

A person stands on the peak of a large, dark rock formation, arms outstretched in a gesture of triumph or achievement. The background is a dramatic sky at sunset or sunrise, with soft orange and pink hues near the horizon transitioning into a deep blue. The overall mood is one of accomplishment and looking towards the future.

# YOU CREATE EVERYTHING THAT HAPPENS TO YOU.

*It is only by acknowledging that you have created  
everything up until now that you can take charge of  
creating the future you want.*

- Jack Canfield

[jackcanfield.com](http://jackcanfield.com)



## How to find what is blocking your success and abundance in life

We all want to have a better life. A life that we can experience in full. A life without worries, money issues. A life full of love and content.

Everything we do in this life we do it because we hope it will make us feel better. We have got kids because we want to experience unconditional love. We buy make up because we believe it makes more attractive for the sex we are drawn to. We lose weight through conscious dieting because we believe it will make us feel better and more attractive. We spend hour in the gym, not because we are enjoying it but because we think if we look fit we will feel better. And don't get me wrong, all these things do make us feel better for a short while but in general we feel bad within ourselves. And the quest for happiness continues.

But have you ever thought that there might be something inside you that is stopping you from going after what your heart desires? Have you ever thought that actually there might be something deep inside you and because of it you procrastinate or self sabotage? Have you ever thought that your subconscious fears actually are preventing you from the life that you keep dreaming about?

Well I can help you to uncover all these fears, to remove them from your mind and body, so you can see the light at the end of the tunnel and to start walking towards it instead of just sitting in the dark scared.

I want to help you take the first step away from being a victim to be your own hero.

This journey might seem really hard in the beginning, because you will be facing your biggest, deepest, darkest fears and thoughts. You will be facing something you have been trying to forget. Something you have been trying to put in a safe and lose the key. Something you have been told to ignore for many years.

I can assure you that once you start facing your fears, feelings and thoughts, one by one, and look them in the eye, you will start feeling bigger, stronger, brighter, unshakable. Your self worth will grow exponentially and the love you start feeling towards yourself will be unconditional and sweet.

Something else I would like to mention here, so you will get a better understanding is that the majority of these thoughts, feelings and fears have been given to you in your childhood. Sometimes we have these thoughts and feelings because something wasn't given to us in our childhood and we have felt unacknowledged, unnoticed, small, insignificant, unworthy, undeserving.....

I know it is painful. When I started walking down this road in the beginning it was really depressing but I knew my choice was either to go through it and start building my own life or to stay depressed and unsatisfied until the rest of my life. My choice was either I will stay a victim of my circumstances or I will take full responsibility for my life and I will start making the decisions and live my life the way I want to live it and not the way others tell me or expect me to live it.

So without any further delay below are the three simple steps that will help you uncover, bit by bit, one by one all your fears, all your hidden thoughts and all the feelings you have been keeping under the lid but there is no space for them any more and they have to be released:

- 1. Write down a painful memory**
- 2. Next to it, write down how you felt when it was happening. Describe it with as many feelings as possible. The more you get into detail the easier it will be to be released.**
- 3. At last write down how this painful experience has been affecting your life, relationships, decisions, attitude, beliefs.**

I want you to keep in mind that probably you will have more memories than you can imagine. This is not one time off exercise. Once you start remembering, there will be many more memories that will start bubbling out of you. Please do not be scared. Just write them down and follow the three steps above. You might start to cry. Allow yourself to cry. You might feel like

shouting. Do it in a safe environment. You might feel like punching or destroying things, please find something that after you destroy it, you will not regret it.

One thing we have not been taught is that our negative emotions are there for a reason and we should honour them and not hide them.

*Sending you a lot of love  
Emiliya  
Gem Coaching*

EMILIYA GEORGIEVA  
07756530234  
GEM.COACHING@OUTLOOK.COM

[HTTP://WWW.GEMCOACHINGUK.COM](http://www.gemcoachinguk.com)

gem  
coaching

WHAT WE  
THINK, WE  
BECOME.  
-BUDDHA