

Ep #008: Breaking the Hold of Past Patterns



Vulnerable
to *Valuable*

with Rosie Aiello

Gurutej

**"Breaking the Hold
of Past Patterns"**

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The image is a promotional graphic for a podcast episode. It features a red border. At the top left, the title 'Vulnerable to Valuable' is written in a mix of serif and script fonts. Below it, 'with Rosie Aiello' is written in a cursive font. On the right, there is a circular portrait of a woman with a white turban, identified as Gurutej. Below her name is the episode title 'Breaking the Hold of Past Patterns' in bold. At the bottom left, there is a photo of Rosie Aiello sitting in a white chair, wearing a red dress. At the bottom right, there is a logo for 'Love is KIND NETWORK' and the website URL 'www.VulnerabletoValuable.com'.

Full Episode Transcript

With Your Host

Rosie Aiello

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She thought, “If I just do better, if I just do this, if I’ll just do that one more thing, it’s going to calm down and not be so crazy.” Does that sound similar?

They were married and business partners creating spiritual communities all over Canada. Yet for 15 years she held a deep secret.

Hi, I’m Rosie Aiello and welcome to the Vulnerable to Valuable Podcast. We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. If you’ve been in one of those like me, you KNOW what I’m talking about. You are not alone. You’ve been through some painful stuff ... shame, blame, that inner bully inside you. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you.

Today coming up in the podcast, our guest Gurutej a foremost authority for over 50 years in Kundalini Yoga gets vulnerable as she shares that despite both of them being spiritual community leaders, she succumbed to trying to fix the marriage until she felt crazy. She lost a cornerstone of her spirituality, her intuition.

We’re going to talk with Gurutej in a moment, and first ...

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In today’s podcast, you’ll hear our guest reference several times how she was thinking that she was crazy. This is common thinking when you’ve experienced a narcissistic, abusive, toxic or controlling relationship. This thinking can linger for a long time even after you’ve left a relationship, and you may not be aware of it.

As I share these Freedom Fulfillment lessons, keep in mind that they can help you no matter where you are on your journey of life.

When you have mastered these, you will have the freedom to 100% be you, so that you not only can be fully expressed but also aware and know how to manage yourself.

For this mini masterclass, I’m tapping into Pillar #8 that addresses feelings and emotions.

When you think you’re going crazy, or are feeling crazy, what does it really mean?

Sometimes, we may walk into a room, and wonder why did I come here? Am I going crazy?

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Or, you put your keys down, then completely forget where you put them. But you've done it one too many times, according to your standards. You question yourself. Your sanity. Maybe jumping to thinking Oh my gosh, I've got dementia.

There can be many reasons for why you forgot you went into the room, or forgot where you placed your keys.

However, in unhealthy narcissistic relationships, there is a crazy-making pattern. It's important to recognize this pattern, so you realize what you can really believe and do.

They'll often tell you outright that you forgot what he said or did. That it wasn't that way at all. Part of you is really sure you remember it correctly, but just like for the jury during a murder trial, the defense only has to present doubt—doubt that it wasn't really true. He'll say things like, "You're crazy." "It wasn't that way at all." "I'm the one with a good memory." "You're always forgetting things."

You doubt not only what you believe, but you doubt your capabilities.

What you think, you'll find evidence for. What he thinks, he'll find evidence for. And he'll find plenty of evidence that you were wrong.

As this is repeated, you begin to believe what's being told about you. Your mind flips from "I'm sure it's this way. To: Well maybe he's right."

That pattern of creating doubt and confusion in your mind is crazy-making. You don't know what you believe. You don't know who to believe. Mostly, you just think that something is wrong with you. Like I am wrong.

Then this leads to all sorts of negative and diminishing thinking, like "I'm not good enough. I'm stupid. I can't do anything right. What's wrong with me." And the list goes on. You can fill in the negative thoughts and beliefs of your own. What come to your mind.

I'm going to share in a moment several things you can do and say to shift out of this downward negative spiral.

But first I want to share without going into too much detail as to one of the reasons why this "crazy" feeling overcomes you when you're in a narcissistic relationship.

I hope this explanation will make it even clearer that this has nothing to do with you, or your intelligence or that you're just "weak." And I put the word weak in quotes.

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When you're in a toxic relationship, your brain goes into high alert, tapping into the most primitive part of the brain—which sets you up for fight, flight or freeze. Cortisol, the stress hormone and adrenaline starts pulsing through your body, thinking you need that burst to protect yourself.

But you don't run. You don't fight off the tiger. When you have many of these episodes it's like your brain gets rewired—and stays in hyperalert status. The brain and body were not designed for that.

And besides being demeaned, you now feel in a fog. Why can't I think? More evidence piles on that there is something wrong with you. But it's all from your brain being in overload. That's a simplistic view but hopefully gives you some understanding so that you truly realize that you are not and never were crazy.

Your brain and body were actually reacting normally to a very abnormal situation.

Hear that again: You were reacting normally to a situation that was not normal, or healthy.

So getting back to crazy-making, doubts and negative self-talk, and Crazy feelings you're having about yourself.

Freedom Fulfillment Pillar 8 is powerful.

When you feel “attacked” you go outside your body.

You're on the defensive.

I want you instead to practice going inside and recognizing your feelings.

And feeling them.

I feel crazy.

Where in my body do I feel crazy or stupid.

And then challenge yourself?

Is it really true that I'm crazy?

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You may answer yes, because the doubt has grown deep.

But ask again, is it really true?

Where in my body am I feeling crazy?

Feel the crazy feeling.

Feeling the stupid feeling.

Feeling the doubtful feeling.

Just get in touch with your body and feelings.

The more you do this work, the more you'll be able to manage your thinking and take actions from an empowered position.

You got this.

So tap into your feelings.

Feel the feelings of fear

of confusion.

And find them in your body.

That's just a snippet of what's in Pillar 8.

I want to just want to give you a taste of this so that you can start with something.

Start with the belief at least that you're not crazy.

If you want to know where you are on this path, take the Freedom Fulfillment Quiz, my gift to you. In 4 short minutes you'll discover where you are and where you want to be.

Go to: www.FreedomFulfillmentQuiz.com

You can find this LINK and all other links mentioned in the show notes.

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Today we're going to meet Gurutej who worked hard to keep an open heart, to seek the lessons that would help her and help others in her spiritual practice and communities that she builds. She shares powerful tools so that you evolve faster and easier.

For over 50 years, Gurutej is considered a foremost authority in Kundalini Yoga and internationally recognized as one of a handful of Kundalini yoga masters. Wow. So, Gurutej has been living her destiny and continues to awaken the spirit of all she touches. Well, let me tell you, I'm feeling blessed as being right here now.

She is known as the Energy Guru. Her mission is to give everyone the tools and support to become their own Energy Guru. As a prolific writer, she's an author of four popular books, including *A Slice of the Beloved: Connection for Relationships*. Wow, beautiful. She has also developed seven transformative, powerful online courses, including *The Moon She Rocks You and Empower Your Essence*.

Gurutej will be here in a moment and first...

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Thank you for downloading the Vulnerable to Valuable Podcast produced by the Love is Kind Network. We're just starting out, please subscribe. Every 5 star review on iTunes and every share will help our mission to reach and impact 100 M women worldwide who been affected by narcissistic relationships and domestic abuse. Our goal is to create kinder intimate relationships, kinder families, kinder communities, and a kinder world. Will you help us achieve that goal?

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Now to the fully empowered Gurutej, who thought she was crazy until some women she was working with started creating some awareness for her.

Let's go from Vulnerable to Valuable with Gurutej.

Rosie Aiello: Welcome, Gurutej. So blessed to have you here.

Gurutej: Thank you. I feel blessed to be here.

Rosie: So, tell us a little bit more about the work you do and the life that you've created.

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Gurutej: Well, I have to say I feel incredibly blessed. I don't know that I've created my life. I know that I've walked through doors when they open, and I've felt very guided. I'm blessed to be able to serve a lot of people. I've taught a lot of places in the world, but I won't say all over the world because that's very presumptuous. But I've taught in Europe, India, Canada, United States, South America, Mexico. I get to mentor people privately. I've got programs that I get to be involved with people in. I do Facebook lives. I teach life classes. I get to train teachers. I'm in a really wonderful relationship, which I think is really important with this group that there is life after.

Rosie: There is life after.

Gurutej: There's a life after. Yes. I think that it's very important to know that everything that comes to us in our life is there to give us the tools to help somebody. I remember when I was in my marriage that I kept thinking. I'm learning some really good stuff here to be able to help people, right? It was like I was collecting what helped me in those times, not even knowing that it was going to be of help to other people in the future, but in some way knowing that whatever we go through, you either get taken out by it or you get to see the gems under the dung heaps. And that's really what uncovering life is about. That's what getting wonderstruck by like, "Okay, what could be in here?"

I think of this really funny little story that I heard long ago. It's probably a joke, but it's that these scientists are wanting to study these kids' reactions, so they put them in raincoats and rain hats and boots and put them in this room with a whole bunch of horseshit in it. One kid just clung to the door and cried the whole time, and the other one was still kicking around the horseshit. When they came in a few minutes later, they said, "What are you doing?" He said, "This much shit, and there's got to be a pony in here somewhere, right?" So, he's looking for the ponies. Where are the ponies? Where are the unicorns in these challenges?

Rosie: Well, I think that's beautiful and I think probably most women, I'll put myself in that, I think we weren't aware of it at the time. I didn't have the wherewithal to look for the gems. I didn't even know there were gems. I didn't know anything. Maybe you can share a little bit about that relationship and some of the lessons that you learned from it. But first, you were in a, from what you told me, I understand it's a narcissist relationship. Maybe you can just describe it very briefly and the next steps of what maybe you uncovered during that relationship and how you are now today.

Gurutej: Well, I felt just like you did. I had no idea. You would think that having studied psychology for a bit in college, that I would have actually understood the classic narcissistic qualities that we were hardly sleeping. We were building spiritual communities all over Canada. So, it wasn't like, all of a sudden, my mind went, "He's a narcissist." It was like, there was way

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too much going on to that. So, like you, it was just like, I kept thinking, if I just do this better, if I just do this, if I'll just do that one more thing, it's going to calm down and not be so crazy. And he was my business partner as well. So, you would think, here you are running a spiritual community.

So, I don't think that most people, when they're inside of it, especially if you're younger, that you understand. Even if you psychologically can go and name it, you somehow feel when you're inside of the crazy that there's something that you could do to stop the crazy.

Rosie: Yes. Right. We can just be better, do better. And even in your case where you're creating something together good, right? The steer for community under this veil. So, were you making excuses and reasons for his behavior and accepting things? That's what I did. I made--

Gurutej: Well, nobody except me knew. Like, he gave me a black eye. And then it was a little more obvious. But even then, I made excuses outside, to other people. It's like, "Oh yeah." I was outside doing work with Aid for New Mothers. We were creating this group for new mothers. So it's like, when you're in that capacity, especially as a woman, as a giver, and there's just that thing that says if you just give a little more, if you just do this, you can tune into whatever it is the magic thing. And the other thing is, you lose your intuition.

Rosie: Yes.

Gurutej: Because you can't... There's nothing that says, "If you do this, then this will happen." So, your intuition just has to go on vacation because it's not like you're, "Wow, this is not acceptable," and "There's no realm that this is acceptable." When you get to that point, then it's good. Yeah, I can remember saying to him, "Every time you curse at me, you've got to put money in this thing." He was horrified. He had no idea. But I was already out of it by then. I was like a beetle. The shell was there, but I was gone.

Rosie: Yeah. This is a very common thing where you looked at us, we looked great, right? We looked great. We were functioning great on the outside, but then on the inside, we're totally diminished and destroyed, and we didn't even know who we were. We lost who we were, right?

Gurutej: Yes. I'm like 5'9" and I weighed 108 pounds when I finally moved to LA. Yeah. So, it was like I was starving on every level except spiritually. The practices that I had spiritually really kept me together and has been the biggest grace and the thing that I can share with people because this was such an amazing test of "Does this work?" I didn't come out batshit and I came out understanding the tools that I used and what kept me together and eventually allowed me to go, "No, this isn't okay. This doesn't work and I'm not doing this anymore." But for me, it was really like I was just taking a walk. And all of a sudden, I just saw this steel door come down and

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say, "You're done." And I couldn't leave until I got that permission from the realm that whatever the karma was that I got to play out, it was done. I completed that. It doesn't mean that I didn't have to spend a lot of time.

I'll tell you a prayer that I used every day. I would stand and say... Before I could actually sit down and do my meditation, I would stand up and I would say, "I bless you and I release you to your own highest good."

Rosie: I bless you and I release you to your own highest good.

Gurutej: Yes. And there were days where I would be like, "Fuck you. There's no way I'm blessing you." But I made myself stand there until I could actually do that. Because anything less than that, they still own you. There's still that neurotic interlink that you are hooked into and they can suck on your energy field. So, it's like, it was absolutely to my benefit as well as his to do that prayer so I could create my own magnetic field and allow him to be blessed in his.

Rosie: You do that, and you did that after you left him?

Gurutej: Yes.

Rosie: After you left him. You did that for a while. So, this is good because I want our listeners to hear these strategies. Depending on what stage they're in, what are some things that they can do? They can pick up a few from you and pick up a few from somebody else to re-establish themselves and reclaim who they really are.

Gurutej: Yes, it is so deeply important. The other thing that I'm going to say is, you want them out of your magnetic field. I'm going to tell you something and it's going to sound totally crazy like I'm a wackadoo, but trust me on this. Go put some really good drum music on. Get the biggest butcher knives you have or swords, if you have them, and dance, and just cut the chords in your magnetic field. Just dance around and cut the cord. Make sure there's nobody else around that you may injure. But really, it will still create strength and it cut cords. If you've had sex with somebody, they have cords into you. You want to reclaim that energy. You don't want to be feeding them.

Rosie: Right. And it could be a father too. It could be a father, not the sexual assault, but the verbal. Still, that would... any kind of--

Gurutej: Yes, you just cut that and it doesn't... again, I bless you and I release you to your own highest good. You're not killing them. You're freeing your own energetic being.

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Rosie: Exactly.

Gurutej: Yeah.

Rosie: Yeah. Oh, that's great. I'm open to everything. I was like, I mean, I'm pretty much released of him, but there's probably a few threads still there.

Gurutej: I know. It's like, you just... I think that's one of the wonderful gifts of being in a narcissistic relationship with somebody, is it does make you open to like, "I'll try anything. I'll try anything because I was so told what I could do and what I couldn't do." You're being tracked. Like, "Okay, you're not doing this right. You're not doing that right." And then when you do that right, then five other things get added to the bottom of the list. So, I think that it does give you that beautiful chance to go, "Oh, why not? What do I have to lose?"

Rosie: Exactly. I always take the attitude, if it doesn't hurt me, I'm going to try it, and I've tried a lot of things. And because of that, I've grown, right? You've grown and you've practiced so many things. And one of the things, when I went into my relationship, I had never... I had never looked at my values. I had never looked at myself. I'm curious, did you have... because you were doing spiritual work and I don't know what that entails and the work you specifically were doing. However, was there a time when you started to question your values and you start to re-evaluate your values and then that kind of changed of how you were showing up with others and allowing others to show up with you?

Gurutej: Yeah. I think that... Well, I know that I was a hippie. So, in those days, we took drugs because we wanted God. We wanted a God experience. We didn't just take a drug just to get high. We really wanted that connection. So, when these teachers from the east came along, we just full on surrendered. We surrendered to... mine was an arranged marriage.

I think what happened for me was that, as I got older, as I got into my thirties, I just started looking around and going, "This isn't okay." I had friends in Aid for New Mothers that were like, "Is he hurting you?" and asking me these questions that I had not asked myself because they worked as part of the community. So, I don't think there's anyone who thinks you're thinking, "Oh my God, I'm already past 30\, I'm into my forties and my fifties, and I'm still in this thing." You can shift it at any age. There is no age. It's not like, okay. So, you're just really stupid and you should only have like... every other woman that's been with my husband, one woman lasted for five years. I was with him for 15, but nobody else has lasted more than three years.

Rosie: Okay.

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Gurutej: So, it takes us... As long as it takes us to wake up, and depending on what your commitment is, if you got married in a church in your commitment and you feel like, "Okay, there's only one marriage," it's a whole different thing on what your commitment is and how you feel about it than somebody else who is just like, "I'm in this until it doesn't work anymore." Right?

Rosie: Right.

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These are the same pillars that I followed to create my business, become an international award-winning entrepreneur, speaker, and author, find the love of my life and use to create a fulfilled life. They are the same that I use with my clients. And now they are yours free. Go to www.VulnerabletoValuable.com and subscribe.

And we're back with Gurutej, Kundalini Yoga Master and world spiritual teacher.

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Gurutej: So, there's all of these other perspectives and circumstances that form things. So, if you're on this call, you're listening to this, and know that it's never too late and it's not an escape. It's a shift, it's a trust, and it's doing something that will reactivate your intuition that will give you back your own breath, literally, so that you can actually feel that you're in your body again, because what usually happens is we're living outside of our body, especially if there's any physical abuse. It's like you're hovering somewhere beside yourself, above yourself, behind yourself, whatever. So, there's never a perfect time except for now. Now is the perfect time to make the shift.

Rosie: Well, I think that's beautiful that you phrase it that way because there's so much shame and so much self-blame. First, they blame you for so many things and then you start doing it on yourself and you feel even worse even after you're out. I mean, I was 56 when I got out, so I was one of the older ones. I've talked to women who've been married 40 years. I was in the relationship for 25 years. And then they get out. So, it's right. What freedom is, when you have freedom of your soul, you have ownership of your soul, no one can take that away, but you can't see it. What are some of the ways that you can... and I so agree with you about getting into your body. Can you share with our listeners some of the ways to help them get back into their body?

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Gurutej: I can show you something really simple that you can do to just clear the energy between your head and your heart, right? Two things I'll show you, okay? One is, just interlace your hands. Press your thumbs together because that--

Rosie: Okay. Interlace your hands and press your thumbs together, uh-huh.

Gurutej: And you're just going to have your hands down. Once you see this, you're going to close your eyes and you're just going to inhale, make an O out of your mouth. You're going to inhale up and then exhale down to your heart really powerfully.

Rosie: Okay.

Gurutej: [Inhale deeply HEAVILY]

Rosie: So, up and down, up and down. So, breathing up and then we push our hands down, so our thumbs are still touching, towards our heart when we exhale.

Gurutej: So just [BREATHING HEAVILY].

Rosie: Up inhale, down exhale towards the heart.

Gurutej: But you're doing it really quickly. [BREATHING HEAVILY]

Rosie: Eyes closed.

Gurutej: [BREATHING HEAVILY]. Inhale deeply and just keep your hands together. Press your thumbs, pull your fingers apart, put it right in front of your third eye. Not touching but look into your third eye. Just let this energy come right in... and exhale and just bring your hands over your heart.

Rosie: That's beautiful. For our listeners, this will be transcribed and so you can actually read what she has explained now and be able to practice this. This is a great way. The words I think was pretty clear cut, no pun intended.

Gurutej: Absolutely.

Rosie: To cut the cords, that was a really another great example. So, I love all these things. You said you lost your intuition. Was there any other impact that you had a challenge with? Did you

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lose trust in yourself? Did you lose trust in others? How did you get back to both trusting yourself and others?

Gurutej: I don't think that it was in a place where the self wasn't important, right? In this aspect of the spiritual path, it was about the good of the community, the good of the whole as opposed to the self. So, the self wasn't a big thing. I remember that I lived basically from my heart up, and when I realized that, "Oh my God, I really needed those lower shakras, those lower energy parts that I really needed to be connected to."

Well, I walked in my life. I needed to be connected to my creativity. I would say for me, the thing that was the most apparent is I felt completely depleted. There's nothing like feeling that you are not seeing, not loved because narcissists have been so damaged that they really can't love. They can give you the illusion that they love you or tell other people that they love you, but the actual reality of day to day showing up and being there for you and feeling like you have your back covered and that... it's not a one-way trip. I'm not trying to make this sound like a one-way trip because in a relationship, you get to support each other, right? You get to cover each other. Not to come up, but you get to... it's like having a beautiful hand on your back, that someone is there for you.

Rosie: Right, a healthy relationship.

Gurutej: They care about you. Yes. So, one of the biggest things I think you're realizing when you're in a relationship with a narcissist, that's not there. Everything revolves around them. Not only their needs but just of them - their opinions, everything. So, therefore, anytime that you come up with a need or a desire or something, it's immediately dismissed in some fashion. Sometimes very craftily, right? But it's never acknowledged. In some relationships, I'll throw money at you, but there's not the presence. Narcissists aren't present and they're not connecting with you.

I remember feeling like, this is how my ex and I talked, it was like this. There was never--

Rosie: Like you're on two different planes, right?

Gurutej: Yeah, and you couldn't come together and there was never any resolution of anything. So, you just feel like you're in a morass all the time. In Los Angeles, we have the La Brea Tar Pits right in front of the city, and it looks like water. And these animals just like went in and then got stuck, right? And the other animals were coming to eat them and then they could get stuck. But it's just like you just get stuck. There's like levels of just stuckness. So, when you're that stuck and you're in this mire of a non-reality reality that you don't even know you're in, it's crazy-making. So, yeah.

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Rosie: It's crazy-making. Absolutely. I wasn't aware of it at all until it got to a breaking point for me and when my daughter told me, "You got to get me away from my father." I was living overseas too when I engineered an international escape to save us. So, I did escape and it was a big shift. It was a big shift. And just talking to women all over the world, it's just like we're not prepared when we are in a relationship and a marriage to be on the defensive. We're not prepared to be with somebody who is so self-centered. Like my daughter would say, she goes, "Soldiers, when they go to battle, they've been training and they know what to do. We're not trained for battle in a marriage." I wasn't.

Gurutej: No, no, we're not trained. The most important things that we do in our life are, have a functional relationship and raise children, and we're not trained for either one of those things unless you choose to take courses out here somewhere, which weren't even available 40, 50 years ago or 30 years ago. Now, you have to seek them out, but at least there's something there. But there were no markers. There wasn't Google that you could go on and say, "Okay, let me check and see. Does he fall in these markers of a narcissist?" None of that. So, now there are a lot more tools to even think about like, okay. And it's not like every man is a narcissist. I'm in such a magnificent relationship right now. Keith and I have been together for a little over 10 years. We've been married for a year and a half.

Rosie: Congratulations. Isn't that beautiful?

Gurutej: He is such a stellar conscious, connected human being that I am so grateful. Does that mean that we don't have any challenges, that we don't have things to work through? No. I can tell you that the first years we were together was very challenging because he was not used to being with an alpha woman and I was not going to be anything less than that, right? I said, "This is probably not going to change." So, I'm like, "No, I'm not giving up my power. Period." There are other magnificent human beings out there that can see you. But first, you have to see yourself.

Rosie: So beautifully said. So beautifully said. One, you're giving the listeners hope that you can have a good kind, healthy relationship because they see who you are. It's like, I don't have to change to be loved. This is who I am and this is who I'm going to be. I don't have to pretend. I don't have to hide and I don't have to try to keep practicing how I'm going to make it better. And, in a relationship, you just figure things out together. That's a healthy relationship, right?

Gurutej: Yes, and you may have disagreements, but you're not going to have fights. You're not going to be hit. You're not going to belittle. Or, if something happens, you can just call the other person on it and know that there is a heart connection and they will listen. Not that they will just sob.

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Rosie: And blame you. Yeah. So, I too, I'm in a really beautiful, loving relationship that I've never dreamed of. When I left, it was definitely not in my line of vision, although it was in my gross vision. I had a vision that I said to myself, "I deserve a happy and joyful life and creating that joy in my life, creating the joy in your life, creating the joy together as a couple." I think it's a beautiful thing. And to give women, it's like, because when you're first in it or you're first out of it, it's so hard. You can't see. You can't see the possibilities. But here, you and I are perfect examples that there's a life beyond the narcissist.

Gurutej: Yes.

Rosie: And I'm happy. You've been working and helping others. I just think it's so wonderful. I want to ask you, did you have any journey on self-forgiveness, self-compassion, self-kindness that you can share with us? Forgiveness was a real hard one for forgiving him, and I think more so for forgiving myself and learning to be kind and compassionate to myself.

Gurutej: Well, I'll tell you a story. My adopted daughter died. And then two and a quarter years later, my daughter died. After she left, I decided to do grief work. I didn't feel grief-stricken, but I was like, "You know what? This would probably be a good thing to do to whatever's buried." And what was buried, I first got very upset because it felt like my ex was taking over my grief process. What was really coming up was all the ways that he had positioned himself in different areas of my life to create separation. Sometimes grief work is not just for death, but grief work is for the death of a relationship.

Gurutej: Yes. A good person to work with with grief work, and you can connect with me and I'll give you my person's name if anybody's interested, but it's like when you get out of a relationship or part of you has died, grief work is not a bad choice because... yeah.

Rosie: I never thought about that. I mean, I thought about, for sure, having grief from a separation or a loss of a relationship, very much so. But I didn't take the step or even think about it, and I'm so glad you offered that. It's like, to go to somebody who specializes in grief work to do that, these are the things that we don't think about all the time. So, I'm so glad that you shared that because for me, my husband had told me, my ex-husband had told me what a bad mother I was. So, I heard that for 20 umpteen years. So, that became a core belief. It took a lot of work for me to forgive myself of staying because I knew the conditions that I had to, the choices I made. I forgive myself and say, "Yeah, you've been a really good mother. You supported her and you did the best you could, given the circumstances that you were in, given the tools that you had at that time."

Gurutej: Yes. Carrying around blame and shame, it's like, I think of it as carrying around dead cows. Just put them down. Just let them go and realize that they have you captive. All of our

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regrets have us captive. So, it's like, just look back and see what you've learned and how from what you've learned you can help others. The things that you didn't know at the time, okay, you weren't supposed to know it at that moment. That's why they say, "How old would you like to be and know what you know now?" Okay, yeah. Now, if you go back and be 20 and be really intuitive and smart... but we're not supposed to do that. That's not how this works here.

Rosie: That does not help. That's not life. That's not the journey of life, right? If it was all bliss, we go, "Well, no, everybody knows." If it was all bliss, you wouldn't know it was all bliss, because it would just be kind of neutral. That's just what it is. That just gives the joy of loving this life now as we are. Yeah. It's been quite a journey. I think just be open to constantly learning and not to get into that, the self-blame, like you said, heavyweights, cows, icky cows.

Gurutej: Yes. That's thinking.

Rosie: It's like, "When are you going to give that up?" And of course, again, it's the same, it's a journey for women at different stages and not to judge yourself if you're still feeling that. We got to just stay on the curious side and not on the self-blaming side.

Gurutej: The biggest thing is, what are you feeding now? It's not what you're getting rid of. It's if you want something, feed that, right? Feed that. You want more intuition. You want more freedom. You want more knowingness. Start doing the things that feed that. It's just like anything else. If you don't pay attention to it, it dies - a plant, a relationship, whatever. So, pay attention to what it is that you want and you need in your life and feed it.

Rosie: Now, what you focus on, all the energy goes towards that. And then it comes to you exactly. And that's what I do. That's what I teach my clients as well. It's such a beautiful thing to share and to remind them when they can't think. It's just like, just keep focusing on the right path because that will lead you to your own freedom. You may be physically free, but you'll never be free unless you are free in your mind.

Gurutej: And in your heart.

Rosie: In your heart. Of course, in your heart, in your soul. Your mind, heart and soul.

Gurutej: Yes, all these parts, and your magnetic field.

Rosie: And your magnetic field. Exactly. We've got to keep everything clean. Yeah. We have to clean it up.

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Gurutej: Yeah. We get to. It's like, I think that being in a hard relationship, everything becomes hard and we say, "We have to," but think about "You get to".

Rosie: Yeah. We get to. We get to choose.

Gurutej: You get to. You get to. You get to do the things that make you feel more alive and more juicy and more connected as opposed to you feel like you're climbing a mountain every day. Just like that. Realize that it might be the time to climb to the other side.

Rosie: Yeah. This has been so lovely. How can our listeners find out more about you, Gurutej?

Gurutej: My website is gurutej.com. That's -G-U-R-U-T-E-J.com there's lots of programs there. You can sign up and get my newsletters. I do Facebook videos. For these times, I'm going to have a Facebook group, a small Facebook group, so lots of ways that you can connect that I can help and serve you.

Rosie: Well, please go to her site. It'll be in the notes. Again, it's G as in George, U, R as in Rosie, U, T as in Tom, E, J as in jam.com. Gurutej. So beautiful. One final question is, what does "love is kind" mean to you?

Gurutej: Well, I think that it means everything because when The Beatles is saying "love is all there is", it's true. But we think about love as being in love, and it's not in love. It's being in love, right? Sitting in love. And when you fill up, when you're filled up, you're capable of being kind. When you're empty, it's really almost impossible because there's nothing in the well. So, do the things that show you up with love. Breathe. Take in even in the most challenging situations. The more that you can breathe, the more that you'll fill yourself up. Think about this. When you breathe, your lungs literally go in and massage the area around your heart.

Rosie: What a beautiful vision to have. Thank you for leaving us with that. Thank you so much for joining us. This has been absolutely fabulous.

Gurutej: Thank you. Bless you.

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