

A notable quotable...



“

Everything that irritates us about others can lead us to an understanding of ourselves. ~Carl Jung

”



Week 1: Triggers, Judgments & Subconscious Emotions

In Session Exercise 1: Becoming Aware of Your Internal Processes



Take some deep breaths and quiet your mind.

Do a light body scan to become aware of the energy of your body.

Feel for any movement, tension or stirrings in your physical body.

Listen with your inner ear to any whispers that your body may be uttering.

Becoming Aware (Continued)



As you scan and feel, breathe deeply and follow your breath as it moves along its path and notice how your body responds.

Notice any emotions that arise within you. Don't analyze them. Just notice them as energy in motion.

Continue to breathe deeply and slowly.

Notice any thoughts that arise. Don't latch onto them and don't attach to them and think them. Rather be an observer and watch them like they're on a movie screen. Be more curious and observational than hungry and attached to what you are thinking.

Becoming Aware (Continued)



End the practice by slowly feeling the atmosphere of the room and opening your eyes slowly.



Triggers

What is a trigger?



What is a trigger?



“An emotional trigger is any topic that makes us feel uncomfortable. These emotional triggers are telling us which aspects in our life we might feel frustrated or unsatisfied with.” ~Psychology Today

What is a trigger?



A trigger is a situation or event that sparks your deep subconscious mind to come forward— usually in an indirect way.

A trigger is any event that sparks a reaction that brings an aspect of your subconscious mind forward. Triggers arise within our mind and take over your being, so that the present moment becomes clouded and gets lost in the trigger itself.



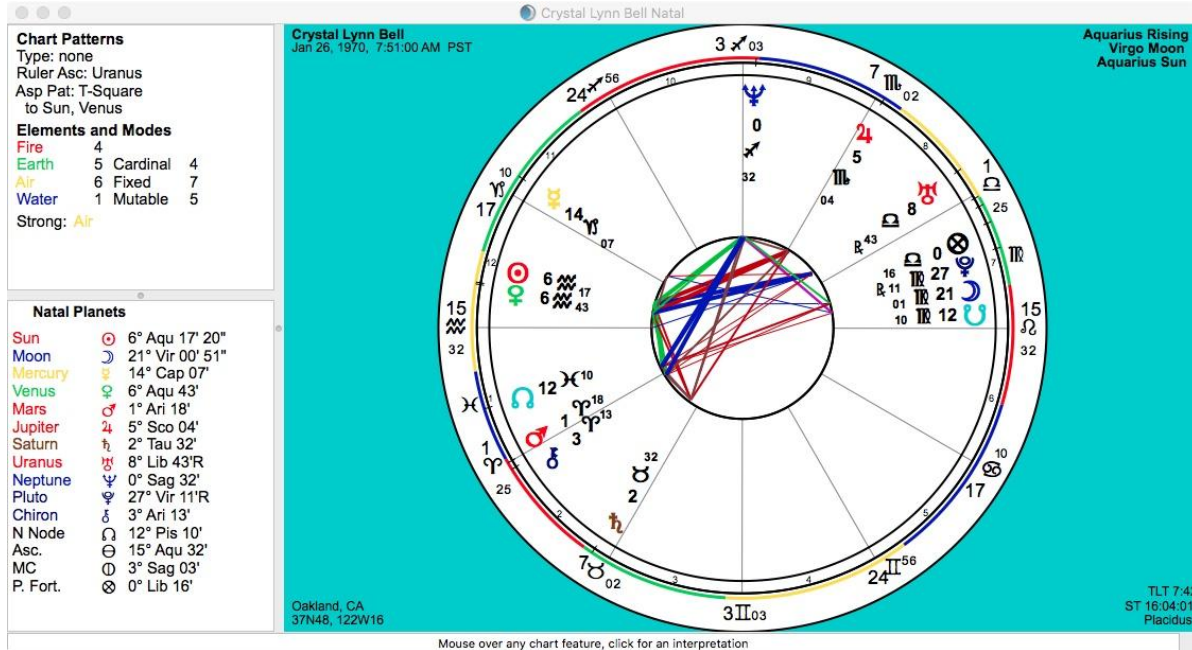
SUBCONSCIOUS MIND

The subconscious mind is a composite of everything we see, hear, smell and any information the mind collects.

The conscious mind cannot always absorb random information, so the subconscious mind stores this information where it is locked up and only provided to the conscious mind when needed.



The Mysteries of the Subconscious Mind...



Crystal Lynn's Natal Chart



What did you just say to me?

What Activates a Trigger?



What Activates a Trigger?



A trigger activates within a person because there is a **significant investment in their personal safety** or that their **status** that is somehow in jeopardy.

What is in jeopardy when we are triggered?



What is in jeopardy when we are triggered?



- **What is being threatened?**

What is in jeopardy when we are triggered?



- **What is being threatened?**
- **What is at risk?**

What is in jeopardy when we are triggered?



- **What is being threatened?**
- **What is at risk?**
- **What is the person losing when the trigger arises?**



Subconscious competition...



Soooo much below the surface...

In the coming weeks we'll explore...



- **The subconscious extreme emotions**
- **The subconscious fears**
- **Subconscious beliefs**
- **Soul growth**



King of the World...

How do triggers keep us comfortable?



How do triggers keep us comfortable?



- **Triggers distract us from our primal subconscious fears**

How do triggers keep us comfortable?



- **Triggers distract us from our primal subconscious fears**
- **They help us avoid soul expansion.**

How do triggers keep us comfortable?



- **Triggers distract us from our primal subconscious fears**
- **They help us avoid soul expansion.**
- **Triggers help us avoid deeply buried subconscious emotional pain**

How do triggers keep us comfortable?



- **Triggers distract us from our primal subconscious fears**
- **They help us avoid soul expansion.**
- **Triggers help us avoid deeply buried subconscious emotional pain**
- **Triggers help us avoid ego death.**

3 Ways to Ease the Death of the Self:



- Awareness of the death process
- Final words
- Acknowledge how the old self has served