

Inventory of Behaviors

Reality check: I am walking these new paths with humility and the self-knowledge that I am and will always be “in progress” I work from the “after” section increasingly, and am tapping the previous programming of the “before” section less often.

Before	After
Took what ever came my way	I call to me what want in my life
Powerless	Empowered
Desolation	Consolation
Thermometer	Thermostat
Reactor	Responder
Static	Dynamic
Limited	Limitless
Sponge	Conduit/channel
Hopeless	Confident, Expectant
Misunderstood	Ms. Understood!
Emotional over analyzer	Dispassionate observer
Stuck in old programming	Writing new programs
Lacking in every way	I am ENOUGH
Sympathetic NS operative	Parasympathetic operator
Unaware of power/choice	Aware and powerful
“Asleep” the MATRIX	“Awake” in the REAL
empRESS of ANXIETY	I feel like I can be an island of calm in the storms of life and in the presence of other’s emotional storms as well. I now have powerful tools to work with when the anxiety pops up again.
I was awash in unshed tears and unfelt emotion - I had so many losses in the last 2 decades. I was simply unable to process the vast amounts. I went nearly a decade without crying. The backlog of grief was a giant plug in my energy field. I was afraid that if I let one tear fall, the dam would break and I would never be able to stop crying.	<i>The tears are back!!!</i> However, now when I cry (<i>which is still not a lot</i>) it is out of compassion for others, or from joy. And it feels so much deeper than before. <i>The giant plug got transformed into an energy conduit.</i> I still don’t cry for myself very much. Works in progress...
The “universe” in my head outweighed or overshadowed and competed with the	I realize the “universe in my head” is the holographic field that is all around me.

physical world. And so much more desirable to me than reality.	And I can navigate it skillfully and unite the two. And interpret it for others
Behaviors not in line with my beliefs. "Striving/struggling"- is the energy I entirely identified with.	*Am able to BE myself, feel proud of myself and You and celebrate who I am. *Am walking as an embodied, passionate, compassionate "Way-shower"
Lived in "Survival mode" I feel like I have been frantically running (<i>thus the utter exhaustion</i>) around putting out fires. Fires not of my own making (<i>I thought</i>). Constant failure was the mood of my life	I feel like I am "Stable" and thriving. I have the behaviors of a VIBRANT thriving being of light. I am able to act-on/access those desired behaviors. (<i>Mysteriously there are not as many fires anymore.</i>)
I felt like I was stuck in the "perma-crete" mold of who Tracy was in the past, and the role I myself & my FoO cast me in.	I define myself! & it is always upleveling I choose who I am going to be. I choose what I am going to feel.
Had no energy to deal with the "overwhelm" of my emotions in the day to day realities of my life. I feel like I did not have enough energy to make it through each day. I would drop into bed emotionally exhausted at the end of the day, and then lay there with a whirling brain full of anxious energy.	I operate out of a different energy stream now. I am not tapping my personal stores, I am tapping source. I am pulling from earth energies, or cosmic energies or best is Source energy.
I feel like I was not able to get everything I wanted to get done in a day. I felt like I was always so physically exhausted which was a result of the massive mental overwhelm.	Am SO MUCH MORE ABLE!!! I set up the list; And I DO THE THINGS! On a daily basis. And feel no fatigue from the doing of the tasks; just form the physical results from more activity.
Felt like I had a wide open crown chakra and there was a hurricane force wind blowing through the chakra column. It felt like winds would blow through and mess up any order I had managed in my mental vaults.	Can ride the energy waves from my "party barge" out beyond the wave line in the deeper calmer waters. Can still get to shore or anywhere I need to be quickly. But no longer live in the chaos vortex.
Huge emotional load to decision making Could not make decisions and suffered from "buyer's remorse" over every single decision.	Was able to take the emotional load out of decisions. Therefore, am more able to make decisions quickly. Without dread, if it does not work, adjust and re-evaluate.
Lived in fixer mode. I had so much head knowledge and really wanted to share it.	Beginning to Step back and observe and only step in when asked.
Communication was limited, and often shut down because of the emotional	*The feedback from the person I am talking to does not block my ability to

<p>background pressure. I was having so many unprocessed thoughts behind all of the words. Would be madly sorting through the entire lexicon looking for the “exact” right words. Getting so caught up in the words, then seeing on their face that I was not creating the correct “representation” of what I was trying to communicate, therefore, halting all communication in my head.</p>	<p>form words anymore. *I don't get hung up on the words as much *I am able to process more quickly because the emotions are not bogging me down. *I am simply relaying a message and no longer have the emotional need for them to respond well for the message to be “valid”.</p>
<p>I always felt like other folks were speaking a language I did not understand. Like they had an alternate dictionary of meanings to which I was not privy to</p>	<p>Have found new ways of communicating: NLP. I now have words for all of the information I previously intuited and did not understand.</p>
<p>*Physical pain so overwhelming to the point of near immobility. I have been walking with a cane for nearly a year. And I felt like I could physically <i>feel</i> my body breaking down the arthritis. Creating HUGE fear. *Weather changes could call a halt to a physical wellness and send me into a huge pain spiral for days or weeks.</p>	<p>Am able to move more overall, and with less physical pain while walking. Have been walking further, more easily and with less pain in the aftermath. *Weather still plays a role and will create a “breakout pain” issue. Yet never shuts me down completely. Still walk with a cane, however, walking with a better gait.</p>
<p>Entire physical constitution was more congested and constipated. Digestive elimination was slow and difficult OR so fast that I was tied to the bathroom w/ diarrhea. Nasal congestion, lung congestion became overwhelming during allergy season.</p>	<p>*Making healthier food decisions. And REALLY enjoying the healthier eating. *Digestive tract more regular *Less “medicating” with sugar *Allergy season so far has been a small fraction of the “usual” symptoms and physical drama</p>
<p>Felt like my brain could not process the amount of info I needed it to in order to be able to do Math/number oriented tasks. Huge emotional freak out in my head and sometimes outwardly</p>	<p>Able to break tasks down into workable increments. Calm myself down before I even start to ramp up, and before I begin the task. Sit with it and get the job done.</p>
<p>Was unable to even look straight into the “energy” field. I always looked at it “side-eye” like a peripheral scan with only part of my attention, and heavy shields.</p>	<p>Now can choose where I will enter the field. The POV I want to experience, and can change the POV at any point. Can change the aperture of the Lens for incoming information. And the shutter speed at which I take in the information.</p>

<p>Very acquisitive, hoarding tendencies more connective to my “stuff” than to my family or to people in general.</p>	<p>Am working through my storage unit and divesting myself of the massive amounts of “stuff”. Making room for peace of mind and a less encumbered life.</p>
<p>Felt overwhelmed in every way, always. Profound despair at not believing I could ever be happy Absolutely hopeless about my ability to create anything better.</p>	<p>Feel such hope for the future! I am so excited because it can only get better from here. “Bad” things may still happen, however, my response is where the true power lies</p>
<p>Had no idea a person could manifest anything and no ability or understanding to do so.</p>	<p>I ABSOLUTELY believe If Spirit calls, inspires, seed is planted The creative spark is acted upon And the end “product” is for the “highest good”... I CAN MANIFEST ANYTHING!</p>