



**EMOTIONS**



# EMOTIONS

*The Magic Key to  
Transforming Your Life*

**KATHLEEN PLEASANTS**



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# DEDICATION

This book is dedicated to our family dog and our loving pets.  
The ultimate expression of unconditional love.



Technicolor Technetium McCharles Cheesly Weasley Waters  
(Tech) PUPPY  
2010 – 2019

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Without you both, this book would not exist.



# FOREWORD

We may treat emoted signals from our bodies as an uncontrollable source; a threat, at times, to our sanity and survival. *Emotions* are the leaders of the game within the Self. They protect us, give us our feelings and directly reflect our human behavior. They simply go beyond the rational mind and have an absolute priority as the driving force of the human personality.

Once we are aware that our Emotions are controllable and play a **key** role in our life choices, we can then put our awareness towards befriending them and using them to our benefit.

Kathleen Pleasants helps you to recognize what your emotions mean, teaches you how to alter them to affect the way you see yourself & others, and guides you into how to manage them by shifting them, in a positive way, to create your own destiny.

I believe that this little guide book will help you to free yourself from your negative feelings (which are the cause of many mental and physical ailments) and will give you just the momentum you need for a more balanced and wonderful life.

~ Paula A. Faccio, AG®



Everyone deserves a rewarding and fulfilling life;  
internally is where we start.

# INTRODUCTION

Emotions. Do we need to express them, suppress them or address them as personal insights and guidance when they are difficult to be with?

Expression can be achieved in many ways by ignoring the fact that these emotions have anything to do with us. “It’s someone else’s fault”, something other than you is to Blame for your feelings; is a common path. Suppression through medication, drugs or alcohol will bring temporary relief, but the chapters in this book lead us into long-lasting and healthy solutions; freedoms many of us may have never experienced before through the gateway of our Emotions.

If we are willing to make a choice, to pay attention to what these Emotions may be showing us, personally, we will find a **Magic Key** to relief; hence, we will be automatically creating a more rewarding life, just the way we want it.

When we have ill feelings, they are showing us that we are off course to accessing more energy and moving forward. Emotions are the signals sent through the body of whether we are reaching for what we desire or focusing on what is not working for us.

If what we focus on - we receive, then why not turn that in the right direction towards what we are wanting every time. Making this a habit will get us there faster; with quicker recoveries the more we practice.



# CHAPTER ONE

*FOR EACH EMOTION  
THERE IS AN OPPOSITE EMOTION*

Let's take a look at the list below and imagine following a difficult emotion in a straight line towards a better feeling. How would you do that? What process would you use to get there? In most cases you cannot get there straight away for so many reasons, but it is an important goal.

Some common emotions:

Sad ----- **Happy**  
Hateful ----- **Loving**  
Unsettled ----- **Calm**  
Fearful ----- **Trusting**  
Anxious ----- **Peaceful**  
Appalled ----- **Pleased**  
Frustrated ----- **Content**  
Disappointed ----- **Grateful**

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You are always somewhere along the line. The list shows examples of extremes and they fluctuate from day to day and thought by thought. Rarely does anyone switch to the opposite without time and effort.

Shocking or surprising news will shift you into a negative emotion rather quickly and, of course, the opposite can happen with a surprise that sends joy straight to the heart and so on.

We mostly live in-between and know that there are many emotions that can be happening at the same time. To make a conscious change, address a draining emotion when you can gather up some better feeling thoughts of any kind, and that will let the relief start to begin. It is not the best idea to let it be and wait for it to go away on its own. This is how they get stored into mental and physical compartments, unprocessed and ready to surface again with any familiar trigger that comes along.

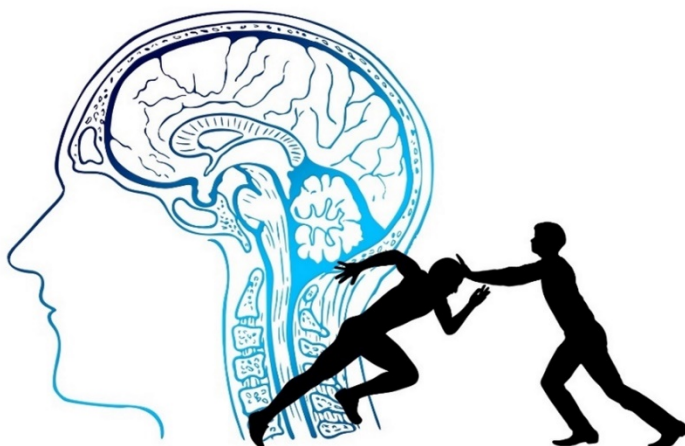
Use your life experiences to talk your way out of a challenging emotion. If you are anxious, know that you have felt relaxed many times before; your goal is to find peace. Pull from a previous experience that was better than this one or create a new future one and project a different outcome onto it. Trust that you can get back to that better feeling space again.

Focusing on the uncomfortable promotes more uncomfortable experiences. Moving through it to better feeling thoughts leads to a positive side effect and relief. With a focus on moving through it, you can find a solution. Ignoring it sets up a repeated pattern by not stepping through it and finding a resolution.

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It takes work and may seem impossible in a discouraging moment, but it's important to take the time to address the discomfort, free up your energy and feel better.

It has been said that there is no holding place in the mind for negative thoughts. (Referenced in *What the Bleep Do We Know* – the movie.) The only way to keep them there is to feed them and nurture them so that they stay in place. That's why, if you truly make peace with something, it just simply has no more hold on you and becomes unnoticed and even forgotten. So, depleting emotions need to be fed; that's why they drain us. Since we are usually more comfortable with the familiar, we often chose to keep them which takes energy and effort.



These imbalances may define us in some way and we may feel like we will lose something if we release them. Even though it is actually easier to let go, it's an unfamiliar direction and less comfortable until we choose to live in more peace, more often.

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In most cases, the only things that bring us out of our slump or issue is time and something that makes us feel better like food or other distractions, but that is only a band-aid and not true relief.

It's fine in the beginning to find relief in temporary ways, but then afterwards, you need to take a look back at what happened and why you may have reacted that way so that you can look for ways to handle it differently in the future.

Again, true relief in the beginning takes effort and needs to be developed into a new habit. Eventually, it will be more obvious that you have the power to shift these emotions and it will be worth the time to clean them up; to free up more energy and leave way for happier times and experiences in spite of what is around you now.

The one thing you truly have control over is your feelings, you are the driver, the master at the wheel and the receiver of the rewards when you choose a better way.

In this type of consciousness not only are you empowered, but others will come into your life, as matches to your lifestyle, that have the same habits and will become a support system for you. Otherwise, misery loves company if that's where you choose to live; this is a draining way to approach life which leads to dis-ease.

It's fulfilling to lead a life of more comfort and fun. You truly do have that choice.

### **Piggy Back Relief**

There is nothing you need to pin-point from the past to find relief, just present thoughts and patterns. Once you recognize an annoying



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thought, you can do something about it. No pointing of fingers is necessary. (See the book, *The Blame Game*)

Since there are only two emotions, Good and Not Good, and timewise, just the Here and Now, similar un-serving emotions are able to piggy back out of your thought system together at the same time with the practice of finding a better thought which leads to a better emotion.

By taking the steps to work thoroughly through a single ill-feeling emotion and lifting it up to a better point, you can address other past and future similarities in one fell swoop. Cleaning up a messy past without having to be aware of the how's and why's of it can make it an easier clearing process.



Who doesn't want to feel better and move on?

No matter the situation, the feeling can be lifted and changed. With this focused effort, you can undo past patterns and create a new habit of walking through to the other side; wiping out habitual patterns from before without having to know what you were holding onto.

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You will gain a new vision into all situations, and when past issues arise, they will not have the same effect on you and you will be able to move through them more quickly. Eventually old issues should rarely come up, but when they do, you will be able to use them as a check point and a bouncing board to better feeling thoughts.

You can do it! There is a lot of time and energy that goes into defending our emotional injuries. It's a major cause of dis-ease in the body and delays recovery. That's why laughter is so healing. When you notice yourself holding on, a good laugh at yourself will help to shift to the situation more quickly.

“When things have gotten so bad  
that you just need to laugh,  
you have reached *Sanity*.”

Next time you go off on a tangent about something that you didn't like, try to see how it takes your mind over, your breathing becomes stressed and your heart is affected. These few symptoms alone use good energy and healing resources. Once you have moved them into a better feeling place, healing can happen quickly.

In every moment you make a choice of how you are feeling. Every time something grabs a hold of you that feels detrimental, you can start to climb out of it by finding ways to get to the other side of that feeling. In time, it gets easier and with consistency it becomes not only a habit, but a new way to be.

You don't have to be successful every time, but the little successes

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will grow and over flow to become more familiar as a new approach to these stumbling blocks with less effort.

“Any ill feelings  
feel worse than before,  
because I know better than before,  
but can be shifted quicker  
than ever before.”

In a world of attraction, like attracts like. The reason we attract in the opposite of what we want is because we are focused on what we don't like. ‘Thought - focus - delivery’.

***What you think is what you receive; that's how it works. If you can become the observer, it will become obvious to you. You have free will and you will be able to see how that works by paying attention to what you focus on.***

Watch what you say and think, because you will achieve what you believe will happen. Ask for better things and experiences that support a good life. Bring in the good feeling of having them, even before they happen, and you will get them.

Additionally, give it time. Don't expect your life to turn on a dime, although it is more than capable of doing so. You have been holding a certain direction and habits for a long time. Just as it takes time to slow down anything that is moving fast, so will it take time for you to turn in another direction and retain that relieving focus.

Once you have committed to those changes, your world will change

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with you. Take your time, be patient, know that it is worth the effort and in no time, you will reap the rewards of a fulfilling and happy life; a shiny new life by using this **Magic Key**.



# CHAPTER TWO



## *EXCITEMENT VS ELATION*

Have you ever thought that the feeling of Excitement may be a warning or a sign of misalignment with what's actually right for you? This is one of the emotions I have been observing closely. You would think that if you are excited about something that it's a GOOD feeling and whatever is happening must be right for you. Yet from what I've discovered, excitement is another imbalance within your system.

Consider it a sign that the opportunity may not be for you, (at least not at that moment anyway). Try to notice the imbalance the next time you get excited. The feeling is saying that this is still out of your reach, your nerves are on edge and it is hard to contain yourself. It may actually be a hit or miss situation. Inside you might be saying, this may not actually happen, or this is too good to be true, or even, how did 'I' get to have this opportunity? These are not feelings of Inspired Action.

Inspired Action is when you are feeling ready, a 'knowing' that feels

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good and natural or simply an 'obvious' next step where you have the balanced energy you need to move forward and feel joyful and ecstatic.

EXCITEMENT burns your energy and will lead to an energy drop and crash, like eating processed sugar - a false high with no real back-up. When it passes, you are left waiting for the next big exciting thing. Go ahead, let yourself get excited about things, but realize that this is not your ultimate goal in communicating with your guidance system.

The first step to elation can be excitement, it feels good at first, but then you need to check-in and take a closer look. You need to take it to a more balanced level.

**Elation.** Take a look at this process: Elation - Exhilaration - Invigoration - Aliveness!

These are all natural and healthy highs. Do not let Excitement take you over. Use it as a special guide towards exhilaration and joy for what you truly desire. Desperation may be the cause behind this emotion, leaving you vulnerable to Excitement.

Let's just say you get an opportunity to make some big money. This may be just the excitement you are looking for. You may desperately need a vacation or want to move into a new situation and run away from the old. 'The grass is greener on the other side' may have stemmed from such 'opportunities'. You just need to sit with the emotion for a few moments to see if you are jumping too quickly out of desperation.

Consistent inspiration with steady energy is the goal if you care to

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bring in all the things that are aligned with who you are and what you really want. Just see if you can relate to what I am saying. If not, that's fine. It is really important to start to change any uncomfortable thoughts and situations with better thoughts and even excitement at first! We just want to feel alive and build on the fact that we are learning our feelings and what they are telling us with one thought at a time! Excitement is better than depression or indifference, that's for sure.

Let's take a closer look:

It seems that with Excitement you live out the whole scenario at once; all the details and possibilities playing out at the same time in your mind. You can feel all the energy rushing through you.; pretty cool, but as soon as you can, breathe into the experience, and tell the story of why this is so good and start to convince yourself that these opportunities can feel normal and inspiring to you with just as much phenomenal impact in your life.

Think of a character like James Bond, he flew on private jets, could be found schmoozing with others on a yacht and never seemed excited; he expected situations like that around every corner. He was smooth and aware. Yes, there are real people like that out there and you can be one too.

The goal is to do amazing things and to be uplifted by what you have trained yourself to expect, and to feel natural in achieving them; even if others would be excited. It's enlivening to live the life you were meant to live. It starts with listening to your gut, trusting your feelings and using them as your guide.

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Here's an example of what I mean by Excitement verses Elation: I wanted to write a book someday. I got many exciting titles over the years; each one carried the promise of a whole book. The ideas were always exciting and rich, but the books never came to fruition. The thought became overwhelming and eventually, I'd lose my excitement for the idea and get discouraged.

One morning I woke up knowing that something good was in the air. I laid there and basked in the goodness, not even knowing what it was, but I knew it was going to show itself! Later that morning, this book presented itself to me and it felt 'obvious'. So here it is, complete; a 'natural' next step. It may be small, but it is a huge message that I've always wanted to share. It was almost effortless; a delightful and fulfilling experience.

Here are two simple lists of Excitement Verses Elation:

### **Excitement** (when long lasting)

- Takes you over
- Can't Sleep
- Many thoughts and scenarios playing out in your mind all at once
- You are not able to remain calm
- High Speed thinking and thoughts may be unclear
- When the Excitement is over there is a drop-in energy
- Drains the body
- Those around you may or may not appreciate your energy

### **Elation**

- Brings out the best in you



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- Can Sleep
- Pleasant, good thoughts flowing
- Calm & Collected yet Vibrant
- Clear Thinking
- Energy is increased, and you are uplifted
- Recharges the body and has healing effects
- Those around you appreciate your energy
- Able to rely on your inner guidance for the next best step
- Happy with what you have and ready for more!

So, what do you do the next time you feel excited? Try this: Know that this feeling is attached to something you want, but you are not a match to it. The next step is to talk yourself into harmony with it by finding the thoughts that match why you have brought this opportunity into your life. If it moves into a comfortable and natural feeling, it's right for you. If it still feels big, it may not be just yet. Any obstacles or hesitations may be a sign of this.

**You can turn Excitement into Elation if it is right for you by using the thought process bellow:**

- On some level I have asked for this.
- I have had good things come into my life that have lasted.
- Why? ...Why not?
- I can own that I created this opportunity and am able to enjoy this moment and many more of these moments to come.
- This is a sign that I am reaching for higher goals.
- I love that life continues to deliver good things and great opportunities.

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- I can allow amazing things into my life.
- This feeling of aliveness is my true nature.
- I can feel this vibrant every day.
- If this opportunity isn't a good match for me right now, there are plenty more on their way.

This reprieve will balance your energy so that it is available for the task at hand and will give your adrenals a rest. Repeat any or all of the above statements until they feel real and you believe them.

My point is, Excitement is a stressor that can override the body and mind, where exhilaration and enlivenment from being in harmony with your desires is rejuvenating to your body, mind and spirit.

The goal is to adjust to the good that is available to you every day. You will rise to the level of exhilarating awareness that comes when you realize receiving great things is your norm.

Just give it a try.



# CHAPTER 3

## *YOU CAN'T MISS ANYTHING*

### **Missing Something**

Let's say that you have a friend that just gave you the good news that they are going to Hawaii in two weeks. You have wanted to go there for quite some time and now your friend, who you don't think should go without you, is going. How does that make you feel?



Well if your reaction is one of resentment, then you are cutting yourself off from the next trip opportunity. That's right, if your thoughts are, "I'm not going!", then that's where you may stay. But if you can work through that feeling with thoughts like, "I would like to go when they are going, but I am also aware that people are

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traveling to Hawaii in the hundreds if not thousands every day. People from all over the world are covering the islands and enjoying their stay. I should be able to do that too. I'm glad my friend is able to go. They weren't even planning this for a long time; these things can happen quite quickly. I would also like to have some notice to feel prepared for my trip so that I can make the most of it." (Add your own details).

By going into the appreciation state on the topic, you will get closer to having what you want. By using someone else's experience as a spring board, you can jump over to the other side to the better feelings of it all and land in a better position to receive.

You don't have to be disappointed, jealous or angry, (for long). Move through those feelings and be grateful for the clarity of what you now want.

What's happening is, knowing what you don't want helps you to know what you do want. The delay is caused by the dwelling on what you don't want, instead of moving to the other side and placing your focus there.

If you can feel good about day-dreaming on future jaunts without feeling unworthy or silly, you will be well on your way there.

No one and nothing is worth depressing your fullest potential over. These little pangs are reminders that you want more from life. Use them to your advantage.

*Stop limiting your potential  
by misplacing your focus  
and squelching your desires.*

You are in a good place right now,  
you are not missing anything,  
you are in line for what you want,  
just sidestep to the side of what you really want,  
to the thoughts and feelings that will get you there.

### **Torn Between Two Events**

So, you want to go to two different events that are scheduled at the same time and have to choose, or would prefer to just stay home, but you are afraid you may miss something. Try a different approach to sorting this out, like the example that I use below, to take the stress off.

If you can't attend something coming up, you can try this way of thinking: If we are all created from the same source and are all 'one' at some level, then you are experiencing everything that is happening at every moment through others. It all goes into the same data bank of universal experiences. Appreciate that what you want to do is being done in many ways all the time. You just can't be everywhere at once! Trust that you will be where you truly want to be and if that's at home alone then you are not missing anything.

Why not Me? Try to remember, if someone out there seems to be invited to things that you think you will never be invited to attend, visit the other side in your mind and see it as happening to you as well. Hanging out in Hawaii, nice parties, cool meetings, living in a nice home; know that this can all be yours too, then watch what opportunities start to arise just for you. As you make peace with knowing that wherever you are is perfect in the moment, you are

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going to wind up in some very cool places and having plenty of unique invites that others will think they're missing. It's just a misunderstanding in our thinking and can be changed with refocused thoughts and feelings.

### **Missing Someone**

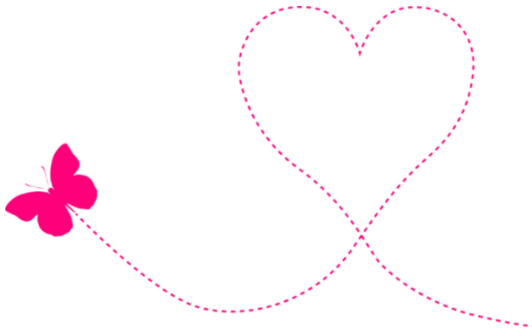
*If you are missing someone you may be leaving yourself behind.*

Missing someone is forgetting how awesome you are, all the wonders of the world waiting for you to notice them and that there are many people in this world that would love to meet you.

Trust that, if the person has not passed, you will have opportunities to be together again, and until then, where you are is perfect.

Appreciate what's around you now. Smile at knowing that you have had a chance to get to know someone that became special to you and always the potential for companionship within many others.

Your past friendships and relationships have helped you to learn what you like best in life. Never forget that time with yourself is also very valuable! Time alone is time to reflect on what you have and to plan for what you want.



With or without others,  
you are always in good company.





A large, stylized number '4' is positioned behind the chapter title. The number is composed of two overlapping shapes: a teal one on top and a pink one on the bottom, both with a slightly distressed or hand-painted texture.

# CHAPTER FOUR

## *RELATIONSHIPS AND PARENTING*

Here's a guideline to relationships and parenting; the biggest emotional challenges. But first you must determine what kind of relationship you have with yourself. Are you patient and kind? Do you love yourself unconditionally? Do you reflect on upsets as a chance clean your energy up instead of blaming something else and feeling helpless?

Think about times you've had in the past where you didn't feel good enough or deserving of, for some reason, and along comes a friend that says, 'Wait a minute, you have... and you are... and remember when... remember how you... ...shooting niceties at you like a gummy bear & chocolate pistol hitting your heart target dead-on because they believed in you and could see the good in you more easily in that moment. Before you knew it, you felt better. Rah, Rah, Shish -Boom-Bah.

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See if you can find a way, when you are in the dumps, to be your own cheerleader. A 'Blah Rah' is okay; it's a start. That good you have to offer, as well as receive, is always there with many ways to get to it.

Melancholy and other non-serving feelings are telling you that you have fallen into a trap, sadly a trap you have fallen into many times before, and it's called 'comparison'. You have nothing and no one to be compared to; you are Unique. You just have to develop a relationship with your feelings. Learn how to read imbalances and caution signs early on before they get big and get back to feeling alright about yourself no matter where you are or what's going on. Melancholy itself can also represent a process, that something new in your life is about to be born, that you have never experienced before; the body and mind aren't sure how to adjust. Relax and remain open to change. Practice patience with yourself. Knowing this can relieve the melancholy and you can slowly move into a better feeling state.

You are your best friend. You'll be with 'You' for the rest of your life. What would your best friend do for you when you're down?

### **Romantic Relationships**

When you first meet someone you like, you don't know that much about them so, in a little bit of time, as your fondness grows, you fill

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in the blanks with your own wishes and special touches. It's usually not too long before you fall into more fondness on that path. It's easy when that person shines their best at you and you are giving them some space and not trying too hard to scrutinize.

The only trouble we get into, that interferes with this lovely set-up, is that we start looking for flaws. It's too good to be true, we say, and there is a risk with that. You may get stuck in that focus instead. The key to a long lasting and loving relationship is to keep your focus on the good '*when you are not with them*'. Give them 100 percent credit for their best potential and keep the doors open for that. This will lead to many pleasant surprises throughout your days together. Whether you are meant to stay together for a long time or not, you will always feel best when you are not counting on how they feel or behave for how you feel.

Not leaning on them in that way leaves room for growth.

*“Taking in life as two individuals  
that become more when they are together  
than when they are alone;  
but not defined by such.”*

Know 'You' are awesome, together or alone, and never forget it!

### **Parenting**

When did I grow up and what does that mean?

We all have needs and resources to get them met. No matter the age, you always have a choice to express yourself. Babies cry when

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hungry and will stop when their needs are met. An adult, on the other hand, may cry over spilt milk and never get over it.

Young children are closer to meeting their needs and we can learn a lot from them about patients and moving on after a small tantrum or spill.

Parenting is only an extension of a relationship. Use the same approach towards a child as you would a friend using the understandings brought forth from this book.

A person will bring out whatever side you see in them the most; what you expect. They will bring out their best around you when you are at your best. You must always work on yourself first. Only the amount of love and acceptance you have for yourself is what you can give and receive. No more, no less.

Life is short, and relationships abound. Make the most of all of them. Spilt milk presents an opportunity to whistle while you work.

***“My children make my life RICH!”***

*The one thing you need to guide you is patience. **Learn patience because your children and other’s children are worth it. Put yourself aside and understand that they are human-beamings with thoughts and feelings that will teach you more about yourself as they learn how to become their own individuals.***

That’s all I choose to say about parenting in this book as it is a huge topic in itself, but just know that the more peace and respect you can approach parenthood with, the more blessing will be received by all. That’s the core of it. It’s an opportunity for growth for everyone.

# 5 CHAPTER FIVE

## *LISTENING*

Listen more to others as well as to yourself.

Try to feel through the words to what someone is really saying emotionally. Take a look at the points below referring to communication between two or more and how it holds a much deeper meaning to us than we may realize:

1. While listening to what others are saying, see if you can imagine them talking/complaining about their own selves; how would it fit them? Ex: They are talking about someone that was angry, can they themselves become angry? Can you see them get angry in your mind? If they are submissive and passive, do they need to allow themselves to get angry? Is it a behavior they are afraid they could display as well?
2. Next, see how what they are saying might be a reflection of something you hold within yourself? After all, you are the attractor of all that comes to you. Pay attention and feel where you are. Listen as if the information shared is specifically for you. You need to ask

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yourself, “Can I be this way? Have I ever acted that way?” There is a saying that goes: “It takes one to know one.” What that suggests, at least to me, is you don’t notice or acknowledge anything you don’t hold somewhere within yourself. All this means is that you can take advantage of the opportunity to see what you may be holding inside of you emotionally that which would serve you better if released. Trust the process and give it a try.

### **Important**

We are made to believe that conversations are about something that has happened to us that is out of our control or about others when we are complaining. Once you can turn that around and really know that we can only talk about ourselves, you have found **The Magic Key** to transforming your own life and also truly helping others if you desire.

Listen for the insights into them as they are expressing their true feelings about themselves to you through their stories and, at the same time, gifting you with what their words are saying about you. Think of it as messages from the other side and what you need to hear right now; not the actual intentions they are trying to portray.

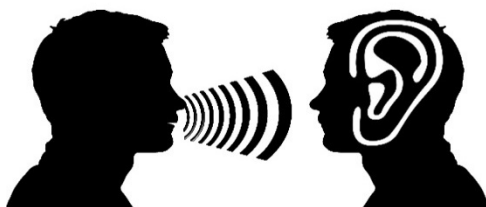
Understand that all parties involved in conversations do not understand this principle, but if you try, really try to listen as a reflection of them and you only, not whomever or whatever you/they are talking about, the information becomes very valuable and can even be entertaining. So, listen as if you are receiving important messages for your own wellbeing and the other will feel truly heard. It is an immeasurable value to anyone as you hold space

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for them while they relay messages for you. When you speak, it is your opportunity to hear where you are by the words you choose.

Deep down, we want to be seen and heard which makes us feel understood, more so than what we are actually trying to convey in the moment. That will make us feel temporarily better, but if we understand that our conversations are a reflection of us whether we are speaking or listening, then our conversations will hold immense value for us.

It's like deciphering code. It holds value and insights, just for you, when someone is speaking, including yourself. If you can really listen in this way, it will be a life changing experience.



Here's how it works:

- You listen to them and make a mental note of what they are saying. Think about how they may be talking clearly about themselves.
- Then, take that information and turn it onto yourself. Feel for a place that you might find those emotions described within you. If you are honest with yourself, this should ring true. (Hint, triggers are signs of unresolved emotions)
- Remember that even if the subject seems extreme for you, you may only be holding onto a mild version of that or have fear of ever acting that way.

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- If you find this hard, try it in hindsight when you recall the conversation. Then you can take your time with it and ponder the information as a reflection of themselves and you.

A good listener will find that even if they only say a few words during a conversation and listen attentively, later the other will say, ‘what a great conversation that was, so and so is really wise.’ They may even resolve their own issue as they are chatting away, and you get the credit for it; funny how that works. Try it sometime. Truly listen, say less, be present and become the observer of what you are attracting into your life. Own all that presents itself to you and make changes for the better where necessary.

This is something I find hard to practice regularly as it is easy to fall back into the flow of conversation; we all need to rest our brain sometimes. But I find, that when I do this with an open mind, it holds true every time. It’s a super counseling tool where both parties win. I just love Win-Win situations. We have the opportunity for that every day.

Keep in mind that you shouldn’t try to share this with anyone you are speaking with unless they have an open mind; it’s a challenging and tricky subject; but one worth exploring.

If we all knew this, our conversations would be different, and we would use them as an avenue for emotional healing. Within this practice lies ‘**The Magic Key**’.







# CHAPTER SIX

## *COMMUNICATION THROUGH THE BODY*

If you ache in any way, you are carrying your burdens. Some carry their burdens heavily; they have canes, strained walking patterns, physical limitations and so on.

What's one of the first things you say to yourself when you feel a pain in your back or somewhere else in your body? What happens especially if you feel it again? Do you ask yourself, 'What is causing this pain?' Do you try to ignore it, and in time, start looking for causes? Do you forget to look for an actual cause and start to seek a diagnosis from the symptoms alone? Perhaps first looking on-line, then asking friends, and next finding practitioners?

Do you say things like, I am getting older or this runs in my family? Do you realize the path you are setting up with those comments? Do you already have a discomfort that has been with you for years that you have labelled in some way that has settled into a place in your life?

Focus on something that doesn't feel good long enough and you will

## EMOTIONS

be able to bring it into your body and experience it as a discomfort, pain or rigidity.

When you have the good fortune of communication through the body by developing symptoms, you have a window into some patterns that have been taking place and are now manifesting themselves into the physical body. Ailments start with thoughts and emotions. Thoughts and emotions can be identified by looking at one's physical state.

Whether you get hurt or slowly see signs of pain and discomfort, there is a message in it, and it can be turned around. The earlier you can see what has led you there, a belief system or otherwise, the easier it is to connect an emotion to the area of dis-ease.

Try to take small signs like headaches and body aches as a time to search for emotional relief. The answers are within you and in others as well through conversations that will bring messages and information; listen for it. Pay close attention, remain open to solutions and you will be on the right path.

Remember, that the messages that are for you will either trigger you because of an imbalance you need to look into within yourself or feel good because it's a match to what you want.

Many times, I have asked someone who has broken a bone, "Did you need a break? Did you need to stop what you were doing, and this is giving you the time to back off?" Everyone I've asked has agreed that there was something they were doing that was getting to be too much, they just needed a break and didn't know how to make that happen.

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Don't let yourself get hit by the Universal 2x4. Aches and pain are telling you there is an imbalance in your life. You will receive small warnings that are not too complicated to clear out, but if you ignore them, they will eventually build up and you will have issues manifesting in your body that you now need to address, and it can seem like it is out of your ability to clear up. You may not know where to start.

The place to start is wherever you can find relief; a consultation, meds, even a diagnosis, but as soon as you are able, you need to trust that your body and mind can heal itself and that your inner wisdom can find the answers. Ask for guidance and pay attention. The signals are there to uncover the emotions and the beliefs that brought it to you. They will bring insights to what you need to do to uncover the natural wellness you have 100 percent access to.

What is right for you will give you a sense of freedom and peace.

It may take quite some time to learn how to trust your feelings and aches as a guide but, by taking small steps, you will build trust in your guidance system.

## EMOTIONS

“With logic alone,  
you are not a Human-Being,  
you are a Human-Acting.”

# CHAPTER SEVEN

## *EMOTIONAL RELIEF - EXERCISE/ACTIVITIES*

Not being active can cause depression and physical discomfort as the body settles into poor postural habits. Repetitiveness can also be harmful. You can avoid overuse syndromes by introducing opposite movements as often as possible. If you sit at a computer daily, then it's best to lay flat on the floor with your arms out to your sides, palms facing up whenever you can for at least 5-20 minutes.

In exercise, reversing movements from daily habits will start to turn postural imbalances around, or prevent them all together.

Strengthening exercises in the opposite direction will counteract any long term affect, i.e.: If you are a cashier at a grocery store and you are always moving groceries to the left as you are scanning the packages, and if your store does not offer an opposite set-up for you to switch onto, then you will need to take a medicine ball and lift, twist and lower to the right side repeatedly to counteract the imbalance to one side and strengthen the opposite side.

### **Play**

How can we play and feel like we have gotten some good exercise in? Remember what you used to do as a kid and how you rarely felt the efforts of exercise in your ‘Daily Play’? It was too much fun! You were strong enough to run around consistently as you played, and time flew. You slept and ate well. Could you have even imagined going to a gym to get your exercise in as a young child? Even gym class was boring to most. Riding your bike, swimming, running around chasing others as well as being chased, making up games, falling down and getting back up for more was the norm.

What happens as we age? Can we get these fun ways to exercise back? I believe so. You’re bigger and you fall harder, but you don’t have to suffer through torturous exercise routines. I see runner’s way too often that look like they are dying or very uncomfortable. It’s hot out and they are running on hard surfaces. I understand how good it feels after exercising to know that you have taken care of yourself, the blood is flowing, and it can be exhilarating, but shouldn’t it be mostly fun the whole way through? Would you have done this as a kid? Can’t there be a way to get fit without the self-abuse?

Here are some suggestions:

- Try walking – I know it takes longer
- Hiking
- Dancing
- Jogging on nice days, early in the morning, or whenever it’s a bit cool and on turf if possible. (If it’s a heat wave, find something else to do.) Treat yourself nicely and save others from having to watch you suffer as well.

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- Playing with your kids/grandkids, you were one once, try to remember the fun; just modify it for your safety.
- Play sports and/or join a plethora of choices for outdoor activities.
- Running around for the fun of it; acting crazy (within reason)
- Swimming
- Gyms are becoming more functional minded and getting away from many of the machines. The workouts can be more challenging and fun.
- Try working out with a partner.
- Avoid intense exercise after 3pm unless it is play, like dancing, swimming and running around with friends and kids. Save the gym for between 6am and 3pm. (Circadian Rhythm)
- Simply get some fresh air and sunshine. Yes, you do need it for many reasons, just be wise not to over expose yourself.
- Laughing, it's a great abdominal workout, it also raises your mood and healing potential.
- Yoga is very toning and increases flexibility. It's gentler, in most cases, to the body, but can be as invigorating as any other form of exercise. There are many different types.

Just keep your comfort and body in mind. Always make sure you have good form as to take care of your joints; proper alignment while using weights and doing repetitive exercise is a must.

Make sure your Core (Transverse Abdominus) is turned on and working properly with any lifting or strength training activities.

Your diet plays a great role in the health of the body to avoid

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unnecessary aches and pains and false energy sources.

Choose a clean diet by avoiding sugary foods.

Nuts, seeds and grains should be soaked or sprouted before eating to avoid bone loss. Protein, carbs & good fats should be included in every meal and snack.

For a more information on finding out your custom diet needs and proper Core training, contact *ClearlyUniqueWellness.com*.



# CHAPTER EIGHT

## THE END OF THE WORLD

The End of the World; what would it matter? What if you knew ahead of time? What if you trusted in a life ending prophesy? Would you make amends? Pray for something? Would you be able to make it your best day and not panic?

Almost everyone lives in fear of bad news and rumors. What quality of life is that? When does one really start to live? When does 'what everyone else thinks' not matter?

## NOW!

The world is more stable than the human mind and is not affected by our fears. Mother Nature smiles at our doubts in her as we forget that we are resourceful. The past has shown that we continually find solutions. Take a look at history and you will see nothing but progress and advancement birthed from adversity and trying times. Growth and expansion can be uncomfortable, but it's inevitable as

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we continue to find new ways of being; so, allow yourself to reap its benefits.

The world ends every night; you go to sleep and wake up to new possibilities every day. How many threats have you lived through already? Try to remember that you have asked to be here in some way. It's a gift, and finding the good in it, moment by moment, brings out the best in both your life and the lives of those around you.

No matter your cultural background or beliefs, we all come into this existence with only one way out. If you are afraid of dying, you won't be able to live fully. Make peace with transitioning in any way that you can and focus on the joy of living as much as possible. Time is precious, and life is relatively short. Focus on the beauty of it and you will live with no regrets.



# CHAPTER NINE

## *LIFE AFTER LIFE*

You are an extension of the infinite; you are not an extension of a 'finite' thing. If you think this is your only life, then that can weigh heavy on you which also brings a deep sadness when someone passes on.

There is life after life and that's where we live more fully. Those that have passed before us are busy with their lives on the other side, yet they are only a communication away. If you feel good, it's easier to communicate with them as they don't have the same worries and fears that we usually have. It's harder to hear them when you are distracted and preoccupied. Feeling good is a match to them and you can have access to them as an 'out of this world' friend.

When you leave this world, you may laugh at your choices as you remember that life in the physical body is a dream, a playground, a place to evolve into new thoughts and ways to live. Your energy body goes into the pure loving light and doesn't hold onto the darkness. With this knowledge and understanding, you have the choice to carry burdens with you daily or to set yourself free.

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***Row, Row, Row Your Boat, Gently Down the Stream,  
Merrily, Merrily, Merrily, Merrily, Life Is but A DREAM.***



# CHAPTER TEN

## REWRITING THE PAST

This is a super powerful tool. It has been called Metaphor work and you have the power to change any past story by visualizing it playing out in another way. You can take any event and rewrite it.

For example, when I was younger, we would have punishments from our parents if we did something, they felt was wrong. I remember one that I was sharing with a friend and it was bringing up a resentful feeling. My friend had studied Metaphor work and had me close my eyes and see the entire event as going differently.

I was able to close my eyes and see this 'Being' that was like a very tall and strong Native American. He was like a guide to me and we worked together to fulfil the consequences. I remember the feeling of having so much fun with him helping me get my new responsibilities achieved. He was with me through every step and it didn't take much time in my mind to have rewritten it going in an entirely different way.

Now, I can't even think back on that time without the new fond

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memory of that event; even though it was much different when I was living it as a child. There is now an overwrite to the old memory. If I tried hard enough, I could push myself to remember the old feelings of how it actually went, but at this point, it would take me time and effort and I much prefer the new memory.

It is said that you cannot have a positive feeling and a negative feeling existing in the same place at the same time. So, when you overwrite an old memory with a new and better one, that one will come up first. Your memories are where and how you left them.

You can receive more love from your parents, get the attention you were looking for, basically rewrite your childhood in the way you would have liked it to have gone. Of course, you can do this with your future too.

The past doesn't go away and all memories are retained, but you don't have to experience them in the same way and you can take the power off of any powerless feelings if you want to spend the time cleaning them up and rewriting them.

I smile every time I think of my rewritten memories from when I was a child and, of course, the actual good ones, and will continue to use this as a healthy tool to a better past and future.

An important point to keep in mind and the way to make these rewrites long lasting, is to feel the good feelings that go along with the new story. That's what made mine so real and memorable. If you are thinking these new thoughts with resistance and disbelief, they will remain in their original state. So, make it a point to bring in the good feelings of the new version of the past and you will be able to remember back on those times with fondness.

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*As a side note, I don't want to make this sound like this would create a world that is ungrounded; just a way to change the way you feel about negative past memories. This is simply a tool to be used for relief and an opportunity to move forward in a better feeling state.*

Turn back the hands of time,  
and make this the world  
you dreamed to find.

Use your imagination and don't be shy,  
for the negativity of the past,  
you can truly defy.





# CONCLUSION

“Once I stop talking about it, maybe I will have gotten it”; whatever the topic is. Try to live what you believe; talking about it is not doing it. “Once I stop talking about how to do things, I can get to doing them”. You are a human-being, not a human teaching or a human preaching as a duty, but a human-being. In your focused approach to your life, others can follow your example. You can learn a lot by using your own feelings as a guide. You are your best source for knowing how to feel and be.

Expansion happens either under contraction or with flexibility as the eyes will take in what they wish to receive, whether consciously or subconsciously. Your guidance is based on how you chose to see what’s in front of you and what you choose to believe. Choice is our birthright and you can build a life of trust and happiness through your guidance system.

Use communication as messages focused on you whether through the body or in conversations; this is **The Magic Key** for your best possible life and bountiful energy.

A traveler who remains open to changes and new experiences is one filled with true bliss and spiritual enrichment; is gifted the ‘Present’ in its highest expression and lives a truly blessed life.

## The Traveler

My body is a vehicle through time and space.

My body is a vessel through the Ocean of Emotion.

My Soul joins the two through its unique travels and experiences.

My eyes take in its surroundings and my mind makes decisions  
based on the programming I have chosen to input and carry.

There are many compartments of storage

I have created in my energy fields

with my memories in the luggage that I have packed and stored away.

How light do I travel? How much do I weigh with burden?

How much space do I keep open for new pathways to enter in;

or do I keep my compartments compressed,  
restricted and refusing to grow?

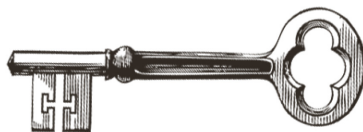
Freedom is the allowing of new ways,  
people and experiences to enter in;

expansion of one's world.

In fear, an energetic prison is formed  
with protected beliefs and memories

trying to keep the vessel safe and small.

But I can navigate from within, shed the fear and make this  
a most exhilarating and rewarding journey.



# ABOUT THE AUTHOR



Kathleen Pleasants has been looking for spiritual, mental, Kathleen Pleasants has been looking Kathleen Pleasants has been looking for spiritual, mental, emotional & physical answers since she was 10. “Why do people do what they do? What drives someone to say NO and not care what others think? How can some be so bold and others so shy?

Why are some healthy and others not? “She never stopped asking these questions silently, but she did find her answers along the way and found peace in her own intentions. Kathleen learned, through trial and error, that we have always had a choice to look at things differently and choose another way if our way is not bringing us fulfillment. She formed Clearly Unique in 1991 where she practices Neuromuscular Therapy, Nutrition, Hypnotherapy, Grapho-therapy, Core Exercise and Coaching of alternative health choices and lifestyles with her clients. She became an ordained Minister in 2001 through a two-year Interfaith Program in Pennsylvania.

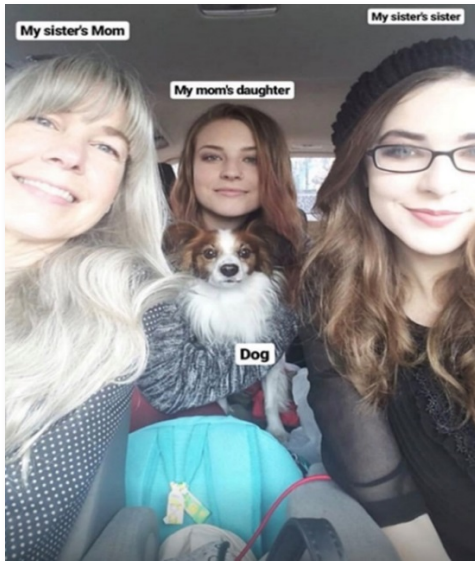
Through the years she has traveled to many places to study with some of the top authorities in body, mind, emotional & physical

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modalities. She is the creator of the movie 'Just My Type', the Metabolic Typing Diet. She now travels nationally with her Unique Therapies & Workshops and currently has her offices in San Diego, California.

You can learn more about Kathleen by visiting:

[ClearlyUniqueWellness.com](http://ClearlyUniqueWellness.com)



We each create our own world through our belief systems. Fortunately, beliefs can be changed and/or altered if we find ourselves in discomfort. We no longer have to get stuck in thoughts that make us feel guilty and depressed because we just can't live up to them. Go ahead, find freedom in making a new choice.