

Life's Little Lessons

A GUIDE BOOK
TO GET YOU THROUGH

KATHRYN MORAVEC



Life's Little Lessons
A Guide Book to Get You Through
by Kathryn Moravec
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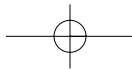
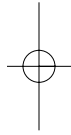
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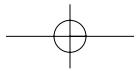
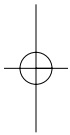
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*This book is dedicated to all the souls who have chosen
to improve the world by starting with themselves
and to my husband Alex for this belief in me.*



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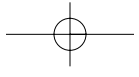
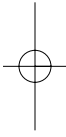
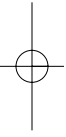




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I have changed the names and unimportant details in the examples throughout the book to protect the identities of the individuals.

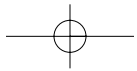
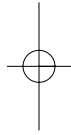
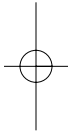




PROLOGUE

This book is intended for anyone who has wished for a compact guide on life. I do not claim to be an expert or guru, or to have all the answers. The information contained in this book is not new but, you will find it expressed in a user friendly format.

The material is derived from my own personal experiences, teachers I have studied with, and Divine Guidance. My goal is to provide you with tools that can enhance your life experience. Please open your heart and your mind as you read, and take only what you feel you need from this book. It is my firm belief that we all will end up in the same place, each on our own path. Any path you choose is the correct one for you. The only difference between paths is the adventure and the time when each of us arrives at the destination. I hope this book will assist you on your journey, and that it can help you avoid getting stuck on the side of the path. Enjoy!





INTRODUCTION

Every experience we encounter attempts to teach us something.

Life is a continual learning and growing process. I began my spiritual journey on a conscious level when I hit rock bottom. It was one year after my second divorce, and the relationship I was in seemed to have more downs than ups. I always believed that if you were a good, kind and genuinely caring person, things in life would work out. I tried to be kind and caring, but felt that I must be doing something wrong, because I couldn't for the life of me make a relationship with a significant other work out.

One day I finally had enough and screamed at the Universe: "IS THIS ALL THERE IS?" I found this to be the point where the Universe, God, Goddess, Source, what ever name you use, wants us all to get to. We have to be open to receive guidance, and sometimes, actually most times, you have to be emptied first. Every experience we encounter attempts to teach us something.

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I was sent two wonderful teachers whom I now call friends.

They are two very different individuals and came to me exactly when I needed them. I have read from the Bible, old texts and other books written by individuals on their spiritual journeys. You may think that you only want to improve yourself in your present life, not start a spiritual journey. I am here to tell you that any self improvement is a step on your spiritual path. I believe that we all originate from the same Source, which to me is God, Goddess All That Is. (I also refer to them as the Universe.)

I do not judge others because of their belief system nor ask anyone to share my beliefs. As I stated in the prologue, I believe all paths are correct. If you do not care for the words I choose to use such as God, Goddess All That Is, then substitute your own words for mine. Please do not get hung up on the verbiage because it is not the words but, the message they relay that is important. I also believe that we co-create our life with God.

We have free will but, the Universe will allow you only so much time to achieve wisdom before it steps in.

What I mean is that if every experience is a lesson and if you do not learn it, the Universe will readjust your situation to see if perhaps you will get it another way. Good examples are my two divorces. I had relationship lessons to learn. Even though each succeeding relationship improved, the problems remained similar.

At the rate I was going, when I found the man of my dreams I would be too old to even remember why I wanted him in my life.

Introduction

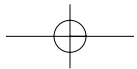
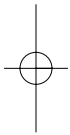
You had better learn something from each life encounter or you will continue to repeat the lesson with different faces and places attached to it.

Co-creation is further discussed later in this book.

With the help of my two teachers I was able to grow in consciousness at a very rapid rate. Although I found the information from my teachers and the books I read to be valuable, I struggled in applying the knowledge to my life!

It is easy to tell someone to love unconditionally, to forgive, and to "know oneself" but how does the individual accomplish it?

After many trials and errors, tears, and plain frustration, I learned the how. The way in which I achieved growth may or may not be the path for you. My intention is to impart the Universal basic truths that I learned, and show you how to apply them to your life. If my way is not your way you can still learn from my experiences, and apply the truth to your life in your own manner. I again ask that you open your mind and heart as you read, and realize that you are about to embark on a wonderful journey of self discovery. Thank you for allowing me to share in your adventure!





1

THE SELF

The place we will start is with you. You are embarking on an exploration of the self.

The majority of people go through life blaming everyone and everything outside themselves for their pain, restlessness, frustration, and failures.

They tend to repeat their mistakes or recreate the same situations because of their refusal to look inside themselves for the answers. They live their lives thinking they have no control, power, or choice.

Everyone needs to learn that there are always options to be chosen in every situation. We all have access to the same exact amount of personal power.

Personal power gives us the ability to make choices, to feel confident and strong, and to find peacefulness within ourselves.

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Once this is realized, all you need to do is to acknowledge the truth that you are a strong and capable individual, and embrace your power by making life choices and feeling good about them. We perceive power as something given to us by money, position, or other people. This is false power, because it can be taken away or lost.

True power comes from within, goes everywhere with you and can never be taken away by anything or anyone.

We can and do give our power away!

This occurs when we allow others to make our choices, or when the opinions of others have too much influence on our decisions. When we allow money, personal possessions and social status to become of prime importance to us, we have also given our power away.

As children we are taught that putting our needs first is considered selfish. I know of no one who likes being called selfish, so we sacrifice our own needs or desires because we think that someone else's are more important. It seems that in the process of pleasing everyone such as family, friends, coworkers, and bosses, no one ends up happy, not even ourselves.

I am not suggesting that we never please others. What I'm saying is that we must learn to honor ourselves first, and then we can honor others.

The Self

If our cup is empty how can we expect to fill anyone else's cup?

When we honor ourselves it means that we accept each aspect of who we are, including our dark and hidden parts, without change. It also means that we make choices regarding our life that are for our own best and highest good.

Life is too short for us to live only for others—we must all do what brings us joy, which can and will include service to others, but not at the expense of ourselves.

In a moment we will discuss how to release our undesirable traits but first I would like to explore the ideas of victim and martyr energy.

Victim Energy

Victim energy is when an individual feels they have zero choice in any situation. I am not talking about individuals who have suffered from a crime. I am speaking about people who think that life happens to them and they are unhappy with the outcomes. These individuals feel helpless and hopeless.

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Martyr Energy

Martyr energy occurs when a person chooses to do something and then proceeds to complain about the hardship it caused them. People in martyr energy are typically unhappy.

As a society we need to come together and heal the victim and martyr energies as they are very counterproductive.

How can I say that you must accept yourself without change, if I am going to show you how to change?

You must accept yourself completely right now as you are, then you can begin to eliminate the traits you feel are no longer a part of the person you wish to become.

If, for instance, you choose to reduce your weight, you do not delay self acceptance until you reach your target weight. You accept yourself now and continue to accept yourself all through the diet.

Self improvement occurs because of a desire to grow. If we waited to accept ourselves, until we felt we were the absolute best person we could be, we would never reach acceptance.

We cannot honor that which we do not accept.

The Self

The self is divided into an emotional, mental, physical, and spiritual body. Each body has a purpose for existing.

The goal is to understand each body and bring all four into balance. I believe this is a lesson that everyone must go through and that it is a difficult and continual process. This particular lesson took me over a year to understand and to complete the initial phase.

With this chapter, I intend to walk you through the steps so that you can accomplish your balance at a pace that is comfortable for you. I will define the different bodies, beginning with the physical body and moving through the rest. To help you I will also include a few, certainly not all, traits or questions associated with each body.

Physical Body

In trying to change ourselves, the physical body is where most people begin.

This is because the changes are visually apparent to yourself and to everyone else. The physical body also encompasses our environment including our work, home and the entire planet.

The physical body allows us to experience life through our five senses of touch, taste, hearing, smell and sight.

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There are no two individuals completely alike—even identical twins have differences—which means that every experience is unique to the person.

Our body is a wonderful vehicle no matter what size, shape, sex, or color it is. It does not matter where we live, how we look, or what type of job we hold. We are all created equal with variations that make us unique individuals. This keeps life interesting!

TRAITS: Weight, status of health and fitness, type of work, debt, possessions, environment—cluttered, messy, clean.

Mental Body

The mental body determines how we perceive our world. It processes all the incoming information and determines what is important to us.

The mental body also strives to keep our lives from changing by creating fear of things that are new or different.

Our ego resides in the mental body. Its function is to protect us from the world at large and from learning who we really are. The ego uses fear to keep us from growing. To countermand this we need to embrace change, silence our ego, and not allow fear to rule us.

TRAITS: Controlling, manipulative, judgmental, worry, calm mind, fear of anything.

The Self

Emotional Body

The emotional body allows us to feel our world. Our society has taught us to suppress our emotions. Generally women are taught to quell their anger, and men their sadness.

There are only two true emotions: love and fear!

All other emotions such as compassion, joy, satisfaction, anger, frustration, guilt, shame, etc. are forms of either love or fear. We need to understand why we feel the way we do, then accept the emotion being experienced.

Once you accept your emotions you can use them to move through situations effectively, rather than having your emotions use you.

No one can make you feel one way or another. You alone are responsible for the way you feel. If you are sad you should allow yourself to cry, and feel the sadness fully. When you embrace or feel the emotion, you can then release it.

We are divine spiritual beings designed to live in joy.

We are meant to feel all emotions, but we were never

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meant to hang on to the fear-based ones for long periods of time. Keeping negative emotions alive for months or even years will eventually cause harm to the physical body. Chapter Five delves into this further.

QUESTIONS: Do you shut your emotions down? Are you too emotional, allowing them to rule you? Are you hanging on to guilt, shame, grief, frustration?

Spiritual Body

The spiritual body is the one that drives us to discover why we exist.

It is interesting that our Soul knows why we are incarnated to this earth plane, even if our conscious mind does not.

Compassion, intuition and unconditional love reside in this body. To assist us in our growth in consciousness our Soul uses the spiritual body as a tool, a way to communicate with us. This is often the most neglected of the bodies.

QUESTIONS: What are your beliefs on life and death? Are you solid in your beliefs? Do love and compassion emanate from you?

Male/Female Energy

Everyone embodies both male and female energy. Male energy is on the right side of our bodies and is represented

The Self

by the sun. It is electric, active, and giving. Female energy is on our left side and is represented by the moon. It is magnetic, receptive, and creative.

Concepts or ideas are conceived on the female side and brought to fruition—into the physical world—by our male side.

Now that you have an understanding of each body's functions, you can begin to analyze them to discover who you are deep down inside.

You must be totally honest with yourself, which can prove to be very painful and hard but ultimately satisfying.

To begin your analysis find a quiet place, free from disruptions. Examine each of your bodies and see what you like and dislike about each one. It would be helpful to write your list down. Take your time in doing this assessment as it is important for you to identify every aspect of each body. Move through this exercise at a pace you are comfortable with, as it is not a race and no one is timing you. Do not be surprised if you find this to be the most difficult and tiring thing you have ever done. Remember you are doing an honest analysis of who you are, so write everything down. This is for your eyes only, and you do not need to share it with anyone unless you choose to.

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Most individuals never delve into their essences; instead they define themselves from the outside by their roles in life: mother, father, wife, husband, child, sibling, executive, laborer, boss, employee, etc.

We all hold a variety of roles, each role being only a fraction of who we are as a whole. When we define ourselves from the inside instead of from the outside, we still hold the various roles, but we are able to be a whole individual in each one.

Being whole all the time actually makes life easier, because as the roles change, we do not.

Do you now see why being totally honest with your self assessment is so important?

Begin to Heal

The next step is to heal the areas you are uncomfortable with or that you feel impact you negatively, and to enhance the attributes you are pleased with.

Examine your list and decide which attributes or traits you choose to eliminate. After you have identified what you choose to eliminate, you must first embrace the trait and understand how it has served you up to this point in your life.

The Self

Each aspect of who you are has a reason for existing.

An example of this concept is in my past relationships with my significant others. I tried to become who they thought I should be and maybe who I thought they wanted me to be. I denied parts of myself because I thought it would make them happy. I wasn't happy, but that was okay, because I knew that if I kept on giving, and being who they wanted me to be, the relationship would be fine. (I think there was a bit of martyr energy in me way back then!)

The relationships all failed, so what led me to choose this type of behavior? It took much searching, and being very honest with myself to realize that I was engaging in a behavior designed and implemented by me, to prevent me from being abandoned.

Deep down inside I was terrified of being alone, so I developed a trait that I thought would protect me—that is, letting other people define who I should be.

Over and over again, it didn't work.
Once I understood why I acted this way in relationships, it was easy to embrace the trait, then release it with love.

I reclaimed my power and embraced myself wholly.

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Now I am with a man who is wonderful and kind, and best of all he is in love with the real Kathryn.

We will use guilt as another example of how a trait can serve you. It doesn't make too much difference as to why one feels guilty. It could be because of something they did or did not do. How does guilt serve? It is a form of self-punishment.

Most individuals believe that if you do something wrong, you have to pay a penalty before you can be forgiven.

Guilt may appear to be a small "price to pay" but in reality it shrouds one's entire life, choking out joy, peace and happiness. Knowing that guilt is self-imposed pain allows you to embrace it, then release it with love because the guilt did what it was created to do.

Please, be patient with yourself as it may take some time for you to understand why a particular trait came into being.

It takes deep probing to figure out how the trait has served you and you must take full responsibility for its existence.

You and you alone are the reason it was created. You can't blame anyone else...oh, you can try, but in doing so you render yourself powerless.

The Self

You are the ruler of your destiny.

Once you discover why the trait is part of you it becomes very easy to heal.

Everyone is able to heal themselves, with the right tools.

I have used the following five steps to release the traits I felt I no longer needed. I found the exercise to be simple, relaxing, and beneficial. Don't "freak out" when you read the first step and see that you need to meditate. Meditation is not a horrible, boring task and you do not need to spend hours doing it, but it does take practice and patience.

You will find that meditation when done correctly can increase your energy level because it helps to clear your mind.

To achieve a clear mind you need to allow your thoughts to come in and then move right on out. Do not dwell on the thought. If you resist your thoughts from coming in they will bombard you. This is why you allow them to enter your mind, then leave. The meditation in the Appendix creates a Quiet Place for you to go. The place you create is yours and can be anything from a beach, to a meadow, or a favorite childhood hangout. You can use this space for relaxation, release, healing, or to tap into your inner guidance. Make your space beautiful, unique, and sacred.

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When you release a trait or habit you do it in the energy of love.

You will send the trait out from you into the universe, surrounded in your love. Then you replace the released trait with a positive one in order to fill the void. The new trait is admitted into you in the energy of love, and must be nurtured in order for it to thrive. I suggest that you release one trait at a time because you must integrate the new energy and there is no point in overdoing it. Begin.

Exercise

1. Do Quiet Place Meditation. (Appendix of book)
2. Once you are in your Quiet Place visualize the trait you choose to release. Give it form, color, texture.
3. Embrace the trait; hug it, and thank it for doing the job it was created to do. In your mind or out loud tell the trait that it no longer serves you to keep it.
4. Release the trait with love, throw it out to the Universe.

Visually see the trait leave you and dissolve into space.

5. Visualize the void left by the trait. Fill the void with a pos-

The Self

itive trait: give it form, color, and texture; if you can't think of a positive trait use joy, or unconditional love.

Visualize the new positive energy entering the void and becoming part of you.

When you release a trait or a habit it is important to involve your physical body as much as possible. See and feel the trait, or habit, then be aware of how you feel once you release it, and how you feel when you embrace the new trait!

Releasing the trait will not magically change everything in your life. You still need to work on incorporating the new energy and find new patterns of behavior.

You eliminated the energy and the reason for the old attribute and the old patterns. The released trait may resurface in situations and at first it will be confusing to you. Like an onion with many layers the released traits may be hiding deep inside.

As you grow in consciousness you are actually peeling your layers off and you may need to release the attribute again,

When you recognize this phenomenon occurring all you need to do is repeat the above exercise.

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You have embraced, released, and incorporated your chosen traits. Now you must embrace your past and embody it into your foundation.

This is important because your past shapes, creates, and forms the building blocks of the person you are now.

If you do not integrate your past lessons into the foundation of your Being, you will repeat them. You are not integrating the emotions of the lesson, only the facts and what you learned from it. We must truly learn from our lessons to the point that the message is embedded within us.

When you disregard the past, you leave holes and thus you are not whole.

Look at your past with joy, and love, because it has brought you to where you are today.

Defining who you truly are is an arduous task but lessons do not need to be hard and learned with great difficulty.

You can choose to have your lessons presented with grace and ease and in the energy of joy as your teacher. Even if you do only the exercises described in this chapter and none of the other ones outlined in this book, you will still be way ahead of the game. You will find that the rest of this book centers on you and how you interact with the world around you.

The Self

A few thoughts as we close this chapter.

Compare yourself only to yourself.

We can always find someone we consider better or worse off than us, but the only true measure of growth is to oneself.

Examine your life and know that you helped create it.

Take responsibility for your life choices, thus eliminating victim and martyr energy. Other people will impact your life, but you hold the power on your response to the situation.

Embrace who you are!

You are a unique individual...one of a kind!

If you don't love yourself how can anyone else love you?

The foundation is now laid for your continued growth. Congratulations!