

VOICE DIALOGUE with C.H.I.
For SELF IMPROVEMENT
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PAY
ATTENTION
TO
FEELINGS.
OUR
EMOTIONS
AND
INTUITION,
THOSE
VOICES
INSIDE,
HAVE
SOMETHING
TO TELL US.

When I began to work with Brooks on integrating all of my inner selves with my higher self in order to observe and heal, I was a bit apprehensive. I was feeling like there were so many voices waiting to be heard, that I could lose “myself” in their identities, and not return “home” whole and strong. I am excited to say that my fears were wrong!

I have tried many modalities and counseling sessions to heal my childhood, and unresolved emotions, but I was only able to reach a certain point of relief. Most of my life I had repressed a lot of my memories and emotions, all the while feeling like something was always missing. I referred to my life as a puzzle, and I was missing a few pieces and some of them had some very rough edges, or were faded.

Through the work I was doing with Brooks I gained awareness of those parts of me that were neatly tucked away, waiting to be heard. As I began to be vulnerable and aware of those parts of me, I was able to see and feel the balance and dance of my fascinating inner world. I discovered long lost pieces of me, and fell in love with them, and their insights and gifts.

I was able to reclaim the person I used to be and longed to be again, my higher self. I felt so alive and beautifully raw while experiencing safety and compassion. It was a metamorphosis and expansion of my soul, the intricate puzzle of my existence. I began to see the world in a new, neutral way with many “trigger” type situations offering more clarity and appreciation. Much like a butterfly emerging from its cocoon, I felt lighter, more complete, having so many more vibrant colors to offer the world.

This is very transformational work, and it greatly influenced my life. I have experienced major growth in the dynamics of relationships and compassion for other’s inner selves. I truly enjoyed the practical lessons that my spirit gifted me as the themes I was working on presented themselves as opportunities for growth and observance. I have had too many “ah ha” moments to count as I deepened my awareness and discovered the power of reclaiming those inner parts of me that had been buried so deep inside.

Now I finally know what “healing your own childhood” really means, along with “parenting yourself”, or giving yourself what you did not get. There is much to be learned from the self love of truly showing up to pay attention to what your own inner voices want to say. I have experienced many releases of pent up energy and emotions, which began to heal and create space for growth, potential, and creative manifesting.

I am thrilled to finally be releasing old issues and blocks that have resurfaced over and over in the past without resolution, opening the path for intuition and discernment, with much clearer thinking. Without judgement, witnessing the dance of my inner selves and adjusting the choreography for insight and wisdom from every situation.

Inner selves were getting my attention through headaches, muscle pain, exhaustion, mood swings, addictions to sugar and caffeine, compulsions to stuff feelings with food, which led to not being able to trust my own gut or “inner guidance”. As I began to integrate the inner selves I experienced expanded awareness, and these old patterns began to shift.

As I healed these parts of me and my past through Voice Dialogue, I was fascinated to notice that the C.H.I. work I was doing was synchronistically opening up the channels of manifestation and clarity.

How you respond to something is clearly a choice, and Voice Dialogue gives you the flexibility, and powerful tools to adjust your thoughts and actions to stay balanced and objective.

I have had a deep healing where I have shown up and witnessed and held those parts of me tenderly and with no judgement or criticism. During this transitional phase of my life, I gave myself this gift of a “dance” with my own spirit to positively affect my relationship with myself and friends, family, and co-workers. In those moments that I was a witness to the synchronicities and pain ~ I was free, to be me, and there was beauty, and self LOVE.