

The Five-Step Healing Reaction Guidesm

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Do you want to know more about what makes you react? Do you want to know more about the reaction patterns and reaction dynamics that keep you reacting? If so, this guide is here to help you to understand more about what causes reactions and more about the process we all go through as we react.

In this guide, you will learn what you can do to move through the process more quickly, gracefully, and lovingly, so you can heal and move beyond reaction altogether.

Section One

We all have moments when life situations trigger us and we react. Our adrenaline kicks in and we access our primal consciousness drive to fight or defend. This is natural. We are human.

Sometimes we feel powerful when we react, especially if we win the fight or successfully defend our self and situation. But most of the time we feel more powerless as we realize that we only make things worse by embarrassing ourselves or hurting those we care about during our reaction.

The Source of Reactions

Reactions do not come from our higher aspects of wisdom, clarity, or choice. Reactions are primal responses from our instincts and patterns.

During a reaction, we let aspects of our true-self step aside and we let our primal consciousness reaction response take over.

It may feel good for a few minutes to let go and let our reaction take over. It may feel good while we access power and control energy. But eventually we come to realize that we did not choose, from our hearts, the things we said or did.

Moving Beyond Judgment

We all have the fight or flight survival instinct. We all get triggered and have reactions. And when we are in true survival situations, the survival instinct is often vital to get us through our situation.

But most of the time we are not in a survival situation when we react. This is when it is helpful to have another option.

The purpose here is not to judge survival instincts or to judge reaction patterns. The purpose here is to respect our survival instincts and then to help us see that we can move beyond these instincts to create a new way of living that is beyond the fight and flight reaction patterning.

Moving Beyond Reaction

The key to moving beyond reaction is not to abandon the primal consciousness. We don't have to separate from this part of our self to move beyond reaction. All we have to do is differentiate our self from our primal consciousness instinctive reaction patterning. All we have to do is see that we are different than our primal consciousness. We are more than our primal reactions.

Owning Our True Selves

We are more than our patterns of reaction. We are divine beings in human form. We are wise, thinking, feeling, caring, and loving beings that exist beyond our reaction patterning.

Before The Awakening

Most people today are not aware of being different than their reaction patterns. Most people are not aware of how to live beyond the survival game. Most people simply accept the game of survival and go with it.

Some People Enjoy The Game

Many people enjoy the game of survival. Many people enjoy the sense of being powerful and in control. Many people enjoy that feeling of being able to dominate and win. Many people feel exhilaration when there is pressure, intensity and fear. Many people feel a type of sensory pleasure and mental heightening that comes with drama and tension. For others, it is the ego satisfaction that comes with competing and conquering.

Wanting To Be Free

If you are reading this guide, you are most likely someone who is wanting more than the survival way of being. You are most likely going through some shifting, growing, awakening, and opening up to a new way of being. You may be wanting more than the competition, domination, fight, struggle, or effort-filled way of life. You may want more than the hiding out of fear, running from the truth, or escaping from the discomfort...way of life.

You may be getting bored with the survival game.

You may be ready to explore new horizons.

You may want to experience a new kind of freedom from the old ways.

Ready For The New Way

When you are ready to go beyond the power and control world of survival dynamics, you are ready for the next step. You are ready to truly experience the new way.

The new way is beyond survival. It is beyond power. It is beyond control.

The new way is about love.

The new way is about opening up and experiencing what it means to truly love and be loved.

Pure Unconditional Love

There is a world beyond survival, power and control. In this world, everything is love-based.

You are already in this world.

The Awakening

For those of you not aware of this world, "Are you ready to awaken to it?"

All you have to do is differentiate your self from the survival game within yourself.

Take a moment and differentiate the real *you*, from your survival reaction patterning, and you will see that you are more.

You will see that you are beautiful.

You are love.

You are pure unconditional love.

Ascension

Ascension is the process of opening up to your true-self, higher-self, spiritual-self, divine-self, God-Self.

Ascension is the raising of your consciousness to the higher frequency aspects of self.

As you open your heart, you begin to find your spirit. You begin to awaken to your divine essence.

As you open to your heart, you begin to sense you, the divine you.

The New World

As you open, awaken, and expand your awareness to the divine you; you take your consciousness up to a new plane of existence and you see a new world.

You ascend your consciousness into this new world.

In this new world, the new way is right there waiting for you, effortlessly, magically, and mysteriously.

Becoming Multidimensional

When you awaken to the divine you, you ascend into the divine world and you become aware of a new dimension of consciousness. You become aware of spirit.

With this new level of awareness, you are multidimensional. You are now aware of your spirit, and of your body, your emotions, and your mind.

Healing Reactions

Being multidimensional allows for self-healing.

When you open to the divine aspects of your self, you access the divine you that is pure unconditional love. From the divine you, you are the space of pure unconditional love for those parts of you that react.

As pure unconditional love, the primal aspects of you become free to be. They are free to react, and they are free to relax, calm, heal, and awaken to the divine space that you are holding.

When you access and become the divine you, and then hold space for the primal you to calm, heal, and awaken, then all of you becomes free.

When enough people access, become, and then hold pure unconditional love, then there is a space created for the global primal consciousness to react and then to relax, calm, heal, and awaken to the divine. It is at this time that our planet and all living things on the planet ascend into the divine.

Natural Healing

Today, it is natural to be in the space of love and react. This is how we begin the healing process. We open to the space of love and then we hold that space, even when the primal aspects of our being react.

Natural Healing occurs as we go into our hearts to love our selves when we react.

Unconditional love creates a space for our reaction patterns to heal.

We do heal.

We do become free.

(In the next section: The Five-Step Healing Reaction Processsm describes how this process of natural healing works.)

Section Two

Where are you at in the reaction process?

Think of the last situation that you were in when you reacted.

Read the following stages of reaction, see what level of awareness you had in the situation, and then identify where you were at in the reaction process.

Check back in a few months, recheck the stages and see how you have evolved.

The Five Stages of Reactionsm

Step One: Identify A Reaction After The Reaction

In the first stage of our awakening process we are not present to our reactions in the moment of reaction. It is not until after we are done reacting that we look back and realize that we were caught up in a reaction dynamic.

In this first stage, we are awakening to the fact that our behavior was not what we wanted. We realize that we may have given up our self in the situation, or we did not respect all aspects of our self or others during the reaction.

This is a very important stage of awakening, because it is the time when we first realize that we are reacting. There is nothing wrong with taking the time, after we are out of the dynamic and we are safe, to honestly look back and face the way we reacted, both internally and externally, to our self and to others.

Step Two: Catch A Reaction, In A Reaction

In this second stage of awareness, we have evolved. This time we catch ourselves reacting during the reaction. We are not able to stop reacting, but we are able to see that during the reaction, we are reacting.

This is a major step, because we now own the reaction, while in the reaction.

Once we learn to own our reactions, when in reactions, then we can start to make choices from within the reactions.

Step Three: Make A Choice, During A Reaction

In this third stage of awareness, we evolve a bit more. This time, as we get caught up in life situations and we react, we are able to be aware of our reactions, and we are able to make a choice during the reaction.

We may be so caught up in our dynamic that we don't want to stop reacting, but at this stage of awakening we have the ability to make a choice.

The key is that we make the choice to disengage and enter a new energy space. We don't stop reacting. We simply disengage the pattern by walking away, cooling off, and/or shifting our attention to something else.

A great thing to do in this stage is shift our attention to our angels, guides, or higher wisdom. This shifts our energy immediately into a higher vibration. The higher vibration immediately transforms our self and situation for the better.

Another great thing to do in the middle of a reaction, in this stage, is to open to a friend or loved one who can hold a divine space for us. This gives us the safe and higher vibrational space to cool off, calm down, decompress, and relax. And then we can ease into our heart center where we access our own higher wisdom to help us let go, clear old energy, re-center, and move forward.

Step Four: Making The Choice To Bring In The Higher Self In the Moment

Ultimately, as we follow this process, we reach stage four. We are able to own the reaction during the reaction, and then right within the moment we call in our higher self and divine wisdom, to guide us and to transform our situation for the better.

This is a very powerful stage of awareness because we are integrated with our higher consciousness enough to regain contact with our higher self, even in the most reactive situation. The patterns are still held, but we are able to transmute them with our divine wisdom and clarity in the moment.

We may be totally caught up in a reaction, but we choose to stop the dynamic right in the moment. We are tired of the old way of reacting and we choose to live a new way, starting right in the middle of the reaction.

As we own our choice at this stage four, we are able to stop. We are able to sink into our heart and open to our loving, caring, and wise self, in the moment. We are able to sit in the uncomfortable dynamic and simultaneously attune to our higher self, call in the divine wisdom, and access the help from our angels and guides. We are able to allow the conscious shift of attention to change our vibration deep enough to

transform the dynamic internally and externally. We are able to become the highest good and become the best outcome for our self and situation.

And as we evolve through this stage, we no longer have to process the event after the reaction. We own everything in real time and transform everything in real time. We are able to flow right into a new moment with freedom, clarity, and grace.

Step Five: Beyond The Reaction

As we become more and more comfortable communicating with, and being at one with, our higher self, intuitive wisdom, and the divine wisdom of higher consciousness, we evolve to stage five and we move beyond our reaction patterns altogether.

We no longer react in situations that we used to react in.

This stage is the result of going through the previous stages:

- We have held the space of pure unconditional love and brought divine wisdom into our reaction pattern dynamics.
- We have released old concepts, constructs, distortions, and old ways of being.
- We are now free to simply create new situations, in alignment with our true sense of self, essence, love and wisdom.

We are free!

Reaction Summary

These five stages show us how we evolve consciously with regard to our reaction dynamics:

1. In stage one, we react without knowing it. We look back at our self, in our past situation and then we own our reaction. We gain awareness of how we reacted, after the fact.
2. In stage two, we become aware of how we are reacting, during the reaction. We still react, but this time we have awareness that we are reacting.
3. In stage three, we have awareness that we are reacting within the reaction, and we also have the awareness to make a choice to stop and shift the dynamic, even if just a tiny bit, so we can get into a new space. In this step, we have the ability, while in a reaction, to shift attention off the circumstance to get outside help from others, from our angels, guides and higher self; or, we simply leave the dynamic to get clear and get re-centered within self.

4. In stage four, we have the awareness that we are reacting during the reaction; and we have the ability to stop, open our hearts, access our divine essence, and become a divine presence to our reaction patterns and to those around us. We awaken to a lighter and wiser way of thinking, speaking, and acting with our self and with those in our situation. We invite our calmness, wisdom, love and light to transform our self and situation without us having any control or needing any control over the outcome.
5. In stage five, we have transformed our reaction patterns and helped our primal consciousness awaken and integrate with the higher self and the higher realms. We are now fully present beings of divine wisdom and love to the point of not getting caught up in reacting.

Section Three

To heal and move into the space of being free of reaction, it helps to understand our triggers. This section gives us a better idea of the most common triggers that make up our reaction patterning.

Triggers

As we learn to awaken, the primal consciousness that we hold inside still gets triggered. We continue to get triggered until we are able to access the divine and hold space for our primal consciousness to awaken to the divine.

The Depth of Reaction Dynamics

Triggers are complex. Many times we are in our hearts and we open to divine wisdom and love, and we still get triggered. This is because we are always relating to the different aspects of our self multidimensionally. Our bodies, emotions, minds, and spirits are constantly dancing together, interacting, and communicating on all levels. We open our hearts on one level and still can react on another.

Reaction dynamics come from the interaction between survival aspects of self and the other aspects of self, such as mental programming, emotional sensitivity, physical genetic codes, and spiritual purpose and path.

Specifically, trigger reactions come from any aspect of being that activates fear.

Specifically, trigger reactions come from any aspect of being that feels separate from pure unconditional love.

The key to healing triggers is to access the fear-based survival reaction, then access our own divine essence of pure unconditional love, and then invite our survival patterns into pure unconditional love.

Distortions

Many reactions are based on distortions. We simply hold beliefs that are not true, no longer true, or never were true.

In these cases, our reactions are based on new ways of information colliding with old ways, outdated ways, or distorted ways.

To heal distortions, we simply allow them to come up into our awareness. Then we differentiate them from our divine wisdom and love and then we invite these energies into our wisdom and love.

For example: We may want to speak our truth and that brings up fear. We ask to know what belief we are holding that is creating the fear. We ask if this belief is the truth today. We access our wisdom and love and then we bring our old memory into the present wisdom and love to heal. Then our old memory realizes that is o.k. to speak our truth right here and now when it may not have been o.k. to speak it in the past.

Impulses

Some reactions are divinely inspired dramas created to bring issues up from the subconscious into the conscious to be healed. That is why we often say thank you for that experience, after we go through it, open to it, learn from it, and heal.

Our higher self and spirit is amazing in the way it impulses us into situations, so we can learn, grow, and heal.

We do not cause the reaction or the distortion. We simply guide our self into the situation and then we become the courage, grace, wisdom and love, and we heal.

Overwhelm Reaction

It is easy for parts of us to get overwhelmed, confused, and lost. During the awakening and expansion process, there is often overwhelming reaction from our will centers, power and control centers, and fight/flight centers.

As we realize that it is impossible to control the larger reality that is flowing and unfolding multidimensionally, our old patterns, old concepts, and old ways of being get triggered and they activate the desire and the struggle to regain control of self and situation.

This is totally natural. The instinctive response is to go back to the old way with the hope of retaining power and control.

To heal we simply hold space for these aspects of our being to react and then we invite them into the new way of love, wisdom, and affinity based co-creation.

We invite them into pure unconditional love.

Unconditional love means all outcomes are o.k. There is no pressure or desire to control the control energy. The reaction patterns have total free will to open to love and wisdom whenever they want. They are under no pressure and so they can relax and they do. They let go and open to the space of wisdom and love that we are holding for them, when the time is right for them.

The Healing Transition Makes Us More Sensitive

As we go through the opening, awakening, and healing transition, we become more sensitive.

We are opening to our senses multidimensionally, and so we begin to sense, feel, and care on multiple levels.

We see, sense, and know the impact of our behavior in more expanded ways.

We sense our heart's response more clearly to the discomfort within us and around us.

We feel the personal impact of our interactions with all living things.

As we become more sensitive, we begin to experience dramas, triggers, and reactions in more intense ways.

The Good News

The very awakening that makes us more sensitive to all the discomfort also shows us the way to heal that discomfort.

Our very awakening shows us the way to access divine levels of wisdom and love, so we can transform our selves and our situations for the better.

Our very awakening shows us the way to open to new ways of being that are beyond what we have ever imagined.

This Is Our Time

We are awakening. We are opening to the divine.

This is our time.

Welcome the mysterious, the magical, and the miraculous.

We are opening to our divine and accessing our divine higher self. And from this divine place, we are helping our primal consciousness awaken and integrate with the higher self and the higher realms.

We are transforming our reaction patterns.

We are healing.

We are moving to a place that is beyond reaction.

We are moving into a place of pure divine wisdom and pure unconditional love.

We are beings of divine wisdom and pure unconditional love.

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