



*Healing Your
Patterns
Series*

- SHIVHEALS



What are these patterns we will discuss in the upcoming days?

The patterns that are expressed through fear and anger are the patterns blocking our ascension in fulfilling the purpose of our soul incarnation. These patterns all are about attachments of physical, emotional and mental clinging on the ego to form.

All of these patterns affect us because we live in this world. They're all around us in the energy and in the aura of humanity, in the news, etc. We contain all of them within our DNA. But we choose to focus on some of them more than others in each lifetime.

In this Healing Your Pattern Series we will talk about all such patterns and how to get free from them and emerge as the immaculate being of the divine self.

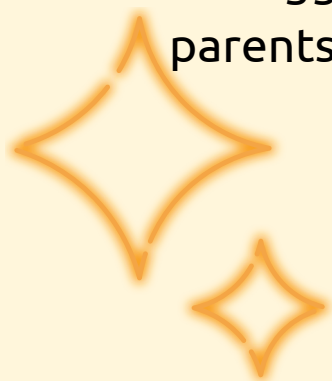




Disintegrating the pattern of numbness:

The first pattern I often talk about is numbness, we are getting used to things, we don't tune into the emotions of the things that matter in life, Now, there are three levels of numbness: physical numbness which is lack of sensation over the skin, mental numbness which is inactive mind and we often get the answers of certain life incidents much later than they actually happened and emotional numbness which is the defense mechanism of the mind to protect itself from overwhelming pain.

Even if part of you insists on going numb against these painful emotions of past or present, there is something deep down in you that cannot help but remind you that you are missing out on life. Numbness is actually associated with our sacral chakra or sex chakra. Because sex chakra is responsible for our emotional identity, and it's more complex than it seems because we can inherit its triggers from our previous incarnations and from our parents too.





Disintegrating the pattern of confusion:

Confusion in itself is a perfectly natural state. The existence of the unknown in this universe is what brings humanity to the pattern of confusion. Our consciousness is always trying to reflect our inner being's feelings about a certain statement in existence, and the primary stage or the foundation of confusion is doubt.

The pattern of confusion at the beginning is trying to foresee the duality at the same time. Since one element of this duality is "from past" and the second element is "to future", we get entangled in this loop of unstructured chaos seeking a direction. The confusion in itself is a dead element actually. The state of utter stillness makes the pattern of confusion non-existent.

Confusion is associated with Ajna chakra or third eye chakra. For a disciple, the pattern of confusion is not a problem at all. Surrendering to the divine also frees you from this pattern. I often say- With surrender comes the most powerful security and freedom. Often freedom and security don't go hand in hand but that's the beauty of the divine, it makes your duality into That singularity.





Disintegrating the pattern of external circumstances:

This human tendency to look for outer causes for our emotions is the greatest addiction on our planet. It is rooted in an essential core belief that we are victims of our material reality. We spend most of our lives chasing whatever we think causes the effect of joy — it may be a perfect relationship, lots of money, fame, the perfect place to live, act of spirituality and even our God.

During this chase of our life, the underlying game we play is blame. We blame anything from the food we have just eaten to our partners to the government for the reason that we feel bad.

The pattern of external circumstances is associated with Manipura Chakra or solar plexus chakra. I urge you to realize this that it is all your own web in making that you feel stuck and get entangled in. The layers of this pattern of external circumstances are so complex that we often forget the sole existence of the reality is with-in and not with-out.



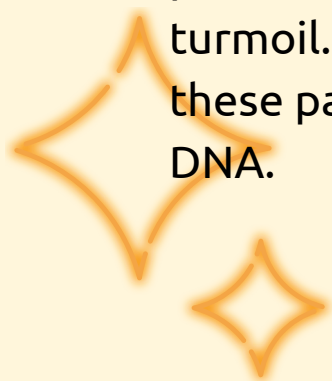


Disintegrating the pattern of doubts:

Now this pattern is the root of all duality in existence in this human kingdom. Am I walking on the right path? Am I right or wrong? The dislocation of Singular Oneness is the doubt in itself. Self-evidently existing five elements of this creation are doubt free. Do you doubt the existence of these elements? because there is no dislocation in their presence. The pattern of doubt eats time and life itself because it is the spark of a bigger turmoil in all human beings.

A Doubt is a seed thought pattern so you can not break it into different elements. This pattern is constructive in nature as well as destructive in nature too. But again where there is construction, had destruction. So, control your doubts and give them a proper direction so the pattern is within your control and you are the creator of what the seed erupts.

Doubt is associated with the Manipura chakra or solar plexus chakra. Contemplation is the leash of that great turmoil. The one who masters the art of contemplating on these patterns rules the mind and even transforms the DNA.



DAY 05



Disintegrating the pattern of chaotic mind:

The pattern of a chaotic mind is present within all human beings. This pattern is something that is unavoidable for any path of life that exists. Now understand this all these patterns we are discussing here are not only just negative patterns, but they are also the doorways of freedom and positivity. The cosmos is chaos in itself.

The right brain seems chaotic, illogical and idealistic, the left brain is the voice of control and reason. Your mind makes up stories about who you are, and about your safety and lovability. Not all of these stories are accurate. Sometimes our minds are biased by negative past experiences.

The chaotic mind is directly associated with the crown chakra. Worrying over an issue without creating a solution will not help you solve the problem. It may, in fact, make you less likely to act by feeding your anxiety. When your mind is stuck in a loop, you can interrupt it by getting up and get going.



DAY 06

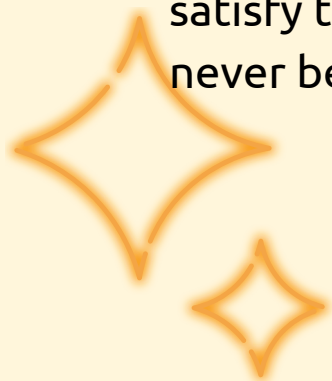


Disintegrating the pattern of the need for answers:

All questions can be answered since all the answers are inside you. You will live your life under the influence of this pattern of the need for an answer and its persistent promise that it will one day arrive at an answer that brings you lasting peace. This is youthful folly because only after much anguish and experience do you come to realize that there are no intellectual answers that bring about such peace.

Your every answer has been replaced by yet another question every water you have drunk so far has only made you drunk towards this pattern to chase the answer. So, what can we do? see, yet another question... be open to all the answers. Often we chase the "right" one.

The need for answers is associated with the forehead chakra. Let go of the hope that the mind can ever bring solace. The questions that the mind seeks will never satisfy the soul. And the answers that the heart has will never be accepted by the mind. So just let go.



DAY 07



Disintegrating the pattern of language:

The pattern of language is the one people talk less about. We have many ways of communicating with our inner self and with the path of development and with our near and dear ones. We are often programmed to seek that immaculate divinity and often speak divine as a higher level and rest of the world as the lower levels. This language feeds the human the evolutionary urge to achieve higher states. Because of this language, it may be assumed that a higher frequency is, therefore, your goal.

However, self-evident terms like omnipotence, omniscience, and omnipresence are beyond these levels and are one with all such levels or realms. Isn't it so? The universal language of light, the language of love, the language of energy expressions are a few examples in which we should speak with the universe.

Language is associated with throat chakra as it is the center of the expression of speech. Allow yourself to take an honest look at your physical, emotional, mental, and energetic bodies to see which issue/s are being reflected in repeating patterns.



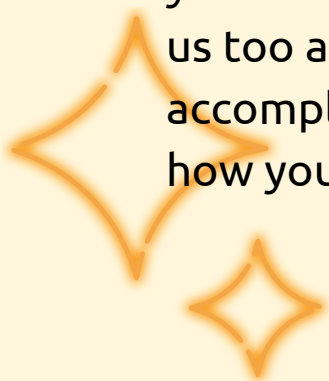


Disintegrating the pattern of the impatience:

We all have been lectured and worked upon this pattern. So let's take a different approach here. Impatience is triggered when we have a goal and realize it's going to cost us more than we thought to reach it. We're more likely to feel impatience when we have more options and financially speaking money in itself is an option multiplier only.

It is your very impatience that fuels your hunger and your hunger that fuels your impatience. Humans are unfulfilled species. the pattern of impatience is addicting too even till your genetic code. Patience and impatience are not absolute states. They are the poles within life, experienced through human awareness. Often people say that having patience is the virtue that must be mastered. But did you know? timelessness is the nature of consciousness itself. It is unborn and undying.

Impatience is associated with root chakra or basic chakra. Impatience can serve you well at times. Impatience is in your emotional-behavioral repertoire. Impatience can cost us too and can leave you with nothing accomplished. Understand how impatience works, that's how you can manage it better.





Disintegrating the pattern of the obsessive mind:

People are obsessed with how they feel and how they look, with what they wear, what they own and where they live. As long as you are looking at yourself you cannot see around you, and there is the rub. Until you come to recognize your self-obsession you cannot transcend it, which is why it is a necessary evil. All inner journeys begin with this self-obsession and it can truly become an endless labyrinth.

Even when self-obsession takes the form of a spiritual search, it can become a trap. The resulting effort to avoid, suppress, or escape these thoughts unwittingly serves to amplify and strengthen them, making them worse and worse.

The obsessive mind is associated with solar plexus chakra. To accept and release your obsessive thoughts, plant yourself firmly in the present and be realistic about what you do and do not have control over. When you let the thoughts be, they let you be. This makes them easier to clean off.





Disintegrating the pattern of emotions:

The pattern of emotions is what drives us all whether it is ours or somebody else's. Emotions operate in a wave frequency, and at a collective level, there is only one wave that connects us all together. That some people may generate this wave and others may receive it is simple mechanics. The wounds triggered by this pattern acts as a very catalyst of our transcendence. So it is important.

This pattern of emotions also leads to self-victimization. The few primary triggers of victimization are -You see your problems as catastrophes and blow them out of proportion, You think others are purposely trying to hurt you, You believe you're the only one being targeted for mistreatment.

This pattern of emotions is associated with the heart chakra. If you have decided to bring more stability into your life and are ready to take a stand for your own success, then a good collaboration with emotions is needed.



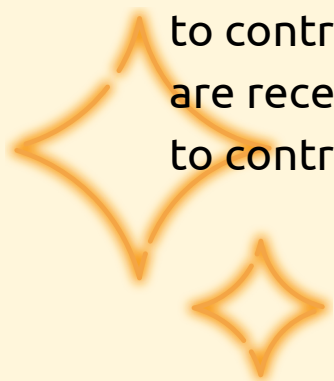


Disintegrating the pattern of jealousy:

The most common pattern we all often have experienced and tried to work on but somewhere deep down this pattern manages to survive within us. To deal with the pattern of jealousy, you first must understand what it is and how it manifests itself. Jealousy occurs when a person's place in life feels threatened by someone or something. This isn't to be confused with envy. With envy, you simply want what someone else has.

Jealousy can also manifest itself in more subtle, small episodes of psychological warfare that you may not realize are taking place until the culmination makes a big impact. Especially in disciples subtle jealousy is common and is also a key that in the end tends them to drive them within and not wander off out of the warfare.

Jealousy is associated with solar plexus chakra. Jealousy is never about the other person, it's always about YOU – YOUR feelings of being ignored, unappreciated, unseen and unloved, and underneath all of that, your frustrated desire to control others – what they do, what they want, how they are received, who loves them – and ultimately, your desire to control the universe.





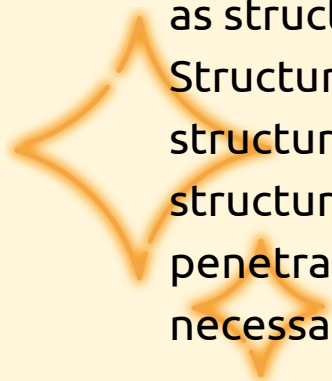
Disintegrating the pattern of structures:

Now, this pattern may sound new but this is the pattern that is imprisoning humanity as a whole. Breaking this pattern is like a war against an illusional structure only to realize that you ended up into a more complex structure of society. There are so many laws in place in so many societies that they prevent us, humans, from seeing or behaving outside our little boxes. The laws themselves may be social, moral, religious or economic.

The prime organizing agent within the human brain, allows you to structure language, use numbers and see things in levels, bands, and hierarchies. In its power, it also creates the language of your individual reality and that language is built upon a dualistic linguistic structure that does not allow transcendence. The moment you empower the structure of your inner language to the third level that lies beyond the two contrary opinions — democratic or republican, conservative or labor, male or female — you ignite the power within your DNA to exit.

This pattern of the structure is associated with Ajna chakra as structures are energized by excessive will power.

Structures are an essential part of life. However, all structures are expendable. The body itself is an expendable structure, as is the earth. In order for consciousness to keep penetrating the world of form, structures will always be necessary until the form itself has been transmuted.



DAY 13



Disintegrating the pattern of mundane:

Mundane world or mundane life is what we call as dull, unexcited life. Anything non-related to the spiritual beings or the spiritual world is considered a mundane world or a part of this pattern of mundane. It often implies a contrast with what is heavenly or spiritual.

All the steps you take in daily life, even the mundane daily chores, lead you in the direction of your dream, it is impossible for them to be unfulfilling. If your activity leaves you cold or bored, it does not necessarily mean it is the wrong activity. It probably means that you have lost contact with your greater dream — you have allowed the small to tame you.

Mundane is associated with sex chakra. Every time you allow life to leave you bored or indifferent or you feel this lack of energy and inertia, it is up to you and you alone to reconnect with your dream.



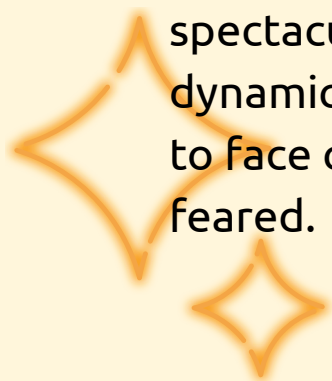


Disintegrating the pattern of distrust:

Under normal circumstances, we have a tendency to expand trust to other people expecting they shall reciprocate in type. This distrust is both an inherited trait and a conditioned one. This pattern of distrust develops progressively through phases, by mere recognition of these phases, we can stop the growth of distrust in us.

As discussed before the seed thought is doubt. Doubt, if unresolved, grows into suspicion in the long run. Suspicion is belief without evidence. The 3rd phase of distrust is anxiety. With anxious behaviour comes the undefeatable fear. As a result of the fear you experienced, you build up self-protection and close yourself up.

Distrust is associated with sex chakra. It is a fear-based response to one's early experience in childhood and it infects all of one's relationships. The over-attentive nature is at its core deeply false, which means that it will invoke unconscious distrust in others. Over-attentive natures also tend to draw tactless natures to them, resulting in some spectacularly dysfunctional relationships and family dynamics. When these people finally develop the courage to face conflict, they realise it is never as bad as they feared.



DAY 15

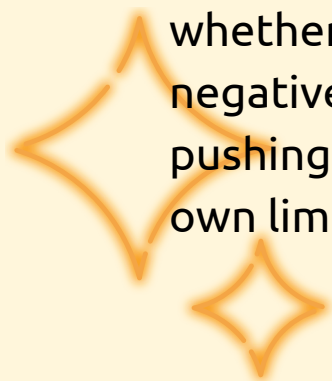


Disintegrating the pattern of toxic relationship:

Most people question, at one point or another, am I in a healthy relationship? Is my partner right for me? Is our fighting normal? Are we really happy together? Every couple goes through tough times. Even the best of matches and most compatible people will have their downfalls. People aren't perfect, so naturally neither are relationships. We often tend to end up in the same pattern if we don't overcome what others are merely reflecting upon us based on our projections. Observe your projections. It's really tricky but important.

A toxic relationship is often characterized by repeated, mutually destructive modes of relating between a couple. These patterns can involve jealousy, possessiveness, dominance, manipulation, desperation, selfishness or rejection. Remember each relationship is unique too.

A toxic relationship is associated with distressing sex chakra. Getting to know one's self and one's patterns are key to avoiding a toxic relationship. You have to first decide whether you have chosen someone undesirable for negative reasons from your past or whether you are pushing away someone you really care for, because of your own limitations, fears or defenses.





Disintegrating the pattern of details:

We tend to go in detail. We chase and submerge ourselves in the minute (small) details. Often these details of our style of living are unnecessary and irrelevant in the long run. Most human beings live lives where they simply get by, lives in which they become victims of all the details around them. This pattern of details has the power to tame you, sapping your life force, robbing you of your enthusiasm.

Focusing on what lies right in front of you rather than concerning yourself with where the future might or might not take you. This wisdom will make all details go void and you will see the bigger picture right in front of you. Where you place that focus — and primarily through your daily activity rather than your mind.

Details are associated with Throat chakra. Progressing spiritually is not hard, maintaining the commitment and ignoring the distractions and details of the physical world is though and can really test an incarnated being. This pattern of details can intensely make you start undermining your natural destiny.





Disintegrating the pattern of ingratitude:

People with narcissistic tendencies erroneously believe they are deserving of special rights and privileges. Along with being demanding and selfish, they exhibit an exaggerated sense of self-importance, which leads them to expect special favors without assuming reciprocal responsibilities...

Giving without real gratitude is one of the major forms of ingratitude pattern. Giving in this way causes more harm than good because you inevitably deplete your resources and gradually wear down your health. A famous Spanish proverb defines "ingratitude as a daughter of pride".

Ingratitude is associated with the heart chakra. Ingratitude is worse than revenge because in revenge we are returning evil for evil but in ingratitude, we are returning evil for good. What makes greed much worse is ingratitude. This pattern can be present in many grateful hearts more commonly than you think. Be universal.



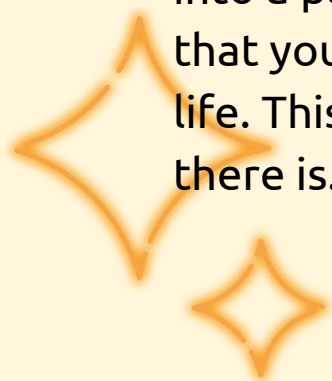


Disintegrating the pattern of self-obsession:

This pattern of self-obsession governs us on a collective level, even though it is showing signs of an awakening today. Such an irony the life depicts, an individual base pattern affecting us all on a collective level. This makes it very difficult for other people to relate to you, even though you may feel that you can relate to them. Even though you may have many relationships, the truth is that you really don't have enough space within your psyche for the concept of others.

According to Catrina McFate, the Dalai Lama—based on a lecture he attended at a New York symposium on Buddhism and meditation—has noted that “people who have the tendency to use more self-referential terms (I, me, myself) tend to have more health problems and earlier deaths.”

Self-obsession is associated with solar plexus chakra. Self-obsession is driven by fear, and it is a very specific unconscious fear—it is the fear of losing your identity. As one of the deepest of all human fears, this fear forces you into a pattern of trying to find out who you are in order that you might find some kind of permanent definition in life. This quest for your true identity is the greatest quest there is.





Disintegrating the pattern of beliefs:

I know this pattern has caused more violence than anything else in the outer as well as the inner world. Any individual belief is a potential belief trap (a belief trap in simple terms is any belief that limits you or causes/create conflict on an inner/outer level) - positive, neutral, or negative.

The key here is to start becoming aware of your beliefs. Sounds easy enough doesn't it? After all, we know what we believe in and why.... don't we? The fact is that many of us don't clearly understand or comprehend what we believe in, or why we believe in it.

Beliefs are associated with the throat chakra. Most of our modern beliefs and ideologies are based on these ancient aspects of our awareness that are rooted in fear, and we remain walled off within our individual cells. Our mainstream scientific thinking is still based on the divisive worldview that there exists no organizing force in the universe other than chance. For some people, finding these hidden belief traps can completely transform their lives.



DAY 20

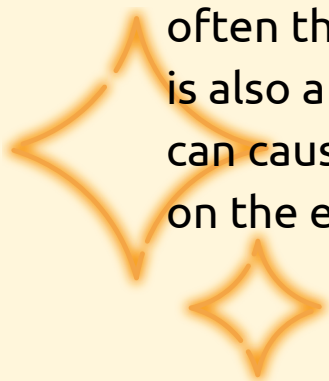


Disintegrating the pattern of indecision:

Life has given us simple solutions to help you make decisions and empower your life, however, this pattern of indecisions cause so much trouble to us than any other outer circumstance of life because it is solely with-in us and has nothing to do with an outer world where all the choices are present. We've touched on "too many options," "people-pleasing," and "playing the elimination game."

People who tend to become trapped by their own worries, which make them unable to really feel the certainty of spontaneous clarity and commitments are the ones trapped in the pattern of indecisions. Indecisions occur when intuition is suppressed by the power of the mind. The body knows what is correct in every the cell of its being, but the mind immediately imposes its doubt, anxiety or opinion, thereby rendering the true perception powerless.

Indecision is directly associated with solar plexus chakra. Beware The Paradox Of Choice. Finding our bliss reveals our truth. Always remember what is the source of being blissful in your life?! and then make the decisions. We often think we can let the energy work later for us but that is also a trap of this pattern. Come to think of it the energy can cause the advancement of our life and hence the work on the energy body needs to be done in advance.



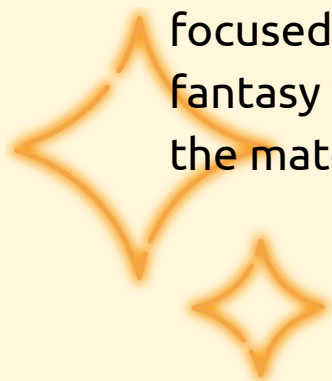


Disintegrating the pattern of distractions:

The moment you move from being distracted to noticing you were distracted is an important moment. This pattern of distraction is very contagious and spellbinding that it has consumed the lives of people. We are all distracted some give value to their distractions and get engaged in the distractions that make sense to them in a short period of time and some distract themselves to just escape what they don't wanna deal with.

In the modern world, we appear almost desperate to distract ourselves from who we really are. At the same time, we now have so many distractions that we are becoming increasingly aware of the extent of our addiction. Distraction places a mask over the world, which prevents you from seeing life as it truly is.

Distraction is associated with the basic chakra. Outer distraction- the outer world of the senses distracts you from your inner world of feelings and the reality of the higher realms. Inner distraction is when you are so inwardly focused that you forget the outer world — you live in a fantasy world of your own making with no real anchor in the material world.



DAY 22

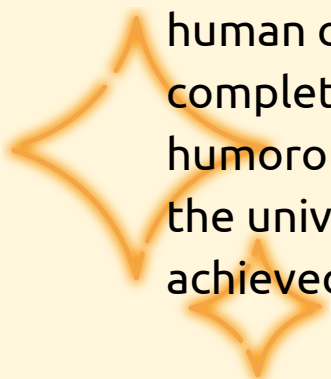


Disintegrating the pattern of perfection:

All of you up to some extent have this need to be a self-identified perfectionist. But often this need for perfection make you quit your creations in making. You pride yourself on getting work done, you need assurance of your success. But if and when that goal isn't easy to attain, you're uncomfortable. You should be able to do it - no problem. Think this through.

Now, Let's talk about perfection in spirituality. According to Buddhism, the state of pure being or as it is called "An Arhat", in this state, there is no place for further evolution, as the state of an arhat is enlightened, they see the whole universe as enlightened too. And since the universe is enlightened there is nothing more to be done. This is by far the best example of the expression of perfectionism. Isn't it so?

The need for perfection is directly associated with the throat chakra. This pattern contains some other paradoxes profoundly. This pattern is actually something highest that human can aim for in their life. Because this is the state of completion nothing more is needed to be done. But cosmic humorously, you will find yourself at the very beginning of the universe once that need is fulfilled, once perfect is achieved.



DAY 23



Disintegrating the pattern of pessimistic mind:

The pattern is rooted in the human emotional system of course as the pattern states that it is the pessimistic mind but it's all about the emotional system that is founding this pessimism. Despite the highest era of awareness and information this pattern of pessimistic mind is causing is not to do anything about our awareness. This awareness does not change human behavior.

Right now you are reading about the pattern of pessimistic mind that we are creating, but we do not stand up to it. In the end, our emotional urge to satiate the desire within always wins. We are all still stuck in all these patterns. Isn't it so? We go on pursuing our own short-term agendas with disastrous consequences to the greater society.

The pessimistic mind is actually a negative mental attitude and hence many chakras are involved in this. Solar plexus chakra is the key chakra of a pessimistic mind. Enthusiastic people have more activity in the left prefrontal lobes of their brains, while those with more active right prefrontal lobes tend to get stuck in negative emotions.



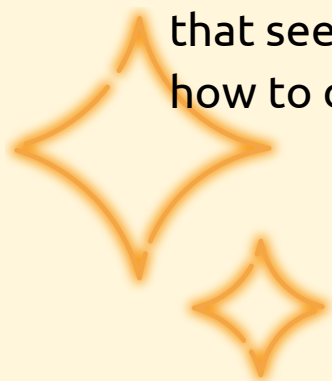


Disintegrating the pattern of drama:

The pattern of drama is something that has many layers in it. We all have heard and even sometimes blamed this pattern on others too. Recognizing the creation of drama is a very crucial step taken by very few. One of the core layers of this pattern of the drama sits in our spiritual life. Faking freedom while having our colored spiritual experience is also caused by this drama of life.

Awareness enjoys the seriousness of being on a quest, of being a hero or heroine within the drama of your life. However, when the awakening state is experienced a great realization dawns: you have always been asleep. Even as you thought you were evolving and that you were doing really well at being detached, you were still asleep. You can not be half-awake! You are either asleep or you are awake.

Drama is directly associated with sex chakra. Sometimes it seems like drama happens to us, and we're powerless to remove ourselves from the cause. Another perspective is that every time we find ourselves immersed in something that seems overwhelming, we have an opportunity to learn how to deal with challenges better.



DAY 25

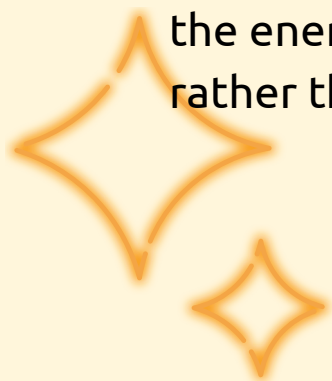


Disintegrating the pattern of lethargy:

The fact that you are reading about this right now is self-evident that you are not a completely lethargic person. Be more active. Lethargy is a condition that can plague one with tiredness, weariness, fatigue or lack of energy. An unhealthy diet, inadequate sleep, chronic busyness, signs of hypothyroidism or depression are some of the main causes of lethargies in our life.

When you feel the movement of creation inside you, you are happy. When you feel entropy inside you, you are no longer happy. This continual interplay of energy in your life makes you want to always maintain the happy side and escape the gloomy side. We do not know exactly why we humans feel gloomy on certain days and happy on other days, despite our thousands of theories.

Lethargy is associated with the sex chakra. Lack of enthusiasm leads to a lack of energy and vice versa. No matter how skilled you are, if you don't have the enthusiasm you cannot attain the next level. It is the energy behind your actions that creates your future rather than the actions themselves.



DAY 26

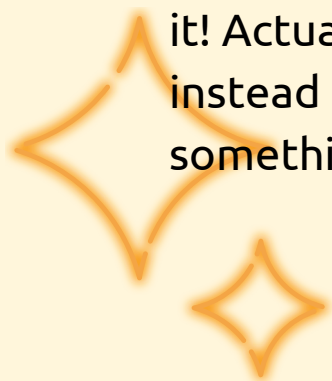


Disintegrating the pattern of overactive sexual drive:

An overactive sex drive is a problem that can greatly alter lives and careers. Always remember sexual activity may or may not bring pleasure, it's not always pleasant. Often we trick ourselves into thinking that we might have the overactive sex drive but in reality, we end up actually using sex as a way to escape from feelings of depression, anxiety, loneliness, and stress. Always recognize the underlying reason for chasing this drive.

The evolutionary impulse to experience new feelings just to change the pattern of other turbulences in life is what everybody is gifted with. Often the lower frequency energizes these low tendency pattern and henceforth we often cause extreme depletion.

Overactive sexual drive is directly associated with the sex chakra. A high sex drive usually isn't a problem if you do not feel ruled by your sexual urges or thoughts. If you have a high sex drive and are having all the satisfying sex you crave, then you might actually be rather pleased with it! Actually that's present in all patterns if you tame them instead of being tamed by them you can make sure something divine will come out of them.





Disintegrating the pattern of underactive sexual drive:

The patterns of the sexual drive are often related and linked to relationship issues, stress or tiredness. Everyone's sex drive is different and there's no such thing as a normal sex drive. Unresolved conflict and frequent arguments are the main keys that cause the underactive sexual drive in relationships.

I often say utmost communication with your partner is the key to getting rid of inferiority complexions which later leads to stress, anxiety and that causes an underactive sexual drive for men and women. Empty yourself from the pattern of details from your past and see how much potential space we all have which can be used to achieve anything.

Underactive sexual drive is directly associated with sex chakra. The more we see our bodies as the incredible, life-giving forces they are, the more we're able to feel sexy and comfortable in our skin. Focus on a healing mantra that embraces your physical body. It's important to direct focus from those details of an unchangeable past to something that sparks you and enlightens you.



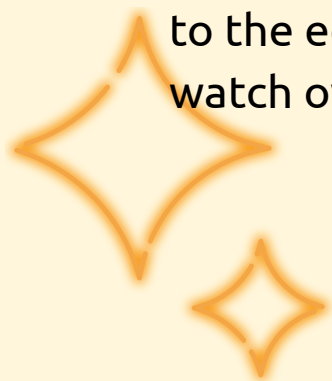


Disintegrating the pattern of lust:

Sexual lust is simply a low-frequency expression of the evolutionary urge to break through another boundary of experience. Lust itself is incredible chemical turbulence felt within the body. When it presents itself, it can create all manner of emotional disturbance in your life. Seen without a moral connotation, lust is very pure energy. Lust can be suppressed, causing illness, or it can be expressed, causing guilt or deception.

Lust in itself is, not negative energy but is dirtied through entanglement in human morality. We often play around with lust in our relationships and - with awareness - this can be a healthy way of working through it, but when lust becomes a serious and untrained part of our personality then we are bound to fall into negative states.

Lust is associated with the sex chakra. In lust, we crave to receive. There is no giving in lust. The pattern of lust combined with obsessive mind can even make us violently snatch things from our surroundings. Lust is largely related to the ego and the lower frequencies. Do keep a good watch over it.



DAY 29

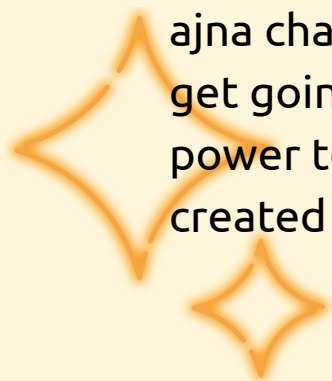


Disintegrating the pattern of inability to complete:

When you're working on something without a clear deadline, seeing it through to its end can be a huge challenge and that causes us to have the inability to complete. Often we talk about money goals while at the same time we all know money and expense are never-ending. The inability to do anything about our situation despite the fact that we understand it and even see our way out has actually cost a lot to many of us.

Nearly a quarter of adults around the world are chronic procrastinators. Calling yourself a perfectionist won't get you out of the fact that you aren't getting things done. Make a timeline or write out a set of steps toward your goal. We are master creators, whether or not we realize it in our human form. Our physical lives on Earth are a bit like our toes wiggling, unaware that they're attached to a much bigger being, who is organizing and overseeing everything that happens.

This inability to complete is directly associated with the ajna chakra. Just do something now. Start something and get going. Only your courage and your enthusiasm have the power to break through the collective energetic walls created by the diffusion of responsibility.





Disintegrating the pattern of the impotent mindset:

The fear often dominates us unconsciously and makes our mindset impotent. This pattern of impotent mindset is inescapable for those who are ruled by fear in some way or the other. True impotence is about not having the courage to stand alone and pursue one's unique path.

In the way, our societies are currently structured many women may feel impotent, financially dependent on men on account of having to stay at home and bring up children. Of course, there are always exceptions to this, but it is a general truism. The sexual vibrancy and fertility in part rises and falls upon how much fulfillment we get out of our lives. Making compromises out of fear will actually deplete our fertility.

The impotent mindset is directly associated with sex chakra. Impotency can be present at the emotional level also its not just sexual. Impotence does not necessarily mean that one appears weak. Repressed nature often does a good job of hiding their weakness by going along with whatever happens.



DAY 31

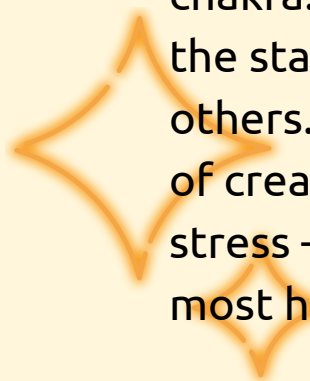


Disintegrating the pattern of the stress:

Now it is the most common pattern we all know and may suffer from also. The mere definition of stress is choosing to get your awareness and peace leached. One of the key manifestations of stress is the inability to escape mental anxiety. If you are stressed emotionally your body will suffer. Emotional problems are the greatest cause of illness on our planet.

We need to understand something very important about stress. It is a collective pressure and not personal pressure. It is an energy field generated by every human being alive, rather than being rooted in any specific personal issue. This means that stress is also deeply connected to our environment and to those around us. The secret is to change your inner environment — your feelings and your thoughts — thus changing what you see and hear. If all you hear is noise and all you see is chaos, then that will determine your experience.

The stress is directly associated with the solar plexus chakra. One of the only means of lifting oneself free from the state of stress is to find a way to be of service to others. Until human beings experience their unity with all of creation they will create and be driven by this underlying stress — the physical manifestation of our deepest and most hidden fear.



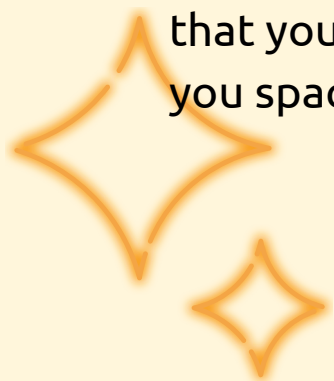


Disintegrating the pattern of compromise:

Compromise has become the norm for the majority of people on this planet. Compromise has become so embedded in our psyches that we don't even realize that we are doing it anymore. Compromise is the by-product of living without a sense of personal freedom. It implies a lack of imagination and an inability to believe in the power of your own uniqueness and individuality.

Compromise is based entirely upon fear and means that these people will totally compromise themselves in order to maintain control of their emotional environment. You compromise your dreams not because you fear you will fail, but because you know that to succeed you will have to rebel against the whole of society and its expectations of you.

Compromise is directly associated with the basic chakra or root chakra. Without embracing your fears, you become swallowed up by your responsibilities and the many compromises you made throughout your life. The result is that you live lives that do not belong to you or allow you space to breathe or create.



DAY 33

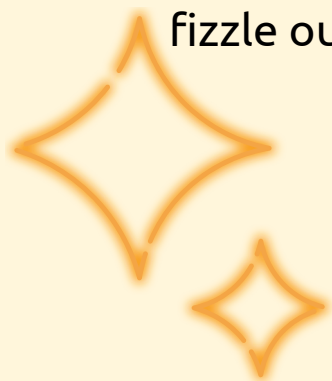


Disintegrating the pattern of anxiety:

In order to escape the feeling of falling into a bottomless the pit we translate our fear into activity, and that activity obscures the potential magic that could have occurred inside us. Essentially there are two kinds of addicts — there are those who numb themselves (the repressed nature) and those who stimulate themselves (the reactive nature).

The reactive nature is more typically a workaholic or gambling type as opposed to the repressive nature, which might exhibit an alcoholic type of addiction. These people who cannot sit still, but are flooded with the anxiety that comes from avoiding the powerful and absolutely natural chemical process that is taking place inside them.

Anxiety is associated with the solar plexus chakra. Your mental anxiety is also an aspect of your bodily wisdom, as are your desires, fantasies, anger, contempt, and lust. Everything begins with the body and ends with the body. If every feeling is allowed and lived out fully and in trust, then this deep inner vibration of fear within you must eventually fizzle out. The fear is really the fear of fear itself.



DAY 34

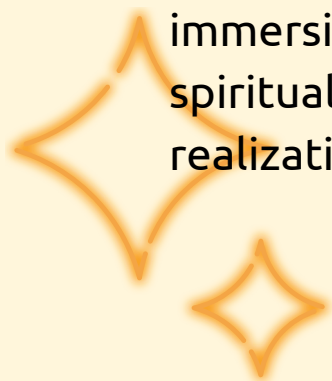


Disintegrating the pattern of narrow-mindedness:

Spirituality doesn't require anyone to "believe" in it. Religion does. Focus instead on becoming a better person. Focus on thinking. Focus on action. It's less about placation and more about taking things into deep consideration and then letting that shit go. Even then, it's less about pigeonholing truth and more about self-discovery. Be wise between practicing one-pointedness and blinding into narrow-mindedness, real wisdom is needed to discern between the two.

Open-minded people are curious to learn new things. Narrow-minded people are less likely to visualize creatively. Truly spiritual people don't judge others. If you want to live a spiritual life and be appreciative of your blessings and awestruck by the wonder of the world, you haven't got time for that kind of one-upmanship.

Narrow-mindedness is associated directly with the Ajna chakra. there is nothing wrong with experimenting with different spiritual practices, if we graze them rather than immersing ourselves, we will not reach a deeper level of spirituality. Spirituality is about deep experiences and new realizations, and they take time and commitment.



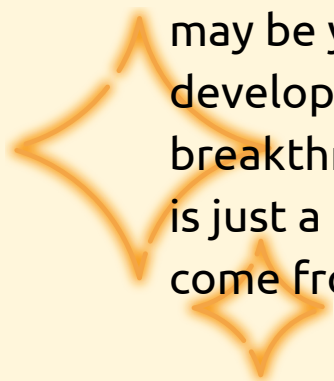


Disintegrating the pattern of environmental disharmony:

Nature can survive without humans, but humans cannot survive without nature. Despite a clear understanding of this dependency, humans continue to exist in disharmony with nature. Over the generations, the growth in human desires has always exceeded the growth in the environmental carrying capacity. Science, technology, and social institutions must all be improved to resolve the ecological crises that arise from this imbalance.

An over-dependence on logic, technology, and economics got us into this mess. So it makes heart and soul sense that spirituality, intuition, and reconnecting with nature may be the only way out.

Environmental disharmony is directly associated with the crown chakra and solar plexus chakra. Every one of us has talents that can make a powerful and positive difference in the world. It may be your beautiful singing voice. It may be your talent for public speaking or your ability to bring together diverse groups of people for a shared goal. Or it may be your knowledge of farming, finance, software development, or manufacturing that can lead to a breakthrough in sustainability. We all have a part to play; it is just a matter of finding your inspiration, and that can only come from the deepest reaches of your heart and soul.



DAY 36

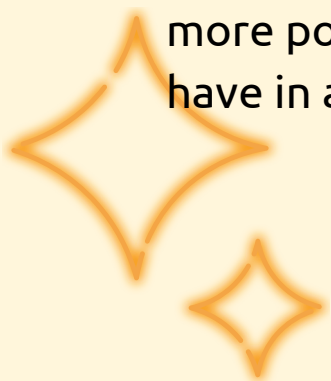


Disintegrating the pattern of wastefulness:

I believe the guilt we feel when we know we've wasted precious time, is truly a spiritual issue. I've been thinking of a plan of action to remove myself from the situation without feeling like I just wasted 2 years. Can we in fact "wasted" years of our lives? And whether it's true or not, what do we do with the thought that we've "wasted years".

Wasting time blaming and condemning others is one of the major issues of disturbing our spirituality. and often we sugar coat it with inner reflection and resolutions. Be aware. Parroting is causing an immense amount of wastefulness within us than we actually are aware of its intense degree.

Wastefulness is associated with the solar plexus chakra. Someone quoted: In a world of seemingly infinite possibilities, our time is unforgettably finite. Feeling pressed for time can have many harmful consequences such as poorer health, trouble sleeping, and depression. By pausing to breathe or envision the source of stress in a more positive light, people can enjoy the time they actually have in a healthier and happier way.



DAY 37



Disintegrating the pattern of inadequacy:

Inadequacy is defined as being insufficient or incapable. It is the opposite of sufficiency or capability. Introspection and self-examination are important practices for the seeker who wishes to improve himself or herself. Human beings as a rule have no idea of their true capabilities. We can look around and see individual examples of great men and women who have displayed remarkable gifts and who have sometimes achieved the miraculous. However, humanity, as it is today, has not waked from its dark dreams.

Many times a woman who struggles with inadequacy will try and build a facade of capability, but on the inside, she feels like an impostor who needs to keep up appearances. Unhealthy emotions are flourishing insider her heart. These include feelings of inferiority, insecurity, and anxiety One thing is for certain, she recognizes her battle and wants to be different, but even in this realization, she feels too inadequate to prevail.





Disintegrating the pattern of inadequacy: (continued)

Inadequacy is associated with the sex chakra. The best way to combat our feelings of fear and inadequacy is to give them to God. Urge to creates more and more wealth. This urge is rooted in our fear of inadequacy. We try to escape the fear through the material realm, rather than turning inward to the source of the discomfort itself. However, no amount of material wealth can make us feel secure, since the fear itself is rooted in the physical structure of our DNA.





Disintegrating the pattern of complexity:

Complexity represents an overwhelming human urge to express yourself. Coupled with the inability to hear either yourself or others. One of the great problems for individuals to communicate clearly with others. This human trait has been around for as long as language has been around, and it is responsible for some of the most horrendous events in human history. Some of the bloodiest wars on our planet have begun because of a few simple misconstrued words.

Complexity is the result of the human mind trying to control its environment. The more humans try to use their minds to create a feeling of security in the world, the more complicated and unsafe the world becomes.

Complexity is directly associated with the throat chakra. The difficulty for the complexity is that it tends to make human beings know that they are right, which firmly closes the door on their being open to the views of others. This is where the deafness comes into play. Complexity is responsible for our planet becoming more and more unsafe.



DAY 39



Disintegrating the pattern of unproductiveness:

Putting too much emphasis on the temporal concerns of life can keep us from focusing on eternal truth, leading to spiritually unproductive schedules. If our schedules don't lead to the bearing fruit that will help us nourish our future, then they are unproductive. The idea of productiveness is not to become world-renowned leaders and change the whole world rather it is simply to produce some value out of your time. It can be moral values, life values, money values, ethical values, spiritual values or anything that adds in your lifestyle.

It doesn't matter why someone is complaining or whom he or she is complaining to (or about), complaints often show that someone is not willing to put in the work to make a change. It's a time-waster, and it's almost always easier to complain than to be productive. Not setting goals and setting too many goals will only lead to one thing that is no achievement. Break one arrow at a time. One-pointedness is important especially when you are living in the family.





Disintegrating the pattern of unproductiveness: (continued)

Unproductiveness is directly associated with the basic chakra. An unproductive day isn't necessarily caused by laziness or a lack of motivation. The cause of it might just be a messy work environment or the constant ringing of your cell phone. Take some time out of your day to reduce the number of distractions that you have to deal with. When you aren't able to focus or find the motivation necessary to achieve your task, it could be a lack of inspiration. Seek Out Inspiration.





Disintegrating the pattern of emotional reactions:

This is by far one of the most powerful patterns in our collective consciousness and genes. The emotional reaction is also responsible for our most ancient spiritual beliefs and customs. It is out of our ability to react that our most basic need for spirituality has arisen. All these issues arise from our reaction to the other. The reaction is the key. An understanding and connectedness with our emotions can also transform the way we pray.

There is also a strong connection between emotions and virtue. Emotions are neither good nor bad in themselves, but our response to them can take on a moral character. Emotions can become a significant source of positive motivation that encourages virtuous behavior.

The emotional reactions are directly associated with the heart chakra. Dignity and a sense of repulsion at injustice can culminate in virtues of charity and mercy. Emotions of gratitude, satisfaction, fulfillment, and peace can bring us to a greater awareness of God's presence and action in our lives.






Disintegrating the pattern of addictive tendencies:

When we talk hereof addiction, we are not talking about specific psychological disorders, but of an entire human behavioral code that is so self-limiting, it does not recognize its own addiction. The fact is that all modes of thinking are addictive. You can be a left-brain addict or a right-brain addict, and you will be equally addicted. The only thing that breaks addictive thinking is silence — real silence. We, humans, come pre-programmed for addiction, and the main culprit responsible for this is our minds.

Remember addiction does not disconnect you from the universe. There is no reason to think that addiction can cause a barrier between you and energies. Addiction begins in the interaction of these three lower bodies. Your mind builds images, stories, and projections around the desires of the astral body, which sets you on an addictive course of behavior aimed at relieving the suffering.





Disintegrating the pattern of addictive tendencies: (continued)

The addiction is associated with the solar plexus chakra. The sages have long spoken of the greater destiny of the human soul as it incarnates into the world of form, lives out its karmic cycle and then reincarnates again and again until such time as it transcends form altogether. It is as though human beings have a kind of cosmic addiction to form itself, and until this addiction is broken once and for all, humanity can never be truly free. At this final stage in which the connection with material form is ruptured, the soul is said to become enlightened and returns to the ocean of being or God.



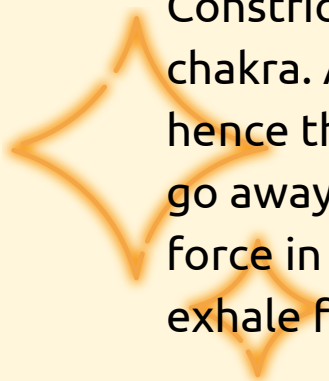


Disintegrating the pattern of constrictive breathing:

This pattern is something that stays mostly ignored but it surely starts to happen in the body from the early teens' age of the body. Breathlessness, shallow breathing or constricted breathing whatever you may call it. The major factor affecting the breathing pattern is our psychology and awareness. Naturally, we do not control inhaling, we can only control exhaling. Our bodies can inhale on their own while exhaling is the responsibility of ours.

Buddha's breathings are always the same whether he is sleeping, meditating, walking, awake. While our breathing patterns are so much irregular in nature. Your body will automatically start to do prana breathing if it is in a calm state. It is a vessel. What goes in comes out, if it stays gets toxic. So exhale all the six thousand sacs in your lungs. Most of us enter constrictive breathing training at a very young age. We learn it through the breathing patterns of our parents. So, much awareness is needed to break this pattern and zero anxiety is essential.

Constrictive breathing is directly associated with the heart chakra. As the anxiety goes the stomach becomes rigid and hence the air can not go deep. So, your unfruitful anxiety has to go away asap. Fear is the ultimate fuel of constriction of life force in your body. Release. Learn to exhale. Exhale anxiety, exhale fear, exhale the constriction and restriction today.



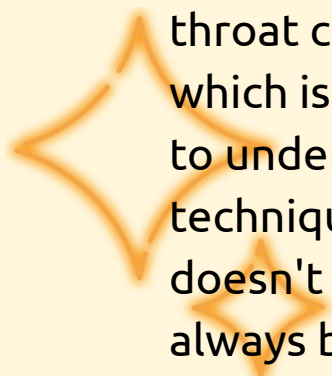


Disintegrating the pattern of techniques:

The pattern of techniques puts all its emphasis on skills, techniques, and systems rather than on the human spirit that enlivens them. These people can become addicted to information and techniques but rarely transcend these techniques. Techniques create experts, Versatility creates masters. People hide their fear in their obsession with structure, systems, and techniques. No technique can lead to freedom — the only life itself can show you how to let go.

Human beings have tried all manner of techniques to stop the mind from thinking. Thinking can, in fact, be masked by certain techniques, but that temporary quietness is not the same as the pure silence only your courage and your enthusiasm have the power to break through the collective energetic walls created by the diffusion of responsibility. Mindfulness is not really a technique, although it can be in the beginning. Mindfulness is the criss-cross happening of self-awareness and self-remembering.

This pattern of techniques is directly associated with the throat chakra. The path of love is the path of acceptance, which is not a technique but more of a seeing. It is important to understand that life is all a process, but there is no real technique to it, even though it may begin with technique. It doesn't matter how profound your technique is there will always be a better technique to process life.





Disintegrating the pattern of opinion:

All words, opinions, and thoughts with which you identify agents of the great illusion of your separate existence. All judgment is rooted in opinion and vice versa. The more you think you are your opinions the more you have to defend them, whereas the more lightly they are held the less attached you will be to being right. The mind can only hold a single opinion — either that the future is predetermined or created as we live. The mind cannot grasp the paradox that both must be true since both are interdependent.

The pattern of opinion have the power to close and obstruct your third eye. as it blocks the foresightedness of the person. People often say that a large part of the spiritual content's existence is merely an opinion base, however, spirituality is definite by the divine laws. That's why discernment is important in all most all aspects of life. When the virtue of wise discernment comes into the consciousness it comes like a Divine afterthought.





Disintegrating the pattern of opinion: (continued)

Opinions are directly associated with the solar plexus chakra. It is out of the mind's duality that all human drama is born, and the mass consciousness of humanity loves drama. It is all a game played by spin doctors, and if you think you have escaped this game, then look deeply at your opinions and perhaps you will discover how easily conditioned your own mind really is. Opinions often lead and give birth to self-criticism.



DAY 45



Disintegrating the pattern of ego:

The ego is widely regarded as the archenemy of the higher self. The philosophy of the pattern of ego is based on "every man for himself". We have seen that the ego has a negative connotation in many spiritual circles, where it is often seen as something to be conquered and transcended. Actually, nothing can be transcended through conquest. Only through absorption, acceptance and even enjoyment can the ego be transcended. Think about it.

A spiritual ego is the worst ego of all because you don't notice it brewing until it erupts from within like a volcano. This ego is more impenetrable and it is more legitimate as it is connected with our own purpose i.e. spirituality. So be careful. This desire for followers can increase your ego by several levels. The number of followers you have shouldn't affect your assigned duty. If you are honest and you are dedicated to your message, people from all walks of life will join you, no matter what your numbers are.





Disintegrating the pattern of ego: (continued)

The pattern of ego is directly associated with our solar plexus chakra. But even the throat chakra is needed to be in full check when it comes to pride and ego. In the modern world, hierarchy, competitiveness, and ego are considered normal and even healthy. The ego consumes life through intense wastage of will power. When you find your life is getting hard then know it's your ego that is in play because the universe is all about effortless magical miracles while the force of will is needed to let the ego thrive.





Disintegrating the pattern of self-sacrifice:

Self-sacrifice manifests in the sense of giving away your personal power rather than giving from your heart. You give to others but without any natural sense of boundary, which either leads to your being taken advantage of or to a feeling of resentment from the receiver. The laws of life state that there must be a mutually beneficial exchange in order for a relationship to remain healthy regardless of the relationship you have with the family.

Giving in the way of self-sacrifice causes more harm than good because you inevitably deplete your own resources and gradually wear down your own health, especially, I would humbly point out the mothers here. One of the myths of parenting is that it requires 100% self-sacrifice in order to meet the needs of the child. Children are sponges just waiting to soak up the world around them and while parents may try to monitor or limit the influences, a much more direct and beneficial approach is to provide them opportunities to learn through their parent's own enjoyment in life.





Disintegrating the pattern of self-sacrifice: (continued)

Self-sacrifice is directly associated with the solar plexus chakra. To give to others simply for the sake of giving activates healthy currents deep within your body. Self-sacrificing never made you feel happy so far and yet people are doing it just because of the pattern they might have also inherited via birth or through upbringing. So be wise, make sure anything that has "self" in it should be enjoyable.





Disintegrating the pattern of judgments:

The victim mentality is a conglomeration of all the undermining, judgemental thought patterns throughout the world. If you sincerely examine your own thoughts during a typical day, you will probably discover that a great percentage of your thinking is affected by the victim mentality. In other words, you are allowing your mind to be influenced by the collective negative thought patterns of the whole of humanity.

Judgment: “an opinion or estimate, criticism or censure, power of comparing or deciding”. Judgment feeds the ego’s deception of being better (or worse) than someone or something else. Discernment, however, is a more personal and conscious approach. It’s the cognitive ability of a person to distinguish what is appropriate or inappropriate. With discernment, we make good choices for ourselves, and for the good of others. Webster’s dictionary says that to discern is to “separate (a thing) mentally from another or others; recognize as separate or different” and “to perceive or recognize; make out clearly”. Discernment is described as “keen perception; insight; acumen”.





Disintegrating the pattern of judgments: (continued)

The pattern of judgment is associated with the throat chakra. Discernment is the key to resolve this pattern. All judgment is based on the comparison, and with self-judgment, you compare yourself unfavorably to someone who you consider to be above you. This, in turn, gives rise to a deep-seated feeling of inferiority and a constant habit of undermining yourself.



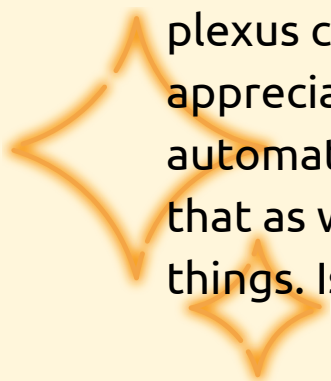


Disintegrating the pattern of fear of letting go:

The pattern of fear of letting go arises as clinginess. These are people who cannot let go of the past out of a fear of being alone. According to Osho, many people mistake letting go or detachment for being aloof. But Osho says that when you have become emotionally aloof, you are disconnected from your feelings. You're not really engaging in life. However "letting go" means deep involvement in life – because there is a lack of attachment to the outcome.

A spiritual author, Ron W. Rathbun wrote, "True detachment isn't a separation from life but the absolute freedom within your mind to explore living." When you let go then only expansion can happen in you. As you let go the sense of spaciousness emerges. Often people mistake running away and letting go as same... But its merely like you went to another corner of the room from a filled corner, of course for a while you will feel spacious but the room is not.

The fear of letting go is directly associated with the solar plexus chakra. As you have gratitude in your attitude, you appreciate the things you have and let go of those automatically happens. It merges, It becomes self-evident that as we say thank "you", we separated and let go of the things. Isn't it so?



DAY 49

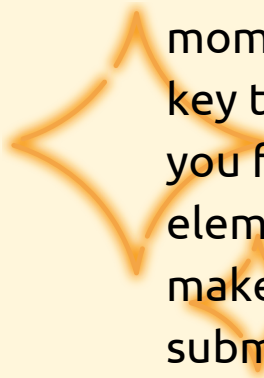


Disintegrating the pattern of insecurity:

This pattern is something that can easily appear on the surface every now and then. The kind of childhood you had, past traumas, recent experiences of failure or rejection, loneliness, social anxiety, negative beliefs about yourself, perfectionism, or having a critical parent or partner can all contribute to insecurity. The world teaches you to be afraid and insecure in so many ways. And, as I said the "world" it surely involves your family and friends too.

The hunger to escape the feeling of insecurity leads to impatience and vice versa which causes the cluster of restlessness in our whole being. If you provoke an insecure person, they will soon show their insecurity through their rage. True power never needs to prove itself to others or the world. True power is only concerned with the job at hand.

Insecurity is directly associated with the basic chakra. Insecurity can also affect the Solar Plexus chakra, Heart chakra, and Throat chakra. Forgiveness, acceptance, self-approval, embracing that you are unique, trusting the moment and surrender to the universe. These are the direct key to make you break the pattern of insecurity and help you feel secure independently. One of the contradictory elements of surrenders is that it provides freedom, it makes you independent whilst surrender literally means to submit to the divine.



DAY 50

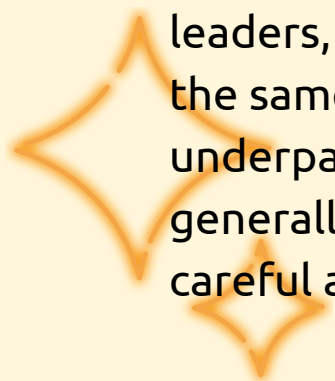


Disintegrating the pattern of over-sensitivity:

While all people are sensitive to different degrees, highly sensitive people are often acutely and deeply aware of what is happening in and around them. Sometimes this awareness is useful, meaningful and supportive. At other times, it is painful and overwhelming. Some people are simply born with highly sensitive nervous systems, and/or the capacity to be acutely sensitive through the subtle senses of instinct, intuition, knowing, empathy, feeling, clairvoyance and clairaudience.

When your heart and being opens to sense the abundance of this energy throughout nature, you become for the first time emotionally independent. Only the activation of the love inside your own DNA gives you this wider sense of being. Understand this, It is ok to be sensitive at any degree. The key to break this pattern is not let the sensitivity affect your emotional and mental state by detaching yourself from it.

Oversensitivity is directly associated with the solar plexus chakra. Sensitivity leads us to become artists, visionary leaders, innovators, mentors, healers, and therapists. But at the same time we may be misunderstood, criticized, underpaid, undervalued, taken for granted, alienated, and generally perceived as being "too much" by the world. Be careful and find your balance.



DAY 51



Disintegrating the pattern of commitments:

Commitment is an action on our part in response to God. There is no point talking about commitment unless we have at least the intention to commit. The secret to all commitment lies in the way in which you begin. It is the energy behind your actions that creates your future rather than the actions themselves. There is nothing that is worth doing in life unless it is done with absolute commitment.

Without commitment, the action lacks power or direction and above all, it lacks luck. there is a universal law that anything that is done with full commitment carries within it the seed of good fortune. Similarly, anything done without full commitment carries the seed of misfortune. True commitment includes the energy to overcome obstacles and adversity. Half-heartedness is about giving up at the first sign of trouble or discomfort and, ultimately, all half-heartedness is rooted in deep un-embraced fear.



Disintegrating the pattern of commitments: (continued)



Commitments are associated with the Ajna chakra. With commitment, you have no need to think about the future or the goal because the commitment contains the seed of the goal within it. The ultimate journey is your entire life, and the shape of your life is formed by the millions of tiny decisions that are made over the course of your life. To live your entire life with this profound level of commitment means to make every decision with the same commitment — from the way you have sex to the way you wash the dishes!



DAY 52

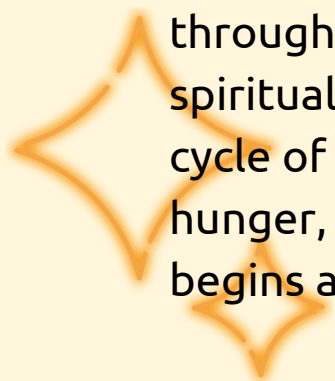


Disintegrating the pattern of human desires:

"It is not by denying desire that liberation is found, but by discovering your truest, purest desire: then the obsession and need surrounding external satisfactions naturally lose their power." -Isha Judd. Often when we think of desire we think first of sexual desire, which is in fact only one direction that desires can take. As a pure phenomenon, desire is simply genetic hunger. It does have a deep connection to our physical need to eat, but desire alone is not responsible for our individual survival.

The real purpose of desire is to get human beings to make mistakes so that we can evolve. Let us clarify this statement — desire does not serve the individual but it does teach us something valuable at a collective level. The astral plane is a subtle electromagnetic frequency field arising out of the sum total of all human desires and feelings.

Desires actually are associated with our sex chakra. In every human being the force of desire is translated differently and projected out upon the world in a unique way. Thus some people experience it through their sexuality, others through their yearning to be rich, famous, in love or spiritually enlightened. As every human being learns, the cycle of desire is eternal. The moment you have sated your hunger, you once again find yourself empty as the yearning begins a new cycle.



DAY 53

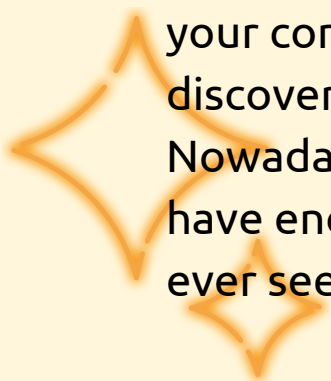


Disintegrating the pattern of isolation:

They find it very difficult to communicate with others and often cannot break out of their own silence. They may have the experience of being forgotten by the world and that is what sprouts this pattern of isolation in a person. When you are confused, you are alone. Hence, when you are in reverence with the teacher the place of confusions cease to exist.

Isolationists refuse any attention, loudly proclaiming that they don't need anyone. Such a nature only pretends to be independent while beneath the surface they seethe with rage. They make a point of showing you how alone they are, craving the attention it brings them and becoming even more embittered when others leave them alone. Ironically, when others do try and support them or offer them friendship, they usually explode, projecting all their pent up anger onto the other person.

Isolation is associated with the root or basic chakra. Do not confuse that with the element of the open heart that can bring you the support you need because isolation is about your connection with the world. As our ancient ancestors discovered, failure really means one thing — to be isolated. Nowadays, we have become so adept at survival that if you have enough money you can flourish in isolation, without ever seeing anyone! So prioritize accordingly.



DAY 54



Disintegrating the pattern of need to be in control:

Control is rooted in fear. We try to control things because we are scared about what might happen if we don't.

Detachment represents the process of letting go of control over your life, physically, mentally and emotionally. The more you accept yourself the way you are, the more detached you become and the simpler life becomes.

You're living in the future with the control mindset. You're already attaching yourself to expectations and setting yourself up for disappointment. Trust means belief. And belief means you honor and respect yourself. This is where your self-worth comes in and you can let go of the need to control.

The need to be in control is directly associated with the sex chakra. It's by performing "esteemable" acts that we gain self-esteem. Focus on doing these acts to combat the need to control. Freedom means surrendering. It means you're at peace with yourself and have trust.



DAY 55

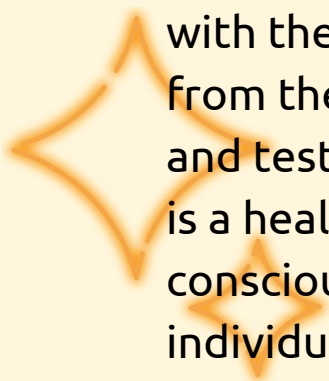


Disintegrating the pattern of poverty consciousness:

In order for world poverty to come to an end, people must be self-empowered rather than rescued. This means that they must be educated on how to become self-sufficient at all levels. They have to use the spiritual technology that enables them to provide for themselves. Poverty Consciousness is formed from the set of belief systems, feelings, attitudes and values that people have associated with their personal fears of safety, which they relate to a lack of money or the lack of acquiring material objects that necessitate their sense of security and protection.

Gratitude for the simple things is the first step in achieving your goals. It still amazes me how a slight shift in perspective will completely change your inner world and your external experiences. The poverty consciousness can trigger feelings of worthlessness in the human race. If humans only find worth in money and materialism, they have no value placed on the human soul or life, thus genocide of certain groups is made acceptable.

The pattern of poverty consciousness is directly associated with the basic or root chakra. Humans are so disconnected from the reality that they need multiple scientific studies and testimonies to believe that energy healing technology is a healthy technology for all people in all aspects. Poverty consciousness can have unique thought forms for each individual. Recognize, release and reprogram.



DAY 56

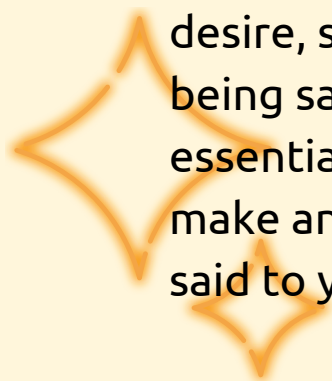


Disintegrating the pattern of need to be heard:

These are people who always say the wrong thing, or they say the right thing but at the wrong time. The language pattern of such people tends to over-complicate and miss the essential meaning of things. They spend an enormous amount of energy trying to be heard only to find that they are constantly pushed away. These people tend to talk in circles, over-explaining everything in an unconscious attempt to conceal the anger that lies within them at not being understood on a much deeper level.

Listening also plays a significant role on the home front in your family life. What your spouse has to say matters. That's how your love and respect for one another deepens and grows. Listen. Think. Speak. If you're a parent, listening is critically important when it comes to your kids. They have things to tell you. They look to you to help them learn. Be a compassionate parent. Give them your undivided attention and the opportunity to be heard.

The pattern of need to be heard is directly associated with your throat chakra. The need to be heard is a universal desire, stop talking and pay careful attention to what is being said to you. The fine art of good listening is an essential ingredient of all successful people. You must make an honest effort to pay attention to what is being said to you.



DAY 57

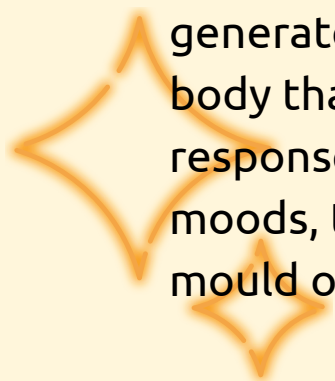


Disintegrating the pattern of moods:

This human tendency to look for outer causes for our moods is the greatest addiction on our planet. It is rooted in an essential core belief that we are victims of our material reality. This core belief sets up a low frequency pattern that is reinforced over and over again. In other words, with this inner attitude at the core, we become caught in a web of our own making. Human chemistry is musical at the deepest level, and humans experience this through their individual moods and energy swings.

What traps us is our longing. When we are down, we long to be high and when we are high, we long to hold onto the feeling. Thus the very feelings we seek create a perpetual hunger for fulfilment that can never be attained. The addiction is the search for fulfilment, not fulfilment itself. Hence the old chestnut about finding heaven

The mood is directly associated with our solar plexus chakra. Even a slight shift in your mood will create enough of an environmental signal to trigger a response from your DNA. Likewise a negative or a positive thought will generate a subtle electromagnetic current throughout your body that will stir your DNA into some form of biological response. Most of us are completely unaware of how our moods, thoughts, beliefs and general attitude literally mould our bodies.



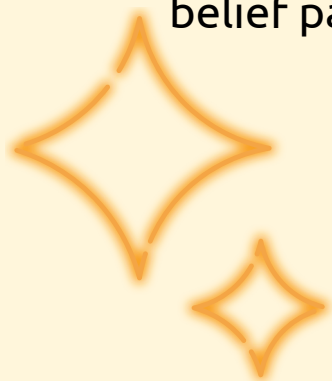
DAY 58



Disintegrating the pattern of your belief that you have to struggle:

When your struggles with sexuality and emotional turbulence are finally embraced openly and honestly, a phenomenal realization that will be embedded in your DNA for your future generations as well is born — you finally, graduate as a human being! It is our suffering that connects us all together. It opens up your eyes beyond your self-obsessions and forces you to evolve beyond your selfishness. To be a fully integrated human being means to begin to transform your own suffering and open your heart to life.

This pattern can easily manifest in relationships when one or both people are not feeling fulfilled in their lives. The struggle is about the battle to find a sense of purpose in life, and in this sense it also has a strong magnetic connection to the purposelessness. This kind of struggle is very disempowering, both for the struggler and for anyone else who happens to get locked into the combat. The word locked here is very appropriate for that is the nature of this belief pattern.



Disintegrating the pattern of your belief that you have to struggle: (continued)



Your belief that you have to struggle is directly associated with the solar plexus chakra. The core of this individual need to struggle can only really be understood when it is viewed at an unconscious level. At the deepest level, struggle maintains the illusion of your separate identity. As long as you can fight, you can remain in control of your environment. This reflects the greatest human fear — if there is nothing left to fight for, you may cease to exist.



DAY 59

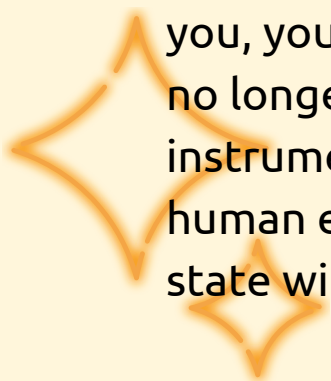


Disintegrating the pattern of other's ungracious behavior:

Human beings generally have no notion of the great cosmic laws that exist behind the world of form. One of the greatest of these is the Law of Divine Memory. This law states that all thoughts, feelings, and acts are recorded everywhere within the body of the universe. It is like a massive receiving dish that responds to the frequencies, sounds, and vibrations that it hears, and it hears everything.

Many so-called spiritual teachings suggest that you should subdue your negative emotional states in favor of sweeter more virtuous frequencies. In fact, this is the basis of most of the great religions. But to subdue any state or feeling is to dishonor and distrust that feeling, which prevents acceptance.

The pattern of other's ungracious behavior is directly associated with your throat chakra. There is nowhere you can hide in this universe. Everything is heard and recorded. Neither can you hide from Grace. Grace is your true nature. It is your inheritance. It is the soul of the world. It is also a state that is beyond the laws of our world. If Grace touches you, you no longer create Karma. If Grace touches you, you no longer have your own destiny but become a musical instrument tuned and played by the gods. With Grace, all human emotion is instantly transformed into love. It is not a state with which most human beings are very familiar.



DAY 60



Disintegrating the pattern of over-seriousness:

Seriousness is the most widespread of all diseases on our planet and is a primary cause of much ill-fortune. When you live your life from this Shadow, you carry a black cloud above your head wherever you go. You create obstacles for yourself when you become too focused either on the future or on the past. Seriousness is about worrying or expecting or wishing life to be other than it is right now. Seriousness takes you away from life and love and into issues of control and separation.

When parents are unable to trust in themselves, they become too serious about life, and they transmit this frequency into the aura of the child. Over seriousness demands agony. Living without knowledge or memory of the love of the higher planes means that you can only take life too seriously. There are even those who take the spiritual path too seriously, and no matter how impressive their achievements you can see from their faces that they lack the true radiance that comes from living a lighter, more carefree life.



Disintegrating the pattern of over-seriousness: (continued)



Over seriousness is directly associated with the heart chakra. Ecstasy is not a word that most people consider when they think of themselves and their own lives. And yet it is this block at the mental level that keeps you at a frequency far from ecstasy. Ecstasy is the highest frequency and it occurs only through the heart. It is in fact the true nature of humanity. At this level of consciousness, which is really beyond all levels, the ecstatic realization of your true nature is so strong that it silences your mind the moment it is no longer needed. People who manifest ecstasy cannot go unnoticed in the world.



DAY 61

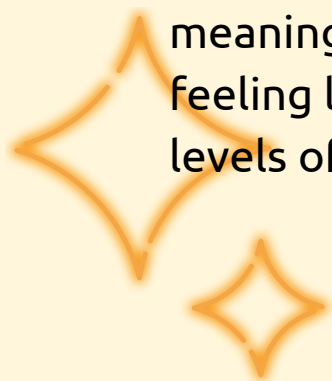


Disintegrating the pattern of your idea of success:

Its high time that we begin to think in far wider terms, beyond our own little lives and out into the whole otherwise, we will remain isolated in our own little boxes with our own little bank accounts. Failure is only an outcome when you cut yourself off from the whole. When you raise your frequency beyond the reach of concepts such as success and failure, you remember that all of life moves in a great cosmic pattern.

A lot of spiritual courses and modalities get sold based on the promise of success. Buy this or do that and will find yourself in the winner's camp. But what does success mean to you? Is it about the achievement of short or long-term goals or more external measures of what society defines as successful? Or fundamentally is it about the quest for happiness and well-being that we think it will provide?

The pattern of your idea of success is directly associated with the Ajna chakra. The essence of success embraces the gift of learning, growing and developing both personally and professionally and being able to contribute in a meaningful and rewarding way. It is about loving and feeling loved by family and friends and experiencing good levels of health, well-being, and wisdom



DAY 62

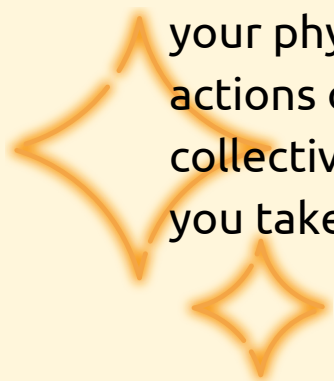


Disintegrating the pattern of Karma:

Beneath the layers of karma, ancestral fear and inevitable childhood conditioning beat an aspect of the great universal Heart — and its purity can be remembered. Karma can perhaps be understood in a new and beautiful way. Individual Karma does not travel beyond a single lifetime, even though it does pass into the human collective. Our Karma at this level is shared since humanity is really one entity.

This profound awareness of Karma means that a great deal of your work in life will lie in the sphere of relationships and emotions. With graciousness, you begin to disperse your own Karma and that of your ancestral DNA. This is a huge task and it means that even though your relationships may be deeply challenging, you always maintain a frequency of respect around others.

Karma is directly associated with the Ajna chakra. Because the first form of karma in the human process is the thoughts that are there in our third eye chakra. Despite many popular beliefs, the specific karma that you carry in your physical body has no direct connection to your past actions or your past lives. Your sanskaras are part of a collective energy field that is cleansed and reset each time you take an incarnation.



DAY 63



Disintegrating the pattern of your memories:

It's scientifically proven now that water holds memory. When your emotions become really intense, you release memory through the salt in your tears and/or sweat. What is beginning to happen to humanity now, and what will become more and more intense, is a process whereby ancient memories are being chemically released from our bodies. Heightened emotional awareness will gradually draw the toxic genetic memories out of the human form. At a physical level, this will occur through your sweat, your tears and your urine.

Every time a human being takes an incarnation on this planet, there is only one thing they bring with them — their memories. We are not talking here about ordinary memories as we understand them. There are many types of memories. Except for exceptional cases, we do not retain the memory of our past lives or of any existence before we are born — yet even though we do not recall the before, we still carry the memory of it within the layers of our subtle body or aura.



Disintegrating the pattern of your memories: (continued)



The pattern of memories is directly associated with the Ajna chakra or the third eye chakra. For the Grace of Christ to enter you, you must be willing to make the ultimate sacrifice — to give up your lower bodies and their desires, feelings, memories, dreams, and knowledge and to be taken over by a greater being who has all along been waiting within you.



DAY 64

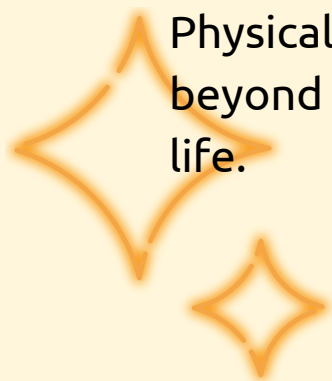


Disintegrating the pattern of your physicality:

Why there is such a major focus on physicality as the basis of what is constantly referred to as spiritual practices, as opposed to ideals, commandments, precepts, beliefs, philosophies, deities or religions? Physicality in particular concerns how deeply consciousness is able to incarnate into a human form. The more impeded consciousness is within the form, the less pure its expression will be. An energy worker must produce the results in the physical world is the pattern we are all stuck in. Our basis for happening at large is confined in this 3-D model of existence.

Whilst spirituality is also about attuning into the higher dimensions making the superficiality into genuinity. Isn't it so? The experience is quite overwhelming, even just on a physical level. One needs to establish some preparedness in the body and mind in order to make the process tolerable.

The pattern of physicality is associated with the basic chakra or root chakra. True karma of your role model in the physical world needs to inspire and earn respect through concrete manifestations of spiritual truth. Spiritual Physicality is about the inclusiveness of that which is beyond 3-d. The mind prevents us from feeling one with life.



DAY 65



Disintegrating the pattern of your dreams:

Dreams create a continual pressure within humans; it is the pressure to evolve. When this pressure is distorted by a low-frequency field, as is the current state of humanity, it becomes distorted into the pressure to feel happy. Thus begins what the ancients named the Wheel of Samsara- an endless cycle of suffering in which humans become trapped by the need to satisfy their desires.

In our hearts, however, all human beings are natural rebels. We are wild creatures. We are not here on earth to have our dreams tamed, clipped or domesticated. We are here to make the magic happens and we cannot do that unless our every waking moment is directed and focused towards a single over-reaching vision or ideal.

Dreams are directly associated with the Ajna chakra or the third eye chakra. The sad truth is that the dreams of most children are stamped out by their schools in the endless monotony of the set educational curricula. It is in school that most children learn to associate work with boredom, effort, and drudgery.



DAY 66

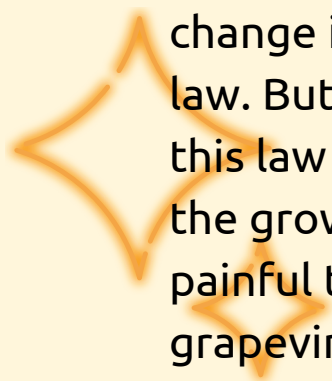


Disintegrating the pattern of need for change:

Your need for change is mostly associated with your boredom. In some cases, the reactive nature of this pattern is too busy to be bored. In both natures, people do find the need for change. Our need for change in the world is highly influenced by our consistent gathering of a certain side of truth. The whole truth in itself about your life or about the world at the collective level at large will actually kill the need for change because the truth is permanent at that point.

Alas! No one is able to find the truth despite going in the deeper and deeper layers of truth. Your own need to change your own self has to be forfeited by you first. Need for change in others is also like imposing your sides of truth over them some may let you and some will fight against it causing a conflict. The Law of Change is constant and consistent, this law is always in motion no matter what.

The need for change is directly associated with the heart chakra. Even one of the most powerful divine laws in existence i.e. Law of karma- can be escaped too but the change is persistent, it's almost impossible to escape this law. But our need, desire, wish and resistance to control this law based on our limited perspective is what obstructs the growth. Growth is painful and obstructing growth is painful too. Tune-in, sometimes it is OK to grow like a grapevine instead of a pine.



DAY 67

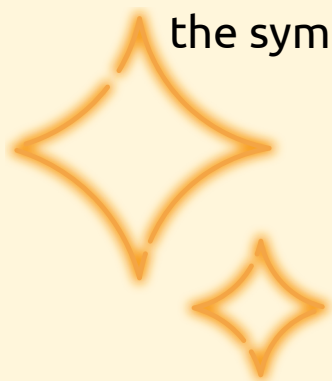


Disintegrating the pattern of fatigue:

Fatigue is also known as tiredness, reduced energy, physical or mental exhaustion, or lack of motivation. People who lack dynamism in life are people who have allowed themselves to feel trapped in some way. The irony is that the solution does not lie in changing their outer lives, but in changing their attitude. Causes of fatigue can be psychological, physiological, and physical.

Compassion fatigue is a decline in a person's capacity to feel empathy and compassion towards the suffering of others. It has been found in people who work directly with traumatized victims in heart-wrenching, emotional environments: nurses, caregivers, psychotherapists, animal rescue workers, first responders.

Fatigue is directly associated with the crown chakra. The distortion of one's fantasy can lead to all manner of weight problems and energy problems — from chronic fatigue to hyperactivity. People with medical conditions are often given a diagnosis of Chronic Fatigue Syndrome when their doctors can't figure out what's wrong with them, but one of the symptoms they report is ongoing fatigue.



DAY 68

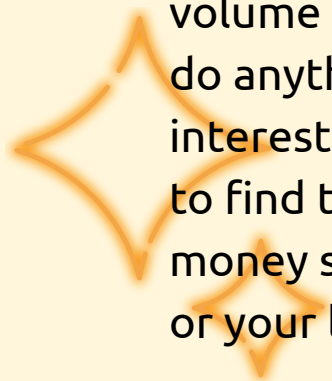


Disintegrating the pattern of needing to be right:

The pattern of needing to be right is what prevents you from hearing this simplest of truths. In this sense, deafness is the inability to hear what is going on inside you. Because most people are suffering from this pattern at a certain level creates a field of fear, you cannot hear the truth inside you due to the white noise generated by the sub-acoustic aura of humanity. The key is about acoustics and inner listening.

The human mind is unhappy living in such an uncertain universe. As an aspect of the universe, our very bodies are subject to these same fluctuations and we call them our moods. Individuals do not want to accept that they cannot control their inner workings and their moods. We spend our entire lives trying to create the illusion of security and stability.

The pattern of needing to be right is directly associated with the throat chakra. The higher pitch won't make you the right one in an argument but when we suffer from feeling unheard or feeling that we are right intensively we raise the volume of our speech so high without realizing that it won't do anything to the actual truth. You are really only interested in taking away your own uncertainty, so you try to find the perfect relationship and you try to make enough money so that you can relax, or you try to change your body or your lifestyle so that you will feel good about yourself.



DAY 69



Disintegrating the pattern of your expectations:

Almost all human beings are waiting at the Expectation Station. The expectation is the most profound mark of humanity. It is the dream that the future holds a greater promise than now. Somewhere inside us, we are all waiting for our lives to improve — for a great day somewhere in the future when finally all will be exactly as we dream it can be. Somehow we will receive all the money we need, our love lives will be perfect, we will achieve those high spiritual levels and we will have absolute freedom to do all the things we have always wanted to do.

Expectations make us stuck and it does this by entangling your desires with your mind. The moment desire becomes entangled with the projections of your mind, it can only result in disappointment. Human life is programmed to revolve around your expectations about your life and those surrounding you. The expectation itself should not be seen as a bad thing. It depends on how you react to your own expectations and is a measure of how much trust you have in life.



Disintegrating the pattern of your expectations: (continued)



Expectations are directly associated with your solar plexus chakra. There is no such thing as higher expectations and lower expectations. Your expectation takes you out of the present moment so effectively that you lose your place in the greater flow of the cosmos. Whether your expectation is optimistic or pessimistic, it narrows your field of vision and closes down the limitless potential that exists in each present moment. Today, present yourself with a detachment in all levels of life. And, It's done.



DAY 70



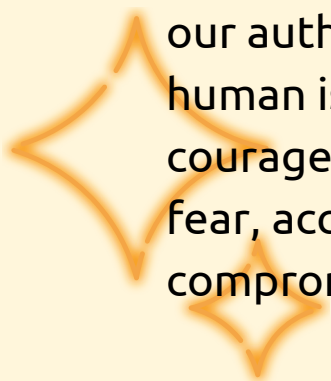
Disintegrating the pattern of your vulnerability:

We both love vulnerability and fear it. We absolutely love to see raw truth displayed by others but are afraid to let others see it in us. Vulnerability is a two-edged sword that can cut both ways. It is only when we are most vulnerable that we can experience the connection with God and others that we were designed for, but it is also exactly when we are most vulnerable that we can get hurt the most.

Vulnerability is the state in which we all enter the world. From the very first moments, you were vulnerable, and how well you connected to others around you while you were that vulnerable determined how you felt about yourself then and continues to define your sense of self today. Our very identity is dependent on our relationships with those who care for us

.

Your vulnerability is directly associated with the heart chakra. The vulnerability paradox: "It's the first thing I look for in you, and the last thing I want you to see in me." ~ Brene Brown. Without allowing ourselves to be vulnerable we can't experience the joy and rapture of life, we can't be our authentic selves and we can't be human, because to be human is to be imperfect. To be vulnerable is to be courageous, for vulnerability stands defiantly in the face of fear, accepting the uncertainty of possible attack or compromise.



DAY 71

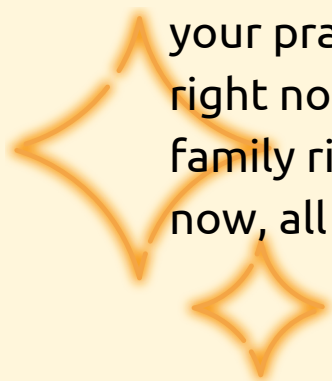


Disintegrating the pattern of your entitlement:

Entitlement is the belief that one is inherently deserving of privileges or special treatment. It is the feeling that you have the right to do or have what you want without having to work for it. Entitlement is easy to recognize in others but often hard to identify in ourselves. Those that have a spirit of entitlement often have unrealistic expectations of others, and often think they are the most humble of all.

Expectations are often a project of entitlement. The next time you find yourself trying to control how things will turn out in some engagement, let things unfold naturally. You will find yourself better able to live in the present moment once expectations are gone. Use the words "let it be" as a password to your practice of dispensing with expectations.

The pattern of entitlement is directly associated with the basic chakra or the root chakra. When you acknowledge someone else's good-fortune you counter the very human tendency to feel that there is a limited supply of happiness and someone else is getting your share. Express your happiness in a note or with a call. Celebrate others' joys in your prayers by praying for all the people being married right now, all the people welcoming a new child into the family right now, all the people getting a promotion right now, all the people relaxing on vacation right now.



DAY 72

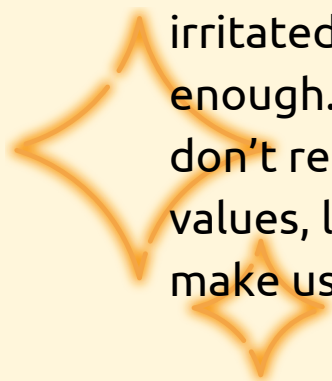


Disintegrating the pattern of your irritation:

The people who get under your skin the most can, in fact, be your greatest teachers. It's not a matter of overlooking differences, as is often taught, but of regarding those difficult aspects of the relationship with curiosity and compassion—for those very differences offer a path to profound connection. The realization of the power of our everyday relationships, even troubled ones, as a means of awakening is crucial for your behavior within.

Anger causes a person to become irritated with situations and circumstances that would not bother him otherwise. For many progressive spiritual practitioners, it no longer feels like enough to merely follow an individual meditation practice, as valuable as that is. We do need to apply our enlarged selves, skillfully and in real-time, to the circumstances of our complex lives, and particularly to our relationships with others.

The pattern of irritation is directly associated with the solar plexus chakra. Stanley Elkin once suggested that "it's easier for a camel to pass through the eye of a needle than for an irritated person to enter the kingdom of heaven." True enough. The funny thing about irritations, they usually don't reflect upon what's important in life, character, values, love, or overall graciousness and meaning, but they make us lose perspective.



DAY 73



Disintegrating the pattern of your gender identity:

Weakness, as we shall see, is nothing but a projection of the male psyche onto the female psyche as, in the West, women have been viewed up until recently as the weaker sex. However, what appears to humans as weak is actually something that we cannot yet understand. The pattern of gender identity represents the inequality between yin and yang forces on our planet. The natural tendency of evolution has been to favor the physically stronger.

The repressed feminine side of humanity is rising up to the surface once again and this is changing the basic patterns of the traditional roles for men and women. This uprising of the yin force is actually beyond gender, but it is also confused by gender. Many women today are under the impression that the time for women is coming and the time for men is over. This attitude is simply another form of the gender identity pattern, which always over-emphasizes one aspect of the polarity.



Disintegrating the pattern of your gender identity: (continued)



The pattern of gender identity is directly associated with the sex chakra. What we fear most deeply through gender identity is a lack of support. This is the foundation of social economics, and its root is fear. What we don't have access to in this pattern is the feeling of deep trust towards each other at the collective level. The family unit is the most powerful crucible of love through which humanity will be transformed. The sheer force of love contained in the family is second to none. The love of a child for its parent and vice versa is as potent a force as any in the universe.



DAY 74



Disintegrating the pattern of your sanskaras:

The sanskaras are the specific memories that you carry from life to life according to the karma you have taken on in this lifetime. They are charges of kinetic energy stored in the sheaths of your consciousness, which over time determine the shape of your life and your destiny. Sanskaras give rise to all human desires, which in turn create more sanskaras. Thus the ancients say you are caught in a wheel or a net of your own making — paradoxically unable to remember who you truly are because of the memories you keep creating.

Your sanskaras are truly wondrous opportunities. They are like karmic wormholes that pull you toward certain people and push you away from others. The very word wondrous clearly indicates how we are bound by something that is literally wound around our genetic code. These deepest of memories or sanskaras are what give rise to your most challenging relationships in life. There is no situation on earth that cannot be used as a means to raise your frequency and open your heart to your inner Divinity.



Disintegrating the pattern of your sanskaras: (continued)



Sanskaras are directly associated with your heart chakra. A samskara is a psychological imprint that is left from an unresolved past event. It is also through mindfulness that you discover how to refine and purify your nature so that you no longer create negative karma. This process of purification is an integral part of the loosening of your sanskaras and it can be hugely accelerated through working within your relationships.



DAY 75



Disintegrating the pattern of your faith in failure:

Now, this is something we all have despite the countless success based quotes and teaching we have. The majority of your life's quests towards success are based on your faith in failure. Failure means that you have remained stuck in the same old cycle, and nowhere does this pattern have more relevance than in the field of human relationships. The underlying faith we have that if it is not done failure is destined is what the pillar of success is of many successful humans.

If you're failing repeatedly in a specific area of your life, the problem isn't your goal; it's your strategy... and, when we're floundering, for whatever reason, the last thing we want to look at changing is our approach to the goal. In that sense, everything in the world is achievable despite the so-called entitlement and destiny. Notice each pattern of your life they are all strength in disguise for you and not a weakness.



Disintegrating the pattern of your faith in failure: (continued)



Your faith in failure is directly associated with the throat chakra. Many parenting techniques including conscious parenting are actually based on the faith in failure towards the child and the same gets implanted into our generations. Always remember your approach towards raising your generations will decide the approach of their life as well. It really doesn't matter how much philosophy you preach into your child. Your constant faith will be bestowed onto your generations.



BONUS



Prayer For Boosting The Immunity And Activating Defense System Against Corona-virus

To the Supreme God, Divine Father, Divine Mother, Goddess Guanyin Pusa, Master Choa Kok Sui, Lord Maha Guruji Mei Ling, all the Great Buddhas and Bodhisattvas, Arch Angels, Arch Angel Michael, Arch Angel Raphael, Holy Angels, Spiritual Helpers and to my Higher-self, Thank You All for Blessing Humanity with compassion, guidance, help, protection, mercy, good health, strong immunity, fully activated defense system against all kinds of viruses, disease energies, and negative patterns.

Thank You, Omnipotent Source for releasing all kinds of thoughts and behaviors that create the illusion of illness and pain.

Thank You, Mother Nature for purifying the air at all levels. With deep gratitude in our hearts, we are thankful for the nourishing air as we inhale.



BONUS



Thank You, Lord, for blessing all the animal kingdom with good health, divine protection, and Happiness.

Thank You, Arch Angel Raphael for rapidly healing all the infected ones and embracing their health with goodness properly.

Thank You, Arch Angel Michael for protecting all the doctors, volunteers, caretakers, nurses, medicines, travelers, patients and everybody on all levels.

Thank You all the Divine Beings present here and now for my good health, happiness and protection with strong immunity.

With Thanks And In Full Faith
So Be It! So Be It! So Be It!
So It Is !!!
AMEN !!!



Feedbacks from With-in



I feel very blessed to have had the opportunity to receive these 75 pearls of knowledge & inner reflection which the daily 'HEALING YOUR PATTERN' series brought to me. These series inspired me to go within & become aware of so many blockages which hinder forward movement in so many areas of my life. It taught me to see my weaknesses not as something to be ashamed of but rather in a bright light, as it's because of these weaknesses I realized that I also have the strength to overcome them. I loved the way it was written, so accurate, to the point yet so profound & comprehensible.

Thank you Shiv for sharing your wonderful knowledge in small doses with us daily. Stay blessed & keep doing the amazing work & being the amazing person you are.



Affirmations and patterns by shiv heals now have become an important part of life it's easy to start the day without tea or coffee but not easy without reading the patterns. So many time some thoughts came, some events happen, good or bad just contemplating on them feel to know the solution and just switch on the phone and here I got the solution. Reading patterns is the first thing I do everyday
It's like the sun ray that comes to me through my window everyday
It's like the gift I got everyday



Feedbacks from With-in



Thanks a lot for sharing !! The whole series had lot of information and an eye opener.



Thanks, each day has been so enriching in its own way. You are so young yet a highly developed soul. May The Great One enlighten you to bring light to others !



God bless you sir. Indeed it has been a splendid experience for me . Your messages have given me the right insight to my life . Thank you. I am really short of words.



Yes amazing experience. Everyday I was waiting for it. I m very grateful to you for this series.



It was a deep and wonderful insight and I keep going back n reading them again n again ...thank u so much



Feedbacks from With-in



I must thank you for the wonderful messages. I really look forward daily what message you put today. I forwarded to so many people. They said all are different perspective we didn't know about earlier. Thanks for the knowledge.



Hi. Thanks for making concepts clear in such a simple way. I always learn a lot from you.



Thank you Shiv for your generosity & compassionate with the will to do good.



I thought enjoyed this patterns series, going to miss it now ,u r blessed looking forward which will be helpful to us in our spiritual journey, growth. It is like light for the soul.




and alot more...





THANK YOU SO MUCH

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Shiv Heals



Note:

- This is just a complete compilation of 75 Days series of "Healing Your Pattern". This is not an official book and no content of this compilation is claimed to be copyrighted by "Shiv Heals".
- The sole intent of this series is to raise your awareness consciously towards your physical, mental and emotional life. It is in no way intended to replace any course or copyrighted teachings or techniques.
- The author/s holds no responsibility of any misconduct in anyway. We are just one spiritual buddy sharing notes with another spiritual buddy of the spiritual family.
- What we have discussed in this series are merely layers of ours and yours limited knowledge and deeper understanding. This is not the ultimate truth in anyway. We all are having our own universal truths with-in. Go find there instead, if you seek truth.
- Each of us are unique. A certain way of understanding and knowledge can be right for one and completely non-existent for the other. Hence, do find your own path. We would be happy to assist in any way we can, if you approach us.

Disclaimer: Nothing is mine, Everything is His

