

“7 Reasons You’re  
\*Secretly\*  
Holding Back From  
Ending the  
Struggling Inside”

by  
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Freedom at the Core  
Freedom from the Inside Out

# “7 Reasons You're \*Secretly\* Holding Back From Ending the Struggle Inside”

## **Tired of the struggle inside?**

First and foremost, the first step in ending the struggle is willingness to accept and love yourself, no matter what the evidence.

Believe me, you're not alone, and ending the struggle is closer than you think!

**I'll start with quick story:** Years ago I was invited to speak at a Peace Conference. When the co-ordinator asked the title of my presentation I said, "Why People Hold Back From Peace." She stared at me with a surprised look on her face, then smiled and said, "I get it, we all need to address this!"

It's true, we all hold back at times. Even though we're unique and different, we each face many of the same day to day challenges, and find ourselves struggling and holding back at times.

**THE GOOD NEWS IS: The fact you've found this page, tells me you're a pioneering spirit with the courage to make changes in your life, and be a catalyst for the changes you want to see in the world.**

I'm guessing you've been questing to end the struggle for awhile now, and are already familiar with practices such as embracing emotions, movement, changing beliefs, meditation and other powerful modalities of healing.

No matter how much freedom you have in your life right now, getting to the core of these 7 secret reasons, will leave with new perspectives how to gently “dissolve, resolve, and evolve” whatever else is holding you back from ending the struggle inside.

## **I invite you to start here by...**

Taking a few deep breathes, while bringing forth the bodily felt sense of how you'll feel when you've ended the struggle inside.

## **Then ask yourself this question:**

“What's the nature of experiencing freedom from struggling on the inside out?”

A little more about my intent...

I have no intent to convince you of anything. My offer is a possibility, a possibility of navigating through the twists and turns of life, knowing you're free and empowered to have life you want.

**As a friend of mine once said, "It's the difference between staying present as you surf the waves of life, enjoying your ride... or continuously falling off your board, tumbling and getting sand up your nose."**



People often ask me for tools, new tools. The great thing is, you are the tool, the tool to crack the code and end the struggle inside.

One thing I firmly believe is, freedom is available, no matter what your circumstance.

Ready to take a leap?

**Onto Reason #1, "The 7 reasons you're secretly holding back from ending the struggle inside"...**

## **1. Secretly Having a "Control Plan"**

Wondering why you're still holding back from ending the struggle inside? After all the seminars, books, therapy and doing your best to be honest with yourself, why you would secretly want to keep struggling inside?

First of all, people keep secrets when they're not feeling safe, right? So holding back and secretly struggling to protect yourself is understandable, right?

I understand, I spent years struggling myself. Struggling to assemble an invisible shield to protect myself. And then the day came when I was finally fed up with all the struggle, and shifted my attention to disassembling my shield and discovering what it meant to have freedom from my inside out.

You may be wondering what a "control plan" is...

A control plan includes psychological, scientific and spiritual concepts, yet is not dogmatic. It's a secret strategy, an energetic field and shield.



Assembling a control plan takes physical contraction, fantasy bonding and paradigms of beliefs, values, motivations and behaviors. Bottom line, it's something you know and feel.

Unfortunately, a control plan most often becomes a habit. A habit driven by addictive control and "selecting, distorting and provoking" your reality.

**You're probably thinking, "What the heck does all that stuff mean?!?"**

No worries, I totally understand, and will do my best to make it clear to you. Hang in here with me, and forget trying to figure it out. Follow along, and I promise it'll all make sense to you. It takes awhile, and I'll be repeating things in in several different ways.

**I guarantee once you "get it", you'll be thankful you hung in here!**

A good way to understand what I'm talking about is to:

- Take a towel and hold it by it's two ends.

- Start twisting and winding it up from one end to the other.
- Twist it up as tight as can.
- Now ask yourself these questions: "How's this similar to getting myself all "uptight"? Tightening muscles around my spinal cord, clamping down on my central nervous system? Struggling to stay safe?"
- Think about it...
- When you're all uptight and twisted, how comfortable are you? How well can you think, feel or take effective action?
- Answer those questions as you slowly unwind the towel.

**Notice how much easier it is to unwind than wind up.** Interesting, isn't it? Going back to it's original state takes a lot less energy than the struggle of winding it up, right?

**Well, that's what's happening when you're all wound up and uptight inside, it's part of your control plan.**

With all that in mind, is there any question why you sometimes feel drained and exhausted from secretly "holding" back and struggling to twist yourself up inside?

The next question to ask yourself is, "Has my struggle become habit? An addictive cycle of struggling inside?"

**Here's a quick story how Helpless Harry held back and struggled in his control plan:**

- Harry's excited about a product he's ready to introduce to the public.
- He's spent three years manifesting his new idea, and each step of the way he's had challenges. The manufacturing company kept dragging their heels on getting the right materials, etc.
- With each challenge his control plan kicked in. He started to feel helpless, doubted and worried he was doomed to fail and worried he'd disappoint everyone who'd invested in him. He tightened up inside, and held back from admitting the struggle he was in.

- Finally his product is ready, and another challenge comes up, and he's struggling again!
- His control plan kicks in again, and the conversation in his head sounds like this: "I'm helpless to do anything about this! I'm never going to make this happen? I'm going to be a laughing stock and I'll be letting everyone down who supported and trusted me! I shouldn't have involved anyone, because now I'll never be able to pay back the money they invested in me" and on and on...

Think about it....

Does Harry's story make you wonder about how his struggling gets started?

Did Harry "select" a manufacturing company that isn't very efficient and reliable?

Had Harry been "provoking" the manufacturing company and pushing their buttons to make them want to hold back the timing?

Is Harry "distorting" himself to have a reason to hold himself back from the enormous wealth he's about to receive?

Interesting questions, huh? And just the kind of questions to ask yourself if you know you're in the midst of struggling in your control plan.

**Here's a story of how Pitiful Polly engages her struggle using "selecting, distorting, and provoking":**

- Polly had a wonderful experience with a friend, and is feeling great about herself.
- Polly falls asleep that night knowing she brought out the best in her friend and is finally having the friendship she wants.
- A couple of days later, Polly texts her friend with an invitation for lunch.
- Her friend doesn't text back.
- Polly sends another text, and still no answer.
- Now it's been a week and her friend hasn't texted back.

- Her stomach has been tightening up, she's barely been breathing and things aren't right in her universe. She's struggling inside and thoughts are whirling around in her head.
- Her control plan has kicked in...
- The thoughts in her head are sounding like this, "What happened? I thought I had a good experience, I guess I'm wrong, she doesn't want to see me again. It's true, I can't change, I was just kidding myself. I'm disappointed, embarrassed and struggling to understand what's wrong with me. I'll drink wine, watch a movie to deal with all this struggle I feel inside", and on and on with "poor me".

**Notice Polly never made a reality check, she never made an attempt to find out what was happening with her friend.** As it turned out, her friend had gone on 10 day camping trip into the Grand Canyon with no phone access.

**Mary's story is a great example of "selecting, distorting and provoking".** Mary "selected" a friend who'd planned a trip to Grand Canyon. Then "distorted" the truth by thinking her friend didn't want to see her, and "used" it to propel herself back behind her shield, her control plan.

**Here's where the "provoking" part comes in:**

- Polly sees her friend when she gets back from Grand Canyon. Polly greets her with an untrusting look and struggles as she holds back from a warm welcome.
- Her friend is confused and thinking, "This feels strange, I wish I could get out of here, I'm tired and don't want to deal with this."
- Polly has successfully "provoked" her friend to want to get away from her.
- And now Polly has a chance to "distort" her friend again, by convincing herself her friend is not happy to see her. This gives Polly the opportunity to "use" and start another addictive cycle of self pity, self-rejection and proving it's best to stay in her control plan, alone and isolated. ("Poor me.")

**THE GOOD NEWS IS: All these moments are priceless opportunities! As soon as you notice your control plan kicking in, you have a choice.** The choice to be present and love yourself (no matter what the evidence), or "go down the tubes" of an addictive cycle.

I'll tell you more about “selecting, distorting and provoking” soon. They're all part of the “fantasy bonding” I mentioned earlier, and a large part of what keeps the struggle of your control plan together.

You may be thinking, “Some part of me already know all of this!”

**Yep, it's true, you do know this, and that's the cool part because you're the one who assembled your control plan, so you also know how to disassemble it!** I guarantee, once you remember another level how you've been doing this, you'll take a big sigh of relief in the knowing you can be part of the resolution rather than part of the problem in the world.

**Freedom is already inside of you,** and you can set it free, no matter what your circumstances

**So onto Reason #2...**

## **2. Secretly Lacking Space Inside**

Have you ever been struggling inside, and someone says, “Oh, just snap out of it! Stop thinking all those negative thoughts and starting thinking positive ones.”

**Sounds like a great idea, right? But it isn't all that easy!**

Your thoughts are an integral part of you, getting all wrapped up inside. Thoughts get held back when energy isn't moving and circulating inside of you. No matter how many positive thoughts you think, thoughts keep lingering in the background.

People call it "being stuck" for a reason.

The worst part is, the miserable thoughts you wish would go away, keep popping up to the surface again. Yep, the same old thoughts and emotions keep circling round and round again!

**Try this exercise as way to better understand what I'm saying:**

- Take a deep breathe in and hold it.
- Hold it as long as you can....





- Hold it...hold it...hold it...don't let it go!
- Now tighten your fists and body...squeeze, squeeze, squeeze!
- Keep holding and notice...
- Struggling inside? How's your thinking? How friendly do you feel? Anything hurting? Where's your focus of attention?

You're literally tightening up, right?

**Now relax, let it go, take a deep breathes, and shake it out!**

**SHAKE, SHAKE, SHAKE IT ALL OUT!**

**Feel the relief of oxygen flowing thru your veins, filling you up with what you need to be alive!**

Repression, depression, and struggling all takes contraction. Contraction of your muscles, especially around around your heart and lungs, making your breathing shallow and circulation slow.

Your body starts struggling, is stressed and un-easy, all of which are early warning signs of what we commonly call "dis-ease".

With al that in mind, try it again:

- Take a long deep breathe and hold it.
- Hold it, hold it, tighten up your body, and do it as long as you can.
- Notice what happens to your thinking and everything else in your body.
- And when you're ready....
- **LET IT GO! RELAX and SHAKE IT OUT!**

YAY! Moving, vibrating and shaking your energy dissolves the struggle, sets you free while making space for something new.

Now, listen to this...

**Not only can your body move more freely when you let go, your thoughts can move more freely too! You've created space for something new!**



**Now you have space, so here's the #3 reason you're secretly holding back from ending the struggle inside...**

**Reason #3...**

### **3. Secretly Holding a Paradigm In Place**

**The definition of a Paradigm is :** "A model or pattern for something that may be copied; a theory or a group of ideas about how something should be done, made, or thought about."

With that definition in mind, it's time to check in and see how you're holding yourself back with mindsets, beliefs and behaviors. It's time to release destructive paradigms of thinking, feeling and being.

**Start by asking yourself this question:** "What's the nature of experiencing a paradigm that's totally beneficial and supports me in the most loving, nurturing and empowering ways?"

Once again you may be thinking, "I already know about all of that stuff".

**I understand, I thought so too, until I came upon several bodies of knowledge that opened my eyes to the secret ways I was still keeping the struggle going on inside.** Needless to say, I was very excited and dove into the information right away!

The first body of knowledge appeared on a book shelf. The title, "The Fantasy Bond" caught my eye and I quickly announced, "I don't know what a "Fantasy Bond" is, but I know I have it!"

I took the book home and disappeared in my house for three straight days. It wasn't long until a friend came knocking on my door and said, "Crystal, are you alive in there?" I poked my head out the window and said, "Not only am I alive, I'm going to live!"

I had stumbled across one of the least talked about reasons why people hold back, called fantasy bonding. First, some definitions...

**Bonding:** "Bonding is the relationship that usually begins at the time of birth between a parent and offspring and that establishes the basis for an ongoing mutual attachment."

**Fantasy:** "Fantasy is the faculty or activity of imagining things, especially things that are impossible or improvable"; "An imagined or conjured up sequence fulfilling a psychological need".

Once again, with those definitions in mind, a "**fantasy bond**" is an intricate system of controlling the truth. The habitual experience of disconnecting from your real feelings while creating an illusion of being bonded, safe and having something to "hold" onto.

As a sacred and sensitive being, your fantasy bond is an attempt to feel bonded in a world that feels abusive, lacking and disconnected. The degree of deprivation and abuse you had, becomes the degree you fantasy bond, struggle and feel "crazy."

For those of you who want to learn more about this, I'll be expanding on fantasy bonding in another future conversation. You can also make an appointment for a [free 30 minute consultation with me](#) to answer any questions you may have. [CLICK HERE](#) to schedule your appointment.

**The next body of knowledge was introduced to me a few weeks later.**

It's roots began in Egypt almost 2,000 years ago. And as the story goes, the information was inspired by the passion of a monk, whose intent was to discover what kept his fellow monks from achieving the higher levels of consciousness and connection with God they wanted. Why were they holding back? Why were they struggling inside?

Interestingly enough, as the monk continued his work, he started to see patterns. patterns of motivation, values, behaviors and thinking. Each person seemed to have a particular strategy and struggle.

**He also noticed, that each person was misusing their strengths and talents and were using them to hold themselves back. He was seeing their control plans.**

**THE GOOD NEWS IS: Letting go of your control plan frees you up to...**

- Reclaim your strengths and talents.
- Be part of the resolution rather than part of the problem.
- Experience powerful compassion for yourself and others.
- Be present and observe yourself clearly, and how to end the struggle inside.



**Okay, back to the monk, here's a simple list of categories and strategies he observed.**

As you go over the list, I encourage you to relax and glance, to see if any of these strategies ring a bell inside you:

**I'll be free when I can get people and things organized and in perfect order. Then I can relax and everything in my life will be perfect.**

I'll try to keep it all together by:

- Getting everything organized.
  - Getting people to "shape up" and do things "right"
  - Making plenty of lists and accomplish what's on it.
- Taking responsibility for everything in the space so it all gets done in the perfect and right way.

**I'll be free once I meet everyone's needs. Then life will feel much better, and people will like me and meet my needs.**

I'll make this happen by:

- Seeing if I can anticipate people's needs.
- Providing what others need.

- Trying to fix people.
- Advising people about what I think would be good for them.

**I'll be free once I achieve and accomplish the things I need to. Then I'll have value, and everything will be fine. I'll be successful and others think well of me.**

I'll accomplish this by:

- Achieving success.
- Accomplishing things.
- Become the best at what I am doing, and be highly competent.
- Present myself in the best way possible.

**I'll be free once I can prove there's something wrong with me. Knowing there's something wrong with me, lets me justify why I feel so powerless to be normal like everyone else. If only I could take responsibility for my life.**

I'll prove that there is something wrong with me by:

- Habitually running feelings thru my nervous system.
- Being provoking so that people avoid me.
- Being in a constant state of emotional overload.
- Fantasizing about how life was or how it could be.

**I'll be free once I gain all the knowledge I need, and then I'll have a grip on things and be able to survive.**

I'll hold back and get the knowledge I need by:

- Isolating myself and holding back my needs, and not meeting anyone else's needs.
- Observing, but not getting too involved with other people.
- Taking in more information, and analyzing it thoroughly before I take any action.

**I'll be free when I can prove life's not scary, and I can trust people. I'll be free when I'm not always worried about not being able to take care of myself.**

I'll survive by:

- Finding a few people that I can trust, and rely on what they think.
- Being loyal.
- Not trusting authorities, even though I depend on them.
- Finding ways to deal with my constant anxiety.

**I'll be free when I can totally escape the uncomfortableness of my feelings, and know my life will always be full of exciting experiences. Until then, I'll be on the go all the time.**

I'll keep it all going by:

- Always planning what my next experience will be.
- Entertaining everyone.
- Being in a continual state of motion so no one can tie me down.
- Being the life of the party.

**I'll be free when I know I never need to be vulnerable again. Meanwhile, I'll be keeping the upper hand, being overly assertive, and in charge of the situation so I won't have to risk being hurt again.**

I'll deal with this by:

- Being assertive.
- Not feeling my feelings too deeply.
- Preventing myself from being vulnerable.
- Being the boss of the others around me.
- Pretending that nothing bothers me.

**I'll be free when my life is free of conflict. Meanwhile, I'll stay neutral and negotiate all the problems around me, so at least life will feel better.**

I'll negotiate my life by:

- Staying on the sideline.
- Staying out of the way so that I'm not a target.
- Forgetting my own needs and own life, and merging with and focusing on everyone else.
- Do what I can to keep the peace.
- Understand both sides of the story and help negate the reality around me.

**Do any of these sound familiar to you?** If so, great!

**Recognizing paradigms helps to see details on how you perceive and behave in ways that perpetuates suffering.** I think of the information as an encyclopedia of how I keep my control plan together

I'll be explaining how all this perpetuates a control plan in future conversations. Feel free to have a [\*\*30 minute free consultation\*\*](#) with me, to ask any questions you may have.

[\*\*CLICK HERE\*\*](#) to schedule your appointment.

**Okay, now onto to reason #4...**

## **4. Secretly Distracting Yourself from Observing**

Now you've seen some paradigms you might be familiar with, it's time to look at how you secretly distract yourself from observing what's happening inside.

First some definitions...

- **Observation** : “The action or process of observing something or someone carefully or in order to gain information”.
- **Distracting**: "To draw away or divert, as in mind or attention"

**Mastering the art of observation calls upon your ability to presence yourself, observe and gain information with questions like these:**

- How am I talking to myself?
- How aware am I of my body, thoughts and emotions?
- Where's my focus of attention?
- How honest am I being with myself and others?
- What circumstances and feeling tones do I keep recreating?



**Unfortunately, a control plan is designed to trick you into distracting yourself from observing accurately.**

Common distractions you may be “using” include:

- Shifting your focus of attention away from the truth by struggling inside.
- Giving false meaning to what's happening, and blowing it out of proportion to struggle and avoid what's really happening
- Struggling to staying busy with endless work.

**Being present in observation mode, allows you to gather information you need to disassemble your struggle.**

**Good observation questions might be:**

- Where do I feel the struggle inside?
- Where's my attention focused right now?
- When do I habitually shift my attention to something else?
- How familiar is the experience I am having right now?
- How am I distorting what I see and know, so only a 1/9 he of my perception is accurate?

**Deeper questions include:**

- Am I willing to take my attention inside myself and get clarity on the truth of what's really happening with me?
- Am I willing to face and embrace the truth of my struggle?
- Am I willing to admit the truth, without contracting and distorting?
- Am I willing to love and respect myself, no matter what the evidence?

If the answers to that last set of questions is “Yes”, then you're definitely on the right track to do what it takes to bust the reasons you're holding back from ending the struggle inside.

**Here's an exercise:** First, gratitude to Helen Palmer, originator of this exercise and the many books that helped me understand myself and change my life. Now try this out:

- Focus your attention in the middle of the room, then...
- Shift your attention on a far wall, then...
- Let your attention go into neutral (no focus, relax your attention), then...
- Shift your attention to book reading distance, then...
- Focus your attention inside of yourself...

**Do it again, and notice how your attention moves around in the space. Where does your focus tend to land? What stands out to you as you shift around?**

- Do it again with your eyes closed.
- Again with your eyes open.

**Noticing when, where and how you shift your attention gives you tremendous amounts of information about how you keep the struggling going on inside.**

Here's an interesting and subtle belief that you might observe:



*"If I let myself feel how powerless I feel, I may find out I'm really powerless. So it's better to push those thoughts and feelings away, and hold the hope that someday I'll be empowered and free".*

**Now shift it to this one:** *"Feeling my powerlessness all the way through, allows movement and circulation to free me up from holding back and unleash the power and freedom that's always been inside me."*

Keen observation and willingness to focus long enough, allows seeing more of the subtle aspects of your control plan.

Before going on to reason #5, ask yourself this question:

***"What's the nature of experiencing the most loving, fun and empowered aspects of myself?"***

**Now onto reason #5...**

## **5. Secretly Letting Responsibility Take a Bad Rap.**

What might happen if you take 100% responsibility for your life? What if you were 100% responsible, not 99.9% responsible?

**Unfortunately, being responsible often takes a bad rap.**

Think about it...

**Does hearing the phrase "You need to take 100% responsibility for your life" ever make it sound like...**

- A laborious task.
- More struggle rather than more freedom.
- Making you sick and tired.
- The end of having the fun you did as a kid.
- Opening you to blame and shame for being the one that's responsible.

**The idea of taking 100% responsibility for your life may seem like a struggle right now. That's okay. Many questions come to mind when people think about the possibility of taking 100% responsibility for their lives.**

**Questions that arise include:** "How could there be so much struggle and suffering in the world if no one's a victim?" "How could taking 100% responsibly keep struggle from overwhelming to me, when struggle is a big part of life?"

I understand, the very same questions were on mind for years, and...

**THE GOOD NEWS IS:** Having these questions is part of the process, and as soon as you make "the decision" to be 100% responsibility in your life, the universe sends the answers in many beautiful and mysterious ways. Suddenly you understand what the true meaning of freedom is.



**Being responsible includes:**

- Knowing you're not a victim of life.
- Awareness of the effect and consequences of your choices.
- Being part of the resolution instead of part of the problem.

**Every challenge you face, defines and refines you if you're willing to take 100% responsibility for your experiences.**

One day I realized by taking 100% responsible, I'd be in the drivers seat. I suddenly understood, I'd be positioned to steer my life! I quickly embraced the victim inside, and set her free. She jumped in the driver's seat with me, and never looked back.

I still remember, when the phrase "taking full responsibility for your life" seemed like a daunting task. I'd hear myself saying, "If I take full responsibility for my life, I won't have any more fun."

I was hearing people talk about responsibility with ideas like this...

- You need to sacrifice to be "successful".
- Emotions are secondary to getting things done.
- You're responsible "for" others (rather than responsible "to" others).
- Responsibility comes with being shamed and blamed.
- Responsibility is something you "have to do" when you grow up.
- You have to buckle down and do what you're "supposed" to do,
- Struggle is inevitable, let go of what you're passionate and motivated about.
- Forget what you feel passionate, inspired and motivated to do.

## **No wonder the word responsibility seemed so dark and heavy!**

If you think you have to sacrifice parts of yourself to be responsible, you'll always be struggling inside. Of course you will, as it takes enormous amounts of repressing and depressing to push parts of yourself away. It's so much easier to take 100% responsibility!

Check it out...

The word responsibility. **Responsibility = Response- ability**, the ability to respond.

It's in your nature to respond to everything you see, hear, feel, taste and know, right? Responding in a beneficial, loving and empowering way is what gives you freedom to guide your life. Makes sense, right?

Some people might think responsibility means trying to control and manipulate the details of their life. What I'm talking about is the willingness to be responsible for designing and shaping your life.

As I mentioned earlier, "It's the difference between surfing through life, while enjoying the ride, or stumbling, crashing and getting sand up your nose".

Ask yourself these next few questions and be willing to receive the answers at the most beneficial times:

- **What's the nature of experiencing 100% responsibility for my life?**
- **What's the nature of experiencing the joy and empowerment that comes from taking 100% responsibility for my life?**

**Onto Reason #6...**

## **6. Secretly Not Loving Yourself, no matter what the evidence.**

**Have you ever wondered what "loving yourself" really means?**

You're not alone in wondering this!

Unfortunately, the expression "loving yourself" is often associated with, self importance, self obsession and reasons why shouldn't be loving to yourself.

It remind me of years ago when I first learned about what it meant to love myself. I went to a service organization called "Save the (fill in the blank)\_\_\_\_\_", and I found it surprising that most of the staff was working 14 hour days, were exhausted, struggling and seemed as if they were the ones needing to be saved!

It was then I truly understood the power of what it meant to truly love oneself and others. I woke up to the fact that I'm only able to love and help other people to the extent I'm able to love and help myself.

**THE GOOD NEWS IS: Loving yourself means making choices that encourage, nurture and support yourself.**

Start by asking yourself this question:

**"What is the nature of experiencing myself loving myself in all the most loving, nurturing and empowering ways?"**

Loving yourself includes:

**(1) Accepting yourself, no matter what the evidence.**

You may be thinking, "What?!?!? Accept myself for how much I'm struggling and angry right now? That's crazy! I hate how I feel!"

This is one of those "moments" it's critical to give acceptance for where you are, no matter what the evidence.

It's totally understandable whatever you're experiencing.

After all, who likes to feel stuck and struggling? And if you are angry, good for you!

Stop struggling with it and think about it....

Anger's a healthy sign that you are on the fast track to freedom! Anger's the energy that wells up inside yourself when want a change. It's your natural beeper system that lets you know when you need to create more space inside.



When anger, the desire for change, builds up inside of you, what do you usually do? Do you accept where you are? Accept you're feelings? Or push feelings away, and pretend nothing's happening?

It's fine to tighten your fists, grit your teeth, growl and let your fists shake in the air! It's good for you, it's a sign of loving and accepting yourself!

Getting angry and expressing in a safe and healthy way is part of being human. Unfortunately, anger is one of the least accepted feelings, and often gets pushed aside and struggles inside until it swells up and blows up like a volcano. That's definitely not a way to love yourself!

Here's another way of loving yourself...

## **(2) Talking to yourself in nurturing and supportive ways (no matter what the evidence).**

**For example:** Imagine someone just got mad at you for saying something. Here are two different ways that you can choose to talk to yourself about what happened...

- "No matter what I say, it's never enough"
- "I'm not good at communicating, I might as well give up"
- "I'm not a good enough person"
- "There must be something wrong with me"
- "I'm a loser and should forget about ever having any friends"
- "She hates me, I might as well leave and never come back"

OR

- "Wow, I didn't know that I was having that effect!"
- "I care about this relationship, so I'll take a deep breathe and commit to resolution"
- "I admit I was struggling inside and being provoking by not being present for what was happening"
- "I'll learn from this experience"
- "I'll Take another deep breathe, and find a place to circulate some of my reactive energy"
- "I'm ready to go back and apologize and commit to staying more present and communicating more clearly."

**Notice how the second option feels.** Cultivating optional ways to talk to yourself is definitely loving yourself and brings more freedom in your life.

Talking to yourself in degrading and self defeating ways often becomes a habit, so be sure to listen to how you talk to yourself and commit to break any destructive habits.

Here's another way of loving yourself...

### **(3) Asking yourself powerful questions and experiencing the answers.**

Powerful questions give powerful answers. As soon as you ask a question something inside you starts shifting immediately, and catalyzes the universe to respond to you.

If you use thinking wisely, you can craft your questions in such a way that the answers come as the bodily felt sense of having the experience you want.

For instance:

**If you ask a question like this,** "What's struggling inside?" Now follow that thought and imagine what kind of answers you'll get. You'll probably get answers showing you what struggling feels like. You already know that, right?

**Now, what if you'd asked the question like this, "What's the nature of experiencing the most beneficial and empowering freedom possible?"**

What experience would that answer be? The answer would come as the experience of beneficial and empowering freedom, free from struggling!

Choose your questions wisely, and you'll notice the answers match the quality of the questions!

Here's one more of the many ways to love yourself...

### **(4) Being in appropriate relationships**

Be with people that love, nurture, empower you, rather than in constant struggle. Being in appropriate forms of relationship, sets you free. Be willing to follow the truth, knowing what's appropriate in any given time while knowing it can change.

For instance:

- A person may feel great as a business partner, and be a struggle if you have them sitting around your dining table, or be sleeping in your bed.
- Someone may feel great as a traveling companion and not a sleeping partner. You both understand that the form of the relationship is flexible, and you'll keep being in the truth of that.
- You know a person loves you unconditionally, and you just aren't "feeling it" as a partnership. You know it would be a struggle.
- Sometimes you feel like sitting down next to someone, and sometimes you don't for no particular reason. It's all okay.

(More on this subject in future conversations)

**Onto Reason 7...**

## 7. You're Secretly Unwilling

You may be asking yourself, "How do I know if I'm willing or not?"

My answer is always the same, "You know, you feel it."

**Willingness is something you know and feel and takes a keen ability to observe.**

Start exploring by asking yourself this question:

**“What's the nature of experiencing 100% willingness?”**

Willingness is one of the most essential skills for ending the struggle inside.

Willingness is the art of:

- Suspending your thoughts while bringing forth a bodily felt experience of openness.
- Suspending of how you've "held" things.
- Opening space for something new to happen.
- Letting go of a static perceptions.
- Releasing contraction in your body.

All that said, willingness is a suspension of perceptions and tensions long enough for a shift to happen.

Make sense?

**THE GOOD NEWS IS: If you can be in 100% willing for at least 10 seconds, something happens. Even a full 10 seconds of suspending the way you have been “holding” things, will get the ball rolling! Ten seconds of 100% willingness, not 99.99%. will create the space for something new to happen.**



Believe me, it works so well that you may not even notice what’s happening. Have you ever experienced that? Wanted to end a certain struggle in your life, made a decision, were willing and one day realized the struggle was gone?

It's true, when you're willing you let go of the "grip" on what's holding you back, you can wake up one morning and ...

- Notice that the struggling is gone inside.
- Experience support coming in from all directions.
- See pieces of you puzzle coming together.
- Realize that your dreams are coming true!

**You still may be thinking, “Now, tell me, how do I know when I'm 100% willing?”**

It's funny when I think back on all the things I did to get answers to that question. I walked the line of the country road, breathed into my intentions, hung upside down from the couch to change my way of looking at things, screamed in pillows, hit pillows, danced for hours, spent hours in nature and did anything I could think of to to shift my energy.

All those things helped, and it wasn't until I fully admitted my willingness that things changed. I needed to love and nurture my willingness to 100%!

Believe me, you know and if you’re willing or not. You know if you're holding or struggling in your body. You simply know.

Here's some ideas on getting to the "100% willing”mark:



- First, admit how much unwillingness you have, and rate it from 1-100%.
- Check in as you go along and see what percent you're at.
- Embrace the unwillingness (I like to hold a pillow and pretend it's my unwilling part)
- Breathe into it...
- Let your willingness know you're not going to push it away or pretend it's not there anymore.
- Talk to it.
- Let it talk back to you.
- Breathe into it.
- Let it move and vibrate.
- Let go of the grip you've had.
- Gently let the holding back dissolve, resolve and evolve away.

You'll know when it happens, and even if you tighten up again, you've created a crack, a doorway for something new to happen.

It's fine wherever you are in the process. Admit where you are, and you'll be making headway. Keeping checking in along the way, see where you are on the 1-100% scale.



**For instance, if I asked you right now:** *"How willing are you?"*

**You might say:** *"I think I'm at about 45%".*

**I'd say:** *Great! That's a good start, you know what I'm taking about. Your openness to explore and admit the truth is where it all begins!" Keep checking in with yourself, get new reference points for higher levels of willingness and keep expanding on that.*

*Remember, wherever you are is fine. Embrace whatever you find. Your body will start getting the message that willingness is where you want to go.*

*Remember, you're training yourself to go in a new direction. You're breaking the habit of unwillingness, and you'll need time to go thru withdrawal while establishing new pathways."*

No amount of convincing does any good when it comes to willingness, 100% willingness only happens when you're ready.

Willingness is consent to release reluctance and resistance. It's a decision, a focus, concentration and truthfulness.

It takes asking yourself questions like these...

- "Am I really willing to be free?"
- "Is there a little part of me that wants to struggle and stay how I am?"
- "I'm used to struggling, it's become a habit. Am I willing go through withdrawal?"

None of those questions have a right or wrong answers, it's simply about noticing where you are in it all. The power of willingness is sometimes underestimated, and it's good you're here remembering that 10 seconds of 100% willingness, can give you the results you want.



**Great, you made it through all the 7 Reasons...**

If you have any questions, [CLICK HERE](#) to schedule an appointment for a **free 30 minute session** with me.

Go to: [www.crystalpresenceonline.com](http://www.crystalpresenceonline.com), and give me your best email address and I'll send you a series of emails with more tips on ending the struggle inside.

I also invite you to check out my **6 Week Online Interactive Course, Freedom at the Core.**

I look forward to hearing from you,

Crystal

