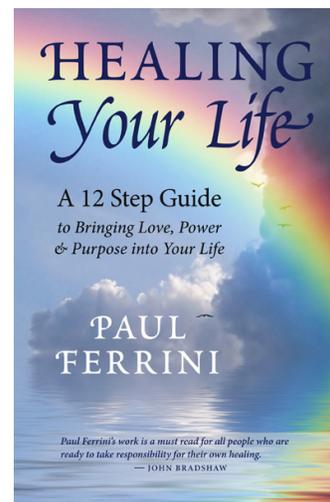
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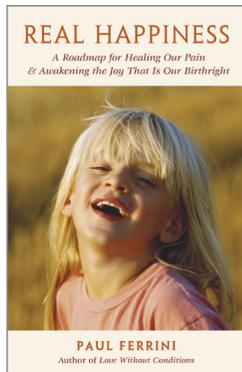
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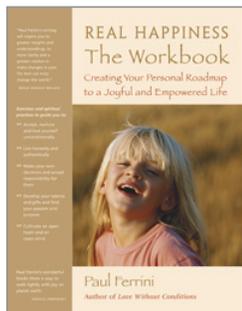
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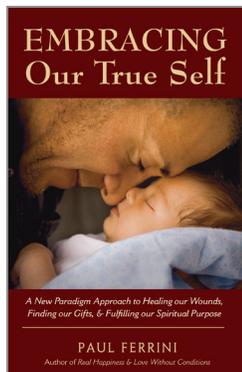
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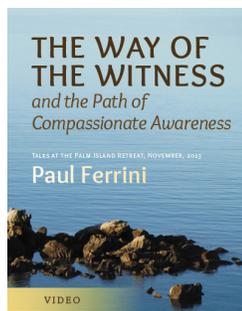
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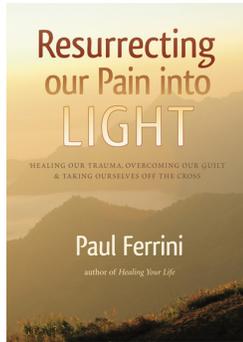
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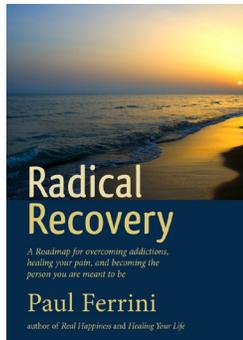
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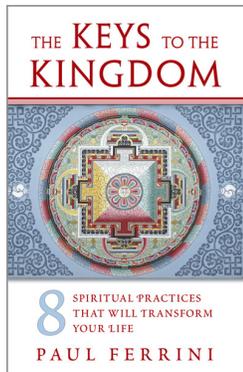
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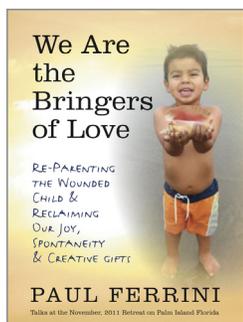
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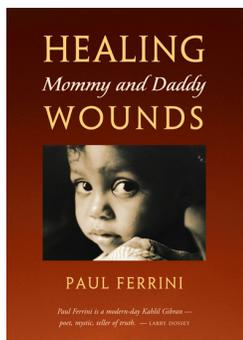
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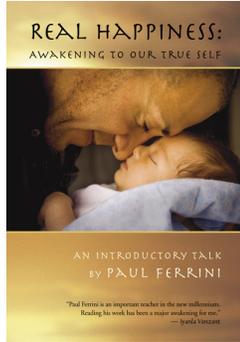
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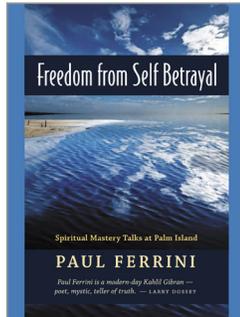
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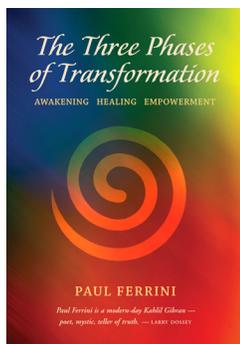
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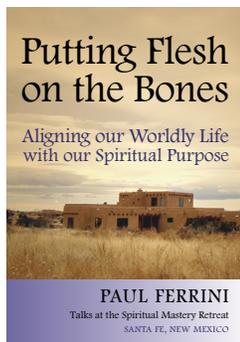
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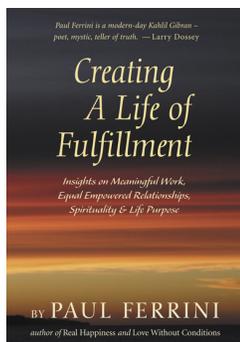
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