

This process occurs until you learn to love and accept all of yourself. You come back to wholeness where you can choose from all behaviours using an Aware Ego.



All sub-personalities are trying to help you in some way. They may however be trying to help you achieve an old goal such as getting Mum or Dad's approval, keeping safe, avoiding pain or embarrassment. As a result their behaviour may seem unhelpful, but they are just keeping you small or safe as that is what their programming tells them to do. Part of healing requires evolving your sub-personalities so that they are helping you to achieve your new goals such as loving yourself, being successful, happy and healthy.

## Helping you through:

**Support Groups** — weekly group sessions where we learn and practice healing techniques, share our progress and support each other in our healing journeys. \$20 employed, \$10 concession.

**Workshops** — a wide range of workshops to help you understand the healing process, the psychological and spiritual journey that life is. \$100 per day employed or \$60 per day concession.

**Individual appointments** — to change sub-conscious beliefs; release trauma, emotional pain and stress; and assist you in reintegrating your shadow and evolving your sub-personalities. Sessions: 60-90 minutes. \$80 employed or \$60 concession.

Jodi-Anne has been facilitating leadership development and personal growth workshops since 2002. The workshops are designed to help people to understand why they have become who they are and how to release conditioning, beliefs and repetitive patterns that do not serve them. Participants are helped to uncover their strengths, life purpose and ways to actualise this in their lives.

Jodi-Anne understands how difficult the healing process can be. She was raised in an alcoholic, emotionally and sexually abusive dysfunctional family that left her with extremely low self esteem, an inability to trust others and strong armouring to protect herself. She was filled with rage and grief. To cope with her pain she became a study-a-holic and work-a-holic. Initially she focussed on how to obtain behaviour change for sustainability, later she focussed on healing her self and learning about the healing process, spirituality and consciousness.

Jodi-Anne has walked a long journey of self discovery and healing to reach a place of forgiveness, self acceptance and self love. She now delights in helping others along their own path to peace and happiness.

Her journey and the healing process is documented in her book *'The healing journey demystified: achieving sustainability one heart at a time'*.

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# Emerging Self

Helping you to:



- **Release trauma, emotional pain and sub-conscious stress**
- **Release self defeating and negative beliefs**
- **Reprogram your sub-conscious mind with self supportive and positive beliefs**
- **Reintegrate your shadow, evolve your sub-personalities and self actualise**
- **Understand the spiritual and psychological journey that life is**

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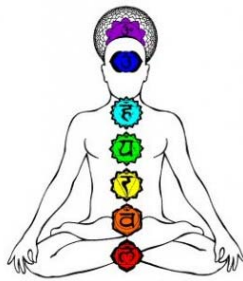
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## Helping you to:

### *Release trauma, emotional pain and sub-conscious stress:*

When we experience trauma the emotional pain and shock gets remembered within the body. It is stored in the cells and chakras. It acts as a self protection mechanism, a warning system, to keep us alert and on guard to avoid that type of event again. Part of healing requires releasing that trauma, emotional pain and stress from the chakras and the cells so that the body can relax and be at peace, to come out of fear (the fight, flight or freeze response) and just BE.



### *Release self defeating and negative beliefs and re-program your sub-conscious mind with self supportive and positive beliefs:*

Up to the age of 6 years old our brains are functioning in Delta and Theta mode. In this mode everything that is heard is stored automatically in the sub-conscious mind and believed as true. If a baby or child is told it is bad, naughty, stupid, unwanted, not good enough, ugly, worthless, a problem it believes it. If it is told or shown through the actions of those they interact with that the world is a dangerous place, people are out to get you, money corrupts or there's never enough of it then the child believes it and absorbs that programming.

It is not until 6 years of age when the Alpha brainwave mode starts that the child's conscious mind develops the ability to notice inconsistencies in data and to question whether what it is told is true. However, by then the sub-conscious mind has been programmed with many

unhelpful beliefs about self and the way the world works. These programs are like tape recordings that play over and over again, affecting how the person thinks about themselves, what they experience in life and how they behave. The sub-conscious mind is much more powerful than the conscious mind. The sub-conscious mind represents 95% of our cognitive ability. It regulates all our bodily functions, makes sure our hearts keep beating, our food is digested and waste eliminated. It functions below our level of awareness. The conscious mind represents only 5% of our cognitive ability. That is why you may consciously think that you are a lovable, worthwhile person but find that you keep self sabotaging, feeling not good enough, and not capable or deserving of love, happiness and health.

Your sub-conscious programming from childhood overrides your conscious thought. This is why affirmations (consciously repeating a positive statement) will not always work. You also need to change the sub-conscious program. Otherwise no matter how many times you tell yourself 'I love and accept myself just the way I am' you won't really believe it. Part of healing involves releasing these self-defeating and negative beliefs and reprogramming the sub-conscious mind with positive and self supportive beliefs.



### *Reintegrate your shadow, evolve your sub-personalities and self actualise:*

When born we have the potential to feel all emotions and behave in all ways. Based on how we are treated we learn to suppress certain emotions and behaviours.

Babies need their parents to look after them, their survival depends on it, so they automatically shift their behaviour towards doing more of what gets them nurturing and approval. They push away and reject the behaviour that gets them frowned at, told off or punished. Hence they end up only allowing themselves to behave in a limited number of acceptable ways. The disowned and rejected behaviours, called sub-personalities, get buried inside the body. It uses energy to keep them buried, to monitor and make sure we don't behave in those unacceptable ways.

The human psyche does not like to be split so the buried items, also known as our Shadow, resurface trying to get us to heal and accept them. For example if you have disowned laziness and selfishness and focused on pleasing and helping others as your way of getting approval and feeling good about yourself, then you will attract in people who are lazy and selfish or you will experience events that make you behave that way (usually through exhaustion and burnout) so that you balance up and accept that part of yourself. You eventually learn it's okay to take some time for yourself, you learn to say no and be a little bit selfish. If you run from that person or event you repeat the pattern over and over until you do learn the lesson.



If you rejected anger you will attract in angry people or events to make you see that it's okay for you to feel and express a little anger. It is the same for any disowned part. You will attract in people or events to make you face and reintegrate that part of yourself.