Creating Through Chaos:
Overcoming Mental Blocks, Emotional Struggles, & Resistance

By Nancy Moran

Name YOUR mental block(s), emotional struggle(s), and/or resistance!

Self-doubt

Self-Sabotage

Perfectionism

Procrastination

Fear

Anxiety

Depression

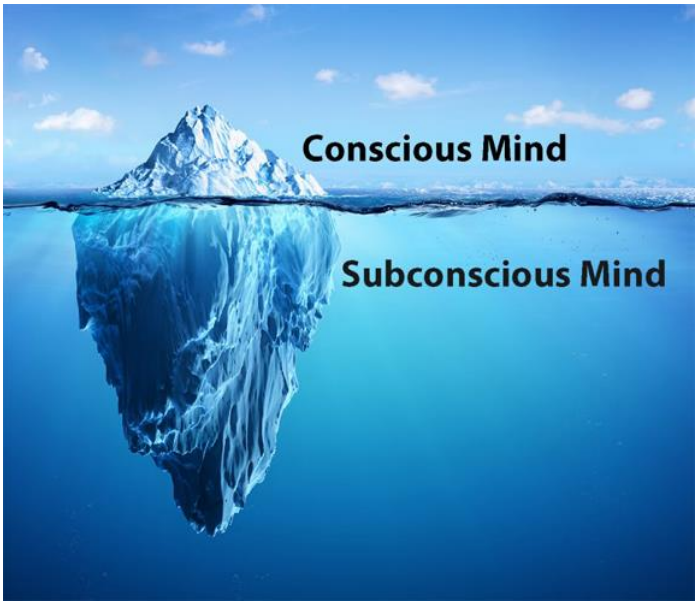
Avoidance

Resistance

Jealousy

_____ _____

_____ _____



Conscious Mind – 10%
- Will power
- Short term memory
- Logical thinking
- Decision making
- What you currently are aware of

Subconscious Mind – 90%
- Beliefs
- Emotions
- Habits
- Values
- Long term memory
- Imagination
- Intuition
- Creativity!

The subconscious influences your behavior, often without you realizing it.

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Personify that negative side of you

Name the part of you that is negative: Negative Nelly, Doomsday Don, Sourpuss Susan, the Joker, Darth Vader, Voldemort, or just plain Karen or Kevin or whatever!

Talk back to yourself and Choose your words carefully

What you say to yourself and others matters

Use positive, kind, gentle words that create positive images in your head

Even little things make a difference (i.e. I'm sorry example)

BELIEFS! It's all about BELIEFS.

And more specifically, *SUBCONSCIOUS* beliefs.

1. **I am not enough.** (not loveable enough, not successful enough, not talented enough, not perfect enough, not good enough to be accepted unconditionally.)

2. **I want something but…** (it's not available to me because…) – a fixed belief

3. **I am different**… (so I can't connect. i.e. It's hard for me to have love because I am different.)

Question those beliefs!

- Do I really believe that?
- Is it really true?
- Why do I believe that?
- Where did that belief come from?
- Who gave it to me?
- Who gave it to them?
- Why am I still believing it all these years later?

Questioning your beliefs can begin to break their hold on you.

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I AM ENOUGH Mantra

I am enough.
I've always been enough.
Now that I know that I am enough, everyone else knows it too.
I will always be enough.

Say it out loud, in your head, write it, read it, record it, make it your screen saver, putting it on your phone alerts, write it on your bathroom mirror, post it on your car dashboard, put little sticky notes all around your house, (how else?)

AO MindSync

Hearing the mantra in your own voice is the fastest way to get it into your subconscious!

MindSync has the added benefit of binaural technology

REPETITION! REPETITION! REPETITION!!!

The mind learns by repetition. Say it over and over again!

For 21 days (at least)

PRAISE YOURSELF!

Replace harsh, hurtful, critical voice with KINDNESS…Speak to yourself like you would speak to your best friend.

Tell yourself you are warm, caring, kind, and a good friend/daughter/mother etc.

If you've kept up with your blogging habit for an entire week, praise yourself for that.

Tell yourself ***all the words you want to hear*** – love, approval, praise you never got from someone else.

It's the fastest way to improve and increase your self-esteem!

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Remove Yourself from negative scenarios (as much as you can)

- Negative people or people who complain too much
- Harsh, critical, mean, or rude comments
- Negative news (hint: it's ALL negative…even the weather channel!)
- Negative social media (even if it's not about YOU)

Other? _____

Surround yourself with positive & uplifting:

- People
- Events, Conferences, etc.
- Songs! – make your own Spotify playlist
- Quotes – inspirational, motivational
- TV Shows – comedies, feel good dramas
- Movies

Use Frequency Healing

You KNOW that music is already a powerful healing energy, now take that one step further:

- **Solfeggio Tones** – 174 Hz, 285 Hz, 396 Hz, 417 Hz, (432 Hz), 528 Hz, 639 Hz, 741 Hz, 852 Hz, 963 Hz
  https://vivifytribe.com/solfeggio-frequencies/

- **Tuning Forks / Biofield Tuning** –
  https://biofieldtuningstore.com/collections/audio-sessions

- **AO Scan – Inner voice, SEFIs, AO Tune, AO MindSync**
  Hit me up for a demo of what all this AO Scanner can do!

Use Energy Healing

To remove Trapped Emotions, Mental blocks, and Limiting Beliefs (without having to figure out where they came from!)

- Emotion Code
- Body Code
- Belief Code

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