

Have you ever been triggered by something tiny? Have you ever lost it over something innocuous, before you even had chance to realise you were feeling emotional? Maybe anger or tears out of nowhere? Read more to find out what you can do about it and also what might be behind it. We will be covering this in my 'Healing Stories' group on Sept 30th 7.30pm in Pitstone.

I don't do it often but when I do I tend to do it in style! And I did it last week, 4 days into our walking holiday. In hindsight I can see some of the reasons, not to beat myself up with but to put strategies in place for next time. And yes, there is likely to be a next time. I am only human after all. Any thing else and I would be up there with the Buddha and Jesus. Maybe next lifetime (just kidding!).

I have decided to share them here in the hope that you will gain some information you can use in your own life.

1.

I let myself get triggered. My childhood story – being alone – kicked in. My husband had been busy working up to going away and it felt like he was unavailable, plus he then unexpectedly brought work away with him and was working in the evenings. On a head level I have healed this story, I do not blame anyone, I do not feel sorry for myself. But this is a sign to me that there is another level that needs to be healed or I would not have been triggered. I would have calmly read my book or rationally, adultly, asked for some attention. I will do some 'work' around it. (I also have to give my subconscious some credit here; I certainly got his attention! Just not in the way I would prefer).

2.

I forgot to do my appreciation ritual. I do this morning and evening and it's my way of collecting all my energy back into my body, of being grounded and of connecting with my 'God'. If you want to know how to do it we will be covering this in the 'Raise your Vibration' workshop. Next dates are 24th Sept or 12th Nov in Pitstone.

3.

I had a lot of time to think. I started trying to 'fix' the perceived issues in my life. On a soul level we all have challenges, this is how we grow. But focussing on them instead of on how we would LIKE our lives to be, never ever works, it just drags us down into worry and overwhelm. I asked for guidance and received this answer; 'Let your light shine, engage with life' (i.e raise your vibration, have fun, do what you do best without worrying how it will pan out). This is the way to overcome any challenge in life, to glide over it on a different level, like surfing the top of the wave rather than being dragged down into it's depths. The saying 'angels fly because they take themselves lightly' comes to mind.

4.

I left my journal behind in the interests of weight as we were walking point to point. So when I needed get real about how I was feeling I had no easy way to do it, I let it build up instead.

So that's it really. Sounds so simple but all of these things really add up. If you find yourself being triggered and don't necessarily know why, you might like to come to my 'Healing Stories' group on 30th September, 7.30pm until 10pm in Pitstone. Just £8 and ALL stories are welcome. Generally it's the really small ones that get wedged in a crevice of our subconscious somewhere and 'trigger' us. Generally also we don't know what the story is until we start to unwrap the symptoms; overwhelm, anxiety, depression, not good enough, lack of self belief, not thriving etc. Or it may be something we know about from our childhood but don't know how to clear.

1:1 Healing Stories sessions also available via Skype or in Pitstone.

If you have any questions, feel free to ask on 07717 471 584 or timeandspace@outlook.com

We will also be covering some of this in my 'Raise your Vibration' workshop on 24th Sept OR Nov 12th (one or the other), 10am until 4pm in Pitstone.

I look forward to seeing some of you there.

Rachel xx

