



# Let's Get to the Heart of the Issue: WHAT'S NEXT?

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# WHAT DO WE DO WITH ALL OF THIS?



You've looked at the "symptoms", feelings, memories, beliefs and ancestral aspects of your current challenge. Now what?

Let's start by gathering the things that carry the greatest "charge" for you. In other words, let's pick the things that stand out to you from each page.

Go through each page again and highlight the 3 things from each page that feel heaviest or carry the most emotion. Trust your gut if you feel inclined to highlight something even if it doesn't seem to make sense.

You now have 15 things (3 from each page) that stand out to you. Write them here:

Symptoms	Emotions	Memories/Events
•	•	•
•	•	•
•	•	•

Beliefs	Ancestral stories
•	•
•	•
•	•

What comes up for you when you look at the things you've written on this page?

How are these emotions, memories, beliefs and ancestral stories connected?

What am I learning from this?

# THE NEXT STEP



The steps you've just completed are about awareness. Awareness is the starting point.

Simply having awareness doesn't bring about change. Knowing that you have these feelings, memories, etc. doesn't all of a sudden shift them.

Now you have to do something about it.

In order for you to change what you are experiencing, you need to shift your beliefs, bring healing to past difficult memories, and learn to work with your emotions so you neither try to bury them nor let them overrun you.

You are likely starting to notice that every experience in your life –good and bad- has had an effect on every dimension of your life, even your health. Your experiences shape your body and its ability to heal.

But the good news is there's a lot you can do to shift everything about your experience.

## WHAT'S NEXT?

The first step is a decision. You have to decide that you do in fact want to do something about all of this. Decide that you want to create the type of change in your mindset and emotions that will foster change in this area of your life.

Ask yourself:

- What **emotions** do I have about this? Where else have I felt these emotions? Could it be that the emotion is more of a cause of the issue than a product of it?
- What unresolved **memories**, ancestral patterns and broken relationships are still causing me pain, anger or resentment? What needs to happen to let go?
- What **beliefs** do I hold about my life and this issue? Do I actually believe that I can have extraordinary results in this?

**You can create lasting change in any area of your life.**

It requires shifting into a new state of being where your thoughts/beliefs + emotions + behaviors match the outcome you want to see.

## The deck is stacked towards keeping your issues AS THEY ARE.

- Your symptoms...
- Your emotions...
- Your memories...
- Your beliefs...
- Your ancestral patterns...

All of these are subconscious and automatic. They will tip the scale towards keeping your issue alive and well.

We want to start tipping the scale in the opposite direction. We want you to become the version of you that thrives.

## How do you tip the scale?

You work on BOTH sides: “adding” new beliefs, new behaviors and positive feelings to the THRIVING side of the scale, and “subtracting” old beliefs, painful emotions and past memories from the side of the ISSUE.



Now, you can't just “be positive” and say affirmations expecting that they alone will transform you.

Being positive alone is like putting a grain of sand on the left side of the scale and expecting it to tip. It won't. This is why a lot of people get angry at the suggestion that they should just be positive.

Now, this is not about being positive. You also have to dissolve the painful past that is still alive and limiting you. This is therefore about shifting your inner state of being to one that matches the outcome you wish to see.

## To recap...

### #1 Build the Thriving side by...

Creating a powerful vision, choosing new beliefs and attitudes about this area of your life; cultivating strong positive emotions such as joy, peace, confidence, etc. and creating new actions/experiences that match your new thriving self.

### #2 Dissolve the Issue side by...

Resolving the wounds of the past, releasing ancestral patterns, deactivating limiting beliefs and processing negative emotions out of your cellular memory.



You can start to make progress right away with tools that are at your fingertips.

These will surely and steadily help you open up and process all of the things you've uncovered. These tools include:

- Journaling
- Meditation
- Affirmations
- Therapy



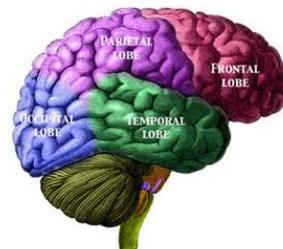
That said, this can sometimes feel like the inch-worm approach. You make progress, but sometimes it's slow. You'll gain a lot of awareness, but it can be slow-going.

Another approach is to take advantage of some of the tools I use.

This next set of tools can dynamically generate change in your emotions, beliefs, memories and ancestral patterns. They can therefore help you shift any dimension of your life – be it your health, relationships, career success, and more.

Some of the tools I use include:

- Neuro-Linguistic Programming (NLP)
- Emotional Freedom Technique (EFT)
- Hypnosis
- Encodement work
- Access Consciousness



These techniques work with the way in which our body stores emotions, memories and beliefs. They actively reprogram how the brain, nervous system and all cells react and respond to both internal and external events

With these tools you can relatively quickly shift how you are experiencing everything about your life. And when it comes to your body, you retrain your body to move towards healing instead of continuing to repeat the patterns of symptoms you've had.

**YOUR BODY IS MIRACULOUS.**

**LIFE CAN BE MIRACULOUS!**

**THINGS CAN SHIFT REMARKABLY QUICKLY.**

# IF YOU'D LIKE SUPPORT ...

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I'm here to help if you want support.

We all do better and achieve progress far more quickly when we have the support of someone who has either traveled the journey before (I have) or has expertise in using the tools that can help us (I do).

## In my journey...

- ✓ I've overcome stubborn health issues
- ✓ Healed past trauma, painful memories, and ancestral wounds
- ✓ Uncovered and transformed many limiting beliefs

## In my career...

Since 2003, in my counseling, coaching and hypnosis practice, I have helped countless clients like you resolve all manner of issues... from their health, to their relationships, their painful past and even their careers.

## Let's just chat and see if we're a good match...

If you'd like to explore what working with me might be like, let's do a complimentary, no-obligation consultation where you can tell me all about what you need, and I can tell you all about what my work is like.

To schedule a consultation just go to [this page](https://www.thrivewithmorella.com/discovery-session-form), or if the link doesn't work, copy-paste this link into your web browser:  
<https://www.thrivewithmorella.com/discovery-session-form>

I look forward to the possibility of helping you along your journey.

Much love to you,

Fornea

