

A woman with long dark hair is sitting in a meditative lotus position on the ground in front of a large, thick tree trunk. She is wearing a blue and white patterned long-sleeved shirt and blue jeans. Her eyes are closed, and she has a gentle smile. The background shows a grassy area and some trees in the distance. The title text is overlaid on a semi-transparent grey rectangle at the top of the image.

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HOW TO BREAK OUT OF REPEATING PATTERNS

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*by Certified Meditation, Kundalini and Chakras
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Spiritual Perspective on Shadow Work

"When I decided to live life with my fullest potentials, I no longer hold onto the idea that I am here to "cope" with life.

Diving into the shadows, it was the first time in my life that I experienced my internal resistance to unconditional love and presence. Being submerged into the waters of my subconscious, curiously... there was a sense of comfort, connection and clarity.

The most profound moments are when I emerge out of the water and take my first breath. Every experience is a rebirth, the most exhilarating breath I have ever taken. I am no longer afraid to dive into the uncharted territories of my subconscious. It is finding the pearls of healing, the restorative breath that makes me come alive. I now anchor the light of my divinity with courage and compassion. I chose to master the duality of light and shadows, embrace my being with totality, and so it is."

– Tiffany Tin

Hi there!

Congratulations on taking the first step to build your own inner temple!

I am truly ecstatic and thrilled that you are here with me to jump-start your alignment journey. It's time to eliminate emotional pain by taking your power back from the past, overcome fear by reclaiming your confidence and authenticity, no longer letting worries about the future inhibit you from living life to the fullest.

It is my purest intention for you to align with your soul purpose by harmonizing the light and shadow aspects of yourself. We all have the inherent ability to heal ourselves, trust yourself and radiate your brilliance with love and compassion.

To break out of these repeating patterns, there are three main principles:

1. Intent

Get crystal clear on your repeating patterns. Observe, Acknowledge and Accept your current thoughts and feelings. This is the first step to transformation. Set a burning desire to achieve your goal - breaking out of these repeating patterns and manifesting what you want instead.

2. Apply

Use this workbook and stick with it. Consistent practice gives competence, which leads to confidence.

3. Receive

Consciously let go of the patterns that don't serve you, make room energetically for new manifestations to come into your reality.

To your Freedom and Success!

Much Love,

Tiffany Tin

Spiritual Intuitive Healer

Conscious Living Coach

Reiki Master Level Teacher

Certified Shadow Work Practitioner

Certified Meditation, Kundalini and Chakra Facilitator

Let's dive in!

How to Break Out of Repeating Patterns in Your Life

Step 1 - Identifying the Patterns

The Law of Magnetism - we understand that it is possible to manifest what we desire with the law of attraction, the more we clear our blockages the more easily the things we desire manifest themselves into our reality. This is just one side of the coin. With the law of magnetism, we also look at our being like a dipole magnet. We can at the same time attract and repel certain things in our reality. The more we clear our internal resistance and bring ourselves into the receiving vibration, the easier manifestation will become. On the conscious level, we can become aware of patterns that we attract or repel with a little bit of observation. However, to find the blockages or the internal resistance we have to dive deep into our subconscious to get to the root cause. In order to dive deep, we must learn how to swim first. This workbook will help you get started!

Action: Fill out this column with the repeating patterns that you are currently attracting or repelling

Attract



Repel



Step 2 - Mindful Connection

"What you resist, persists" - Carl Jung

Often times we find ourselves resisting our repeating patterns and associating negative feelings along with them. To begin with, I warmly invite you to open up to the fact that having a negative pattern does not mean there is something wrong with you. When unwanted results manifest into your reality, it is simply a signal for us to look inwards and heal the fractured aspects of ourselves for restoration and integration. For example, are we aiming to lose weight because subconsciously we want others approval so that we can feel more confident in ourselves? Perhaps subconsciously we are giving our power to external forces without even realizing it. What happened in our past that made us behave a certain way? The answers often lie within our subconscious mind.

From the last section, pick out a specific pattern that you want to work on and continue with the exercises below. You can repeat these steps for the other patterns, don't overwhelm yourself, just work on one pattern at a time. You can try to go into a meditation to find your answers, quieting our ego mind allows the soul to speak to us with truth and clarity.

1. What pattern did you choose? What is the feeling that arises when you think about this pattern? Try to start your sentences with "I feel" and let your feelings flow out naturally. Focus on sensations rather than thought forms, we will work on that in the next section.

Ex. When I think about repeatedly getting into unhealthy relationships, I feel hurt and angry. I feel tightness on my shoulders, chest and stomach.

2. Close your eyes and connect with these feelings. As you invite them to surface, breath in slowly to the count of 4, exhale to the count of 8. Simply feel and let go of any judgement on yourself or those thoughts. Be present with yourself completely. Our feelings is our own internal GPS system, it guides us to our own authenticity and let us know that there are unhealed aspects of ourselves calling for our attention. The purpose of this exercise is to give those feelings focused attention and unconditional love and presence. When we really look at these negative feelings with love, they lose their power on us. During this experience, you might find that your feelings will act like ocean tides, rising up as you allow and surrender. As you connect with unconditional presence, it will ebb away and reach a point of calmness and relief.

If the initial intensity of your feeling is rated as an 8 on a scale of 1 to 10. You want to keep connecting and breathing until the feeling gently subsides to a 0 (or as low as you can during the meditation). As an intuitive healer who specializes in shadow work, I support the idea that whatever you are feeling is real, you are not overreacting. When a negative feeling arises, it is because there is an aspect of yourself (your inner child) calling for attention, integration and healing. When a baby is crying we don't ignore the baby and tell the baby that it is overreacting. It feels discomfort so what it needs is unconditional love and presence.

Step 3 - Mindset Reset

There is a Wise Owl within each of us, with wisdom we can see the value of applying both logical reasoning and emotional intelligence to challenging situations. We can bring both the left and right brains together and walk the middle path. Like I mentioned in the foreword, we are the masters of duality - to understand both ends of the spectrum and harmonize these energies to serve our highest good and the planet's highest good.

1. What are your automatic thoughts when you think about this pattern?

Ex. I am not good enough for a sweet, caring and loving partner. I think that I have to give my power away to my partner in order to feel loved by him.

2. What type of inhibiting thinking is it?

- a. Black and white
- b. Dismissing the positives
- c. Negative self labeling
- d. Catastrophic thinking
- e. Need for external approval
- f. Assumption
- g. 'Should' statements
- h. Procrastinating
- i. Ruminating in the past
- j. Pessimism
- k. Perfectionism

3. What would your Wise Owl say about this? What if someone you care about is feeling this way, what would you say to them?

4. What skills can you use? What would someone who loves themselves do?

Here are some suggestions:

- a. Go for a restorative experience: yoga class, reiki, retreats, spa, spend time in nature, travel
- b. Watch motivational videos on Youtube
- c. Express yourself with a creative activity
- d. Contact a trusted person for support (Family, Friends, Therapists, Healers, Coaches, Teachers, etc)
- e. Problem Solve (what actions can I take to improve my current situation?)

5. What is the outcome of using these skills for this situation?

Now to the important last step:

6. Instead of this old repeating pattern, what you do want instead? How does it feel to live from this new decision?

Ex. Instead of getting into another unhealthy relationship, I want to be in a conscious, fulfilling relationship where my partner and I can grow and expand together! I feel absolutely amazing to live from this new decision! I am beautiful, I am capable, I am intelligent and wise. The more I love myself the more love I receive. I am now ready to accept a happy and fulfilling relationship.

Soak in this vibration and let it radiate into each cell of your body.

Empower yourself by making the commitment to use this workbook on a consistent basis. Right when you wake up and before you head to bed, read what you wrote in the last section out loud and visualize yourself already having what you desire, visualize the new You that have already broken out of the repeating patterns with success. When you make the decision to commit and follow through with persistent action, the universe conspires to help you achieve your goals. Our potentials are always bigger than our problems, jump on board and captain your way to success.