**PHASE 2: TRUTH OR TRIGGER… YIN SOUL – LETS MEET YOUR MESSENGER.**

*“ONCE YOU SEE SOMETHING YOU CANNOT UNSEEN IT”* ***THE ANCIENT ASCEENS – DEAD SEA SCROLLS****.*

You unconsciously created your messenger after making a decision about a life experience that made you feel unsafe and/or unloved. You subconsciously manufactured an identity to keep you protected and safe to “survive”. This unconscious aspect is your “default” pattern and the vibration that keeps you “stuck” in the re-occurring life cycle. They are your alter ego.

When “triggered”, they present as contracted, uncomfortable emotions and sensations. In this exercise the cryptic unpacking begins for you to understand and translate your experiences into the greatest opportunity for you to transform through. It’s time to SEE, HEAR and LOVE them. Welcome them in like an old friend who has travelled many miles with you and believes they have got your back.

**DEFAULT BEHAVIOURS/ REACTIONS** **CONTRACTIVE EMOTIONS** **DESCRIBE SENSATION/ FEELING**

*(Unconscious Cognition) (Neural)* (*Energetic)*



**GIVE YOUR MESSENGER A NAME**? (*Creating an identity helps you to see the messenger as a “separate” aspect from your soul self.)*

**WHAT IS THE LIMITING BELIEF THAT YOUR MESSENGER HOLDS?**

GIVE YOUR MESSENGER A VOICE – WHAT IS “THERE” DIALOGUE… “THAT” OTHER VOICE YOU HEAR… THE STORY THEY BELIEVE TO BE TRUE.