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

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	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	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	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
At age 28, Family wanted me to get third marriage	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	GOT STUCK in deepest HOLE OF Negative , LOWEST DEEPEST VICIOUS CYCLE	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
From Age 28 to 55 life brought new challenges of mental health in myself , both kids , Fighting for Child Support, Custody, Overnight Visit	Blamed myself, and failure of relationship, self sabotage	This World is scary place to live in , to fit in, where everybody is rude mean, unkind, unhappy, only selfishness prevails	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
Myself and my both kids mental Health Challenges.	My fault	Horrible	I have no more right even to exist on this planet why am I still here

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 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 soooooooooooo 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

Ex H. remarried with his girl friend and now raising two beautiful princess and we all r connected with them at surface level only	See!!! He had pre-planning to take this action	Torn, broken, deceived in millions pieces, scattered lost, shame , shame ,miserable, cry cry cry cry cry tooooo painful , reputation ruined	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