

MERAKI THERAPY



Connie-Lee is an international public speaker, the Regional Director of the Global Woman's Magazine Club in Paris, and the fabulous founder of the Meraki Therapy healing technique and the T.H.R.I.V.E online academy with the aim of bringing holistic psychotherapy to the awareness of modern society. She loves to ask who are you? and encourages her clients to rediscover their own answers.

Her methods are so effective because she works to uncover the root of her client's pain and once the source is identified she provides the tools to help her client's design a life of fulfilment.

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7 steps to think more with your **HEART**:

Step 1: Trust. Whenever you're at a point in your life where you feel unhappy, ask yourself "Who do I trust?" Who are the 5 closest people to you in your life at the moment? Do you trust them? Are you in a space in your life where you feel safe to express who you are? Do you have a space in your home where you can feel safe to ask yourself the awakening questions that are needed to uncover what is making you unhappy? More importantly however, do you trust yourself to make the right decision or do you feel that you 'aren't good enough' so are the cause of your unhappiness? In order to heal any area within your life that is making you feel unhappy, you need to create a safe space so that you can create a life that is in alignment with your truth.

Step 2: Be aware of who you are. 90% of the thoughts you have every day are conditioned thoughts that come from the views and values of the society you grew up in. They form the set of unconscious belief systems you have created from the ages of 0 - 7 years of age; which means that up until now you have just been reacting rather than expressing the truth of who you are. Ask yourself "Which of the thoughts, feelings and actions that you take in life are from your soul (the truth of who you are) and which are from society (the conditioned you)?"

Step 3: Accept who you are. Up until now you have been doing the VERY BEST that you know how to. You have been making the best decisions you know how to. So why then are you being so hard on yourself because you really have been doing the VERY BEST that you know how to. This is the step that people often forget on their journey of healing: they forget to love themselves. Love and acknowledge all that you have done and accomplished.

Step 4: Let go. Do you need to release anything that is no longer in alignment with your highest good? If you look at the negative feelings you have been having up until this point, do they come from the conditioned

views of the past? Then it may be time to release these old belief systems and emotions. Are there any people in your life keeping you stuck in the behaviours that are harmful to you and not creating a safe space? Do you need to forgive people in your life so YOU can move forward into the future rather than carrying them with you into the new healed space that you want to create? The most important person to forgive is yourself. It is very healing to forgive yourself for all the 'perceived' wrong that you have done up until this point. Society tells us that we need to 'do' certain things to be perfect. The concept of perfection is from society. It implies imperfection which isn't in alignment with who you are. You don't need to do anything because at the core of who you are, you are PERFECT, WHOLE AND COMPLETE just the way that you are. This is the truth of who you are.

Step 5: (Re)Invent yourself. This is a beautiful space where you can now really begin to invent anything you want for yourself and your life. What makes your heart 'sing'? What makes you feel 'light'? These are two wonderful tools to use as a guide to creating a life that you love.

Step 6: Vibrancy. We are so hard on ourselves. We spend most of our days feeling 'bad', complaining and being negative. Actually, life is about loving and embracing every second of our lives. Life is about vibrantly living each day.

Step 7: Expand and Emancipate. Now that you have created a safe space and have a deeper understanding of who you are, you can now begin to really tap into who you are. Now that you have released belief systems that no longer serve you, you can start taking daily steps that move you closer to a life that is fully in alignment with the truth of who you are.

If you feel you are feeling unhappy in any area of your life, re-read each of the 7 steps above because I feel that these steps help you to holistically reignite who you truly are.



3 steps to think more with your **HEAD**:

Step 1: Trust, but verify. Trust falls into four categories:

1. **Simple trust** is a child-like innocence with neither suspicion nor concept of betrayal. Once lost, those negative memories and feelings cannot be erased
2. **Blind trust** is voluntarily trusting a person regardless of what evidence is uncovered to the contrary. It is self-destructive in that you put your fate in the trusted person's hands, and if that person betrays you, you will suffer consequences
3. **Conditional trust** involves trusting people, but only under certain conditions. It can be summarized as "IF you do X, THEN I'll do Y. However IF you don't do X, THEN Z will happen."
4. **Authentic trust** is a willingness to trust someone while knowing that they can, and perhaps may eventually betray you. As such, it also involves an openness to discuss, and maybe overcome distrust

Healthy trust is imperative to optimal decision-making. Problem is, the decision to trust is made by weighing:

- All available and relevant facts and evidence
- All relevant memories of similar experiences
- How you feel about the evidence and memories
- How you feel at the moment you make the decision
- Your current belief system

Your dilemma becomes determining whether or not:

- You have sufficiently gathered all relevant facts and evidence necessary to make a reliable decision to trust?
- You aren't disqualifying critical evidence on the grounds that it doesn't 'feel' credible or relevant?
- The memories you recall are what actually happened, and not subjective, incomplete, or misremembered versions of what happened?
- Your feelings and belief system aren't blinding you; preventing you from questioning yourself?

Your ability to identify, challenge, change, and even abandon beliefs and feelings is crucial to finding happiness.

Step 2: Be aware of who you are, and of who you are not.

Knowing what you're capable of involves identifying your limitations, because identified limitations can be managed. Identified weaknesses show you why you fail to meet your goals, and whether or not your goals need to be redefined. Weaknesses don't necessarily have to be turned into strengths, but your weaknesses should be improved to the point where they are not preventing you from reaching your goals.

Likewise, identified strengths show you the path of least resistance you should take to meet the goals you set for yourself. How can you know what you want to do if you don't know who you are?

Step 3: Don't accept who you are. Up until now you have been doing the best you know how to. You have been making the best decisions you know how to. This means that if you are unhappy with who you are today, it is most likely because there have been times in the past when you said 'Yes,' when you should have stood up and said 'No.'

Don't be too hard on yourself because of a decision you've made; you did the best you could with the facts, memories, and evidence you had available to you at that time.

Accept who you are, but don't stop learning and improving upon yourself. You should aim to be twice as wise today as you were one year ago, and one year from now you should be twice as wise as you are today. Never stop questioning and learning. The world is constantly changing and evolving. If you are not, then you will be left behind.

Step 4: Let go. Who defines his past, defines his present. Who defines his present, defines his future.

Everyone has regrets and failures; you are not special in this. The decisions you've made, or by not making decisions you've effectively let others make them for you, have lost you many opportunities, but they have also created many other opportunities; opportunities you perhaps have up to now been blind to. Stop wallowing over lost opportunities and start capitalizing on current ones.



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Workshops available on:

- Customer Relationship Management
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