



My Need to Please:
**A Guide to Getting
Back Your Power!**

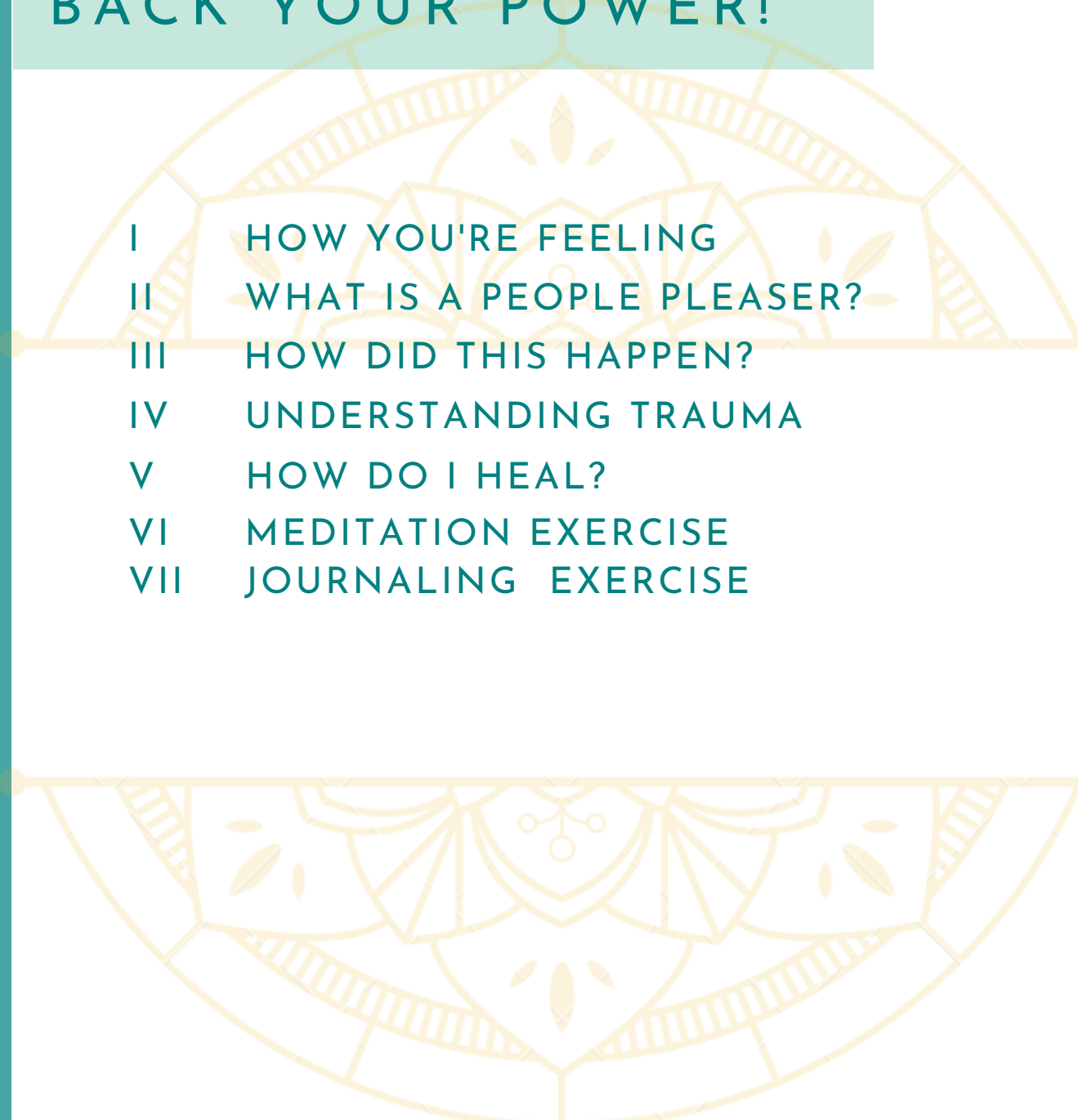


Get Clear About
How You Feel
So You Can Heal!





A GUIDE TO GETTING BACK YOUR POWER!

- 
- A large, faint, golden-yellow mandala design is centered on the page. It features intricate geometric patterns, including triangles, circles, and floral motifs, creating a symmetrical, sunburst-like appearance. The mandala is partially obscured by the text and the teal sidebar.
- I HOW YOU'RE FEELING
 - II WHAT IS A PEOPLE PLEASER?
 - III HOW DID THIS HAPPEN?
 - IV UNDERSTANDING TRAUMA
 - V HOW DO I HEAL?
 - VI MEDITATION EXERCISE
 - VII JOURNALING EXERCISE

Section One

A Guide to Getting Back Your Power!



Section One

A GUIDE TO GETTING BACK YOUR POWER!



Firstly, congrats on recognizing how you feel and reaching out. You may not realize it but these are huge steps. Awareness and intention are key to moving our healing journey. We'll talk more on this.

How you're feeling right now...

- Frustrated and resentful
- People that are supposed to be giving are taking advantage of you
- Stressed and burned out
- Really dissatisfied in your relationships
- Don't seem to have any time for yourself

If you resonate with any of these, it's likely you've taken on some patterns of a 'people pleaser!'

What is a people pleaser?

People-pleasing might not sound all that bad. After all, what's wrong with being nice to people and trying to help them out or make them happy?

But people-pleasing generally goes beyond simple kindness. It involves "editing or altering words and behaviors for the sake of another person's feelings or reactions.



“ I AM ONLY WORTHY OF LOVE IF I
GIVE EVERYTHING TO SOMEONE
ELSE” IS ONE COMMON BELIEF
ASSOCIATED WITH PEOPLE
PLEASING! ”

Below are some telltale signs of people-pleasing.

- You're quick to agree when you don't really agree
- You're a giver
- You struggle with authenticity
- You feel responsible for how other people feel
- You apologize often or accept fault when you're not to blame
- You feel burdened by the things you have to do
- You can't say no
- You feel uncomfortable if someone is angry at you
- You act like the people around you
- You need praise to feel good
- You go to great lengths to avoid conflict
- You don't admit when your feelings are hurt

Section Two

A Guide to Getting Back Your Power!



Section Two

A GUIDE TO GETTING BACK YOUR POWER!



How did this happen?

People-pleasing behaviors often arise as a response to fear associated with trauma.

Stemming from a type of control or expectation from our care givers that stops us from expressing our own individuality.

It can be on a very subtle level where all your physical and even some emotional needs were met but underneath it all our care giver was experiencing immense fear, perhaps trying to unravel their own intense trauma and in the process over compensating. So their love was more like a smothering control.

Meaning their love is less about the recipients growth and authenticity and more about filling a void of their own repressed guilt, shame and inner torment.

As children we soak up everything in our environment. We see, feel and hear only the intentions of our carers, including negative patterns of behavior and often take them on as our own burdens and start caring for them. In these scenarios the child almost always feels like the parent emotionally. A huge burden to carry ultimately a pattern of, I have to save or rescue in order to feel love and have my needs met.



Or it can be on a very gross level, where physical, mental and emotional abuse, abandonment or neglect were experienced as a child or partner.

If the person doesn't do exactly as the abuser is requesting there is a form of punishment, irreputable consequences for the victim. Creating a learned behaviour that in order to feel safe I have to please those around me, I have to do something for another before I can feel safe within myself and worthy to receive.

Either subtle or gross both of these scenarios make it impossible for the person to feel safe enough to express their own individuality. To learn who they are in this body.

Instead it's not safe to maintain certain boundaries and to be liked and loved I must be someone else and give, give, give.

Let's have a quick look at exactly what trauma means and then focus on how we can heal!



Trauma - From a Somatic psychology Standpoint

To put it simply, when our body and mind are overwhelmed with too much stimulation, too much external distress, something that comes into our lives before we're prepared for it, before our system is ready for it. Too much, too fast and too soon, this creates trauma. Trauma is not something that exists in the event itself. A single event is not inherently traumatic or not. Trauma emerges as a result of the way in which our body and nervous system respond to the external stimulus.

From this we can understand that trauma is almost a common experience for everyone to have at least once in their lives.

From a Vedic standpoint

The yogic philosophy uses the term samskara. This is an unconscious impression on our psyche that makes up your conditioning and shapes your world view.

They are patterns that have become strong enough to alter our thinking process and influence our mental space entirely. They have been engraved in our psyche so deep that they become the determining factors of our personality, behaviors and decision making

Section Three

A Guide to Getting Back Your Power!



Section Three

A GUIDE TO GETTING BACK YOUR POWER!



How do I heal?

Awareness

Creating awareness is an integral aspect of your healing journey. Being a people pleaser means we're often 'stuck in our heads' and worrying about others and trying to get through our never ending to do list. So firstly let's start checking into our inner world. Check in to how we feel.

Inner Child Work - Reparenting

What we experienced passively as a child we try to correct actively as an adult.

Reparenting and Unlearning is a huge page of the healing journey.

Regardless of whether you've learned these behaviors as a child or as an adult, inner child work is a series of tools that allow us to lovingly and gently reteach, retrain or reparent ourselves and ultimately unlearn those behaviors that are no longer serving us.



As we explained earlier, trauma is our body and mind communicating that we're still in danger, we're in trouble. It's like a CD or record going over the same groove over and over and not moving to the next part of the song.

Finding ways to communicate with these parts of ourselves not only encourages pure self expression but also creates authenticity. The parts that we were trying to be, that keep us safe, can meet the parts that we've hidden away for fear if we express them we'll be banished by those around us.

Meditation

Please refer back to page where you downloaded this guide and make some time to hear and partake in the 9min 'Intro to Your Inner Child Meditation video.

This will help to

- Bring you out of your head and into your heart
- Create awareness of what's happening in your body
- Create a deeper awareness of your inner world
- Help to build a deep loving relationship with YOU

Once you've completed the meditation exercise, please complete the journaling exercise, on the next page, straight afterwards.



More points on How to heal...

Seeking out help and guidance

Ultimately we have these patterns because this is the way we were shown how to do life by our parents and one of the best ways to do this is to seek out those who can support and guide you forward through their example. Association with those who have shown up for themselves and taken responsibility on their own healing journey is truly the fastest way to heal.

You can do this through -

Coaching/Counselling/Psychotherapy

Find someone you can trust to hold space and guide you on your journey inwards is a fantastic way to relearn these behaviours and patterns that are no longer working for you. Hopefully this person is authentic in their offering - has and is continuing to apply what they're sharing with you.

Energy Healing

There's just so much to us that we don't see, much more than our physical form. Essentially we are all energy! Each cell within our body has it's own energy frequency.

Even though this knowledge has been around since time immemorial, Quantum physicists and even electricians engineers have mapped this out scientifically.



Sadly no information on the soul but plenty on our subtle energy bodies. There are many layers to our subtle energy body but the main ones we struggle with are our mental and emotional bodies.

These bodies, sit around our physical form several centimetres away and hold certain impressions or samskaras that impact our day to day life and when they remain unhealed, coupled with the stresses and pressures of day to day life we can feel physically depleted and in some cases become extremely unwell.

As much as coaching, counselling - talking about it is so helpful, allowing for lasting shifts and healing to take place. It's less likely, however when we have trauma that these modalities can assist. Trauma causes these bodies of energy to become frazzled, intermingled and short circuit. It's because we feel this pain over and over again, the way we relate to the world and ourselves gets all mixed up. Signals are firing off every where, making us easily overwhelmed and depleted.

Energy healing acts to clear and nourish every level of our subtle energy bodies, as well as our 7 main chakras.



The healer acts as a conduit or channel for higher energy frequencies to come through into that recipients subtle energy body. This high vibe energy is around us all the time, we just often don't know how to receive it. The high vibe frequency cleanses and clears any negative or toxic energies and nourishes any imbalances or areas that are depleted. Leaving you feeling relaxed, refreshed, inspired and connected.

A seasoned healer will be able to explain where the energy went, why and share further messages for your healing journey.



Allow for a new definition
of love to emerge.

You are not your thoughts.
You are not what happened
to you.

You are a soul in a human
body having a human
experience.



Hi lovely, I'm Lalita

A former Monk, Intuitive Energetic Healer,
Spiritual Coach & Mentor located in Northern
NSW, Australia.

I support women experiencing emotional trauma
to feel safe inside themselves again. Regain
their inner strength and take back their power!



Get in Touch

Read more at www.atma-healingjourney.com
Email me at 4daysofhealing@gmail.com



[instagram.com/atma_yourhealingjourney](https://www.instagram.com/atma_yourhealingjourney)



[facebook.com/atmayourhealingjourney](https://www.facebook.com/atmayourhealingjourney)