



MAKING PEACE WITH MY MEMORIES

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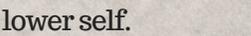
Peace Tribe. I wanna talk to my divine masculines right now. What's good fellas? These current energies are forcing us to make peace with all kinds of intense energies. You may be triggered by old thoughts, a smell, a song. Suddenly, your personality may change. Expressing pain is frown upon. Especially for men. Which may inspire countless fights. Hold your testosterone. This reality is optional.

It's also optional to allow triggers to come to us and hit our body like water in the shower. These triggers will more than likely hurt. So imagine you are taking a cold shower. The water hits your shoulder and thoughts of "What have I gotten myself into" generate in many forms. As to slowly twirl your body under the cold shower shower head, give the angels permission to wash away all feelings that reflect fear, shame and/or guilt in any capacity. This experience gets super intense once the cold water hits your spine. Resist the urge to scream. Instead, simply focus on your breathe.

Memories from my childhood recently came rushing to surface. Recurring thoughts beginning with "I wanted nothing more than to calmly discuss the additional men I saw my Mom bein sexual with" remain trapped in my mind. The more I learn to love myself, the more I was able to make peace with my childhood. Not the kinda peace that fake, surface & superficial either. I was quite the inquisitive child. Today, I'm known as the nosey adult. My questions are probably majorly annoying.

An annoyance I developed as a child and still must heal is my annoyance from people treating me like assumed knowledge is real knowledge. Since childhood, I have felt responsible for things I didn't fully comprehend. Which forced me to have to learn. But my sour energy made my learning experiences tough. Which manifested more chips on my shoulder. Every time I tried to talk it out, I'd end up in some fight or argument. I was shut up & sent to some other room, often. Which inspire me to feel like some young, trapped princess. I wrote about my aggravations in a journal I still have to this day. Maybe oneday I'll share my stressfull adolescent thoughts w/the world...

I remember vivid memories from back then. Memories that kept me caught up in buried fear, shame & guilt. But surfaced as aggression, argumentative tendencies & overall low frequency energy.

When I bring memories up, to this day, certain people argue the validity of my claimes ... . My spiritual journey has guided me to overlook people who inspire me to respond from my lower self. Instead of argue, I meditate. And listen to headphones. Often.

I'm grateful my Mom had 4 kids in the early-mid 80s. I'm grateful she has a huge imagination & loving heart. I'm proud of her for dodging the drug needles (especially crack). However, I'm healing from massive resentment from those I love most lying to me!

Now I realize parents do the best they can. Any pain is the result of triggers that remind us, we are out of alignment from something we find very important. Instead of wasting energy fighting, I choose to meditate & hit my internal reset button. And continue moving.

So many people are sales people by spirit, making them the best liars. It can be an intense reality when a child catches an authoritative figure lying red handed, constantly. Psychological blocks that manifest as triggers in later years as a product of being accused of being crazy, lying, called names and/or made to feel they must defend themselves full time. This can later develop psychological issues.

What we think most, we manifest. If we are thinking low of ourselves constantly, we are shrinking our emotional self. Which can lead to a variety of life long addictions. Including food, sugar, sex, money & power to name a few. Low frequency always manifest a reality built on lack. No matter how much glitter & gold we see.

Depending on the individual, childhood pain could run deep. If you desire to heal & move forward, meditate this idea into existence for 5 minutes twice for the next week. There's a lot of nasty energy lingering around. Are you strong enough to look past it, call out the issue/s & work toward your own solution? Sign up for our free monthly news letter & get 2 free gifts. Including the E-Book, Breathe Your Way To Oneness.