

EMFB EVENT # 1 with old Belief system ---- Meaning----- Feeling -----
Behaviour

When I travelled my life journey from age of 22 until 50yrs or car accident

EVENT	MEANING	FEELING	BEHAVIOUR
Age 21 completed B.SC B. Ed, Got Teaching Job in INDIA	I m educated, wise , valued	Superiority , comparison	EGOISTIC , Negative attitude
At age 22, Arranged marriage In INDIA to Canadian High School Man Driving Taxi connected with Girl Friend in Canada Arrived here in 1988	I m better than him I more beautiful than him he does not love me, care for me what is the point to live together	LOW HIGH Mixed I m stuck confused self esteem drooped fear of what other PPL will think about me cultural/parental reputation Stigma divorce was not common 30 yrs ago as it is now in INDIA	Wanted to adjust with him under condition if he can leave his girl friend . He said NO and relationship ended after 6 months
At age 26, Remarried LOVE Marriage with my Colleague teaching in the same school. He was Divorced. He was connected with his Girl friend neighbor	I thought he is best fit for me. Without Consent of my parents , we got married	OMG!! I found the BEST Man, He is Handsome, He truly loves me .	I m 100% attached to him . I got blinded totally in his LOVE

<p>Within 3 months, his girl friend relationship got exposed and we lived together for 2-3 years HOLISTIC TYPE OF abuse continued and gave birth to 2 children</p>	<p>EXTREME FEAR of SECOND Marriage Failure . He does not love me . he has used me for his advantage . LOWEST SELF-ESTEEM 24/7 FEAR of losing him, OCEAN of FEAR FEAR FEAR FEAR</p>	<p>WANTED TO RUN AWAY from this World forever. Commit Suicide from 17th floor in a High Rise Building Shared with my Aunti and she scolded me and convinced me that all men misbehave with women's</p>	<p>Ran for help in all 4 directions to save my marriage but it failed finally, got stuck in Shelter , Called 911, he was in Jail</p>
<p>At age 28, Family wanted me to get third marriage</p>	<p>I m not worth it. I m not Beautiful, I m not lovable , I do not deserve a Company of Man Because I m Bad Ugly</p>	<p>GOT STUCK in deepest HOLE OF Negative , LOWEST DEEPEST VICIOUS CYCLE</p>	<p>Started to see all men are bad. Inspired my daughter not to get marry at all. Men just use their wives only for their own selfish benefit</p>
<p>From Age 28 to 55 life brought new challenges of mental health in myself , both kids , Fighting for Child Support, Custody, Overnight Visit</p>	<p>Blamed myself, and failure of relationship, self sabotage</p>	<p>This World is scary place to live in , to fit in, where everybody is rude mean, unkind, unhappy, only selfishness prevails</p>	<p>Started to use my energy in negative mess to retaliate , to punish him, to hurt him more and more , going to immigration court to deport him. Turned towards RELIGION to get emotional support yes felt better temporary but light bulb get ignited only 5% saw ray of light/ hope</p>
<p>Myself and my both kids mental Health Challenges.</p>	<p>My fault</p>	<p>Horrible</p>	<p>I have no more right even to exist on this planet why am I still here</p>

My Car accident Loss of job, financial loss, Health, fighting with multiple insurance companies	position loss, power loss, identity loss	SEE!!! I should not live on this planet	Struggled to reclaim my identity, my power , my existence
Covid-19	EXTREME FEAR /Traumas TOOK COMPLETE CONTROL OVER ME	CRY CRY CRY CRY CRY	LOST IN CONFUSION !! What is it? Why it is happening?
During Covid I turned towards my self, health, me, me me me me me	If I m healthy/happy inside only then I can serve others		Took few training on Healthy food, healthy habits, mindfulness UCLA, stress reduction, Pain management courses
In 2021 started my SELF-DISCOVERY Journey, I found u in 2022 in mental health webinar series	I m VIP, I love myself , I m WORTHY, I m blessed with two Beautiful Diamonds who made me life journey ro interesting, but full of challenges I m sooooooooooooo Powerful that I can BE anyone, I can do anything, I can Have anything. Yes I am perfect form of PURE INTELLIGENCE	AWESOME!!!!!! Beautiful !!! dancing in happiness !! New Journey has begun. I m almost 75% awakened and I m committed to awaken those who r still swimming in the Ocean of Pain, suffering, darkness	Taking eq Course Now. Will repeat in Future . will travel the whole world to spread my message of Changing Traumas into Priceless TREASURES

<p>Ex H. remarried with his girl friend and now raising two beautiful princess and we all r connected with them at surface level only</p>	<p>See!!! He had pre-planning to take this action</p>	<p>Torn, broken, deceived in millions pieces, scattered lost, shame , shame ,miserable, cry cry cry cry cry tooooo painful , reputation ruined</p>	<p>Hate myself and everyone around me , depression, hold myself in my darkest world , disconnect from SELF, HIGHEST SELF, with family, friends, Indian community , hate my own culture/community</p>
---	---	--	--