

Family and Social - The relationship you have with your parents (caregivers) is what you have with the world!

Chapter 1 - Who are you, your mum, your dad or maybe another adult figure?

Chapter 2 - Let go of blame and live your life

Chapter 3 - The environment will alter who you are! - Epigenetics, environment signals the gene. Like Xmas light on and off. Genes make proteins and proteins are responsible for structure and function for your body,

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I have many stories from my childhood, and unfortunately for me they were very tough times.

I see the natural law of the universe and see that all is balanced. I feel very fortunate now for what happened.

My mother was diagnosed with cancer when my youngest brother was born (me and him are only 14 months apart).

My father would describe her as an earth mother who was naturally funny, witty, very intelligent, who possessed great empathy and very strong maternal instincts.

After many visits to the hospital over five years, she began to realise that her life was coming to an end and her personality slowly changed.

She carried with her a sadness, which was no surprise when you are terminally ill. This fed into our psyche and when I was 9 years old, she had passed away.

Soon after this, my father started a relationship with another woman who was to be with us until I left home.

It occurred to me she was the opposite of my mother. She was more into herself than us, and didn't appear to possess any maternal instincts. This is not to point a finger of blame, as you will see in the following chapter. To blame and hold resentment is a poison only you carry.

It was a challenging time growing up, and I took this into my own relationships and that didn't turn out well.

It sent me on a quest, to know why I was sabotaging relationships or picking the "wrong" partners.

It took me around 5 years of conscious searching, books, events, and coaching to come full circle, and see that I was acting out past programs I had picked up from unconscious modelling from my childhood.

It hit me. I suddenly realised I was acting out exactly the same situation. It was as if something else would take over me, and I would be caught up in it and then when I looked at the broken pieces around me, I would say "What the hell happened!" Feeling guilt, shame and confusion.

I will break down over the chapters why this happened and to bring light on anything that you may have not known before so you can resolve it and continue forward with your life.

Chapter 1 - Who are you, your mum, your dad or maybe another adult figure?

As we enter this world, we are given our two parents, some would say we chose them as we consciously existed before we were born. (You can explore this theory, I am not a disbeliever of this however I am also not definite.)

Our survival is dependent on them to feed us, take care of us, and nurture us throughout our childhood. Anything that happens that we take as a threat to our survival – if your parent or equivalent sided with someone else it would be a threat to you, or if they took something from you, or told you off – would have us make decisions based on these experiences and then build stories around it. Stories we believe inexplicably to be true and we would gather evidence to back up our story.

To me and my siblings, this was our new reality and we then made choices based on this false perception we had created for ourselves.

The mind is not to make us happy but built for us to survive. I mean, think about it. Over two million years ago our ancestors would be travelling the lands of the world and be extremely vulnerable to all sorts of animals and weather conditions. They would have to survive by being continually fearful of the unknown, and if they were not they ran the risk of being killed for their lack of caution.

This is ingrained into our consciousness, our shared consciousness. Imagine the fun fair game Bumpers (if you are old enough to remember). You would be driving around with the antenna rising up from the car, connecting to the power from above. This is a metaphor for what we have, an invisible antenna that connects us all.

We make decisions based on what we perceive growing up, our experiences. We also view our parents and see which one wins. Who would you rather be? You can then adopt that person's characteristics as your own and behave in that way as an extreme version, in order to be stronger or be sure to be the bigger winner. Often, you are not given a choice.

Action Step

Who are you acting as? Write down who you think was the winner between them and why? What did you adopt in order to not lose?

It is worth taking a serious look at this in order for you to become aware of what patterns you have been picking up that are not your own. They can be helpful, or they can hinder your happiness in certain areas of your life.

Chapter 2 - Let go of blame and live your life

Blame is so powerful, it gives us an excuse not to take full responsibility for our lives.

How you are with your parents is how you are with life.

They are our first glimpse into relationships and can define our whole perception of our relation to life.

When our own survival is threatened as I mentioned before, we are forced to make decisions on how to deal with this threat. We consciously make a decision that they are wrong for doing XYZ, and then our actions from this point are to gather evidence to prove that we are right. We alter our reality based on these quick decisions, from a moment that happened, and then we create our script (the whole film has been shot and edited in our mind and we keep replaying that baby over and over!)

What will transform your life, is to take full responsibility for your life from today onward, and to let go of that movie that you believe to be the truth.

You may think you have the evidence needed, from the stories your mum told you about your dad or your dad about your mum.

You may have other people backing up the claim.

How does this serve you except to point the finger, and say my life is this way because of you!!

If you are to look at your life right now, what can you be proud of? What can you be thankful for? Whatever it is that you think your parents have done to you, there is another side. You are who you are and there is everything to be appreciative about for that.

Now that you have the capabilities and some understanding, I want you to see what your life would look like in a moment if you chose to let go of your movie around "what happened"

and the stories you believed, and just love them for who they are. What would that feel like? To let go of the blame and shift that energy to something that is constructive in your life. How would this shift your life?

Action Step

I would like you to write a letter to your parents, or anyone you had major issues with. That you blame for something because if you do you are giving your power to them rather than claiming it for yourself.

As Nelson Mandela said - Resentment is like drinking poison and expecting them to die.

Write the letter with a new awareness, play devil's advocate and re-shift your perspective on what you can appreciate and be grateful for.

A layout written below for you to follow.

Dear _____,

I want to say sorry for

I blamed you for

Thank you for

I want to create a space for something new, such as

Love from _____

Now that you have done this, I want you to go over what you have written and make sure to look out for any unconscious blame in the letter. It is about taking full responsibility, and not to put a few digs in there. If you are truly grateful and writing from a place of love and acceptance, you will know it.

Now that you have the letter, it is time to call or send that letter to the person you intended it to go too.

Do not expect anything in return, in fact, do not react if they send something horrible back or say terrible things. This is for you to clear the toxic energy out of your body to create space for something truly magnificent.

If they are no longer alive, then find a safe place and re-create that person and talk to them. I can assure you they will be listening, as everything is energy and energy never dies.

Chapter 3 - The environment will alter who you are!

It has been shown that the environment will literally alter who you are, from the inside out because of something that is known as epigenetics.

How it looks is this, the environment signals the gene and this alters the body as genes create proteins. Proteins are responsible for our structure and function of the body. The environment can cause genes to be turned off or on.

Basically (as I take off my glasses) your environment plays a huge factor to you at a cellular level.

Bruce Lipton has a beautiful explanation which you can find further resources on youtube. He found out as a biologist that when he took genetically identical cells into a petri dish and changed the environment, those same cells would change based on the environment. He took these cells and transferred them to multiple petri dishes until the evidence for him was undeniable.

He did this over 30 years ago and we are just catching on.

This is why the most crucial time for a child is 0-7 years of age. We are literally walking around and downloading everything that is presented to us and we become that environment.

Maybe St. Ignatius Loyola on a catholic priest back in the 1500's who (apparently) said "give us a child till he's seven and we'll have him for life.", has real truth to it!

This is hard programmed into our subconscious which runs 95% of what we are, it's our habits, it's what runs the show.

I have gone through this myself through doing very different types of work, from working in gyms, voluntary work, IT recruitment, and acting.

At times, I wasn't sure if I was coming or going!

What I realised is that from the times I was in an office (beginning of 2016) I would act out in all sorts of manners. The more self-development I did, the harder it became to be around certain people. I was becoming self-aware of the importance of protecting your environment and the people you are with.

As the saying goes, you are the 5 people you keep. Well, let's see. Who do you hang around with, are they similar people to the position in life you are in now? Earning similar salaries, similar lifestyle etc.

If you want to transform this, it is rather challenging as you have to leave your "tribe" which back in the times when leaving your tribe would certainly mean death, this is innate. When you do venture off to find a new tribe you will be undoubtedly be very uncomfortable, lonely, and ultimately fearful. However, what comes with this challenge, as you find new peers who are doing what you are striving to do, is exponentially increasing your chance of achieving what it is you want, They will pull you up to their level, and you will become the person you who you envisioned to be.

What is it you want to do with your life? Who do you need to be around in order to achieve this? If it is a challenge to find them, then immerse yourself with leaders and communities of people who are doing just this.

Action Step

Go out and find someone who you feel can be a mentor to help you with your development in this area. Be bold and go for it.

You can join our Facebook community - and reach out to other like-minded people.

<http://bit.ly/SelfLimitlessMasteryFBGroup>

Every day, surround yourself with as many people as you can that inspire you.

Chapter 4 - The machine vs you!

Have you ever had that moment when you're with someone who matters a lot to you, and you are overcome by some sort of feeling? It's something that rises up inside you, you feel a wave of negative emotions that you are not able to control, and it hijacks your brain. Suddenly the person you are with can't do anything right. In fact, even them being around you has become painful!!

I have heard many reasons why this happens, from pain bodies by Eckhart Tolle to past lives in a spiritual form acting out a past agreement.

Whatever we like to say to pinpoint what it is exactly, what I want to do is spread some light on it to help raise your awareness so that you have a choice the next time it happens.

I describe this feeling based on my own experience and this is what lead me to do a lot of work on myself. Understanding why, when you love someone, that we sometimes (like me often) sabotage what you want.

Well, let's take a look. After many years and attempts to pinpoint it myself, I uncovered many situations from my childhood that needed resolving. It's when you ask the right questions to people around you.

I had a chat with my sister, and she pointed out what suddenly became obvious and a big part of the patterns I was playing out.

I had picked up and acted out my father's relationship with his ex-partner. They were together from when my mother passed when I was 9 till my late 20's.

I saw how they interacted with each other and how she put herself in a situation to deal with a family of four and with my very expressive father.

Though, from my experience, she did keep her distance (consciously or unconsciously) from me and my siblings with her work. She did not really attempt to take the place of our mum. From my experience she didn't have the maternal instincts, which bearing in mind the recent loss of my mum, was something we needed. This broke any connection I had, and I grew up without any real feelings.

When I was on my journey, I forgot all about this part of my life as one of the causes for what was happening in my relationships.

I had unconsciously found a woman who was similar in that aspect and I reacted like my father, and with a sprinkle of my own personality of course.

So, whenever I reacted or felt I was being taken over by something else, I could only watch as I saw that being right was more important than anything else, including my happiness. I felt utter guilt and shame.

I'd learned this behaviour, and over the years had cemented this in my brain by creating neurons that had made it a habit, forging them together.

What does one do to break this habit? This learnt behaviour that is not even ours and destroys the love between people!

You must share this with your partner so they know that if it is about to manifest itself you can share a prearranged way to deal with it. If you no longer have a partner in your life, be aware if it starts to surface and make a new choice.

By being aware and knowing you are getting hijacked, you can take the blame off yourself and just know you are in "automatic pilot mode" as you go into survival mode.

What also helps is to meditate. There are other ways of dealing with this which I have shared in my book *Spiritual - Die When Your Alive To Lead To Your Spiritual Awakening*.

Action Step

Sit down and see where you become destructive in your relationship with your loved one, family, or anyone significant in your life that you get this charge from. Check where it comes up. What patterns can you relate this to in the past? Who can help you see what you can't see?

There isn't much you need to do when you become aware, apart from showing your awareness and completing it. By writing a letter and getting all your thoughts and feelings down, having a chat with them, or imagining you are if they have passed away. Let go of any negative emotions surrounding that person by seeing their positive side.

Once you fully comprehend that you're holding on to resentment, any anger toward another person is just stabbing yourself and hoping *they* will feel the knife going in. As we know, this won't hurt them just you.

Chapter 5 - You just going to sit there?

Well, in order for anything to happen we have to move. Right? So, to surround yourself with people who are ahead of you, you must find out where they are in order for you to put yourself in front of them and be the best version of yourself.

People come to you once you have got to a certain point when you become a person of influence. Until then, we must go out there and be around the people that we would usually feel uncomfortable to be with.

This is fundamental to you getting out there and being seen. To create contacts with people who are moving in the directions you too would like to go in.

If you have ever watched Dragons Den, the TV show where entrepreneurs go on to pitch their ideas to already successful business owners (the dragons). They invest not just in the idea, but the person behind it. If the idea is great but they don't like the person behind it, then I have little doubt they will not invest in it.

People work with people when they offer value and are open and honest with their intentions. Then opportunities will open up a lot quicker. This is so much better than working on your own.

You can find these groups on meetup, Facebook communities, LinkedIn.....Now it is time to go out there and find the groups you want to be a part of.

You have further tools to help you with this book.

Write down the results you got from researching groups here:

Look at the next meetup dates, schedule it in. Even if there is a little cost to it. Get yourself out there!

Chapter 6 - Top habits from top networkers

Generally speaking, networking is something we should do more of, yet we don't do nearly enough.

There can be a whole bunch of reasons why not, from rejection to unfamiliarity, too much effort... Whatever the reasons, we need to go beyond that and start to get results from taking the action.

Habit 1 - Ask for help to keep the momentum. Do not be afraid to put yourself out there and ask for help. You will find someone, rest assured! It is hard to start moving again when you stay stuck. It also gives you a great excuse to talk with people.

Habit 2 - Keep in touch even if you can't see value in that relationship right now! Only reaching out to people when you need something is a sure way of not receiving any help and being perceived as a manipulator. Genuinely staying in touch shows that you care and are interested in them. Look for opportunities to make it a win win when the time comes.

Who can you think of right now that can be on that list of regular updates?

Put a reminder on your phone to schedule the catch-up call or text with each one!

Habit 3 - When someone does help you - do you thank them? It takes a few minutes to acknowledge someone for their help and it goes a long way.

What could you do as your trademark 'thank you' for people helping you?

A gift? A letter? A text? A call? The more thought you give, the more certain you can be that they will want to help you again.

Habit 4 - Pay it forward! What you give you get back 10X. Believe in that or not, it certainly is a great way to think.

Who can you help? What can you do right now to help someone? Maybe someone asked recently, and you said not now...!

Chapter 7 - To be interesting, be interested

I think this is so powerful and so true. I mean, look at it with regards to you personally.

When someone starts talking about what they do and about what they have done it may be of some interest, but when they turn their attention to you and show real interest in who you are, what happens? You suddenly become really interested in that person because they are interested in you.

It is a challenge, because we do love talking about ourselves. This is why it is so powerful to be interested in someone else.

When you go out next time and are having a conversation with someone, bring awareness to the moment and really focus on them. Avoid the common trait of preparing what you want to say or what questions you'd like to ask, and just be present in the moment and respond when you are in flow with them.

This may take practice, yet you will see the effects on how they respond to you, whether it is a stranger or someone you have known for years.

Thank you for taking the time to read my collections of thoughts and experiences accumulated over many years. I have done my best to take the complex and simplify it the best way I can so as to help you to transform your life and help those who you love.

I can only thank you for creating me, you are the creator and without you, I would not exist! If you didn't enjoy this book and your life has turned completely upside down from taking action, then you must ask yourself, "Why did I create this?" You must take full responsibility for your actions. Right?

Thank you to Eckhart Tolle, Melissa Peer, Dr John Demartini, Tony Robbins, Jack Canfield and many other of my mentors.

I will be here to support you on your journey.

Peace and love
Alex Roseman

If you want further training with Alex Roseman, you can find his online programs and events on www.alexroseman.com