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How To Break Free
From Emotional Pain
To Bring Balance
Into Your Life



WOUNDED
LIVES
WOUNDED
HEALERS

This downloadable Report has been specially put together for you, the Reader, as a gift from me. *Esther 2015*

My desire is to give you a window into the nuggets of gold that the book, Wounded Lives, Wounded Healers has inside. To share some of the most valuable aspects of wisdom which has helped me find balance and peace within my life. I want to share with you the notion of the **possibility** that you do not need to walk with your woundedness forever.

I am honoured to share a tapestry of rich experiences, wisdom, guidance and advice throughout this book. Gathering together in-depth insight from experts, practitioners, teacher and educators, in order to draw out powerful transformative experiences of their personal journeys. You will hear stories of where they came from. Stories of their pain, frustrations and their own process of allowing, accepting and transforming emotional baggage into experiences that transform others. I've treasured hearing their "How to's" and I strongly believe we can learn better through the stories and experiences of others; it becomes a powerful "way to relate to each other".

"When we know someone has gone through a similar experience to ours, we are supported on our own journey".

I trust this book will empower you. It will support you to look at your life through the telescope of internal self inquiry, spotlighting opportunities to find your answers to life beyond personal limitations. Wounded Lives, Wounded Healers is your guide, your guide to explore who you truly are. To face your shadow side, a side which we often shy away from because it's not a place we intentionally visit.

We no longer need to live behind the masks and keeping secrets. The "intention" of this book is to support you in walking your own truth through the process of finding "balance within your life."

Important Principles for Establishing Balance in Your Life.

There are important principles around balance that I would like to share before commencing with this book. Establishing this "balance" in our lives, sets us free from the experiences of pain and emotional wounds.

We will delve into two principle components of life that we often do not recognise, and begin the processes of integrating them toward balance.

1. That our unconscious moment to moment focus is usually on the experience of the pain and the emotional wounds. We then repeat these negative experiences because they have not yet been seen, resolved or healed and finally transformed. We keep re-living the wounding and pain. We live in the shadow of Victim.

2. Embracing, the idea of "allowing the experience of everything". Allowing the experience of brokenness and wounding. For it is these experiences that brings about wholeness and a totality of who we are. The shadow begins it's transformation into the Whole of you.

"Without balance in life there can be no stability, harmony, unity"...

Balance brings us back into who we truly. It gives us the chance to once again re-connect with our truth and to accept that we have these myriad of experiences in order to understand everything. To bring balance from that place of wounding is to go on a journey of healing and transformation using whatever tools, modalities and techniques that resonate with us.

"We are more than our pain and our wounding. We are also love, abundance, acceptance, happiness, joy and beauty"... We are eternal..."

Beginning the Process: Inner Questions

Who Am I?

How many times have you allowed your voice to be silenced?
Through obligation and self-denial.

Life is like being on stage. Consciously or unconsciously we choose the characters we portray and play. We can be the drama queens of our own experiences or we can be the powerful orator.

Strong in stance, strong in conviction, strong in expressing our inner desires, wishes and dreams.

Yet as we journey through life we often transition from one character into another. Which can be dependant on how we perceive, interpret and internalize our emotional experiences. It influences the characters we become.

This may be the first time you are taking a real look at your life.

- **How you are feeling?**
- **And what do you really want?**

Is your pain so intense at times, that you are searching for ways of dealing with it?

Are you asking:

- **How am I feeling?**
- **How can I deal with this emotional tiredness and pain?**
- **Who am I?**

"How does the possibility of putting YOU first feel"?

Do you even recognise who YOU are anymore underneath the rubble of wounds and pain?

- **Where do I go to put me back together?**
- **How do I start this personal transformational journey?**
- **How do I recognize what this pain is doing to me?**
- **And more importantly, who do I trust to support me?**

Reflective Activities:

*feel free to note your responses in your personal journal

Below are some key words and terms:

- **Do you recognise any of these within yourself?**
- **How do you feel when you read them?**

1. Emptiness
2. Confusion
3. Loneliness
4. Frustration
5. Disillusioned
6. Stagnant
7. Resentful
8. Angry
9. Feeling like a Failure
10. Unworthy
11. Emotionally Exhausted
12. Unloved
13. Isolated
14. Victimised
15. Not listened to
16. Undermined and Undervalued
17. Not feeling good enough
18. Not being able to see the light at the end of the tunnel
19. Constantly tired

**** (Using your note book)**

On a scale of 1-10, 10 being the highest and 1 being the lowest. Write a number next to the words.

Remember you can't get this wrong, this is your personal gauge, where ever you are is where you begin.

HOW READY TO FACE YOURSELF IN THE MIRROR OF YOUR TRUTH?

It's not as scary as it sounds. You've already taken the first step! Congratulations! It will become easier and whatever faces you back in your mirror of truth is simply saying to you, **I NEED HELP**. So without judgement you can take off the mask you have been wearing, possibly all your life and finally be you.

- **You no longer have to pretend to be someone you are not.**
 - **You can now stand in your truth, and vulnerability.**
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Belief Systems

One of the most important nuggets of gold I would like to leave you with is this.

"Our belief systems underlie and undermine much of our behaviour. They are our filter system which interprets what we see and hear. They often determine the daily decisions we make and how we behave in our daily lives. Belief systems are not a truth in themselves, they are changeable. They are necessary systems that inform us as Humans how to behave or show up in the world."

However, they are the sum total of what we tell ourselves or what we have internalised from our environments throughout our lives.

IE: If you have grown up being told that you are ugly, then a "belief system is formed deep in your subconscious", it interprets it to be true. And you now live your life with this underlying and undermining program, that you are Ugly.

What makes it unconscious? Because even if you know on the surface it is not "true", often every decision and choice you make is still being informed by this belief system. So we bring it to balance.

A quote by Motivational Speaker Les Brown which really inspired and empowered me in more ways than one is this:

"Don't let **someone else's opinion** of you become your reality."

I hope you will find more answers in Wounded Lives, Wounded Healers to help you gain a perspective on How to deal with your emotional baggage and pain.

ABOUT

Esther Austin is a gifted International Intuitive Healer and runs her own Healing Practice. She is best described as a Balance Practitioner because she assist you in establishing balance back into YOUR life.

Esther is a Radio Presenter and Broadcaster.

Esther set up **Qarma Broadcast** www.qarmabroadcast.co.uk in 2007 to honour her late sister Deborah. She now runs the station with her partner. Qarma Broadcast's ethos is about transforming, empowering and healing lives. The station covers shows about health and nutrition, healing, well-being, personal transformation and much more.

[Qarma Therapies, Balance through Wounded Lives, Wounded Healers Programs.](#)

You already have balance within you. Yet sometimes in-balance occurs due to painful emotional, physical and psychological situations which are never addressed nor resolved.

Through [Qarma Therapies](#), we guide you to the Keys to Unlock your emotional pain. By implementing various healing and transformational modalities in your daily practice, you will gradually bring your wholeness back and you into YOUR balance.

Esther has devised various well-being healing packages to suit a client's needs and she runs holistic Healing Retreats with her partner in some of the most beautiful locations around the world.

[For further information about our coming Workshops, Retreats and Online Programs. Please Contact: \[info@estheraustinglobal.com\]\(mailto:info@estheraustinglobal.com\)](#)

[For further information about Book Signings, Talks, Seminars OR to book Esther as a speaker. Please Contact: Stacy Lynn Floyd, EA to Esther Austin Email: \[slf@estheraustinglobal.com\]\(mailto:slf@estheraustinglobal.com\)](#)

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[Or visit us at our Websites: <http://woundedliveswoundedhealer.co.uk>, <http://estheraustinglobal.com>](#)

Are you tired of carrying emotional pain?
Does fear and negativity shackle you to your past?
Are you tired of living a life of existence rather than
living a dream-filled life?

Wounded Lives, Wounded Healers is a book dedicated
to supporting you on your journey of transformation
and healing by showing you how to bring **BALANCE**
into your life.

You already have balance within you. Your pain no
longer needs to define who you are. This book has the
keys to help you unlock that balance, so that you can
lead a life of peace, happiness, joy and freedom.

Read heart-felt and inspiring stories from amazing
individuals who openly and honestly share their journey
of painful experiences and how they transformed
their lives and who now work to facilitate
healing in others.

If you are ready to bring **BALANCE** into your life,
then this book is a **MUST** read.

