



## 2-1 Review

There is nothing wrong with the decisions you made at the time, and you made the best judgment you could under the circumstances, and you have lived until now.

It is not a case of "I should have done this at that time." That was the right thing to do. You must admit to yourself that you have worked so hard.

You are the one who has supported you 24 hours a day, 365 days a year, from the time you were born until now. Not your family, not your lover, friends, or anyone.

The one who has always been there for you and sent you all the love you wanted was YOU.

Why do you keep blaming that little you?

The most important person to take care of is the little, sweet you right there.





## Emotional Healing

Listen to the voice and love little you. (Let's call her Minnie for now.)

Say, "Thank you for being there for me, no matter what."

"It's okay. It's okay. It's okay. All is well. I've learned a lot, thank you."

Put your hand on the area where you felt the pain and talk.

Whenever you feel anxious about something or cannot take action, Minnie is most likely coming out. Notice it first, then you say

**"Oh, Minnie, you're coming out.**

**Minnie, it's okay. I love you,**

**and I'm here for you. I love you.**

**Thank you for everything.**

**It's going to be okay.**

**Let's move forward together."**



Please put your hands on the area you feel pain and talk to her.

Over and over again, repeating this every time something unsettling happens. You will end Minnie's karma in this lifetime.