

YOU MATTER!

A 4-day Engagement with Ra Shawn-Renée

EXCAVATION

RECOGNIZING SIGNIFICANT MISCONCEPTIONS IN YOUR LIFE
AND RELATIONSHIPS YOU ARE CARRYING AROUND THAT ARE NO LONGER SERVING YOU.

- 1) What parallels do you see from your upbringing in your childhood and the current relationships you are having? *Example, were you invisible as a child and choose relationships where you are invisible now? Another example, Did you always have to be the peacemaker as a child and in current relationships, you find yourself being the peacemaker?*

- 2) What conclusions are you drawing from those experiences? Meaning; as you identify the childhood conditioning that created parallel experiences from childhood conditioning to your adult way-of-living. *Example: Have you concluded that your current career was chosen by someone other than you? Another example, 'I have come to the conclusion that I rarely speak-up for myself or anyone else.'*

- 3) What conditioning are you aware of that's impacting your life in a manner that's unfavorable to you? *Example, 'I was conditioned to keep quiet about anything that was unpleasant, embarrassing and/or might upset someone in the family'. Another example, 'I was conditioned to never admit when wrong because being wrong or making a mistake was a sign of weakness and there were punitive consequences. Remember, look closely at conditioning parallels and be absolutely honest with yourself.*

- 4) What are you giving your focus to in relationships? *A great way to derive at the answers is to; select four relationships that you value and cherish, then ask yourself; what are my dominant thoughts and/or feelings when thinking and/or engaging with them? Then consider; are you focused on getting approval, showing you're worthy of their attention, looking for their seeming flaws and/or something else. You may even conclude that you have no focus when engaging in activity or thoughts of them.*

