

chapter three



search

This may very well be the most important and difficult chapter and part of this process. Learning and then owning what is going on below the surface is something most of us avoid at almost any cost. We spend a lifetime (up until now) running from your feelings and roadblocks, too afraid to examine the untrue, submerged ideas in place to protect our damaged, little hearts. From a variety of sources and motivations, most of us got hurt somewhere along the way, which has continued to plague and stunt our brilliance, leaving wreckage in the form of unfulfilled dreams, guarded relationships, self-loathing, and mediocrity. Heartfire Project's number one goal is to shed light

and love on these by-products of misinformation and the 'fight or flight' survival tactic. Although feeling undeniably real at times, these impediments are just thoughts and opinions in reality, not truth, at least, not necessarily *your* truth. Reflecting back on what you believe in from the previous chapter, you now know *that* is your truth. Those beliefs are the new foundation from which you may build your life. But in the meantime, it is very important to illuminate the dark corners of your hard feelings, exposing them, for what they are: judgements, legacies, family expectations... you will find your own explanations. You are meant to feel good in this life, and what lurks in the unexamined dark is what gets in the way of that.

Quickly answer these questions (don't think too much):

I can't:

I don't:

I won't:

It's hard to:

It's hard when:

It's hard because:

I blame:

I'm afraid of:

My worst fear is:

I hate:

