

Little Kid Big Kid!

My message was in my Mess! and there could be a message in your mess too!

What part did my subconscious play in my mess?

How does your subconscious affect you?

Can it be affecting your health, blocking your desires and good intentions to Be Well – just like they were mine! I would get so far with any good intentions, diets and plans to succeed and then – come to a screeching halt

What part does Nature play? – the generational patterns we may have inherited.

What part does Nurture play?– your childhood (0-6) and later - in programming you subconsciously? What beliefs have unknowingly or knowingly become a part of you? Some helpful- some unhelpful – deep rooted attitudes about life- money- work-opportunities.

Your biography can become your biology.

Surviving childhood trauma can make you stronger, but too often it leads to health problems. The ACE study - Adverse Childhood Experiences Study - showed an inarguable scientific link between many different types of childhood adversities with the onset in adults of physical and mental health disorders.

Growing up with a hypercritical, alcoholic, or a mentally ill parents or carer's - affects us on a biochemical level and leaves permanent fingerprints on our brains – So, a child truly learns what they live, and I reiterate -this study highlights that as a scientific fact.

Added to that is our own life experiences - Life can have some difficult moments to navigate, we all make mistakes, have regrets and discouragements, lose those we love, things we wish we had never done, and all of this affects us consciously, but mostly, subconsciously....and 'stay's with us' - 'triggering' at certain times surfacing with unreasonable, irrational responses or even phobias, often we wonder, why did I behave like that? The hot-cross bun model in CBT clearly shows the links between

Thoughts – Behaviour – Bodily sensations/physical feelings – Emotions- you can criss-cross these

An emotion can trigger a thought – a thought can trigger an emotion which can trigger a behaviour and so on.

We are broken vessels – but, we can be restored to our original intent and purpose- just like a computer has a programme, gets a virus, gets reprogrammed and restored- so can we, we can make new neural pathways – Caroline Leaf

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And where are these memories or trauma stored and how can we access remove and restore our minds?

Can we influence the way our genes work by the way we think, and behave = Epigenetics

What part does aroma have in triggering memories? accessing and identifying negative core and limiting beliefs, repetitive internal dialogue is, and the reprogramming and restoring of our minds?

"when breathed in, Essential Oil's stimulate smell receptors in the nose that send chemical messages through nerves to the brains limbic system which may affect moods and emotions".

Little kids become BIG KIDS- adults/us – How does all of this affect our wellness and even 'block' our ability to Be Well, and still be affecting who we are and how we behave in the here and now

In my interview with Dr Ese, we talk about my work with little kids in school and home settings - and my private therapy work with BIG KIDS, you and me!

YOU and I don't have to stay that way. By looking honestly at ourselves, capturing our words, identifying our core beliefs, internal dialogue and what trigger's us to feel a certain emotion and react in a certain way, we can make changes, we can renew our minds... Digging up the foundations, pulling up the roots - putting in new foundations and rebuilding the house – Restoration!

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