

COMMON BLOCKS TO HEAL



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LIFE COACH | EMOTIONAL PATTERN CLEARING

HI THERE!

I'm Ras Loxton,

In this document, I'm going to share with you the exact tools I use with my clients to clear subconscious blocks and patterns for profound self-empowerment, self-healing and self-clearing that most psychologists don't even use.

First up though, in the spirit of helping you to appreciate who the heck I am and what makes me any kind of authority on this subject, I'll share a little about me.



When I was 21, I had a download like a vision or an idea pop into my mind whilst I was getting my legs waxed of all things, which is random, but the idea I saw was me working with young woman as a coach (life coaching didn't exist back then, that industry was still about 20 years off). Young woman who were at a cross roads or in a position of making choices that would effect their entire life trajectory. Kind of like Gweneth Paltrow in the movie sliding doors.

I do believe that vision I had or that idea or download was my inner calling which is somehow coded into a persons identity and purpose. This vision woke up within me way back then, but I didn't really commit my life to this calling until 20 years later. Other than singing, it is the only work that I have felt really on purpose doing.



NOW I AM A...

**TWICE QUALIFIED LIFE COACH, INTUITIVE COACH, COUNSELLOR,
MIND DETOX PRACTITIONER AND SPIRAL PROCESS PRACTITIONER.**

I help clear your subconscious network of blocks that rather unwittingly can inform and even sabotage your greatest efforts at success and life and love.



I also have 53 years of life experience under my belt which helps.

When it comes to relationships, dating, marriage, family and divorce, even career, friends, goals and successes and fails, I have a plethora of stories and experiences and I'm not proud of all of them.

My husband Greg and I have been very happily married for 14 years now.

And there has been a lovely formula to growing together through the changes that the years bring, in a way where we stay excited by each other and respectful and grateful for each other.



So, I have been married twice now and divorced once.



I have actually been engaged 4 times.



2 of those engagements didn't mature into marriage.



I have had partners be unfaithful to me and I have been unfaithful to partners.



I have loved, been loved and I have been a victim of traumatic domestic violence where my 'then' husband ended up in prison for deprivation of liberty.



I have broken a heart or 2, I have had my heart broken.

Whilst I am the god mother of all my nieces and nephews, I never had my own children. When I was 19, I started trying though.

✦ ✦ *I became obsessed.* ✦ ✦

Every single week for 3 years straight I tried to fall pregnant.

Each month for 3 years was like a trauma because I'd get my hopes up so high that I was pregnant each month, only to be devastated when my period showed up. I had the worst periods too. So debilitatingly painful.

I'm sure if I had have stumbled across emotional clearing before I went through menopause, I would have cleared what caused my painful periods and **my inability to fall pregnant.**

There was no medical reason to be found. A mystery.



Now, we have fur babies and I am in love with every animal in the world big and tiny.

At 30, I healed myself from temporal lobe seizures where the doctor had prescribed some rather nasty medications and told me I'd never be allowed to drive again and that the seizures would likely get worse.

After that doctors appointment, I never had another seizure again.
Healed! Accidentally too.

I listened to the doctor go on about this ailment and I decided in every cell of my body, this was not my story, I was not going to live the limited life he described.

I was not ever going to have a seizure ever again.
A few years later, I realised, I hadn't had any seizures for a few years. That was over 20 years ago now.

The true magical power of a true decision.



Today, **I am giving away my methods and medicine** because, I believe we all need to know how to self-heal and we all need to have people around us, community that are on board with self-healing and group support with no judgement and 100% love, speaking the language of the heart not just the head.

So by the time you get to the end of this document, you will have some mind blowing insights and you will know the methods I use to help you with what you need help with in your life.



Also, I have an amazing **free gift** for you because I'm all about sharing the love and healing and empowering people.

I want you to be your best version of happy in your relationships and in your whole life.

My very strong encourage for you is to have a bit of patience, because we don't really get the life saving wisdoms and self-healing skills we need from rushing things or from a quick grab and dash positive quote, approach or just grabbing the headlines.

If you truly truly desire happiness, you truly truly have to slow down a bit and take a good look at what is really REALLY going on inside you.

Our mind is so very noisy and full with thoughts and distractions and stresses and ALSO there are voices inside you that are loudly whispering to you and a busy mind will talk right over the top of these important whispers.

? Why do some people have all the good stuff happen and others, not so much. ?

? Why do some people keep attracting the same wrong partner or job, or keep attracting cheaters, or people who stand them up, or not attracting anyone? ?

? Why do some people naturally seem to glide from blessing to blessing while others have to crawl across broken glass for everything they have? ?

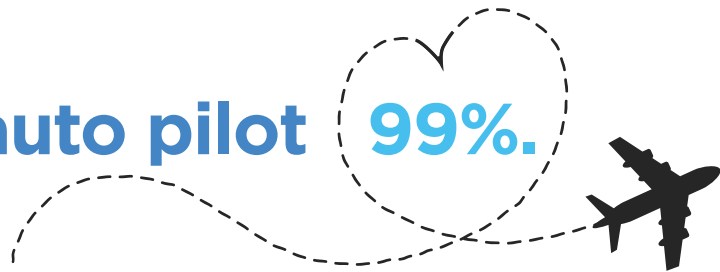
What happens in your brain when I say, your subconscious is creating your life for you and that 99% of your life is being run by your subconscious?

What really is in your subconscious?

What is in your subconscious, are all the codes and the rules and the automations that make you, you!

Automations are how we operate so that we don't have to think every single tiny bit of functioning that it takes to remember everything about everything and everything about you and how you exist your way.

We are on auto pilot 99%.



- ◆ How come you keep attracting the wrong type of partner?
- ◆ How is it that when you were so in love when you got married that you could ever come to the place of no longer being in love and now divorce is the answer?
- ◆ How come it's a constant disappointment out there in the dating land?
- ◆ How come you are lonely in your marriage?
- ◆ How come you think having kids will save your marriage?
- ◆ How come when you get a partner you try to change them?
- ◆ How come you change who you are when you have a partner?
- ◆ How come things don't work out?
- ◆ How come you're on medication for mood regulation?

How do you come to the glorious place where you are content, in love, in harmony, in bliss, in flow?

What gets in the way? What gets in *your* way?

What comes between you and that happy ever after state, that happy relationship state, that 'I've got life sorted' state.

If you started looking outside of yourself for causes to what goes wrong or what gets in the way, this is your first clue.

We can look at what is happening around us, so we can get clues about what is happening internally within us. Kind of like, what shadow are we casting.

Because as weird or as unbelievable as it sounds, **our internal world dictates and creates our external world.** Like a shadow.

We can spend a lifetime trying to arrange the outside world to suit us. But, we don't have all the cards, we can't control other people or most situations, though some people try.

AND if trying to control everything is your life strategy, I've got good and bad news for you.

→ **You Can't!**

And, needing that much control is an indicator that you have a 'control based' subconscious story running, it's pretty energy hungry too.

Or

Instead of trying to control what's happening out there, we can spend some quality attention re-arranging our internal world to suit us.

So the shadow we cast is in alignment with what our heart is making us feel whole and happy.

Because what is in our outside world is a result of what is in our internal world. Making your internal world the land of milk and honey is going to be like heaven on earth.

Also, just because we can start to spot some of our internal stories (a very good tool), it doesn't make them just go away.

That's like spotting a car motoring toward you, spotting it doesn't stop it.

✦✦ Here is where I specialise: ✦✦

The stories that are a bit faulty in our sub conscious are fuelled by charged emotions, so, we need to take the charge out of those specific emotions to stop the car that we spotted hurtling toward us, from hitting us, and I'll tell you how to do that in this document.

Your best life?

Your best version of you enjoying you and all that you create for your world.

What does it look like to you?

Contentment, in love, in harmony, in bliss, in peace, in empowerment, in connection with really good internal stories.

Knowing how to and actually treating your self with full respect and full love and full dignity in all the ways.

What does that look like for you?

What does that feel like for you?

How often do you let your focus spend time pondering this?

How much does your focus do what ever the hell it wants?

Focus is magic, the more you focus on something the bigger it gets.

We feel like we are responding to or reacting to what life is bringing to us, what is 'happening' to us.

- ◆ How are people on dates treating you?
- ◆ How is your partner treating you?
- ◆ How is your boss treating you?
- ◆ How are your friends treating you?
- ◆ How is money treating you?
- ◆ How is love treating you?
- ◆ How is life treating you?



This is a focus on outside influences coming in and affecting your inside world.

By the way, how are you treating you?
By the way, we teach people how to treat us.
We teach the world how to treat us.

Today, we are going to see how the stories going on in your internal world, in your subconscious, are having quite a big say in what comes to fruition in your life. Especially the way you 'perceive' what is happening in your world and what's 'happening' to you.

Perception, how you perceive, has the ability to shape shift!

Because your human system is designed to automate (so we don't die in our sleep) forgetting to breath, or to pump blood with our heart etc., we need to automate.

This automation mechanism is how we easily get into habits and addictions.

Habits and addictions are basically software short cuts.

We are actually all addicted to everything we do on a daily basis. **Automation is addiction.** We are actually addicted to being our self. All of our urges.

Try to stop thinking your thoughts, try to stop believing your beliefs. It's your thoughts and your beliefs making your life. It's stands to reason then that if you seek change, then your focus, perception, thoughts and beliefs are all going to have to have a change.

Our brain goes looking for how to keep being who we think we are.
I think you should hear that again...

Your brain goes looking for how to keep being who you think you are. As soon as you open your eyes in the morning.

There is an exercise I learned from Estha Hicks which is, as soon as you open your eyes in the morning, your brain will go looking for who you think you are, so imagine you as your most desired version of yourself, feeling what it feels like and seeing in your minds eye what that looks like. Holding that visualisation state for at least 17 seconds. Every morning!

It's a start to becoming un addicted to the version of you that you would like to up-level or change in some way. Stop being the same person all of the time.

Remembering though, that your **subconscious** is 99% dictating to you, who you are.

Your **subconscious** holds all of the stories (coding) about you and who you are and your 'perception' of what you are and what happens to you and what doesn't.

To back this up, your neural pathways create automatic brain responses in relation to what your subconscious is instructing, so you don't have to do it all painstakingly consciously. The brain automates the stories for us so we don't have to consciously think about them.

This is how the human system works.

This means, your subconscious stories about you, about love, about partnering, about dating, about marriage, about connection, about safety, about trust, about deserving, about shame, about worth are all on automatic pilot, informing your brain to write neural pathways in alignment with those stories so that your world can keep making your stories happen.

The subconscious is telling the brain stories so that the brain creates the neural pathways to ensure you 'be' and live your stories (patterns & codes).

When you do get into a situation where you are out of alignment 10% either way with a subconscious story, your subconscious will send up messages to pull you back into alignment with the story. This is how we self sabotage. Unwittingly lots of the time, and largely we will blame it onto someone or something in the outside world.

And you might even say, 'this is the story of my life', like you expect it, like you have no ability to create a different story.

So your subconscious stories, the faulty ones, the speeding cars, the ones that don't set you up to receive all your heart desires, are what you want to start to notice, to name, and to dissolve.

So how do you do that?

✨ ✨ ✨ *You have to want it!* ✨ ✨ ✨

Decide you're going to get it, like I decided I wasn't ever having another seizure.

I became UNAVAILABLE for those.

You could find a professional that specialises in this work.

A'hem, that'd be me, to get you well on the road to subconscious story clean up.

And...Or,

You could learn to do this for yourself.

If somebody has a subconscious story that says, 'I get abandoned', getting abandoned is what will occur for them.

Their brain will create filters which help them to create reasons in their life for people to leave them.

If the relationship is moving out of alignment with the subconscious story, the self sabotage behaviour will activate.

They will filter life through the limiting story and proceed to act out a behaviour that will be the destruction of the relationship's longevity.

They will break up and not see all of the peripheral information around the break up because they are solely focused on the pieces of the situation that equal 'I get abandoned'.

Or, they will attract someone to them that is not a good fit for them and that person ends up leaving.

So this break up is once again deepening the belief system by adding to their collection of evidence that supports their story that 'people abandon them'. Partners can't be trusted, All men or woman are bastard, I am un-loveable etc.

Or you attract someone who is really emotionally unavailable in their subconscious stories, so at some point, that person will leave because they realise after the honeymoon period, they aren't ready to commit and they may never be. But this again, gives more evidence to the subconscious story, "I get abandoned".

Abandonment is charged and playing out when it comes to sending and receiving love.

And so there it is, the subconscious story, with chapters and pages, that say 'I get abandoned' plays its cards at every turn and you will blame the outside world for it. Men or woman are bastards, you can't trust them.

That's a sadly all too common and horrible story playing out for many people.

This is how all stories play out.

**So, what is it that you are finding
is a **problem in your world?****

What is not working out for you?

List out as much as you can to start to find some themes.

From the theme, you can then start to drill down and feel what the actual "I am" story might be.

"I am not good enough" for example.

These subconscious stories are kept alive with charged emotions. This is why just spotting the story isn't enough to make it go away, like the speeding car. We need to take the fuel out of the story, we need to release the emotions out of them.

Where do all your stories in your subconscious come from?

And how do the **emotions** charge onto them?

Some stories and emotions are obvious to you, but there are loads that we don't know where they come from and there are loads that we don't even know are there.

These stories can be detected in what we class as our upper-limit blocks or our self imposed ceilings.

This is why this clearing work is great for anyone on a mission to cut free of their limits and subconscious stories acting as anchors holding them back.

Why can't I make sales. Why can't I get a promotion. Why can't I attract clients. Why can't I get ahead financially. Why can't I ever feel satisfied?

Just knowing though, doesn't make them go away, we need to do a few things.

So to recap, all these stories in our subconscious, they have chapters and pages. Otherwise known as associations.

Over the years we build up layers to these stories, we develop emotionally charged patterns to keep them active and we start banking up evidence to prove them true.

You can be in therapy for years talking about them, but talking about them doesn't clear the emotions that are charged and playing out their pattern.

The evidence of some situations you suffer will appear real, but, in fact, the evidence of what you think you are perceiving is kind of being tampered with, it is an illusion in a way.

We humans get stuck in illusions all of the time.



False or misleading evidence appearing real.
Our filtered version of reality.

Here is an exercise to help you understand that the evidence you see as convincing has been tampered with or it is in fact kinda one sided, so not a full suite of evidence.

If I asked you to look at the room you're in now and in 5 seconds see how accurate you can be when counting all of the red items in that room.

Go, try it out, you have 5 seconds to count all the red things.

Now how many green things did you count in the room?
Probably none, because your evidence seeking focus was on red!
Your internal stories were directing you to seek out red!
I hope this is blowing your mind.
If it isn't the implications of this isn't quite landing yet.

If your internal stories are written to have you only looking out for red, you are going to miss all the green.

RED might be:

1. "My parents didn't love me enough"
2. "I'm unloved, not loveable"
3. "I'm unwanted, not accepted"
4. "I'm rejected"
5. "I'm left on my own"
6. "I'm abandoned"
7. "Someone important left me"
8. "Someone important is not/was not there for me"
9. "I'm alone, lonely and/or isolated"
10. "There is something wrong with me"
11. "I'm bad"
12. "I'm not good enough"
13. "I've let others down"
14. "I'm let down by others"
15. "It should not have happened that way"
16. "I've lost someone/something I love"
17. "I feel bad for others"
18. "I'm unprotected, unsafe, weak and/or vulnerable"
19. "I can't stop bad things happening"



These are some examples of how these type of RED stories play out either in your intimate relationships or in your career or anywhere.

- ◆ Aiming way too low and becoming energetically drained
- ◆ Pushing people away energetically
- ◆ Unwittingly holding yourself back with compromised self-worth
- ◆ Missing out on jobs and relationships by underestimating your real value
- ◆ Making big choices using the wrong emotions
- ◆ Crippling perfectionism causing fear and anxiety
- ◆ People pleasing and perpetually putting up with 'what is'
- ◆ Fixating on what you don't want more than focusing on what you do want
- ◆ Letting the past dictate the future
- ◆ Self-doubt, easily intimidated and over cautious - no peace
- ◆ Over controlling and impatient with people
- ◆ The list is endless

If these stories in your subconscious have a charged emotions keeping them awake, alive, how do you release, clear, de-activate the emotional charge?

You can learn how to do this for yourself if you are drawn to it.

One of the tools I use to help people find their unhelpful subconscious stories and the emotions charged is a clearing process using traditional Chinese medicine emotion chart and kinesiology called the Spiral.

Clearing out the charged emotions and being free from that story can be extremely healing, liberating and transformational.

In the **Spiral Process**, we navigate through a map of 22 core emotional themes and by using a kinesiology process to locate which emotions you have charged against those key themes and where in your body the charged emotions are stored.

That's why for some people, they have ailments heal when clearing charged emotional patterns because the charged emotions were causing physical un-wellness, not just relationship issues!



Stories will have 3 charged emotions that link together to form a pattern of emotional charge. **Triggers.**

You don't have to remember when or how you charged an emotion, your body will offer up the information when asked by using kinesiology. (Which you can teach yourself to do)

The themes in the map include:

- | | | | |
|-----------|-------------------|---------------|-----------------|
| ◆ shame | ◆ anger | ◆ trust | ◆ peace |
| ◆ guilt | ◆ pride | ◆ truth | ◆ enlightenment |
| ◆ dogma | ◆ desire | ◆ receptivity | ◆ purpose |
| ◆ fear | ◆ reason | ◆ love | |
| ◆ anxiety | ◆ confidence | ◆ acceptance | |
| ◆ grief | ◆ low-self esteem | ◆ joy | |

With this process, we are also working through the **chakra system**, balancing up where you may be closed or blocked or overactive.

This is a beautifully potent process for clearing charged emotions that you don't realise are keeping many of your subconscious stories alive because most of these charged emotions happened from the ages of 0-16 and some even earlier than that. You can charge and hold emotions that belonged to your parents for example, especially when you were in the womb.

Those of us who grew up in volatile or challenging households where relationships were not modelled well or who have tumultuous cultural backgrounds have a lot to defuse when it comes to charged emotions being at the root of the stories in the subconscious.

This means, some of your stories you have taken onboard from those that came before you and you are living their charged emotions out, in your way in your world. Kind of like the curse of the past. But the good news is, you can find them and clear them and change your life for the better.

What you can try now is **love yourself enough** to stop and make yourself a list and start to find overarching themes, such as, I can't stick to one job, I'm a control freak, I can't hold down a long term relationship, I can't get out of debt, I'm always hurting myself, I never get picked for promotion or for the dance, I can't stick to any one thing, I lie a lot, I use wine to cope, I can't stop going to the pokies, I'm always battling my weight, I fear I'm an imposter or any other theme...

You can then start to feel into the emotions that seem to live with those themes. (if you can't feel your emotions it can be a sign your 2nd chakra is blocked, this is the centre for the emotion body)

Emotions like, Anger, rage, sadness, fear, false pride, irritation, shame, anxiety, resentment, inadequacy, phobia, envy, jealousy, grief, loss, superstition, helplessness, humility, regret etc.

Then, something you can do at home now is try this tapping technique to take some power out of the statement or the story and how you hold it in with your emotions, all in order to express and release the charge from the emotions:

“What we suppress remains, and what we express disappears”.

The 9 tapping points are:

- ◆ The soft part of the hand when you make the karate chop shape
- ◆ Inside eye brow
- ◆ outside eyebrow
- ◆ under the eye
- ◆ above the top lip under your nose
- ◆ under your bottom lip above your chin
- ◆ on your collar bone
- ◆ on your side just below your armpit
- ◆ on the top of your head

Then set up your statement using this script:

Even though I... (have sadness about being single),
I love and accept myself.

Even though I (have anxiety around trusting people)
I love and accept myself.

Say the set up statement 3 times whilst tapping on the first karate chop tapping point.

Then move through the rest of the tapping points whilst you intuitively just express how you are feeling.



After saying the set up statement 3 x times on the first tapping point.

Move to the next points until you get to the last point on the head and start the round all over again.

2.It's hard to be alone so much...

3.I feel so sad

4.I feel so helpless

5.I wonder if I'll ever find a partner

6.I feel lonely

7.I am tired of doing everything as a single

8.I sometimes feel resentment

9.I desire a lover who loves me

If you feel inspired to explore some transformational self limiting emotional release techniques, COLLECT YOUR FREE GIFT HERE:



**It is a mini course
on self-clearing
called the **mind
detox process.****

I spent thousand\$ and months training to learn and master this technique to help my clients achieve lasting results, **NOW I'm gifting it to you for free.**

You can use the self-clearing tool for ever, for all of those 'all you see is the RED' stories and really clean up your subconscious and heal and move into a happier, more intuitive, heart directed, inner wisdom living.

Welcome in relief from where you get hijacked or you struggle to show up for yourself and from what holds you back and start to enjoy all of the true birth rite potential that is inside you waiting to be unleashed.
Get out from under the limiting stories.

There are so many benefits to clearing out your faulty subconscious stories, for your self, but also for your kids because really, they are a chip off the old block, the apple doesn't land far from the tree.

Heal your subconscious stories and set your kids up for their best chance at happiness and emotional health and freedom.

You REALLY have nothing to lose and everything to gain.

Anytime you feel you're ready to tap into some professional life coaching and emotional release work, you can always tap into my free coaching group calls or reach out and [book a free 45min breakthrough call with me](#) and work out if you are ready to take your transformational clearing to that next level.

So for now I wish you every success and very happy clearing outcomes.

Sending big love and encouragement.

Click here for your free mini clearing course.

Click here to join my free group coaching support FB page where you can join the free coaching zooms with like minded woman who are inspired to be loving and supportive.

Follow me on insta for guidance stories, tips and updates