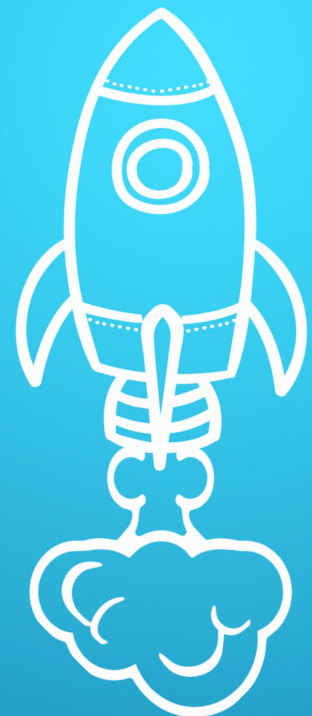
A photograph of a large iceberg floating in the ocean under a blue sky with white clouds. The iceberg is partially submerged, with a much larger portion hidden below the water's surface.

WHAT ARE YOUR EMOTIONAL ICEBERGS?



BECOMING
RIDICULOUSLY
Awesome
With MEREDITH HERRENBRUCK

Welcome to your exclusive guide!

Emotional Icebergs

Do you want to make your life more awesome, in ways you never thought possible? I want to share some Rules that can help your life better by leaps and bounds. Once you learn to master these, any thing is possible.

I'm Meredith Herrenbruck, author of *Becoming Ridiculously Awesome*.

I have been trained in Neuro-Linguistic Programming (NLP), Huna, HawaiianSpiritual Based Healing, Family Soul Constellations and want to share some of the wisdom I have learned so you can apply it to perfection in your own life.



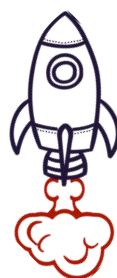
Let me reveal the 7/8 of your life that is secretly influencing you!

Icebergs are formed when pressure causes ice chunks to break off from a glacier which is comprised of compressed snow and ice with little to no melting. The top 1/8 is generally above water, the part that you see in your life. The red flag you see in your experiences is the Intended Positive Outcome (IPO) and the Unintended Positive

Outcome (what you are trying to get out of your experience.) Changework dives under water to work with the hidden parts; the stuff that is buried, compressed, frozen, stuck, you name it! It's the stuff that makes up our total ecology...the entire experience that makes symptoms happen in the first place.

The tip, or the symptom you notice is in the top position at #1.

What makes up the other 7/8? How do we get to them?



#2: Critter Brain

The 5 F's = Fight, Flight or Flee, Freeze, Food and Fornicate or have Fun. This is the ancient part of our brain.

It's responsible for our survival. It's how we got to where we got to today. Unfortunately, whatever we survive, we later create it in our lives:

- ill health, life threatening events
- abusive relationships
- chaos and stress in home or business

Our critter brain says, "Good job! We know that chaos is survivable, so KEEP DOING IT"

Ever wonder why the Law of Attraction works for some and not others? It has to do with what we survive among other things.



#3 Entities

These are energetic influences that attract to us and sustain and maintain an experience in our life. We gain psychic immunity around the age of 7 but weakened states such as depression, drinking and drugs or illness can attract entities to us.

The problem is that entities are outside time and space and don't seem to get regular update that tell them "Hey, the experience of being born with an umbilical cord wrapped around my neck was 43 years ago."

So, an entity that was seeking an experience of fear or terror might attach at birth. And every day is maintaining at the subconscious level an element of fear and terror in our lives. Over a lifetime, we stabilize the experience, but it effects everything we do.



#4 Soul Fragmentation

This is exactly what it sounds like. Our soul can have parts that fragment off during difficult times.

And believe it or not, after an entity clearing, there is a very simple and elegant maneuver that can unify all parts of the soul.

When we are not making choices in our lives from a place of wholeness, parts of us remain separate and at odds with the choices because it was not made from a place of solidarity.



#5 To Feel Good Safe & Loved

All of us have a need to feel these three things. When we don't we are in conflict, we make decisions with only part of us.

This drives why we do almost everything we do. If you aren't aware of the ways that you are doing this, start making small observations about how you try to feel good, safe and loved.

It is at the root of almost every single thing you do in your daily life.



#6 Parts Auditorium

---Pretend you are a car for a moment. Take apart a car in a gym floor. Examine the parts. Some are hidden, some are visible. Like the stereo. The wires and power source are hidden, but the tuning and volume controls are visible. Imagine using the spare tire for a rope swing on a tree limb. It's been repurposed.

Imagine it was part of you that got separated from its whole; Now suppose you need to take the tire back and use it again as a spare. What we find with parts of us -even parts of our soul that get fragmented off from the whole is that they need to be wooed again.

They need to know that they will be: honored, found, reunified to the greater self, included, never forgotten, and more.

Perhaps a better example now is to Imagine you were dating someone and they broke it off. Then they decide they want you back. There is a process involved. Forgiveness, getting into rapport, etc.

---Most of the time our parts are in conflict. One part, as told in the story of getting coffee and donuts in the morning is doing one thing to help, but another part is trying to lose weight.

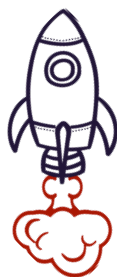
These two are now in conflict. Add in another part that doesn't want to get out of bed in the morning because it wants to make sure that no harm is done. Add in a part that drinks wine at night...another that wants to work out at the gym...another that allows for having a bad boss so you can have your dream career job even though everything is painful and sucks.



#7 Organismic Rights

- Full right to exist
- Full right to need
- Full right to be separate
 - Full right to one's own action
- Full right to assert ourselves
- Full right to love and be loving

One of the ways that we test for where a person is severely limiting their life is by having them sit with a changework practitioner and have them say directly to them each of these statements. Most women break down when they try to say, "I have a full right to need." When we don't have our rights in place, we suffer considerably. We learned long ago from our parents and those who had authority over us as little ones that our rights were not to be granted. Then we build a life not being able to get our rights met. If you want to look for the rights that are missing, look into the mirror and say to your face the list of rights. See where emotions come up.



Family Constellation Therapy

This is the motherlode! If you want to find out where all your entanglements and SOLS are to family this is where the Orders of Love can become unstuck so that everything can be made right. Here are some examples of what entanglements might be occurring:

---Unworkable attempts in the present to fix the past to make for a better experience in the future.

---Being Bigger than our parents

---Trying to fix what happened in the past (even generations ago)

---Devotional entanglements to say “I love you” to ancestors

---Trying to be in the grave.

---There is one instance of obesity that is noted in FCT. If a woman’s mother was ever disrespected there seems to be a devotional connection to this.

---Being constantly overweight can be a sign that you are trying to be in the grave early on behalf of someone.

---It can also be an unintended outcome of trying to fix something.



Need Help Shifting Patterns and Beliefs?

I have helped so many clients let go of what has stopped them from getting the life they have always wanted. No longer do they have deep triggers, nightmares, frustrations on the level they used to, if at all.

They are more at ease and less conflicted in their life. **Who Doesn't Want That?**

Call me! To have your free
30 minute consultation
415.999.7675



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