

LIFEPRINT REIKI



You're not broken, only disconnected.

Steve Fogelman,
Founder

AN OVERVIEW

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Welcome

THE WORLD'S CHAOTIC AND CHANGING. But what seems to be polarizing is actually a futile authoritarian resistance to the freer life now taking hold on Earth. It won't be long before we all connect to a Divine loving energy on our own modern terms, and not those toxic ones established thousands of years ago. Since you're reading this, you're likely ready to free your soul from past traumatic events and those arcane fearful religious beliefs designed to control you, and embrace the future of humanity—Learning to understand and accept our emotions to gain such inner strength and self reliance to manifest the happiness each of us desire and deserve as authentic people.

About Steve

STEVE FIRST BECAME a certified spiritual coach during the pandemic through Life Purpose Institute, and later went through all the levels of training to become a Reiki master. In 2023 he participated in a shamanic induction in Peru and volunteers his time helping to heal others at healing clinics and group meditations. He is a professional actor and published playwright who holds a degree in architecture from Carnegie Mellon University in Pittsburgh, Pennsylvania. Steve is also an avid pickleball player and lives in New York City with his 4-year old rescue dog, Zelli.



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Introduction

You're reading this because you're searching for answers to begin your spiritual rewiring, working through a deconstruction, want to continue your ascension journey with a self-empowering perspective, or simply looking for a path to more peace in your life.

Lifepoint Reiki is a spiritual philosophy of life predicated on the notion that all challenging human behavior and desires, as well as physical ailments, are a product of unresolved trauma that disconnects us from self love and feeling happiness. Its purpose is to assist in awakening the individual to their own hidden traumas and offer healing methods, with the assistance of Reiki, to reconnect to their inherent divinity, with a community of support.

This non-religious path to more peace in life can help begin a spiritual rewiring toward self love, or work through a religious deconstruction. Gaining only a bit of awareness can free your soul from arcane fearful religious beliefs that disconnect

you from your inner power. Independent Divine Connection (IDC) is the future of humanity in the Age of Aquarius where we gain such inner strength and self-reliance from this intrinsic and purposeful connection.

This journey can also help discover the answer to the question why you can't seem to find a life partner. Those who are chronically single are likely in need of a stronger IDC to clear the blockages preventing them from understanding why they're single. You might have heard the ridiculous phrase "You can't love somebody else until you love yourself." Know that every toxic relationship is rooted in self hate, so there's more to their loneliness at play.

Perhaps you're the black sheep of the family, which means you're the victim of narcissistic abuse, and have no clue how to find the strength to create a healthier emotional environment. Family gatherings are a nightmare and breaking free of this toxic circle seems impossible.

Maybe you may find yourself unhappy in life feeling like you were born and bred into the social matrix merely to serve it, never learning how to find your own purpose and life meaning. Individual talents aren't appreciated by the matrix, making anyone above or below average in any millions of ways, feel like they don't fit in. *Lifeprint Reiki* helps in breaking free from the societal matrix, by offering ways of gaining self-awareness and self-acceptance.

The first step is to understand we're here on Earth blindly, to experience some of the most complex and challenging soul lessons in the entire Universe. That's right. **We're not a human with a soul, but a soul having a human learning experience.** That's why we were bullied, felt shame, abandoned, or endured any number of horrific experiences, that further disconnected us from self love. These were all soul lessons, but if we haven't stopped to reflect "what have I learned from those challenges?" we'll likely keep finding ourselves in the same awful situations. *Lifeprint Reiki* is a human user's manual to help you discover the answers needed to successfully navigate your time on earth.

This is the core of your self-love journey - a process that may relentlessly challenge your ego's stubborn resistance. But as we embark on this transformative journey of creating your personal spiritual path together, you'll find the lasting rewards far outweigh the intermittent emotional challenges.

The process dissolves the limiting beliefs and unconscious negative programming we've endured, by showing how to reframe challenging past experiences with a growth mindset, in order to shed the victim mindset. **You can't change the past, but you can change the way you feel about it.**

**You know there's so much more
to life but don't know how to
access what seems so elusive.**

Lifeprint Reiki compliments many paths towards a happier life experience by mastering a few key spiritual teachings required for the changing energy of this modern age. The end goal being to develop a deeper IDC with a Unity Consciousness, with your choice of enjoyable spiritual practices to weave into your life.

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Why Lifeprint Reiki Now?

LIFEPRINT REIKI is not just a healing modality, but an empowering spiritual path of independent divine connection for the new age we live in. In recent years, religion has lost much control over a large portion of Earth's population. Christianity, in particular, is facing a dramatic decline, as in 2023 alone, 7,000 congregations have left the United Methodist Church, finding the church's intolerant stance of LGBTQ+ people offensive.

Since 2018, 300 Catholic schools across America have shuttered due to dwindling enrollment. According to a 2019 Pew Research poll, those identifying as Christian have dropped from 78% in 2007 to 65% in 2019, while those identifying as religiously unaffiliated have grown from 16% to 26% in the same period. Those figures are climbing.

No religion lasts forever. No one prays to Zeus or Poseidon, who were just two of the many gods the Greeks once worshiped. Even Egyptians no longer pray to Ra as they did 6000 years ago. In fact, the

oldest current widely-practiced religion, Hinduism, dates back only about 3500 years. Judaism less than 3000, and Christianity 2000 years. Islam has only been around 1250 years. Buddhism, Jainism, and Taoism also came about within 900 to 200 BCE.

It's interesting to note that these time periods also corresponds to the Zodiac Ages of Aries and Pisces, but now we're in the Age of Aquarius. Just as the Zodiac energies change for the individual based on the planetary positions, so does that of the collective of humanity. For the past tens of thousands of years, humanity has repeatedly moved through each of the 12 ages approximately every 2000 years, responding with evolving spiritual understandings.

During the Age of Aries, the most significant spiritual legacy of this age to humanity is the proclamation of codes of laws by several civilizations. The eighteenth century BCE Babylonian king, Hammurabi, is known for one of the first written codes of law in recorded history, called The Code

of Hammurabi, which brought us the toxic “eye for an eye,” belief of justice. The story of the Ten Commandments revealed by Moses came 400 years later. Aries also brought the polarity of ‘good’ and ‘bad’ which, connected to religious beliefs, was the birth of the concept of ‘sin,’ causing guilt and shame for the unfaithful. In India at this time, the four Sanskrit Vedas, which laid the ground for the Hindu way of life, appeared.

The Age of Pisces, a water sign symbolized by the fish, supported the growth and spread of monotheism, particularly Christianity and Islam. The rise of a global religion during the time centered primarily on symbols of water: baptism, walking on water, changing water into wine. Not to mention the fish is used as a symbol for Jesus, who was born during the March equinox - not in December- coinciding with the beginning of the Piscine age. But the teaching of Christ and Christ Consciousness -of loving all and Divine connection- was pirated in a way to control the masses. Society then, was firmly entrenched in religious and monarchical hierarchies with strict frameworks and a focus on material wealth and power as the ultimate goal, not the loving message of the man called Jesus.

This led to zealotry, self-righteousness, and the urge to establish fundamentalist guidelines for all to follow. The Spanish Inquisition (1478–1834) stands as an era of religious intolerance, when large populations were expected to show unquestioning

allegiance to Christianity, or be murdered. In America today, this is represented by the Evangelical and Dominion Christian movement, copying Islam’s Shariah Law, trying to have the country of differing faiths adhere to their singular oppressive dogma.

Thankfully we’re now in The Age of Aquarius, an air sign associated with collaboration, freedom, creativity, and taking action. You must feel it already as New Age spirituality, Mindfulness, and the buzz words of Self-Love and Self-Care fill the popular consciousness. Although old religions won’t suddenly die, their once-faithful have come to realize many beliefs are actually toxic, - especially the hateful stance towards the LGBT community.

While Christianity dissipates, ‘Christ Consciousness,’ or Unity Consciousness, expands. Remember, the man called Jesus Christ was a pre-Talmudic Jew who didn’t create Christianity. What He brought to Earth, that has been termed “Christ Consciousness,” is an awareness of the higher self as part of a universal system. It’s the state of consciousness in which a person has found self-realization and unity with not only a Divine power, but also with humanity, and not intended to relate solely to the personality of Jesus Christ. That’s why I call it Unity Consciousness.

In The Age of Aquarius, the harsh concept of ‘sins’ being punished by a vengeful God with eternity in Hell, is replaced with the compassionate

understanding that these actions are mostly unresolved trauma responses that create karma which can be transmuted. The idea of 'worship' is recognized for its arcane root in fear, replaced with the simple notion of an even-footing connection to a higher power.

The Black Lives Matter movement and the popular notion of "Woke," are supported by this Aquarius energy. Those who attack this revelation of past injustices and appear as intolerant bigots, are actually expressing trauma responses from their own self hate that left them feeling so fragile, they need to feel they're better than others to exist. That's what makes the idea of equality feel like an existential crisis to them; if they're not better than someone, than who are they? Theirs is a futile last stand against the steamroller of change that is the Age of Aquarius.

Lifeprint Reiki purposefully addresses these evolving spiritual needs, desires and concerns as a spiritual lifestyle that's not a religion. It's merely a spiritual practice without hierarchy, sin, nor worshipping. There's nothing that **must** be done, though attunement to Reiki can be the catalyst for the journey.

Can you see yourself connecting to your own Unity Consciousness, no longer needing to follow arcane toxic dogma? Are you ready to heal, from your 'self' to your 'soul', to gain such inner strength and inner self reliance to manifest the happiness you desire and deserve? Then keep reading. And remember, I'm here to help you on your healing journey in various ways.

**You can be a masterpiece and
work-in-progress simultaneously.**

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The Lifeprint Reiki Difference

I DISCOVERED REIKI JUST BEFORE the 2020 pandemic and had such effective remote sessions with my teacher, that I was intrigued to learn this method. At the height of the pandemic I became a spiritual coach, and soon after decided to begin the Reiki attunement. My level 1 Reiki master, mentioned he worked with attuning Autistic children to Reiki level 1 to help heal themselves, as the energy is effective at calming down the brain. Before then, it never occurred to me that an individual could be attuned to Reiki merely to heal themselves..

It was also the founder of modern Reiki, Mikao Usui's intention for the world to be attuned. When we perform Reiki on ourselves, in addition to calming our mind, we can also clear chakras, headaches and pains, and grow confidence in our proactive healing strength.

As I began healing myself and offered to help friends and family, I had the empowering epiphany that Reiki was a way to heal my ancestral

trauma of a lifetime of narcissistic abuse. In that moment, it seemed clear that gaining the ability to heal ourselves and our families was a way to enjoy a happier life. *Lifeprint Reiki* was born as a new compassionate lifestyle and societal blueprint based on healing our and our family's traumas, and understanding all challenging human behavior is rooted in some type of trauma.

There are at least a dozen different types of Reiki, such as Violet Flame, Kundalini and Karuna Ki, to name but three, all with different symbols and healing intentions. I encourage you to explore these as well to see what resonates with you. However, *Lifeprint Reiki* builds upon the classic Usui Reiki founded in 1922.

While there's no magic bullet for a journey toward happiness, attunement to any of the many forms of Reiki offers a powerful spiritual jumpstart as a whole spiritual way of being. Just like Yoga is an entire spiritual path beyond the familiar poses and

stretches, and Zen Buddhism is far more complex than simply meditation, Lifeprint Reiki, too, is an entire way of life to heal your body and soul of stored trauma to be able to live your desired life.

The key to any Reiki's spiritual shortcut lies in the attunement process to enhance one's spiritual connections and knowledge of the appropriate symbols. Imagine hiking a dusty path leading to a mountaintop view. Step-by-step, you build strength and resilience. But a Reiki attunement is like finding a hidden cable car, whisking you up to the breathtaking vista where the vastness of the spiritual landscape unfolds before you.

This attunement, performed by a Reiki master, awakens and enhances one's ability to sense and channel this universal healing energy using various symbols. They can be used to not only heal the physical body, but transcend space and time to heal past pains and send positive energy to the future. It's not about gaining a magical power, but rather a heightened sensitivity to the subtle energies around us.

There are 4 symbols as part of traditional Usui Reiki, but I discovered a new symbol called Shin Zo Ho Go that protects the heart center while past distress is cleared. It can be used with or without attunement.

Reiki is Japanese for "spiritual life force energy" and commonly known as an ancient healing technique

that was thought to be discovered in Japan in 1922 by a Buddhist monk Mikao Usui. However; he didn't actually discover Reiki, nor was he a Buddhist monk.

Born October 9, 1865, into a practicing Buddhist family, and died on March 9th, 1926, Usui lived during a time of great conflict, upheaval, and social change in Japan. The end of feudalism and ancient ways removed generations' worth of traditions that had held Japan together. Though he was a practicing Buddhist, he was also a working man who reportedly faced business failures and personal hardships, leading him to seek a deeper understanding of his purpose. Learning the mythical story of Usui's life and how he came to 'rediscover' the lost art of Reiki, is often part of the Usui Reiki attunement process.

Reiki had been previously practiced by other groups in Japan and Tibet, but Usui contributed deeper empowerment to the attunement process, possibly as a result of his infamous 3-week meditation on Mount Kurama. We'll never know for sure, as Usui wrote nothing down, and his teachings were all orally conveyed.

Because of this, Usui Reiki became the most popular method in Japan and why he's so revered to this day. He then spent the rest of his life working to find ways to improve the practice, help people heal themselves, and spread the teachings of Reiki.

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All About Trauma

WHEN WE UNDERSTAND how our life's unresolved traumas have disconnected us from self-love, we understand that everyone has them, and we can become a more empathetic and compassionate person, part of a compassionate society. When we understand that the entire world is victim to thousands of years of unresolved human trauma, we realize a path to world peace is a mental health one. But we can only heal the world by healing ourselves.

People treat other people the way they feel about themselves because they're disconnected from self-love. We can learn to see all the unpleasant people in our life, and the world, are struggling with their own self-hate caused by unresolved trauma. The homeless and addicts we see on the street are merely drowning in a past traumatic life event they were unable to overcome. And our own darker behaviors we choose to ignore came about the same way.

The need to control, from a sociopathic dictator down to the individual struggling with

perfectionism, is rooted in unresolved childhood trauma that left them fearfully out of control. When we love ourselves, we lose all judgment of others, knowing we judge in others what we dislike about ourselves.

Unresolved trauma shows up in our lives in many behaviors we may not expect.

- The need for attention and to be seen
- Procrastination
- Long screen times
- Promiscuity
- Workaholism
- Feeling not good enough
- Immediately saying 'no' to everything
- Constant complaining
- Trouble focusing
- Fear of failure or success
- Trouble asking for help
- Always needing to plan for everything
- Hoarding

- Messy house or room
- Poor hygiene
- Low self-esteem
- Lower back and hip pain
- Being longingly single
- Continually needing external validation
- Practicing “Shop Therapy”
- Afraid to be alone
- Easily triggered
- Sarcasm
- Always finding the negative
- Always filled with anxiety and worry
- Adrenaline junkie

Trauma keeps us in ‘survival mode,’ unable to thrive and enjoy many of life’s intimate moments and connections. And our resulting survival personality is not who we really are, and needs to be restored.

Being in this constant fight or flight or freeze or fawn response dysregulates our brain, effecting long and short-term memory, which hinders learning and sociability. Our dysregulated nervous system creates poor decision-making abilities. Because of that, I would argue that ADHD is a trauma response, because of how it’s all maladaptive behavior related.

The more difficult it is for someone to admit they possess unresolved trauma, the more serious its hold of shame has on them. If we have any number of addictions from alcohol, cigarettes, drugs, gambling, sex, or even food, the driving force behind them is filling a void the trauma left in us. If we’ve

ever been motivated through guilt or shame, that’s trauma. If we’ve ever been a victim of racism, discrimination or sexism, or are part of a marginalized community, that’s trauma.

The four types of traumas we deal with every second of the day are:

- Current Life Trauma
- Past Life/Soul Trauma
- Religious Trauma
- Ancestral Trauma

Unless you have specific memories of events, it’s difficult to pinpoint which type of trauma triggers the challenging behavior, because they can all actually be overlapping.

Repetitive patterns in relationships like finding yourself in toxic situations, or constantly attracting the same kind of unavailable partner, can be from any type of unresolved trauma related to betrayal, abandonment, or attachment issues.

CURRENT LIFE TRAUMA typically brings to mind only surviving severe events like physical abuse or war, because of the more obvious effects on a person’s behavior. However; seemingly innocuous past events are at the source of many of our present personal difficulties. I’m sure you’ve heard the terms Wounded Inner Child, or Middle Child Syndrome, or any behavioral syndrome has its root in trauma.

Most of us believe we resolved childhood pain. The teasing. The rejection. The toxic family environment. However; unless you've had professional help, it's not likely you've properly processed the past trauma. We've merely unconsciously accepted the trauma into our life and no longer recognize why we may have an addiction, lack trust or find ourselves isolated.

PAST LIFE TRAUMA responses are more likely to show up as irrational fears and phobias. A sudden and intense fear of heights, water, or public speaking might not have a clear root cause in your current life. Past life trauma, like a fall from a great height or a drowning experience, could manifest as phobias in the present. Additionally, unexplained physical ailments like chronic pain or recurring illnesses that defy medical explanation could be echoes of past life injuries or illnesses.

Vivid déjà vu experiences or recurring dreams with specific themes (war, betrayal, etc.) could be fragments of past life memories trying to surface. As well as an unexplained affinity for a certain historical time period or culture, even if you have no prior exposure to it, could be a clue to a past life lived in that time and place.

RELIGIOUS TRAUMA is one you may not be aware of, but if you do, or ever did, practice a religion, you hold trauma. Religious trauma disconnects us from self love with either feelings of not being a good follower, fear of this higher power who

blackmails us to follow, feel It's unjust, or that we're unworthy of our Higher Power's love just being us.

Old Testament stories alone are so traumatizing from Adam and Eve being expelled of the Garden of Eden, to God asking Abraham to kill his own son. And that's just the first chapter.

Christianity, and other religions, want us to believe we're born a sinner, where as Lifeprint Reiki wants us to understand we're born with trauma. 'Sin' doesn't even exist in the eyes of the Divine, but is a manmade devise created to traumatize the masses into submission.

Please know Lifeprint Reiki is not a fundamentalist notion that will, or even can, work for everyone, as it's not every soul's destiny to move away from the suffering of religion into an independent spiritual practice in this lifetime.

**You only need to suffer until
you realize you don't.**

Some people blindly believe they thrive on the limitations of religion, but there are others silently suffering with the dilemma of being part of a religion that simply doesn't fit their soul. There was a young Southern woman in my spiritual coaching class wrought with anxiety and depression because she didn't know how to come out to her parents

and grandparents with the fact that their Christian faith didn't serve her. When we have to fit into our families, social circles and communities, we often forfeit a bit of ourselves, which again disconnects us from self love. Reconnecting to self love empowers us to live our truth and confidently accept the disappointment others will have at our non-conforming as their problem.

ANCESTRAL TRAUMA is another invisible type, since you likely grew up with behaviors deemed normal in your family. Science validates this notion that trauma is passed down through our DNA and effects our behavior. It's called Epigenetics, that's part of the growing field of Evolutionary Psychology. How can behaviors be in our DNA? Well, the behavior, per se, is not in our DNA, but certain proteins are created in our genes by trauma allowing a propensity for certain behaviors.

This unresolved trauma is stored in various parts of the body, so hereditary diseases can actually be hereditary traumas. Some irrational fears or compulsive behaviors can be from inherited trauma, and not of your own volition. Other mental health issues that can be based in inherited traumas are:

- Narcissism
- Bi-polar Disorder
- General Anxiety Disorder
- Autism
- Compulsive eating
- Poverty

From everything I've just stated, you can clearly see that trauma in your life and how it disconnects you from self love - and the resulting life chaos - isn't your fault. Our society and culture also creates feelings of less-than through daily influences further traumatizing you. Though none is our fault, it is our responsibility to heal and reconnect.

HOW DOES THE BODY ACTUALLY RELEASE TRAUMA?

In the animal kingdom, a traumatized gazelle surviving a chase by lions, will actually shake to dissipate the energy. You may have experienced hands and legs shaking after a traumatic event. But the emotion of that trauma still gets stored in the body. Some of the ways our bodies release emotions:

1. **Crying**—Releases the gambit of emotions from sadness to joy. From fear to inspiration.
2. **Laughing**—It's the best medicine
3. **Yawning**—One of the more pleasant ways, learn to generate one as you focus on releasing something.
4. **Screaming**—Excellent way to release suppressed anger

5. **Vomiting**—Emotions stored in the abdomen become overwhelmed and need to purge.
6. **Coughing**—The lungs carry much grief, so coughing can release it.
7. **Sneezing**—Also relieves tension in the chest and dispels pathogens.
8. **Bowel movement**—Again, because emotions are commonly held in the abdomen, and are being released.

However, trauma, when properly resolved, can also be a motivational force in our life propelling us to do great things. Adrenaline junkies are motivated by trauma to feel something through the numbness that drives their risk taking. It's when fear and self-doubt get in the way of our path to greatness that the unresolved issues become toxic.

**Spiritual growth is inherently challenging
because the 'you' you desire to be
lies outside your comfort zone.**

6

Getting Started

GAINING SELF AWARENESS

I believe people who have more self-love tend to be able to separate their true selves from their acquired trauma response behaviors. This self-awareness creates more likelihood to achieve goals, cultivate nurturing and meaningful relationships and feel authentically connected and engaged with all aspects of life. And isn't that what we all want?

How does self awareness do that? It's like turning on the kitchen light and all the roaches run and hide. They don't have to be asked to leave. Self awareness is like standing backstage watching a magician to see their whole act really is an illusion, or like catching a thief redhanded.

Self-awareness can be defined as the ability to recognize, understand and accept our own thoughts, emotions, behaviors, strengths, and weaknesses -and how we got to be that way. It's also about

understanding how our presence, and/or our behavior, affects others, and gaining the ability to hold ourselves accountable, without blaming others. Self awareness is the foundation of personal growth and meaningful change because when we have a better understanding of ourselves, we're empowered to make changes and build on our strengths and objectively identify areas for improvement..

While further work in understanding my 11 Insights approach will help you gain self awareness, there are also some common ways to gain self awareness for personal growth:

- **Observe Negative Self-Talk**—When that voice inside our head starts telling us we can't do something, or something seems scary, or we imagine the worst of everything, simply stop and say to ourselves, "Oh, that's just my trauma talking." That awareness, over time, will reprogram your mind to nearly eliminate our catastrophic thinking.

- **Psychotherapy**—It's great to have someone as not only a sounding board for feedback, but also as an opportunity to hear ourselves speak about our emotional life. Therapy can be filled with epiphanies as what were just thoughts are finally expressed. Make sure to go into every session with a clear goal of what's wanted to get from the practitioner. **People who have found a therapist who specializes in EMDR** (Eye Movement Desensitization and Reprocessing) therapy swear it changed their lives, myself included.
- **Journaling**—Writing down what we truly feel and think removes the attached emotions. Especially if we concentrate on the 'why' of every feeling and thought, forcing us to dig deeper. Why did I react that way? Why do I have an addictive behavior and not think it's a problem? It must be handwritten to connect the words to your heart.
- **Setting Personal Goals**—Knowing what we want to accomplish in a week, a month, a year, or five to 10 years, and developing an action plan can really show us what kind of person we are, or want to be.
- **Meditation**—Whether you follow a guided meditation, chant or just listen to calming music, it offers the brain the opportunity to slow down and minimizes the external effects on our being, allowing our inner voice to be heard. But meditation doesn't have to be sitting alone in a room, but can be out walking in nature, riding a bike or evening gardening. Remember, when starting, we can never meditate wrong, but we can learn to do it better.
- **Human Design**—Similar to astrology, but more complex with its addition of I Ching and Kabbalah, a Human Design reading can show you what you're meant to do in this lifetime and how to handle the obstacles that may appear.
- **Shadow Work**—Your shadow self is that part of you unconsciously created as a result of unresolved trauma. It's the part of us we try to hide, hence it's called shadow. While The 11 Insights will reveal the shadow, there are other methods out there to explore.
- **Life Mirrors**—We judge in others what we don't like about ourselves. It's true; that celebrity we hate has a quality in ourselves we dislike. Make a list of people you dislike, and why, to discover some of your shadow self.

7

11 Insights to Happiness

I CALL LIFEPRINT REIKI a spiritual path, so what exactly is spiritual? All the inner work required to master The 11 Insights. Each one explores our connection to the unseen higher power that guides us, and our continued work and subsequent growth all falls in the domain of spirituality.

This path offers a renaissance of ancient principles of living combined with New Age philosophies to understand our humanity and increase happiness. Our traumas left us with a low emotional intelligence, meaning we have little capacity to understand, accept or effectively express our emotions. This leaves us with the only option to strongly react to triggers. These 11 Insights focus on the most meaningful areas for regaining emotional intelligence and reconnect to self love:

- 1 - Curiosity
- 2 - Suffering & Surrender

- 3 - Attachments & Expectation
- 4 - Illusion of Polarity
- 5 - Forgiveness
- 6 - Compare & Despair
- 7 - Boundaries
- 8 - Power of Loss
- 9 - Internal Validation
- 10 - Connecting to Ancestors
- 11 - Anatta

1. CURIOSITY—It's reason you're reading this. You need this curiosity to drive your exploration of the depths of your humanity. It's one of the primal human characteristics that creates joy, discovery and enlightenment, and triggers creativity, motivation, happiness, and intelligence, while reducing stress. We are by nature a curious species.

Lack of curiosity can be an inherited trauma as children, when our inquisitiveness is stifled. Not to mention religion wants us to accept its dogma

without questioning ‘why.’ Or the fearful phrase “curiosity killed the cat” can paralyze us to look no deeper into a host of situations.

2. SUFFERING & SURRENDER—When I mention the word ‘suffering,’ like with trauma, it conjures up extreme feelings like homelessness, of children starving in Africa, an over-crowded refugee camp or nations living under oppression. But that’s all external suffering. In this spiritual context, ‘suffering’s’ what happens internally when we want to control things that can’t be controlled. We create unrealistically high expectations. We want to be like someone else. Those inauthentic sources create our ‘internal’ suffering that we may know better as anxiety, worry or depression. But it’s our trauma that wants to control everything you couldn’t as a child. Learning to surrender puts us in the flow of the universe which helps create a greater sense of peace in life.

Surrender is a powerful concept that’s a big step toward empowerment. Our childhood trauma created the wounded ego that over compensate with a need to control everything we were helpless to growing up. This illusion of control creates unneeded boundaries and limitations that unconsciously imprison us.. When we surrender to a Higher Power, we can reconnect fully to that source where the whole universe conspires to support us to become timeless, joy-filled, and fearless.

3. ATTACHMENTS & EXPECTATIONS—

The Buddha asserts that attachment is the fundamental cause of suffering. Anything we possess that would cause pain if lost is an attachment. Our world is filled with these, from material possessions to intangible concepts like beliefs and outcomes. Recognizing this, and loosening our grip on these attachments is the path to reducing suffering. However, letting go is easier said than done.

Many attachments, such as coffee, personal belongings, or even our beliefs, provide the ego many benefits. This makes it difficult to perceive them as problematic. Yet, taking a moment to imagine life without them reveals the potential for suffering. The fear of loss is inherent in attachment. Attachments are only necessary to create a family. Everything else is optional.

Expectations, predictions about desired outcomes, are closely linked to attachment. While they can motivate, excessive expectations can lead to significant stress and disappointment. From daily routines to major life events, we constantly form expectations. These expectations can be unrealistic, setting us up for failure and emotional turmoil.

We often create attachments to our expectations. This can be particularly harmful in relationships and personal goals. Parents, for example, might impose unrealistic expectations on their children based on societal pressures or personal desires. Similarly, individuals can become trapped in a cycle

of disappointment when personal goals aren't met, even with some progress made.

To alleviate suffering, it's essential to recognize the role of attachments and expectations in our lives. By understanding how they contribute to our emotional state, we can begin to loosen our grip on them. This process requires mindfulness, self-awareness, and a willingness to let go.

4. ILLUSION OF POLARITY—The Law of Polarity tells us that everything that has its pair of opposites, is all an illusion. Even though some things appear as opposites, they are, in fact, merely two extremes of the same thing, but we ignore the points between that unite them. For example, hot and cold appear to be opposite, but in truth, they're just varying degrees of temperature united by every degree in between. Hence, the judgements of "good" and "bad" we place on anything, are also illusions created by the ego. Ice cream is good until we want to lose weight. 'Good' things seem to be answers to our prayers where 'bad' things are really challenges and karmic lessons in which we wish not to engage.

**In reality, every moment is as it is.
Nothing is 'good' or 'bad,' 'right'
or 'wrong,' or has any meaning.**

Behavior that can be judged as immoral, unethical and outright criminal are actually often uncontrollable responses to unresolved trauma, that will create a karmic lesson.

5. FORGIVENESS—Forgiveness is a complex emotional process often misunderstood as weakness. In reality, it's a profound act of strength that can significantly impact our well-being. "Holding a grudge is like taking poison and expecting it to effect the other person." While the concept can vary individually, it generally involves a spiritual shift to release anger, resentment, and the desire for revenge towards someone who has harmed us. This doesn't mean condoning their actions nor requires maintaining a relationship with them. Forgiveness is about breaking free from the emotional chains that bind us to the past, allowing for healing and personal growth.

It's important to recognize that forgiveness is a two-pronged process. While forgiving others is crucial, self-forgiveness is equally important. This involves letting go of guilt and shame associated with past experiences, even those where we were the victim. Forgiving ourselves, means breaking free from the guilt and shame we unconsciously hold from past events that hinder our progress.

Ultimately, forgiveness is a journey towards inner peace. It's about recognizing that holding onto resentment only harms ourselves. By choosing forgiveness, we liberate our spirits, allowing for a fresh start and a more fulfilling life.

6. COMPARE & DESPAIR—Whether a parent was emotionally abusive asking ‘why can’t you be more like the neighbor?’ or you were feeling “why can’t I look like the models in magazines,” we humans constantly compare ourselves to others to disastrous emotional results. This distress contributes to anxiety, depression, shame, envy, self criticism, or lack of self worth, rapidly disconnecting us from self-love. Everywhere we turn in our high tech society there are overwhelming opportunities for us to compare ourselves to others. We might compare looks, status, partners, children, intelligence, individual character traits, possessions, emotions. In fact, it’s humanly possible to compare just about anything that someone else has with what you have.

When you develop self-love and self-acceptance you’ll find no one compares to your unique brand of wonderful. You’re incomparable and your uniqueness is your super power. *It’s important to realize we’re each unique souls, here on earth for different soul purposes and soul missions, to learn different lessons.* While you’re learning not to compare yourself to others, remember, they may have difficulty in other life lessons that you already mastered.

7. BOUNDARIES—Most of us go through life oblivious to boundaries. If we love ourselves, we have clear boundaries. However; if lacking self-love, boundaries may be non-existent or weak at best, and effect our overall quality of life.

Personal boundaries are guidelines, rules or limits

that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone crosses those limits. They’re built out of a mix of conclusions, opinions, attitudes, past experiences and social learning. Boundaries include physical, mental, psychological and spiritual, effecting beliefs, emotions, intuitions and self-esteem.

If we grew up with inappropriate boundaries from family members, that will greatly effect our adult interactions and self-worth. The issue is that our boundaries are subconscious until we take action to become aware. Although we can choose who we interact with in our personal life, this isn’t always the case at work, or in our family and community. Often, we know that our boundaries have been violated by feelings of confusion, anxiety, or feeling drained around a person.

8. POWER OF LOSS—Loss is one of life’s emotions we live our lives trying to avoid because it feels so unpleasant. Leaves us on edge, effecting our self-worth, self-esteem and self-confidence. But emotional loss, be it from a breakup, a death, job firing, natural disaster, etc, is actually the Universe’s way of creating openings to growth and fulfilling our soul purpose. Whether we see loss as this opportunity for growth, or reason to wallow in the pain, is directly connected to our level of self-love. Hence, developing a stronger sense of self-love will help you not only better navigate life’s losses, but also leaves you armed with the knowledge to find ways to grow with the power of loss.

Kenneth Doka, Ph.D writes in a Psychology Today article “Choosing Growth After Grief,” that the start of transforming the loss is to simply choose growth. If we set the intension to benefit from the loss after properly grieving, and take actions to manifest that, it will happen in time. Patience is the key.

I personally went through this after my dog of 13 years had to be put down, I was forced to discover all new reasons to wake in the morning. I did everything I could to grieve and let every emotion be expressed. When I was searching for info online, I found an article that coined the phrase “Post-traumatic Growth,” and that became my goal. And with the guidance of my therapist we charted a course for creating ‘Steve 2.0,’ and in eighteen months transformed into a life and spiritual coach and author! There’s an updated version of you waiting to emerge!

9. INTERNAL VALIDATION—Validation is confirmation or affirmation that someone’s feelings, actions or existence are valid and worthwhile. Validation can be received through external or internal means. External validation comes from others validating our feelings, including likes on social media, compliments, sexual validation, or actual applause from others. While likes on Instagram for our latest post can feel good, that feeling is fleeting and beyond your control.

Internal validation is harder to practice, as this involves validating your own feelings or beliefs and not judging them.

Our parents and caregivers have continuously, consciously or subconsciously, directly or indirectly, molded our sense of Self and of our sense of worthiness. So growing up with parents who modeled and projected low self-worth, taught us that this is how people should treat themselves. This then becomes “normal” behavior and we automatically internalize it as being correct and logical.

This left a majority of us scarred from not having felt good enough, loved enough, heard enough or seen enough, and this lack of compassion we felt often has the most long-lasting and powerful impact in creating our sense of worthiness and of deservingness. These learned patterns of neglected feelings stay with us and shape who we become and how we learn to treat ourselves.

Heightening internal validation is a core component of spiritual growth. After we develop a strong system of internal validation, if a disappointing situation or feeling arises, instead of getting frustrated or blaming ourselves, we possess the ability to accept the situation and tell ourselves, “It is what it is” and move forward without distress.

10. CONNECTING WITH ANCESTORS—

Ancestors play an important role in Eastern, African and Native American cultures and all ancient civilizations. The practice of honoring those that came before and maintaining a spiritual connection to them was lost on the West with its overwhelming fear of death. Not to mention the power we gain is a threat to most religions.

That's why ancestral work is a surefire way to increase internal validation as an act of radical self-care and self-love. By putting our attention on our ancestral lineage we connect to their sacrifices and losses and to the resilience of those who came before. We receive the help and support from our healthy and beloved (and not so beloved) ancestors of the distant past. We honor the cycle of life and death and acknowledge that we'll become the ancestors of the future.

We don't have to be an indigenous shaman or medium to have a direct, intimate, and healthy relationship with our ancestors. Especially if we had a difficult relationship with deceased parents or grandparents, our forgiveness and healing will help them become invested in seeing their future generations thrive.

When we heal ourselves, we're healing seven generations before us and seven of the future. We're the one who can break the generational dysfunction. That's why there's nothing selfish about reconnecting to self-love, we're doing it to help our lineage and heirs.

There are three types of ancestors with whom to maintain connection:

- **BLOOD ANCESTORS**—The ones we physically originated from. They are the parents of our parents etc. We carry their traumas, their personalities, and their talents and skills.
- **SPIRIT ANCESTORS**—Those who inspire us. They're the ones who built the very things, tools, and traditions, that continually inspire us. Our spirit ancestors are the artists, musicians, writers and creators as well as gurus and spiritual teachers, who built the very foundations of our beliefs and helped us grow, in the physical world.
- **PLACE ANCESTORS**—The ones who once lived in the area we're now living in. They're the people, animals and plants who lived and died on the very same ground we walk upon.

Direct contact with the spirits of the ancestors can be cultivated through ritual practices and creating a framework for connection. However, communication may also happen spontaneously in forms such as dream contact, waking encounters, and synchronicity, like seeing butterflies.

A framework for connection includes creating an altar in a quiet place or closet in your home. It can be as simple as a surface with a few photos and candles, or as elaborate as you like, to include mementos and other significant objects of remembrance where you can stand and meditate with gratitude and set intentions of discovery.

11. NOTHINGNESS—This most esoteric concept at the heart of many philosophies is something one can spend their entire life trying to grasp. The importance here isn't the full understanding, but merely knowledge of the existence of this concept. In Buddhism this concept of nothingness is called Anatta.,” Think of it as “Your name isn't you; your body isn't you; your thoughts aren't you; your feelings aren't you.” If we can't control something, then it doesn't belong to us.

This idea that no part of us is ours, that no labels define us, leaves us anonymous, and achieving our “nothingness” is what connects us to everything. It's our ego that needs the labels. It's quite a complex premise that require patience to grasp.

Anatta is an essential understanding for self-love as it's key to relinquishing control of all the external influences in everyday life we've been erroneously convinced to believe as being us.

In the physical world, quantum physics shows us that black holes are analogous to Anatta, as they are nothingness personified. Knowing of the existence of numbers, zero is one of them. The entire computer world is made of 1's and 0's, so if we live in the world of '1'(something), then it's true we live in the world of '0' (nothing).

This is quite the advanced complex spiritual concept worthy of a lifetime of exploration.

**You can't change the past, but you can
change the way you feel about it.**

8

Living Your Lifeprint Reiki Life

SO WHAT'S THE DAILY LIFE of a follower of *Lifeprint Reiki* like? Nearly blissful as we find ourselves participating only in the things that bring us joy, and fulfill a passion, surrounded by loving people who support us.

We find ways to be mindful of every moment, even of the routine, by making them part of our personal ritual, by adding a beginning and ending moment.

Perhaps when we wake in the morning and open our eyes, we take a moment to feel the gratitude for another day and all we've accomplished so far.

On our way to make our morning beverage, we stop at our ancestral altar to acknowledge them forgiveness and healing, and ask for their support throughout the day.

After enjoying our breakfast, we check in with our body aches and do some stretching or Yoga to work out the trauma still held in those painful areas.

If you have the time, this is a great moment to journal about everything that's troubling you, to clear it out of your psyche for a more enjoyable day.

While bathing, we see it as an opportunity for self love and ritual cleansing. Using products scented with essential oils you love invigorates the experience.

When out on the street, perhaps we carry single dollar bills or coins to give to homeless asking for assistance.

We might find we no longer have the appetite for heavy and fried foods and start making healthier choices to fuel the body we love.

We'll likely be listening to different music as we seek higher vibrations to support our new soul frequency.

And lastly, we may find ourselves spending more

time alone relishing in the solitude, instead of feeling lonely. Our circle of friends may dwindle after realizing what kept us together wasn't very healthy. And new supportive people come into our life, replacing all the drama of the past.

All these things can happen daily or several times a week. It takes 4-6 weeks to break a habit and the same to start a new one. So we can make a promise

to try something new for a month to see if works in our spiritual practice. Try one and see how it goes. Or mix it up. Maybe you don't do each of them daily, but weekly. Some monthly. Whatever you feel is right for you. Remember, 'wrong' is an illusion..

The game of life is change. Those who cling to specific expectations can't pivot as the game changes in front of them.

9

Other Paths to Healing Trauma

SOMETIMES WE HAVE TO work our psyche in various ways for the break through that leads to gaining awareness of what needs to be transmuted. Trauma's stored in the body, and thinking about it -or even just talking about it- won't make it go away. But moving the body or following established somatic techniques, will greatly help, when it's done with a healing intention.

- **A great way to healing is through vigorous physical activity.** As trauma is stored in the body, moving it around to the point of fatigue greatly helps. All forms of sports, dance, aerobics, or anything where you're moving until you can't, works. **Consider adding Yoga to your exercise routine as it has been proven especially helpful in relieving trauma symptoms.**
- **Art or drawing is used in trauma therapy**

with children and is also effective with adults. Play acting is also used in trauma therapy and why some get 'the acting bug' after appearing in school plays, because of the unconscious healing effect.

- **Another great starter practice is spending time in nature.** Gardening is spiritual. Repeatedly immersing yourself in the ocean, forest, or mountains has a spiritual cleansing effect similar to meditation. The beauty. The fragrant smells. The light. Ocean is my favorite option as wading in the salty waters draws the negativity out. Frequent epsom salt baths with at least a cup of salts, are an option if not near the sea.
- **The EFT Tapping Solution, is a powerful holistic healing** technique that resolves a range of issues, based on the combined

principles of ancient Chinese acupressure and modern psychology. The basic Tapping technique requires you to focus on a negative emotion, and actually tap at certain points on your face and body while speaking about letting the emotion go. There are videos on YouTube to follow.

- **TRE (Trauma Release Exercises) is a trade-marked innovative** series of exercises to assist the body in releasing deep muscular patterns of stress, tension and trauma, by safely activating a natural reflex mechanism of shaking to release the tension, calming down the nervous system. You can find practitioners around the globe and videos on YouTube.

A search on the internet will turn up many more ways to eliminate trauma and it's up to you to be proactive to find what works best for you. It's possible one modality may create great change or you may have to try several to peel away the proverbial onion layers of pain.

**You don't see the world as it is.
You see it as you are.**

10

Thank You!

YOUR DESIRED HAPPINESS is possible with a deeper understanding of yourself. To learn more, I invite you to read my book “Your Trauma Healing Journey: Lifeprint Reiki’s Guide to Reconnecting to Self-Love” for an in-depth look at all that’s mentioned here, and much more. www.lifeprintreiki.org/book.

And while I’m thrilled you’re interested in learning more, I can’t stress enough that spiritual growth is not an easy path. There will be sadness, sleepless nights and unsettling feelings arising while you find a new footing. If you would like to be a part of a supportive online community, you may want to check out my website www.lifeprintreiki.org for more information, resources and classes.