

Healing Heart Protocol Online Course
Module II – Metal Element: Reclaim Your Clarity
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Module II ~ Reclaim Your Clarity
Table of Contents

Track 1:	Intro and Presencing Meditation	page 2
Track 2:	Teaching Segment: Victimization & the Blame Game	page 5
Track 3:	Teaching Segment: Blame & Rationalization	page 10
Track 4:	Exercise: Releasing Blame & Taking Responsibility	page 12
Track 5:	Teaching Segment: Superego Work	page 15
Track 6:	Teaching Segment: Projection & Disowned Selves	page 18
Track 7:	Description of the Reclaiming Process	page 25
Track 8:	Guided Exercise: The Reclaiming Process	page 28
Track 9:	Teaching Segment: On Triggers	page 31
Track 10:	Guided Exercise: Taking Responsibility	page 33
Track 11:	Guided Exercise: Atonement Process	page 43
Track 12:	Closing	page 47
	Credits and Acknowledgments	page 48

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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Track 1 – Intro and Presencing Meditation

Welcome back to our second Module of our *Healing Heart Protocol*. In this module, we'll be activating the gift of the Metal element to assist us on our healing journey.

The Metal element relates to clarity and awareness, the capacity to let go of all that no longer serves us. Like a sword, the Metal element helps us to clear out and cut away anything that hinders us on our path to clarity.

With the gift of the Metal element you will free yourself from the emotional overlay and distortions that can sometimes plague us during a breakup. Once released, you'll reclaim your clarity and from that place you can begin to take charge of your life and move forward from a calmer clearer perspective.

We'd like to start this module with a Presencing Meditation. It would be best for you to do the meditations in the sacred area you created in your home. If not, do it anywhere that's safe for you to close your eyes.

Again, we'll close our eyes and take a few deep breaths and start to shift our attention from the outer activity of our life back to the inner world.

Take a few breaths and let yourself settle into your body, and in to the present moment.

Behind the closed eyes you can experience your body from within as sensations and energy. Look and sense; what do you notice?

Remember that your feelings actually manifest themselves as *sensations*, so have a look. Are there any strong sensations like heat, texture, pressure, sharpness, or dullness present that the mind labels as "sadness" or "anger" or "fear", or simply "grief"? Pause and give space to whatever sensations aka feelings are present.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

If you haven't yet, include your breath cycle into your awareness and experience how life is supporting you by breathing you.

Realize this for a moment; you are actually being breathed. Life is supporting you this moment.

Drop even deeper inside, and begin to sense underneath the thoughts, the feelings, and even the body sensations there is an inner spaciousness or presence, almost like the bottom of an ocean that exists underneath all of the surface waves...

This inner center is what we call the Aware Self.

Something is aware, noticing the sensations of the body, the breathing.

Expand your attention and notice what is commonly called thinking, which manifests in most people as an inner narrating voice.

Just listen—there might even be a commentary even about whether or not there is a voice inside.

This voice is what you and I usually identify with as “me”.

Yet the inner “thinker” is actually like an inner commentator who takes on different personalities.

And, there is Awareness, or Consciousness that notices all that is present, even the thinking “me”, yet is much bigger than any of those.

That which is aware of all that is happening inside, the Aware Self, is the part of your inner world from where healing, love, and support arise.

This Aware Self is not a person, it is a *presence*, a loving supportive presence that doesn't judge or criticize you. Remember whenever you find

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

yourself judging or criticizing, know that is one of your inner voices or passengers on the bus, as we like to call them. It is not your Aware Self.

Your Aware Self by its very nature is compassionate, kind and loving towards you.

Allow yourself to open to this Aware Self. Imagine that you can tap into that part of you right now, and sense the compassion that this part has.

Let that compassion spread to all of the hurt parts within you, the suffering parts within you.

Imagine that with your breath you send a wave of loving kindness from this inner presence to all the different hurt and struggling places inside.

This Aware Presence is where your strength, your vision, your love, and your wisdom arises from. In the course of our time together, your access to it will increase dramatically. By the end of our fifth module, you will be able to settle and rest in the seat of your Aware Self whenever you need that inner support.

Now gently stretch a little, come back and open your eyes.

We want to acknowledge you for doing your work and your courage to go through this separation process with such intention and commitment. The vast majority of people on the planet experience the separation process as plain pain, and sometimes hell, and you are seeing the potential that this time can offer to you. That is true courage and we want to acknowledge your vision that a breakup can be done consciously and compassionately.

We did it, and so can *you*!

The theme of this module is about reclaiming your inner clarity. When our emotions take us over, we are flooded, reactionary and at the effect of life. We can often feel lost and far from clarity.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

We want to continue to encourage you to apply the techniques we taught you in Module I, especially the practices for releasing your feelings consciously. In this module we'll be adding in the gift of the Metal element—the capacity to step back and take responsibility.

Track 2: Teaching Segment: Victimhood & the Blame Game

To start off this process we'll be asking you to do some reflecting, followed by some writing.

Practically speaking, listen to our suggestions, then pause the audio, give yourself as much time as you need to complete the writing, and then continue with the audio when you're ready.

Reflect on the following question:

What is the totally honest story that you share with your closest people, when you don't have to pretend anything? What do you tell them has happened in your relationship that led to the breakup?

Write this down as if you would jot down a phone conversation with your very best friend.

Write down the uncensored, not-very-nice, feeling-like-a-victim or feeling-like-a-perpetrator story; two to four sentences will do.

You've perhaps done this in several versions with different people. Here are a few examples of what that story would sound like, depending on if you're the one that was left, or the one who left the relationship.

“You know what? Tom has left me, he was cheating on me for a few months and just took off with this woman, Kate, this bitch. He sent the divorce papers over to the house today. I can't believe that he abandoned me and I have to deal with all of this pain on my own.”

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

“I had to get out of there. She had turned into a total bitch. Nothing I did was good enough for her. It had been months without any kind of intimacy—she never wanted to connect in that way. I just couldn’t go on and had to leave!”

“I couldn’t take it anymore. He showed absolutely no love for me. I felt dead inside, like I was around a cold stone wall all of the time. And then I met Rick—and he loved me for me. Once I realized that I knew I needed to leave my marriage.”

“This is the second time that I have been left by a woman. How could Elaine do this to me? I thought it was going so well, and then that out of the blue, I’m just not good enough for her. I can’t believe she’s doing this to our family! I’m a wreck.”

Take a moment and write down what your story would be.

Pause the audio and come back once you’ve written it down...

After you’ve completed your writing, simply stop and step back to look at what you have written. Look at the “story” you have been telling within and without.

Now, ask yourself, and be curious to discover the conclusions and assumptions that are part of this story. Every story has two components to it: the facts, and then the *interpretations* or *assumptions* that we lay on top of the facts.

As an example using the stories we shared with you before, from the first story we see Tom leaving me for another woman. That is the *fact*.

The assumptions/conclusions that I come to are based on that is that the woman is a bitch, that I’ve been abandoned, and that I’m totally alone to deal with this pain now. All of those are *interpretations* of the fact.

One easy way to understand the difference between fact and interpretation is that facts can be recorded by a video camera; interpretations cannot—they

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

exist in our head. They are conclusions that our minds draw from interpreting the situation in a certain way.

In the second story, the example of me leaving the marriage—the fact: I left the marriage. The interpretation: “She was a bitch, nothing I did was good enough.”

Take a moment now and look back at your story. Underline the parts of your story that could be recorded by a video camera. Those are the facts.

Anything else, draw a circle around it. After this, look at those circles and allow yourself to write down the conclusions that are embedded within your own story, the particular way that *you* interpreted the facts.

See if there are any other interpretations of the situation that you can think of and write those down too.

Pause this audio as you do this exercise

As you can see, so much of our suffering in the break up is caused by how we interpret the facts. Break ups, by their very nature are most of the times painful. Yet, it is the interpretations of our mind, that cause us additional suffering, which can actually be avoided.

Personal Example:

Michael: Neelama’s leaving was painful in itself, yet my mind interpreting this to mean that there was something wrong with me caused me additional suffering.

Now look to see – what have you made your breakup mean about you? How have you interpreted the facts and what are the conclusions you’ve drawn about yourself based on those ?

Pause the audio as you are doing the exercise.

As you can see, we all draw conclusions about ourselves from the events of our life. Yet—if we believe these assumptions without calling them into

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

question, then they create immense suffering for us. On our journey of healing through the breakup, it's important to step back – to dis-identify from the interpretation and to recognize that there are many possible interpretations for why your partner might have left.

One helpful exercise from one of our teachers, Byron Katie, is to call this interpretation into question.

Go back to your list of interpretations and after each one that you circled, ask yourself the following four questions:

- 1. Is it true?**
- 2. Can you absolutely know for certain that it's true?**
- 3. How do you react when you believe that thought?**
- 4. Who would you be without that thought?**

Pause the audio now while you work with each interpretation using these four questions.

As you likely saw there is freedom in letting go of these interpretations as the truth of who we are. This is a practice that we need to engage in as we are so often used to believing the interpretation ... and this leads to us feeling like a victim.

Whenever we are in a place of victimhood, it assumes we have no control, and when we get stuck in this place for too long it prevents us from moving forward and moving on with our life.

Look, we know that this is easier said than done, that's why you have our support and experience on your side. We spent *a lot* of time in victimhood—way too much—and we suffered, our work and personal life suffered, our child suffered, our relationships with friends suffered. We'd like to shortcut that amount of suffering for you!

Very likely your mind, and its inner commenting, was, and maybe is focused a lot about your Ex, about what he or she should or shouldn't have done.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

You might still experience yourself in a kind of shock, heart-broken and feeling wounded.

You might ruminate a lot about what happened, what he did do and what he should not have done, what she should have done and did not do.

You might have seen many revealing things about the character of your Ex – how they withheld, didn't tell the truth about what was really going on. And maybe the greatest puzzle of all:

“How could someone who had professed his/her love to you on so many occasions actually behave in such ways?”

And so naturally you might be focused on what is wrong with them, or switching back and forth between what is wrong with yourself and them. And your mind might try to make sense about all this by playing what we call the *blame game*.

By this term we mean the tendency in humans—and we are biologically wired for that—to defend ourselves. What that looks like in modern man, is this tendency to, especially in a breakup, make the other wrong or blame them for what we are feeling and experiencing.

One of the ways we as humans try to defend ourselves when we feel deeply hurt, is to lash out and “hurt back.” Because of this blame, also known as finger-pointing, is one of the most common traps people encounter during a separation.

Now look, we aren't saying that your Ex has no fault in the situation. We aren't condoning their inappropriate actions or behavior. We're not even saying that the person you were with is the “right person” for you at this time in your life.

Yet, what we are saying, is that *blaming them* and not looking at our side of the issues are what keeps us stuck and paralyzed to move forward.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

When you *remain only in blame*, blaming someone else, you become a victim, stuck in the illusion that you don't have choice and power over your life, helpless to change your circumstances.

Until you take total responsibility for the circumstances you find yourself in, you remain powerless to change them.

Taking responsibility that this is your life, these are your emotions and your negative feelings, creates an internal movement that puts you on the road to transformation and clarity, which is the prerequisite for breaking out of this pattern in the future.

In this module you're learning to take ownership of your life and to put the focus *back* onto yourself, away from your ex....only when we do that can we focus on the only person we actually *can* change, which is our self.

Track 3: Teaching Segment: Understanding Blame & Rationalization

Most of the time, when two people were intimately engaged with each other, there will very likely have been conflicts in their common history that caused them to want to part ways in the first place.

This “his-tory” and “her-story” is usually the root that feeds what we call the *Blame Game*.

This tendency towards pointing the finger and making the other wrong is very common, and actually started during the relationship, and often explodes as the couple separates. The two separating partners often start throwing “arrows” or darts at each other in the form of comments, all the way up to verbal attacks.

The most common scenario where couples separate is that one person wants to end the relationship, and the other is at effect of that decision. A small minority of relationships end mutually.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

The Blame Game looks different depending on the way the breakup ended. Were you the one that left your ex? Or were you left?

Often because there is guilt about leaving the relationship, that the only way one can feel justified to leave and perhaps even break a vow, is to make the other wrong.

Personal Examples:

Neelama: In my case, in order to try to feel OK about leaving the marriage, I played the blame game by making Michael wrong. In my mind he became the bad guy, even subtly the enemy; I made him wrong for not taking care of me or loving me the way *I thought* he should. My blame game played itself out more in the form of rationalizations. I justified my decision and behavior with rational reasons and accusations of Michael's past behaviors.

Michael: Because Neelama was the one who left, I felt more at the effect and was sliding more and more into a "victim" position. And the more it got clear that she was not coming back, the more blame started to come out towards her.

The more I felt in pain, the more I blamed her to be the cause of my hell. I made her the *source* of my suffering.

Whatever scenario you are in, likely you will be in one of the two behavior patterns – either in the “Blame Camp” or the “Rationalization Camp”.

In a moment we will give you some time to reflect and inquire within.

Before we start the inquiry assignment, one ingredient is necessary. Sincerely ask yourself:

“Am I willing to learn about myself and start looking at myself with curiosity and openness and begin to take into account my side of the ‘relationship equation’?”

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

Be really honest with yourself. There is no judgment to whatever reaction you have to this question. We ask only that you are sincere and honor where you are.

If you find a strong NO to looking at your side, then we suggest that you pause this module for now and allow yourself to practice some of the release exercises from Module I.

Remember the exercise from Module I about releasing the strong emotions that you're holding inside towards your Ex. Sometimes it's very difficult to come back to our side of the story if we first haven't released the anger and pain that we harbor towards them.

Emotional Release Exercise:

Here's an exercise that might help. Let yourself find a safe and private place, perhaps your bedroom. Place a pillow in front of you, and let the pillow represent your ex. Let yourself speak out *all* of your frustrations, anger, resentments, and whatever else is there towards your ex-partner in a totally uncensored way. Try to do this in a raw and real way; just empty out all of the feelings that are inside of you. As a teacher of ours told us, pillows are like saints; they take and keep whatever you let loose on them!

Once you've done more release, it's much easier to then find the willingness to also look at your side of the equation.

Track 4: Guided Exercise: Releasing Blame & Taking Responsibility

Now let us practice some self-investigation using reflection and writing as the tools. As always, pause the video after each question and then come back once you've finished writing.

Question 1: Examine yourself and place yourself in either the “Blame Camp” or the “Rationalization Camp”, because during separation couples often operate from one of these two different unconscious perspectives.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

We encourage you to write down how you attack, make wrong, blame or rationalize.

Some examples of blaming include:

- “It’s all about her, she has no feeling how that impacts me and the kids.”
- “He is so cold and just selfish.”
- “What a jerk – to go and just leave me like that.”

Some common rationalizations include:

- “I gave and gave and nothing came back. I’ve had enough.”
- “I need to stand up for myself. I don’t have to take this anymore.”

Pause the audio while you write these down.

Question 2:

Now that you’ve recognized some of the ways that you’ve played the “blame” or “rationalization” game, ask yourself:

What are the benefit to playing these games?

What do I get by making the other wrong?

And what are the costs or the consequences to me/my family/my kids when I stay in blame or rationalization?

Pause the audio.

Set Up for Question 3:

1. Close your eyes and offer a little prayer or intention to whatever is for you “God” or your “Higher Self”. Just like in AA we have come to learn the gift that can arise when one reaches out to something greater than themselves, to a Higher Force/Power/Greater Awareness that can help shed more light on the situation than we can currently see from our limited perspective.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

You can in your own words ask that Higher Force, e.g. *“Please show me what there is for me to learn about this situation in my life?”*

“Give me awareness and insight so I don’t repeat life’s lessons.”

2. Sit quietly and wait. Trust. Amazingly, if we relax and just wait, often in a few minutes insights and understanding arise.

Pause the audio and write down whatever comes to you.

Question 3:

The third question is even more challenging. This question is like taking a serious inventory of yourself and your actions within the relationship. Be rigorously honest about your actions, behaviors and shortcomings, and ask your Higher Self/Power to show you the following:

“How did I contribute to the breakdown of our partnership/marriage?”

Jot them down, e.g.

- “I wasn’t generous around money.”
- “I was very critical about him or her.”
- “I was pleasing him/her out of fear of losing him/her.”
- “I refused to look at my own stuff and see a counselor.”
- “I was always complaining and rarely acknowledging him/her.”
- “I didn’t show how much I cared for him/her through words or actions.”

Go ahead and pause the audio and jot down everything that comes to you.

Teaching:

By doing what you just did, you have stepped into responsibility –which actually empowers you! Here’s the truth—you cannot control what your Ex did wrong, you can only control your side of the relationship equation. When we’re willing to take responsibility for *our* side of the dynamic it frees us up to learn the lessons that we need to learn in order to move forward with our life.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

As long as you blame others for how you feel, you are condemned to a life of suffering. Yet, with this exercise you've just created a glorious beginning of your personal journey into *choice* about your life. The more we can mine the "gold" from our past relationships, and learn the lessons about ourselves, it improves the chances of our next relationship being a success.

Track 5: Teaching Segment: Superego Work

Before we continue this process of freedom from the past, we want to invite you to reflect on another important question. Not only do we blame our Ex, we also have a mechanism in our mind that constantly blames and judges our self. In our work we call the particular set of voices that turn their judgment within the "superego".

Part of our journey of freedom and letting go of the past has to do with letting go of the grip that these self-judgmental voices hold over us. The process of become aware of the internal dynamic that leads to self-criticism is the first step in this process. We invite you now into some more reflection and journaling work. Again, we encourage you to pause the audio and resume once you've had time to do some reflection and writing about the following question:

"How do I blame or shame myself within this separation process?"

We are working with self-blame in three steps:

First, write down how this blaming and shaming energy is directed against yourself, for example:

- "I am such a loser. I attract only losers."
- "I wonder what is wrong with me."
- "How could I have been so stupid that I didn't see this coming?"
- "I deserve this. I am a piece of s--t."
- "Something must not be good enough in me or he/she wouldn't have left"

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

Now, take a breath, relax and remember that this voice that blames you is again a passenger on your inner bus, a *part* of you, like a voice inside, but not *all* of you. All of these parts of ourselves, our passengers, so to speak, are actually operating with a purpose, with intent. Underneath the criticism is actually something deeper.

Let's inquire a bit further into the part that's so judgmental towards you.

Ask this blaming/shaming/criticizing voice:

“What is your intention for judging me in this way?”

Listen, and note the answers down, for example:

- “By telling Neelama what's wrong with her, I want to make her aware that she's got to improve.”
- “By calling Michael a loser, I want to encourage him to get his act together.”

Again reflect for a moment and see what your inner critic says is its deeper motive; pause this recording as you jot these down.

Here's another question to ask your inner critic:

“What are you afraid would happen, if you wouldn't blame or shame _____?”

For example:

“If I wouldn't tell him that he is stupid, he will stay stuck and will not be able to see it coming next time and protect himself!”

“If I wouldn't judge her she wouldn't go into action and improve herself?”

Pause the audio now to make a list of all the reasons why your protector is judging you in this way.

What are it's motivations or intentions behind judging you...

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

After each answer, take another breath, to separate from the “voice” or passenger on your bus. See it there, as a *part* of you, but not as *all* of you. Take another deep breath now and allow yourself to connect to the presence of your Aware Self, the part of you that can be more neutral and objective about the situation, which can hold all of these parts without judgment, and instead meet them with curiosity.

From your Aware Self, see if you can recognize that even underneath that critical passenger and all of its judgments is ultimately a protector, a deeper part that at the bottom of it all, wants for you to be safe, happy, loved, and accepted. Now the way it goes about trying to get that for you is sometimes warped, or off. Yet, one of the key steps on the journey to getting free from the grip of that critic is to actually acknowledge it for what tried and still tries to do. This puts you out of conflict with it and allows you to hold it in a space of compassion. This shift is essential for moving forward.

So from this Aware Self, let that part of you thank the protector for what it’s trying to do.

For example, *“Thank you blamer/shamer/critic for trying to push me into action, because that’s what you believe will make me happy.”*

What the protector doesn’t realize is that, while it’s intention is a good one, the way it executes that intention, by judging us severely, it often causes more harm than good.

It’s the job of your aware self, that you’re birthing through this **Healing Heart Protocol**, to hold the bigger picture here and to help shift the delivery of the protector.

So for a moment close your eyes and tap into that Aware Self, the part of you that is quiet....spacious...neutral....and that part of you that can see the bigger picture.

From your Aware Self, reassure the critic that you understand what it’s trying to do for you. YET – let it know that the way it’s trying to protect you is actually causing harm. It hurts to be judged so harshly. Reassure that

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

critic that it has a place – and that you –as the Aware Self will take it’s concerns and translate them in a way that doesn’t cause harm in the delivery.

For example:

“Dear protector!

I’m Michaels Aware Self. I understand that you want to protect Michael...and the way you learned to do this was to be harsh towards him. And, that strategy isn’t working. I, the Aware Self ask you to step back in your judgments as I step forward and find healthier strategies to keep Michael safe.”

Take a moment and –in your own way -- convey a similar message to your protector from your Aware Self.

Track 6: Teaching Segment – Projection & Disowned Selves:

We spend an immense amount of energy to make ourselves better than our partner, to somehow to feel superior. We point our fingers and convince ourselves that we are different; “I am not like that jerk.”

Now, this is a very normal human reaction; as we said before, it’s almost automatic that when we feel hurt by someone, we focus on what they did wrong, and by doing that make ourselves “right”. This happens initially in almost all breakups.

While this may feel good for a while, it doesn’t promote the healing process. As we’ve said before, healing always happened within you, and all healing and transformation are ultimately concerned with is *you*. So in order to create resolution with the past and move forward with your life, it’s important to take a good hard look at ourselves.

One way to do this may seem initially like a *counter intuitive* action. It’s a difficult exercise and we ask you to trust us on this one, especially if your partner did something really bad, something that makes it hard to let go of making him or her wrong. We encourage you, even when it’s challenging, to do this exercise as fully as you can. This was something that for each of us, was both pivotal and revolutionary to our own individual healing.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

We're going to be working with the very judgments that you hold towards your partner, inviting you to see that you too have some of the very same qualities that you judge in him or her. Those qualities may come out in different ways, and you may not exhibit the exact same behavior as your Ex, yet still we're going to be inviting you to see where you too have some of those same traits.

Personal Example:

Michael: This exercise was initially very hard for me, because I felt very morally superior to Neelama—I was loyal, I didn't leave the marriage for another woman, it was her that did that. Yet, after doing this exercise I realized that though I didn't leave the marriage, I had to look at other ways where I had perhaps emotionally "left" the relationship, or abandoned our connection somehow, or made other things the priority.

There is a psychological and spiritual law that says that ultimately ***we see or meet only ourselves***. What is meant by this is that there is nothing that we see in another that is not already a part of ourselves. So when you and I see qualities in another that we admire or love, we are seeing aspects of ourselves that are waiting to come forward.

And, when you and I see qualities in our partner that we dislike or that make us angry, we are seeing or meeting parts of ourselves that we have buried within, part of ourselves that we also judge and dislike.

Personal Examples:

Michael: For example, Neelama's lack of financial responsibility upset me, her need to always be beautiful ticked me off—and that was because there was in me a part that was also at times *laissez faire* around money, and another part in me that was vain and did care about my own appearance. Both of those things in myself I denied, and then judged in her.

Neelama: One of the qualities I judged in Michael was what I perceived to be his stinginess around money. I judged him for being cheap at times, and at first couldn't imagine that I had that quality. After I went through this

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

exercise, I realized that there is a part of me that is also greedy, that is also wanting at times, that holds back and is not generous—not only with my money but also with my time. It was hard to admit at first, but once I could admit that and make peace with that aspect of myself, the less I needed to judge Michael or make him wrong for that quality in him.

By doing this exercise, you're invited into a massive shift in perspective, by taking on this spiritual principle that says that ultimately all that you see in others is actually a reflection of your own inner world.

And, in our specific circumstances, this also includes your Ex!

When you take that on you're not anymore a victim of your Ex's behavior; he/she is only a reflection of a part of yourself that you haven't accepted, something powerful happens. Once you're able to recognize and take responsibility for these same qualities within you, there's an incredible freedom. It's as if you're released from blaming your Ex and can now look directly at what wants to be seen and understood about you.

Now this leads us to another profound spiritual law, that the Chinese discovered many years ago—the law or principle of *yin & yang*.

What this points to is that this universe has both in it, light as well as dark; it is a world of polarity. You can't have light without dark, you can't have up without down, or even good without bad. You have powerful, loving, and creative sides to you, and you are at times limited to love fully, to be as sensitive and compassionate as you would like; you get impatient and can even hurt those you love.

Another way to understand this is that every quality you and we possess also has a counterpart, a polar opposite, waiting to appear.

What makes us whole is if we can have acceptance and compassion towards *all* of our qualities. This doesn't mean we encourage you to act on those qualities, though they will at times come out. We're encouraging you to find an *internal* acceptance, and embrace of all of the different parts of yourself.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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Earlier, we gave you the image of the “passengers on the inner bus”; believe it or not, each and every one of them have their contribution to make to your life. Not just the “light ones”—the ones we might deem strong, loving, happy, and competent, but even the “dark ones” when understood properly, have their place.

Even the parts of us that are at times selfish, jealous, miserly, even they have their place in our inner world. The key on this journey is about understanding what is underneath those parts of ourselves that we normally reject and cast out. Let’s take jealousy for example, as this is often considered to be a bad thing, and something that we judge in ourselves and others.

When we look deeper we might find that underneath jealousy may be a feeling that a part of you doesn’t feel loved. That is not only worth recognizing, but also worth sharing with your intimate partner. Yet if you judge this quality in yourself (or in him or her), it will be hard to have any kind of growth and healing occur, as you’ll be in battle with this side of them or yourself.

We’re encouraging you to open to what may be a very new perspective. See if you can take it on fully—if even just for this module—to see if something is there for you to gain from this inquiry.

Another way to understand this principle is through a very common topic of psychological work, which is called projection. What do we mean by this? Projection means that everything we love *and* also everything we dislike are potential mirrors of our internal world, the passengers on our inner bus.

We project our good qualities onto those around us; this mechanism is what *allows* us to recognize our own qualities of joy, love, creativity, and sensitivity in another person. If we didn’t have that very same quality in our self we wouldn’t be able to recognize it in another.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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Think about it this way; if we didn't know what the color blue looked like, it would be impossible to look at a person and recognize that they had on a blue shirt.

That's how projection works. It doesn't just work with our good qualities. We *also project* qualities that we don't like in ourselves onto others around us.

What might be hard to recognize, but we've also come to realize is true, is that the very qualities we judge in our Ex are the parts of ourselves we're that most uncomfortable with.

Hal and Sidra Stone, psychologists from the 1970's, called these very parts our *disowned selves*—meaning that they are parts of us that we don't like and therefore deny or disown.

The more we can recognize what is disowned in us (both the qualities we like or admire, and the ones we don't), the less we'll need to project that onto our partner or the world around us, and the more we'll be able to see ourselves more clearly—both acknowledging the beautiful qualities within us, and having humility for the parts of ourselves that are not as advanced or transformed as we'd like. This more balanced recognition of ourselves allows us to be more compassionate, first and foremost to ourselves but also to those around us.

Remember too that every quality that you praise, love, and admire in a teacher, friend, parent, sibling or intimate partner also exists in *you*, waiting and ready to come forth.

The mechanism of the mind that is called *projection* needs an “other” in order to work. Remember, this is about recognizing an inner quality externally, and that happens most frequently in an intimate relationship.

So to sum it up, we project our greatness and our shadow parts onto the world, particularly on our partner. In a certain sense, our partner functions a bit like a mirror. “I am your mirror and you are mine.” We can't see ourselves directly, yet we can see ourselves in each other. When you see the

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

www.healingdivorce.com

greed, you're seeing your own greed. When you see kindness and generosity, you're see your own kindness and generosity.

We're bringing this teaching into this course because we've seen in ourselves, and countless others with whom we've worked, that during a separation process, or the end of a relationship, we are more prone to project our negative side onto our partner. We're more prone to perceive their shadow side. As we said earlier, any intimate relationship, to different degrees, is a forum were our very own disowned traits are acted out. So when a relationship comes to an end, most people have a long list of the wrongs of the other.

That list stays intact and most people rarely dig deeper into looking at what they're projecting onto their Ex. And so with this long list of faults most people move forward into future relationships. Those who have been in many relationships schlepp along quite a long of faults, and wonder why the new relationship seems, after some time, to remind them of prior ones.

The Solution and Our Task:

Having decided to take on a conscious separation process, you have opened the door for yourself to break that cycle of repetition compulsion, as Freud called it. In a few moments, we'll share with you a process on how to break that cycle so that you can consciously complete and separate from your Ex in a way that releases you from projection, and ushers you into transformation and freedom.

As we said before, the work in this module is the opposite of what our ego's instinct is. Yet every true transformation goes against our natural instincts, which are coming from our animal nature.

The task is to name the quality that we reject in our Ex, and to begin the process of turning within to own that we too, at times, can have that very same quality. And then, as strange as this may sound, to embrace that quality as a part of ourselves: If I judge my partner's selfishness, the task is to find the selfish part in myself.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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If I dislike my partner's disloyalty, the task is to find the disloyal part in myself.

It's important to recognize, as we go onto this quest of owning our disowned parts that our Ex is making us aware of, these qualities show up differently in each other. Maybe your Ex's jealousy was towards your girlfriends, with whom you spend more time than with him, but your jealousy might show up regarding smart people.

Be careful not to get stuck in the inquiry on the behavioral aspect of the quality. Let's say you judge your partner for being greedy with money, but you yourself feel you're generous with money.

The trick is to see in what other ways in my own life has greed shown up? Am I greedy with my time or my talent? Am I greedy with my belongings? How does greed manifest in me?

The teaching is to dig deep within and look at how you have shown this quality at times in your own life.

In finding out the hidden aspect within yourself, you may ask yourself:

'When or how have I been deceitful or controlling (whatever the quality you might have judged in the other) to myself?'

Know that every quality that affects you negatively, or you that react against, is one that you are also living out, either with others or within yourself. So from a spiritual perspective, it is the interaction with others, the mirroring from others, that can actually assist you in recognizing these disowned or rejected qualities within you. It is the "other" that shows them to you, and to me.

The journey is to be courageous and to feel and heal these wounded "selves". Doing that is taking responsibility for your side in the breakup of the marriage or separation. As you can see, this journey goes far beyond your Ex; the relationship with your Ex can be a source of unending misery or the beginning of a new outlook on life, that will impact all areas of your

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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life, creating so many opportunities of transformation, change, expansion, joy and profound connections.

In our final module, **Creating your New Life**, the work that you're doing with us now will bear incredible fruits.

In closing, why we feel this inquiry is so essential for your journey is that as long as you don't own these disowned parts of yourself – you will most likely attract another partner to reflect them back to you. Stay tuned for the next track, which is a powerful application of this teaching.

Track 7: Description of the Reclaiming Process

In this track we're going to describe the steps of the Reclaiming Process. We'll walk you through each step here in detail, and then on the following track you'll be guided in a meditation through each step.

The first step in this process is for you to make a list of the qualities that you don't like, or judge heavily about your Ex.

Note – it can get a bit tricky to distinguish between a quality and a behavior. What we're after in this process is the quality itself. For example, let's say she/he is working all the time and you really don't like that. To discover the actual quality *underneath* the 'working all the time' behavior, ask yourself: 'What type of person would work all the time?'

And what might arise is –'driven', 'greedy', 'selfish', 'insecure' ...and so on.

Or you hate the behavior that he/she had an affair. Again ask: 'What type of person would cheat?' Wait for the responses and jot them down, like "weak", "self-centered", "insensitive", "pleasure addicted" and so on.

By doing this you will uncover the *actual inner quality* or qualities that you are judging in your partner. Remember that underneath all behaviors, in the other and in you, are the qualities that drive those behaviors. It is those very qualities that we want you to discover.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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Go ahead now. Come up with a list of at least 5 - 10 qualities in your Ex that you don't like. Some examples could be:

Make a List:

I don't like:

- +his/her anger
- +his/her insensitivity
- +his/her disloyalty

Pause this audio and make your list.

In the second step of the process, we'll be guiding you into some slow and conscious breathing to help you access the deeper part of your being – the Aware Self. It's essential to activate this Aware Self in order to move into step 3.

In the third step, you'll take the courageous leap of being willing to see that you too possess the very quality you judge in your Ex. Just know, if there's resistance to doing this, that's very normal. It can be a huge challenge to recognize that you might have within you the very quality that drives you nuts about your Ex.

If you're challenged by this step, we suggest you stop and have a look at what might be going on. There might be a particular challenge to own a quality that you deem as "evil" or "bad", --such as the qualities of aggression, or perhaps violence – or in the extreme version, abuse.

Now --it's crucial to remember here that we're not talking about your behavior. You may have never hit or physically abused anyone in your life. Yet, we're inviting you to look deeper – under the behavior-- to see whether this *quality* of aggression is present anywhere in your life.

Some questions to ponder could be:

“How have I been aggressive towards myself? When have I used harsh words that have hurt my own – or someone else's feelings? How have I perhaps abused myself, or substances, or even my own body?”

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Module II – Metal Element: Reclaim Your Clarity

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In the fourth step from the Aware Self you will try to uncover the deeper intention that keeps this quality in place.

In the fifth step note down what you found out and learned about yourself and this quality within yourself, that originally was projected only on your Ex.

We encourage you to trust the process. And yes, sometimes you might experience a shock or pain or even thoughts of self-judgment in recognizing a part of you that's difficult to see:

'No, I don't want to be like that'. You might say.

It's important to recognize that whatever you uncover, even if you come to realize there is a part of you that is mean or aggressive, it's the *awareness* of this part of yourself that is the key. When we can see that –yes there may be a part of me that at times acts this way – that is not *all* of who I am. If I can accept it as one *part* of myself and bring greater awareness to it, it doesn't have to come out unconsciously. It takes tremendous courage to do this.

Let me give you a personal example of what I discovered using this process with my father.

I grew up in Germany, and my Dad had a violent, explosive temper that I was very scared of and, on and off, a victim of when he lost it and beat me up. As I grew up, I judged him and told myself that he was that way, but that I would never be violent like him. Then, many years later, one night, life had me confront this disowned part of myself, that I hated and judged in my Papa.

During his first 6 months, our son Kai didn't sleep through the night and was also a very colicky child. Very often at night he was in pain and just screamed and screamed. Nothing could calm him down. So Neelama and I alternated to get some hours of sleep. One night it was my turn and I was with him from about 2 to 5 in the morning.

At some point, totally exhausted, physically, emotionally and mentally, I became so frustrated and overwhelmed. I just wanted to sleep and he just

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Module II – Metal Element: Reclaim Your Clarity

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wouldn't stop screaming. After hours of this I was overtaken with rage and fury of the same nature I had seen my father unleash on us, now me yelling at my little son.

Once the energy subsided and my awareness returned I was first confronted with huge guilt. I felt terrible about myself. I couldn't believe I'd lost my cool with this little baby, who was innocent. Then I remembered how my Dad had many times lost it with me and my two brothers.

Having discovered this "shadow side" in me and -- after looking closely at the circumstance -- a softening happened and I could forgive myself and my father. Neither of us actually meant to hurt anyone. We both were taken over by this energy in a very similar manner. Once I recognized that I cried and cried. And as my son finally fell asleep in the wee hours of the morning, in my mind's eye I connected to my Dad, who'd passed away a few years before, and in my heart I forgave him.

This is an example that shows that what I rejected in my Dad was also dormant in me.

We want to acknowledge your courage and sincerity to go deeply within and confront yourself in this manner.

Track 8: Guided Exercise: The Reclaiming Process

Now we want to take you through what we call *The Reclaiming Process*.

We suggest that you choose one quality at a time on your list to work with in this meditation. Then you repeat this track with the other qualities of your list.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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Conscious breathing:

Take a 7 slow and deep breaths now, elongating your inhale and elongating your exhale. With each breath come deeper in touch with your Aware Self, the inner spacious Presence.

Taking Ownership:

As you rest more in the presence of this Aware Self, take this quality that you reject in your Ex into the peaceful depth that you've created through your breathing, and ask:

“How or where in my life have I been this way?”

Wait and allow your unconscious to reveal any memories or show you a time where that quality may have shown up in your life

Be curious to see how that quality has shown up to drive your behavior at different times in your life? In different relationships? With different people?

Whatever is revealed to you, see if you can hold it without judgment, just with the recognition that as humans, at times *every single one* of us acts with less consciousness and integrity, less love and compassion than we would like to admit.

Allow yourself to hold everything that you see about yourself in a space of empathy. Recognizing that most of the time we as humans are not planning to cause harm, it usually happens because we're taken over by an emotion, or a trigger, or something else that temporarily hijacks our heart and consciousness.

Statement of Ownership:

Then, internally admit to yourself *“I have this quality too.”*

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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Finding the positive intent:

Staying connected within the Aware Self speak now directly to the part in your psyche that is exhibiting this particular behavior or quality. See yourself now asking that part of you what it is trying to accomplish or trying to get for you -- by having you act this way?

In other words, you want to uncover the positive intention *behind* the quality or behavior.

Continue to breathe deeply while you wait for your unconscious to reveal what the deeper motivation is.

Just wait and allow the answer to rise up.

In the example of ‘controlling’ you might get an insight that by being in control this part of you is trying to keep you safe, empower you, or even protect you.

Integration:

To complete, take a few deep breaths as you bring yourself back to the room slowly, feeling your body on the chair, etc...

In a moment pause this audio and write down what you discovered about the quality you worked with through this process. It’s especially important to note a couple of things:

1. How has this quality shown up in your own life?
2. What is the positive intention behind that quality or behavior?

Pause the audio now:

Welcome back...

Just remember we are doing this process so that you can truly untangle from the trance of projections and entanglement with your Ex partner (and anyone else you have strong reactivity and judgments towards).

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Module II – Metal Element: Reclaim Your Clarity

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By doing this process, you release yourself from the past and open yourself up towards a new future.

Once you learn to embrace that which you originally rejected in yourself and judged in your Ex, only then can you move forward freely – having completed your learning assignment with your Ex.

By sincerely going through this process of reclaiming yourself, you are creating an entirely new foundation for your future.

Now that you learned the steps, practice the ‘Reclaiming Process’ with the other qualities that you dislike about your Ex noted on your list.

Track 9: Teaching Segment: On Triggers

As part of helping you understand the complexity of a break up we want to introduce you to something that you have been involved in, very likely for many years – you have been triggered by and you have triggered countless people as part of your human interactions. And of course this gets highlighted in intimate relationships, because where else do we show our “underbelly”?

As we mentioned before we have the whole spectrum of human qualities in us, “dark = Yin” and “light = Yang” ones. Now some of our qualities were appreciated, i.e. being kind, caring, loving, supportive—some were sometimes appreciated and sometimes judged—and some were not fitting the religious and cultural norm of our family, i.e. being outspoken, rebellious, controlling, demanding, violent, hateful, angry, impatient, demanding, scared and so on.

Because every child comes into this world in other dependency on the outer world aka parents and family in general, we all learned very quickly, that in some way we had to fit in. You and I needed to *belong* in order to survive and therefore we learned to hide and repress that which didn’t seem to fit

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Module II – Metal Element: Reclaim Your Clarity

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that particular ‘mold’ of your family. And it got stored in what is called the unconscious.

Our brain picked up very quickly what was acceptable and what was unacceptable, in behavior and in speaking. This process in its generality is usually completed by the age of seven.

All of us are sitting on mountains of repressed qualities that our incredible intelligent survival mechanism has deposited into our unconscious. Therefore we all are incomplete, and are able to express and live only that which fits the standards of our environment.

Now this evolving intelligent universe has an inbuilt drive for wholeness, for completion. Therefore to come to more wholeness as humans we draw a woman or man into our life to become aware of the parts of ourselves that we have denied.

As an example, if you see someone behaving in an unfriendly and harsh way towards a waiter, there are two possible reactions that might occur for you:

- The first kind of reaction is the one we’re all most familiar with. This is you watching this scene unfold before you and getting triggered. You may feel a strong emotional charge rushing through you, potentially manifesting as a judgment against that person, “What a total jerk”.
- Or a possible reaction is that if this quality—meaning your own rudeness and harshness— has been embraced within yourself, you won’t feel that same intense judgment rushing through you. You see what’s going on in front of you, yet you respond from the heart, which is a place of compassion versus a place of condemnation and judgment.

One important caveat—the absence of judgment doesn’t mean that you condone or agree to the person’s behavior, but rather that you meet it from a place of compassion versus judgment. From a compassionate place, you would still take action, especially if you were witnessing an act of violence.

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Module II – Metal Element: Reclaim Your Clarity

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Yet your action wouldn't come from an intense reaction within you, but from this place of deeper compassion.

Compassion takes into account the bigger picture of the situation and the suffering that's going on for both people involved. It's easy for us to feel empathetic to the waitress getting screamed at, especially if we've been in that very same situation ourselves.

Yet true compassion doesn't stop there, it also takes into account the suffering of the one being rude. It considers that, *"I don't know what happened to this person in the last hours that might have contributed to this rude behavior that I'm observing. Maybe they got fired at work, or their partner left them, or something else happened that's causing them to be this way."*

How could I, from this place, intervene in a way that takes both of these human beings and their suffering into account?

Therefore within the perspective of this work, your triggers are actually gateways towards becoming aware of your own denied selves/disowned parts on the inner bus. In the case of the example above, the 'rude self' and the 'unfriendly self'.

When you observe yourself emotionally reacting, the opportunity arises to recognize the part of you that is not healed, integrated, and its gift for you not yet fully understood. Within this worldview, you can see that relationships are actually an incredibly fertile ground of personal transformation and growth.

Track 10: Guided Exercise: Taking Responsibility

To continue our journey of reclaiming clarity, the next portion of Module II is devoted to an exploration of our subconscious patterning towards relationship.

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Module II – Metal Element: Reclaim Your Clarity

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Very few people stop and look deeply at the beliefs that they carry with them regarding relationships. Yet if these beliefs go unexamined, we may find ourselves back in the position we're in again and again.

Some of you listening might be asking yourself, why do I keep attracting the same kind of man or woman? Or, what's wrong with me that people keep leaving me? This part of module II is a crucial opportunity to weed out these deep-seated beliefs, at their roots, so that our inner garden becomes one that is clean, clear of debris, and a healthy place where we'll eventually be able to plant conscious seeds for the type of person and relationship we want to attract into our lives.

Let's begin this process now. It's helpful to have the "Taking Responsibility" worksheet with you as you do this step. If you're in your car or not able to have the worksheet, follow along and refer back to the worksheet when you can.

The First Step:

Reflect for a moment on your resentments towards your partner. These resentments might be from the time you were together or you may carry some resentments towards him or her from the aftermath of the separation.

If you struggle to find any resentments, we encourage you to pay attention for a moment to your physical body, our body doesn't lie. You are human, and so somewhere inside there are very likely resentments towards your Ex. See if you can pay attention to what your body is holding.

Common resentments in breakups:

- I resent Him/Her for devaluing me!
- I resent Him/Her for humiliating me!
- I resent Him/Her for being so selfish!
- I resent Him/Her for leading me on!
- I resent him/her for leaving me!

We encourage you to write down as many resentments as you can, uncensored. Just get them out of your body onto the paper.

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Module II – Metal Element: Reclaim Your Clarity

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Once you've written down all of your resentments, circle the three that seem the strongest or the ones that have the most emotional charge for you. Pause the audio!

The Second Step:

The next exercise is based on one of the insights of the Grandfather of Psychology, Sigmund Freud. He discovered a mechanism in the human psyche that he called 'repetition compulsion'. This is a psychological phenomenon in which a person repeats a traumatic event or its circumstances over and over again.

Look at the three strongest resentments that you circled and for each one of them ask yourself:

"When before did I experience something similar at an earlier time in my life?"

Just allow yourself to ask the question and then relax as you reflect on your past, all the way back to childhood. Does this person or circumstance remind you of anything from your past?

Some questions to ponder as you reflect:

- + Have you felt treated this way before?
- + Did someone from your childhood behave in a similar manner?
- + Of course the circumstances were different, yet did you ever feel abandoned, betrayed, not seen or respected in your childhood?
- + Who left you originally?
- + Who didn't choose you in the past, all the way back into childhood?

Pause this audio and write down any past memories, incidents or people that come to mind as you reflect on those questions.

The Third Step:

In this next part of our process, we'd like you to compare what is similar between the recent events of your relationship and separation, and the story of your past.

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Module II – Metal Element: Reclaim Your Clarity

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When looking closely, you very likely will see, what I, Michael, became aware of in doing this process:

I had brought my entire history into the relationship with Neelama. At its core was my issue of abandonment, the story of getting left by women. This had happened to me three times before I had ever even met Neelama.

What this illustrates is that we have ‘repeating patterns’ that we *bring in* to the relationship. In a way you could say that I unconsciously attracted someone to me that would eventually leave. It’s as if my subconscious was magnetized to repeat this pattern.

You might wonder why I, or you, would do this?

Psychologists have studied this phenomenon for decades and there are a couple of very important things to note:

First – the pattern itself is totally unconscious. Meaning, I didn’t wake up one morning and said to myself, “*Let me marry someone that will leave me!*”

It’s not a conscious thought or even a conscious desire on our part. Rather, it is a deeply embedded unconscious pattern, something deep inside that we are unaware of, but that nonetheless impacts our behavior in powerful ways.

The other hugely important piece of the puzzle regarding repetition compulsion has to do with human behavior. Humans seek comfort in what is familiar and predictable. Even if it’s unhealthy, our subconscious gravitates towards the familiar because it is the known. And, on some primal level, the known makes us feel safer. Even if the known or the familiar is someone who is emotionally unavailable, or even abusive, our subconscious –left to it’s own devices—always chooses the known over the unknown.

The key in this part of Module II is to uncover your own subconscious patterns. Once you bring them into the light of awareness, they loosen their hold over you. The subconscious only has power when you are *unaware* of it, then guiding and controlling your actions.

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Module II – Metal Element: Reclaim Your Clarity

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This next exercise is designed to help you break free from the human tendency towards repetition compulsion.

We invite you now to sincerely look and inquire for yourself:

What past pattern did I bring into my relationship?

What was familiar from my past?

E.g. what role did my partner play in order for me to repeat an unconscious pattern?

Pause the audio and write your insights down.

This very inquiry will help you to free yourself from these beliefs and reclaim your power. The moment you can see *yourself* as the source of the patterns in your life, you're empowered to change. As long as your partner is the source you remain on the victim wheel, where you're helpless to change forever.

To really get, that we are *unconsciously* involved in the outer experiences of our life, a breakup, divorce, a job loss, a financial breakdown, etc.. is essential. Now this might be a hard pill to swallow for the part of us that truly feels it's not "our fault". And so it's important to give voice to this for a moment.

We are not saying that you were at fault. It's truly a dichotomy. In a way, there is no "one person" at fault. But in life, and especially in relationship, it always takes two to tango.

These wounded patterns that humans tend to repeat are deeply rooted in the unconscious. Remember, unconscious means that you are by definition not aware of it, and therefore on one level you had no choice about who you attracted into your life.

It's only with awareness, which this process is bringing to you, that true choice arises. Before awareness arises we are literally powerless in the sense that we are run by our subconscious patterns without even knowing it!

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Module II – Metal Element: Reclaim Your Clarity

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And, on top of that, *many* of our core patterns have been generationally passed on, down our lineage, all the way to us. Very often women who self abandon themselves come from a lineage where Mom and Grandma and Great-grandma didn't know how to love or stand up for themselves either. So we weren't modeled what a healthy relationship to ourselves and another even looks like.

Although the patterns are not our faults and we weren't conscious of them at the time, it is time now to mature into greater awareness and responsibility. If we truly want to live a life of love and freedom, it is our responsibility to evolve beyond these primitive ways of behaving into the bright and beautiful beings we are destined to be .

This next process teaches us how to reflect on ourselves as the source of our experience. The more we can take responsibility for our unconscious actions and claim ourselves as the source of our life experience, the more we can be empowered going forward to live a life of greater consciousness. A life where we feel empowered to co-create our own future.

The Fourth Step: Seeing Yourself as the Source

We invite you for this next step, to close your eyes and just check in with yourself to see what's present from this teaching. Asking yourself, "*How am I feeling right now?*"

What comes up regarding looking at my own contribution to this relationship dynamic that led to where I am now?

Notice any feelings that show themselves to you. There might be resistance, anger, guilt and even shame?

As we taught you before, it can be very helpful to sense where those feelings manifest themselves as sensations in your physical body.

Breathe with the sensations, the incarnated feelings in your body.

See if you can breathe *into* the sensations—not as a way to get rid of them, but as a way to *turn towards* them.

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Module II – Metal Element: Reclaim Your Clarity

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Maybe there is tension in the chest, or down your arms. Notice any accompanying mental commentaries, which is natural. Yet, in this moment turning your attention away from the thoughts and onto the sensations themselves.

The thoughts don't have to go away, yet you are simply paying attention to your body.

Take a couple more slow and deep breaths, feeling the lungs and belly and gently and slowly exhale and –with the help of the breath— move gently beyond the thoughts, the inner commenting, into the inner spaciousness within yourself.

Rest for a few breath cycles in this inner spaciousness, the realm of your Aware Self.

From the space of your Aware Self, we'll be asking you a series of questions designed to help you to become aware of how you were contributing -- consciously and mostly unconsciously -- to the relationship dynamic between you and your ex.

As we said before, this is not personal to you. All human beings do this, we did it, and it doesn't mean there's something wrong with you. If anything, it means you're human. To err is human. This doesn't make you a bad person, or a person unworthy of love. It simply makes you human. And, when we can see our part in the dynamic, our contribution, not from a place of beating ourselves up, but just from a place of humility, we are then empowered to change

The key in this exercise is to compassionately become aware of our contributions, because if we don't we are simply a slave to our patterns. It's only by seeing that we have the chance to break free from the automatic pilot of our unconscious.

Reflection:

You are invited now to reflect on how you were being or behaving in your relationship that then set the stage for your partner to play out his or her part in your relationship drama.

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Module II – Metal Element: Reclaim Your Clarity

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Here some common examples that live themselves out in many relationships:

‘I didn’t share what was really going on inside and how I really felt.’

‘I was criticizing and judging my partner a lot. They could rarely do anything right’.

‘I never really listened to what he or she was sharing’.

‘I didn’t speak up to him/her when he treated me that way, out of fear of losing him/her’.

‘I was lying, or withholding information.’

‘My heart was pretty shut down towards her/him.’

‘I cheated not in the body, but in my head’.

‘I could never be pleased.’

‘I believe I’m not good enough and found someone who mirrored that back to me’.

‘I forgot myself and made the relationship all about him/her.’

Take a few minutes to reflect on which of the statements you heard might apply to you. Or perhaps you had some other insights about your contribution to the relationship dance.

Pause the audio as you reflect on and write about some of the ways you contributed to the relationship dynamic.

The Fifth Step:

Reflect on the following questions:

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Module II – Metal Element: Reclaim Your Clarity

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-How did I co-create the dynamics of my relationship?

Pause the audio, reflect and journal.

-If I unconsciously set up my partner to play out their role, how did I do that in my behavior?

Pause the audio, reflect and journal.

-What decisions and choices did I make and what actions did I do that contributed to our challenges?

Pause the audio, reflect and journal.

Welcome back from your inquiry. We want to acknowledge your willingness to hang in there and your fierce courage to look at yourself. It's a testament to your commitment to growth and we honor you for staying open and curious to learn about yourself, those qualities are the foundation for true transformation!

The Sixth Step:

In the next inquiry reflect on the following questions:

How did I give my power away?

How did I abandonment myself and let my Ex have power over me?'

In which ways did I do this? In which circumstances?

Pause the audio, reflect and journal.

The Seventh Step:

The reflection process continues:

"What is my biggest complaint about how I was treated by my Ex?"

Pause the audio, reflect and journal.

Then continue as we ask you to look at your past 'programming':

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Module II – Metal Element: Reclaim Your Clarity

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“How is that similar to the way that I was treated when I was younger, maybe already in childhood?”

Pause the audio, reflect and journal.

“Am I treating myself in similar ways?”

Look to see how the negative behavior of your partner might be similar to how you treat yourself internally.

Pause the audio, reflect and journal.

The Eighth Step:

Sincerely ask yourself, *“What has and does this cost me in my life?”*

How have I caused suffering to myself by making myself small, by being scared of being alone, by abandoning myself, by being controlling (whatever behavior caused your suffering)?

Pause the audio, reflect and journal.

Teaching:

The more we can understand our behavior, our contribution and the cost of that in our lives, the more we are able to take our fixation off our Ex and bring the focus back onto ourselves.

Ultimately we cannot do anything about our Ex’s behavior. Yet we can move mountains when it comes to our own behavior. We can bring more consciousness to our self-limiting beliefs, we can find ways to treat ourselves with greater love, dignity, and respect. We can commit to not abandoning ourselves anymore.

This is all within our reach and the more we can bring the focus back to the one thing we can change: *us*, the quicker we’ll transform and the more empowered we’ll feel!

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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Now that you have seen your hidden ways how you colluded in conscious and mostly unconscious ways by giving your power and life force away, it seems that the natural next step is to ask forgiveness from yourself for your contribution to the suffering you are in.

The Ninth Step: Restitution Step

Yes, you and us two, we all have given our power away, abandoned ourselves, and put ourselves last in our relationships.

Because we are human and we came here to learn and there is no more profound a place of learning for humans than relationships. So in this step we want to shift out of seeing our contributions to our misery into a solution based approach.

Michael messed up - Neelama messed up - and You messed up.

And, the way forward is to do what in the Jewish tradition is called to 'atone'. To make amends, first and foremost, with yourself. On the next track, you'll be guided through an atonement process with yourself.

Track 11: Guided Exercise: Atonement Process

We invite you to find a quiet place, close your eyes and take a few deep and slow breaths.

Let's take a big deep inhale together, and on the exhale let out a sound or a sigh.

Take another big breath in, and a sigh or sound on the exhale, letting go.

And take one more deep breath in, exhaling with sound.

Allow yourself to drop into the inner spaciousness, opening up to the presence of awareness within you, that which we call the Aware Self.

Take a moment to just sink into that part of you that is always present, and unconditional in its love for you.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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And from this Aware Self, as part of atoning, find a way to let yourself know you're sorry. It might be that you say to yourself, *"I'm sorry for abandoning you"* or *"I'm sorry for not standing up in my power"* or *"I'm sorry for going numb."*

Trust yourself to find the words to convey what you're sorry for towards yourself for whatever ways you feel that you let yourself down or when you weren't operating out of true integrity, love, and care towards yourself.

Take a moment to pause this track and let yourself speak that internally.

Now, as a way to make amends towards yourself, ask yourself *"What can I do to take my power back?"*, and for some of you *"What can I do to find my power?"*

As you hear this question, patiently wait and allow answers to arise from this Aware Self, and jot them down.

Then ask yourself, *"What do I need to do to shift my behavior? What choices can I now put in place that reflect this inner shift out of being at effect into being empowered?"*

Wait and jot the answers down.

Then, listen from deep within for the answer to this question:

"What is the deeper truth regarding my worth? Am I someone who is, by my very nature, worthy to love and be loved?"

Relax and wait; note what arises in response.

And the last question:

"How can I begin to show up in my life in a way that expresses my true value and my innate worthiness—that I am a being deserving to love and to be loved?"

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Module II – Metal Element: Reclaim Your Clarity

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Relax and wait; note what arises in response.

These questions are designed to help you shift out of those old, outdated and frankly false belief systems.

This can be challenging because you might have an inner voice using the infamous “*I can’t*” or “*I’m not*” beliefs. Your mind might say, “*I can’t set boundaries*”, “*I can’t say ‘No’*”, “*I’m not good enough*”, “*I can’t live by myself*” and so on.

The formulation “*I can’t*” is actually a hidden “*I don’t want to*”. If you have an “*I don’t want to*” voice inside, honor it, and find out why this part doesn’t want to.

Ask it what it is concerned about, then be curious and listen.

Honoring the “*I don’t want to*” part of yourself transforms much more easily than the “*I can’t...*” stance to a position of “*I haven’t yet learned (to set boundaries, to say no, to love myself, to live alone, etc.)*”

One of the most distinct features of every human being, and that includes *you*, is the capacity to learn!

When we shift from “*I can’t*” to “*I haven’t yet learned to*”, we take ourselves out of victim-mode and plant ourselves firmly on the path of growth and transformation. Like everything in life, we have the choice to say “*yes*” to grow and to learn.

So the crucial part of this step is to come to choice. We are calling you forth to take on your life as a journey of *growth*. When you were stuck, it was just because you hadn’t yet learned the skills and capacities needed to move forward. This is true internally for psychological skills like communication, connecting with yourself, loving yourself, setting boundaries, and also externally regarding new skills about managing your money, investment strategies, looking at career choices, or moving to a new house, and so on. This can even extend to practical skills like mowing the lawn.

Healing Heart Protocol Online Course

Module II – Metal Element: Reclaim Your Clarity

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If you choose to, you can learn and master the skills needed. At this step, our questions are directed for you to notice where you need to expand and develop more, so that you can begin to show up in life in a way that honors *all* of you. Doing this is the best amends you can make, the best form of atonement for the past.

Now take a few moments and reflect one more time:

“Where are you ready to learn, grow, and expand? What are the inner and outer skills you are open to learning so that you can transform into the new you that is your birth right?”

Write it down.

Now, the most important step; all of the beautiful work you’ve just done needs something essential to make sure it sticks in your life —and that is **action!**

We encourage you to go into immediate action; start showing up in the ways that you wrote down. Even if there’s hesitation, do it anyway! Your action sends the most powerful message to your subconscious:

“I’m changing and growing, starting right now!”

If you saw that you are avoiding facing your finances, get help to go into action there. If you saw that you aren’t loving yourself enough, begin doing something each day to treat yourself with love, care, and kindness.

Based on whatever insights you had, go into action immediately.

If you discovered that setting boundaries is a challenge, reflect where you can step into this new way of being today.

Let the greatest advertising slogan of all time encourage you:

JUST DO IT!

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Module II – Metal Element: Reclaim Your Clarity

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Track 12: Closing

Wonderful. We'll be revisiting some of these themes in Module V, where we will dive even deeper into the tools and practices that will give you more guidance to consciously create your life.

As we come to the end of this second module in our **Healing Heart Protocol**, we want to take a moment to honor you. If you're still reading the transcript or listening to the download, it means you have a huge commitment to your own healing and transformation. It also means that you have a great love for yourself and a vision that this process of separating with greater consciousness is not only possible, but absolutely essential for you to live a fulfilled life!

Just know that the emotional roller coaster of this separation process will very likely continue to some degree. That is normal, whenever you are in a massive transition such as this. It can be important here to remember the teaching of one of the Great Ones of human history, the Buddha, who says that everything that arises will ultimately change—in other words, nothing lasts forever! That is also true for your anger, your sadness, and your fear.

Anger in particular is an energy that, when channeled consciously, can be of tremendous help to propel you into your new life.

In our tradition, we invite you to close your eyes one last time, take a deep breath and relax within, allowing yourself to connect to the silent *you*, the inner Presence, or Aware Self, that is always patiently waiting for us to come back to it. Relax beyond the thoughts, the emotions, the physical sensations, back into the spaciousness of our very being.

Here now, whisper a “Thank You” towards this Aware Self inside that guides you on this journey. Acknowledge your tremendous courage, strength and endurance. Just the fact that you are undertaking this inner work is an indication of what a truly powerful BEING you are.

Add another “Thank You” towards life that continues to unfold and to

Healing Heart Protocol Online Course
Module II – Metal Element: Reclaim Your Clarity
www.healingdivorce.com

support you. See that which you actually have in your life; even as you go through this challenge there are also the people, the resources, the support that life is sending you, both internally and externally. Allow yourself to express gratitude for all the blessings that are present in your life at this moment.

And lastly, Thank You for trusting us as your guides.

We are here for you and are committed to support you.

Many blessings until we meet again in Module III.

Lots of love,
Michael and Neelama

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