

7 STEPS TO INNER CONNECTION

A practice that brings more joy, peace and harmony within you

Welcome to Inner Connection. Inner Connection is a process that helps turn separation into connection. Our mission is to give you a tool of **7 Steps to Inner Connection** for self-study. It will help you see the truth of your inner conflict to gain insight and understanding in your life. Self-knowledge is the most fundamental of all knowledge. 'Who Am I?' A question we all ask at some point in our lives. The more you apply the tools of observance the more of you will be revealed. The more you get to know and understand yourself the more you understand the mystery of you, humanity and the universe.

The willingness to learn to pay inward attention with compassion and without judgment creates an openness to positive change. The 7 Steps to inner connection is a process that will assist you to connect with the different parts of you to merge together. It can help you identify reactions, limiting beliefs and release old habits and patterns that block and limit your success, creativity, fulfillment, peace, love, joy and abundance in life.

Our physical, emotional and mental systems naturally always strive to move towards the direction of health and wholeness. When the pull is towards the opposite direction, tension results. It's the tension of the pull in opposite directions that causes pain and suffering. We resist and react to pain in an attempt to control it. We become attached to things, people and outcomes believing that is the key to our happiness. When we don't get what we want we react and begin another cycle of tension.

When connected, our awareness is expanded and we feel whole - we are in the flow of life. We feel relaxed in body, mind and heart, our energy is light and we are tuned in to our higher self / higher guidance/ presence / universal self/source / creator/God (whatever feels true for you). We are aligned with the natural life force of health and wholeness.

When we are in separation we are moving away from health and wholeness and feel alone, rejected, abandoned and unsupported in the world. Our body contracts, emotions become brittle, thoughts are negative, and beliefs are false. Our energy is heavy and we are tuned in to our lower self /shadow self/ wounded ego personality / wounded inner child.

Whenever engaged in behaviours that are: controlling, judging, blaming, protecting, defending, attacking, seeking approval or validation from others, we are separated from our higher self and operate from our lower self and trapped in familiar patterns.

The ego personality develops to help us through our formative years. Without the ego we would not survive as a species. The ego's function is to protect our more vulnerable aspects and keep us safe from danger and threat. Our childhood experiences of unmet needs and painful experiences create false beliefs. Beliefs and programs come through our parents, teachers, peers and society. As children we are dependent on our parents or caregivers for our survival and are powerless and defenceless against any injustice. These childhood experiences go unresolved, and get stuck or frozen in time within our body, mind and heart and create our wounded self.

Adaptive behaviours and coping strategies develop to compensate for our wounded feelings of unworthiness, guilt and shame, etc. We carry our experiences and coping strategies into adulthood with the similar habits and patterns that we operated with in childhood when we were powerless and defenceless.

Although the adaptive strategies got us through our childhood, in adulthood these very strategies are the cause of much of the suffering. When we are triggered, we react - either outwardly or inwardly, or both. We feel out of control, and powerless over our feelings, thoughts and behaviours.

For this reason, when triggered, (often without being aware of it's origins) we react in the present *as if it is happening now*, causing distress for us and the people around us. At a deeper level, this will often make us feel shameful, disempowered, unworthy, unlovable and undeserving of good things.

Our wounded self re-emerges from either internal or external triggers. To continue to manage unmanageable feelings we continue to develop more coping strategies. We please others, overachieve, become destructive, avoid or distract with addictive behaviours such as: drinking, drugs, ruminating, fantasising, gambling, just to name a few.

When we function mainly from our wounded ego personality, relationships break down, growth is blocked, and we feel unfulfilled and unhappy, and our needs continue to go unmet. In short, we feel alone and separate from ourselves, others and the world. We hide behind a mask for fear of being rejected for who we believe we are.

We are not in the habit of examining our reactions, but instead develop complex ways of dealing with issues. Maladaptive ways of avoiding and distracting ourselves from facing pain only compounds problems not solve them. Symptoms alert us that something is out of balance. When we continue to ignore our symptoms, they manifest in our physical body to create illnesses.

Through your willingness to face and accept your lower self, the higher self will become more of a real presence in you. You will increasingly experience yourself as more real and notice that despair about being bad, weak, inadequate will be transformed into empowerment and guide you to a path of love and wholeness. The higher self cannot get to the blocked areas of the lower self without your intent, your invitation.

Inner connection guides you to have a loving and nurturing relationship with yourself, by becoming attuned to your thoughts, feelings and sensations as they emerge in the present. As you align with your higher self, you create an open, compassionate, receptive and accepting space within yourself to explore your inner world more deeply. Your awareness will increase as situations arise in your daily life and to better manage your reactions. With regular practice, you will experience more simplicity, order and growth in your life.

You can use the *7 Steps to Inner Connection* to help you in any situation: seek inner guidance, make decisions, understand your reactions, know yourself, work through relationships, heal, gain insight and much more.

Honour yourself by sitting still and spending time following the steps on the next few pages.

7 Steps to Inner Connection:

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Step 1: Pause & Open to Receive

Pause with the intent to learn about your inner world. Stay open and align your will with divine will. Have the intent to receive inner guidance and wisdom from your higher self for your personal growth and to bring all parts of you into connection and wholeness. When you choose to connect with higher self you are not alone and separate.

As you work through the steps continue the connection with your Higher Self / Higher Guidance/ Presence / Source / Creator/God (or whatever feels true for you) ask for strength and courage.

To help with this process sit straight with your spine aligned, gaze forward, shoulders back and chest expanded. Breathe in and out several times until you feel more peaceful, relaxed and centred. Breathe in compassion and loving kindness into your heart centre as you connect to your breath. Allow your awareness to expand out around your physical space from your heart centre as you to observe your chest rising and falling. With **compassion** and without judgment be curious to learn about yourself as you observe your inner process.

Step 2: Trust Emergence & Observe Process

Prepare to allow the emergence of your inner process to unfold as you observe with detached interest. Trust the emergence of any thoughts, feelings and physical sensation with compassion and loving kindness towards those parts of you. Ask for guidance from your higher self/presence.

Maintain the observance of your process without being attached to the outcome throughout the steps. Accept without judgment all aspects of you as they emerge from within. Recognise the lower mind – often the strong and resistant and negative part of you, and the higher mind – the gentle, soft, nurturing, loving and compassionate part of you.

Step 3: Meet & Dialogue

Within the sacred space of love, compassion, and nurture, meet whatever comes to the surface. This could be any thoughts, feelings and sensations that come from your lower self, wounded ego personality, inner child or any aspect that feels separate and in reaction.

Have the intent to create a relationship with this part as if it were another person that you really want to get to know well. The more you keep connection the more you will deepen your understanding of what sits below your consciousness.

Talk to this part of you that you notice as giving you discomfort, create a dialogue and have the intent to understand, listen and support it. Continue to observe your process. If you become distracted, reconnect again with your higher self with your breath. Work with whatever emerges and continue to connect and dialogue. Be patient and allow the answers to emerge spontaneously. You may feel emotions arise, allow this to occur and use your breathe for any release. If you feel overwhelmed reconnect with your higher self and continue the process. Notice any resistance that comes up in this process. Choose to let it go as you breathe.

If appropriate, ask this aspect what it needs from you. It may need acceptance, acknowledgment, love. With your intent, offer to this part what it needs. This may feel like a parent nurturing a child in distress. As you move towards completion of the dialogue you may have gained deeper insight and wisdom into yourself.

Step 4: Surrender & Accept

Accept what is true for you in the present moment. This means to see reality as it is and acknowledge what is occurring for you. To surrender is to let go of the control and resistance, and surrender to your higher self that holds new possibilities for you. Surrender old stories that hold you in limitation and create many beliefs. Identify any attachments you may hold to outcomes, stories, people, events, places, fears, and

emotions. You can consciously release any attachments with your intent as you breathe and relax the tension in your body.

Step 5: Forgive

Forgiveness means to give/hand over to the universe. Forgive all that you judge and blame for your situation, pain, influence, circumstances etc. Forgive, release and let go. Forgive yourself or parts of you and forgive any other person, let go of guilt. Forgiveness, dissolves separation and heals you and opens your heart to give and receive love that brings about inner freedom, peace and joy within you. Forgiveness moves you deeper into the path to love. Repeat this Hawaiian healing prayer throughout the day: **I am sorry. Please forgive me. I love you. Thank you.**

Step 6: Gratitude

Gratitude shifts your focus from negativity to appreciation and acknowledgment of all the good things within you and around you. Gratitude shifts your perspective to seeing life from a wider angle that holds within it lightness and openness. Gratitude for any guidance, insight wisdom you have received from any part of you. Hold a sense of gratitude in your heart and be thankful for all that has occurred and the possibilities your future holds. The more gratitude you have the more you draw to yourself what your heart desires from the pool of abundance.

Step 7: Integrate & Take Action

Observe your state of being now. How do you feel about yourself now?

What action do you need to take that has come from your Inner Guidance? If you are not clear what guidance you have received, ask whatever question you need to ask as you keep your focus to your heart and patiently wait for the answer to emerge spontaneously.

You may wish to express your experience in a creative way. You may wish to write in your journal, draw, sing, dance etc. As you follow through with taking action, integration of the new habits will occur and as you continue to practice, transformation will occur. New experiences will become new habits as new neural pathways in the brain are formed.

When you practice these 7 steps regularly, you will notice a shift within yourself and with your relationship others.

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- 1. Pause & Open to Receive**
- 2. Trust Emergence & Observe the Process**
- 3. Meet & Dialogue**
- 4. Surrender & Accept**
- 5. Forgive**
- 6. Gratitude**
- 7. Integrate & Take Action**

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About the Author

Maria Simonetta is an experienced Clinical Counsellor and Psychotherapist who is passionate about helping others become empowered and transform their lives. She works with individuals, couples, families and groups from a wide range of cultural backgrounds and histories.

She has extensive experience treating eating disorders, trauma, addictions, anxiety, depression, stress, low self esteem, relationship difficulties, life direction, childhood abuse, loss & bereavement, anger management, personal growth, chronic pain & management, parenting, emotional overwhelm and self harm.

Maria has a special interest in developmental trauma and working with the mind, body, heart and spirit to integrate the 4 systems into wholeness.

Maria is a Clinical Member of The Counsellors & Psychotherapists Association of NSW Inc. (CAPA) and Psychotherapy & Counselling Federation of Australia (PACFA). Maria offers Counselling and Psychotherapy to individuals, couples and families in the Inner West area of Sydney. For more information on Maria's clinical practice or to book an appointment, please visit www.simonettacounselling.com.au.

If you wish to contact Maria for individual or couple therapy, please call 0401 673 794 for a free 15 minute, no obligation telephone consultation. Maria can also be reached via email maria@simonettacounselling.com.au.

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