



DISTURBANCES

Learning to recognize and be aware of your disturbance is an important part of reaching clarity. This can be tricky because not all disturbances are alike:

1) **OBVIOUS** disturbances are easy to recognize because they are activated at a certain point in time when your energy shift, and you are aware of the trigger event that leveraged your energetic shift;

2) **SILENT** disturbances creep in unnoticed and overtime until you are completely taken by the disturbance without even knowing exactly when and why your energetic shift occurred. This is like a back ground noise that may go unnoticed at first, but its cumulative effect cause the emotional trigger to manifest;

3) **RECURRING** disturbances are repetitive patterns in consciousness. They are often developed in childhood through inherited heritage or education or other kinds of enculturation. We may be blind to these patterns because we have been embedded in them for a long time. They are difficult to recognize but once we become aware of them, we have greater chances to heal and transform this pattern in consciousness for ourselves and for others