

**Central Life Pattern: Pretty much is yours! Not inherited. YOURS. Never goes away. But as your awareness increases you see that it's cyclical. It has predictable conditions and can be better prepared for. Get acquainted because this pattern repeats. Your responses differ.**

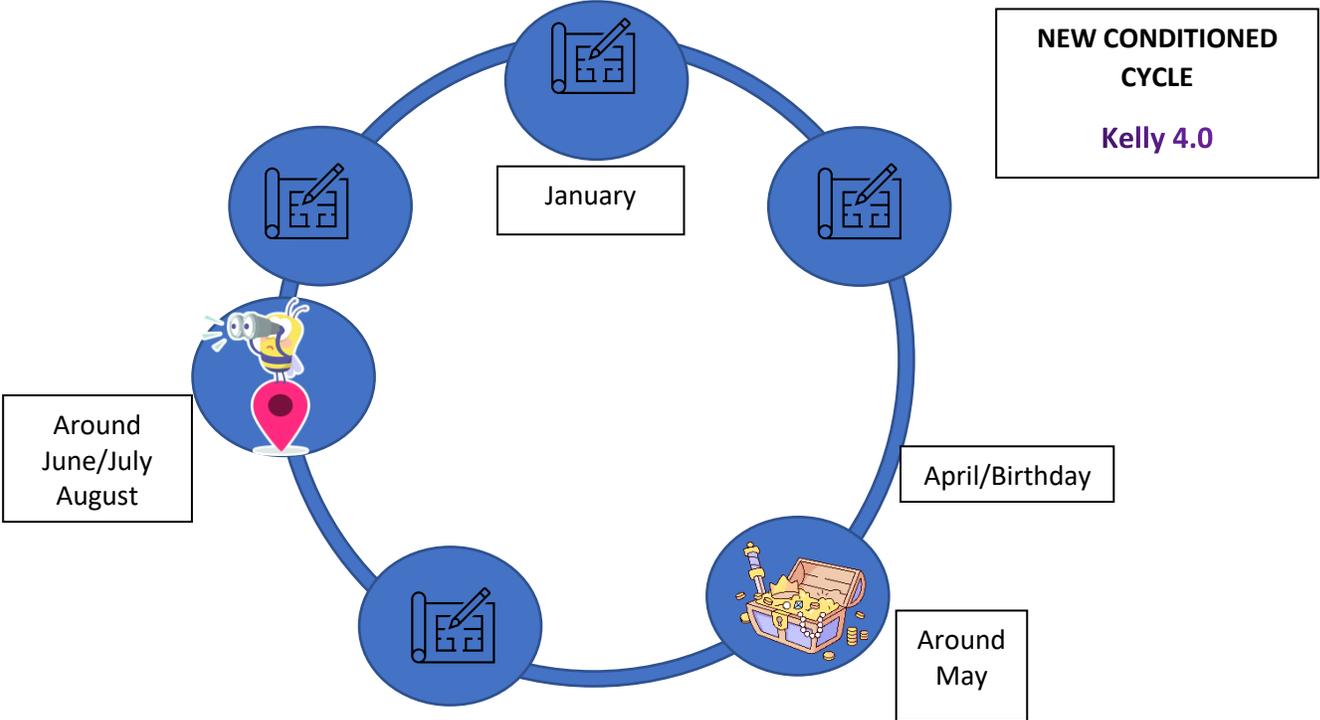
*RED- Is what I allow. My cycle is not bad. It just \*HAD no awareness or order.*

**I receive BIG money.**  
Usually while in mania.  
\*That money FELT like a star for a short moment.  
Made big depleting financial .moves off of impulse.

**Planning now happens wisely and slowly BEFORE.**  
\*I had no practicing masculine energy in me. I had no clue what a plan consisted of. I got "poorly organized" and thought I was good.

**On Personal Pause**  
\* I felt the desire to share my "feel-good" moment with someone. I activated the unresolved familiar cycle to "FEEL chosen". My platform makes me visible. And the frequency call is ALWAYS heard and met with partners who have been horror mirrors.

**I call in Eros Soul Mates:**  
\*QUICK/FAST/WIRLWIND relationships that I give my focus to. Then I'm off focus of my LARGE financial investment. Off discipline. Off routine. Finances dwindling. Additionally, heartbroken and in an emotional LOSS.



What was I doing AFTER the “breakups”? Revving my emotional, broken, scattered energy up for another round. Not HEALING and SEEING ME. Just trying to cover public embarrassment and ego recovery.

“Attempting” to get organized and have a glow up. I was always fueled by, “I’m going to show them and make them sorry.”(This is baby of the family language) The competitiveness of masculinity is strong in me during this phase. I felt embarrassed & in pain. My mission was to turn that back onto them. But make no mistake, I was NOT ordered. Just racing with no destination and wild conditioning. Not realizing the REAL personal meaning of evolution. If you can use this pain to “superficially glow up”, BY YOURSELF, then what would happen if you really got ordered and consistent? Taking a half thought out “glow up” and transmuting it into full evolution.

I’d muster all the order I knew, which wasn’t much. Asked far too little questions from experts. Never taking the time to scout, research, study, find mentors, settle in, understand, gain different perspectives, no sounding board, no time to gain roots, learn. Never SLOW and steady. Always in a RUSH to make them sorry and show the world (my platform) that I wasn’t the problem. My evolution was always shallow, superficial, 70% esthetic and LACED in pressure by self to perform. This is why it was always followed with a heightened “UP” episode.

Peace & baseline was so misunderstood by me. Peace & baseline felt like I was there TOO LONG. And that I wasn’t progressing just sitting still. I didn’t know HOW to sit still and most importantly WHAT to do while my body was still. How to STILL my mind to FOCUS on one VISION. Focus & clarity so that I could make 3 mighty moves towards my vision vs 30 moves that did very little in all directions. Releasing the contract that I had to appear “busy” and always moving to be productive and valuable. This started with HOW I managed my waking hours. My energy. A consistent schedule. This is the disciplined work that most will resist accomplishing.

**MY SOLUTION: I RECONDITIONED what I feel, believe and the excitement I have towards the process. The operation. I repositioned the process in my mind, to feel exciting too. I now invite and enjoy the good, peaceful sound of anticlimactic consistency. I finally like feeling slow and steady. I no longer care or think about how others perceive or view my process. I know my “Why I’m doing it THIS way” and I know my ultimate life’s goal is MY joy and happiness. No one knows how to get there FOR me. My schedule and healing created a pleasurable path that I wouldn’t resist. Through keeping a schedule I:**

1. Got accustomed to slowing my energy down. And I really appreciated the slow of my energy. I was unfamiliar with that mode. I didn’t know it could feel so good and easy.
2. I clearly could see the difference between anxiety and excitement. I thought I was excited most times but I was accustomed to living in anxious energy. It had been conditioned into my character. Through a schedule I learned to altar and improve my character to my specs. Character development.
3. I learned that my menstrual cycle and hormones have a BIG impact in how I felt and handled so much of life. Unmonitored (within my own container) without research of triggers, without masculine container surrounding those triggers, without me seeing where to shift the narrative (what message the trigger is communicating to me about myself in relation to the world) I was cycling Up and Down so quickly, I didn’t even realize I was as scattered, low or wild as I was existing.
4. Most importantly I learned that its not only about (Why I chose that task) WHAT I do in a schedule. It’s about the ORDER (why that order specific order?) and the HOW I was doing it. (slowly/consistently/with grace/with discipline)- This understanding single handedly harnessed the vast majority of my energy and makes my moves and celebrations more frequent, consistent, not depleting, replicable. And this is my documentation.

**Copy and Paste this exercise for yourself. Template below.**

## **CHANGE THE RHYTHM, PUT THE ELEMENTS IN ORDER.**

Look at this cycle. STUDY IT. Identify the sequence. Identify the sections. Clarity of this ONE cycle can unearth a myriad of messages you've taken in. Hiding, lurking, comfortable until provoked through your cycle. You've just been oblivious thinking things are coming out of nowhere. Different cast members don't change the storyline.

How many times can you see where this exact central pattern has happened? In different seasons, with different characters. Same outcome feeling and same duration. SHORT.

Take your time at night and start working through these thoughts.

- What are the conditions that surround the start of the cycle ALWAYS?
- What are the ways to know that the cycle is coming?
- Where you are in the cycle and what will happen next and when?
- Does the order of your cycle need to change?
- What needs to be added?
- What tools can you add, learn and practice NOW to the upcoming cycle?
- Who do you need to be becoming to be ready for this next cycle?
- Look at each stage, find where you MISSED the "split moment"?

Grab your cards. Look at each of them alongside your cycle. Your cards should be a sounding board. The boundaries for your cycle. Those cards should directly line up with "historic hangups" your C.P. The cards are what you believe and accept TODAY. The cards become a filter to make sure it's the right move, people, timing, in alignment with your VISION. You should be able to see the answer of HOW to navigate, prepare for, set boundaries & the safety of what's coming THIS time.

