

[FREE E-BOOK]

# *What Mama Needs to Heal*



Healing and emotional well-being tools  
to turn the stress of motherhood  
into inner peace and joy.

Verónica Lara Moreno

# Welcome, Mama!



Motherhood is the most beautiful journey, but also the most challenging, isn't it?

If this has been you lately...

- Feeling stressed and overwhelmed like never before.
- Not knowing how to manage the strong emotions that are coming up for you.
- Feeling like you are failing as a mum and wife (spoiler - you aren't!).
- Constantly doubting yourself and lacking self-confidence.
- Flooded with negative thoughts about yourself.
- Painful memories from your childhood are being triggered.

I have good news... this is totally normal and there is absolutely NOTHING wrong with you!

You just need the right tools and guidance, and that is why I wrote this guide!

In this e-book, you will find simple yet incredibly powerful tools to help you:

- Feel calm in a matter of minutes.
- Regulate your nervous system to feel at peace.
- Learn how to handle your emotions in a healthy way, setting an example for the little ones.
- Heal your inner child at a deep level, breaking the cycle of old patterns.
- Rewrite your negative self-narrative into an empowering mindset which will be contagious for the whole family.
- Unlock the parts of you who carry the inner wisdom and confidence, becoming the Upgraded Mama.

I am so glad you are here, mama. You TOTALLY deserve this! :)

# About Me



When I became a mum, I had no idea about the incredibly difficult challenges I would have to face: sleep deprivation, the intensity of the emotions that flare up when you least expect them, the mental load we carry 24/7, having to grieve my old life to take on the responsibility of becoming the core and the heart of the family...

It's too much!

I realised that if I wanted to be the best for my little one, I needed to prioritise my mental health and heal what was being triggered.

Having been a therapist for over a decade, I feel blessed that I had the tools to navigate those challenges...

In this e-book, I want to share with you my favourite healing and emotional well-being tools to help you deal with the challenges of motherhood so you can enjoy the beauty of it.



*Hi, I'm Verónica, The Healing Coach!*

I use a unique blend of therapies and healing modalities to help women heal and transform their lives from the inside out.

With the tools I will share with you, you will find that healing is not a painful process but a beautiful journey to self-discovery and growth.

My work is not for everyone. It is DEEP. That's what makes it so powerful and transformational.

If you are tired of therapies that don't work and you are ready to become the Upgraded Mama, you are in the right place!



## DISCLAIMER:

*The content in this e-book is for educational purposes only and it is not a replacement for mental health diagnosis and/or treatment.*

*Please note that if you decide to use the tools in this e-book, you do it at your own risk. If you are concerned about your mental health, please seek professional advice.*

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## Chapter 1

# *Why mama needs to heal*



As a mama, you are the heart of the family. Everyone gravitates towards the magnetic energy of the female.

This is a beautiful and rewarding role like no other, but it can also be incredibly challenging and exhausting.

Have you noticed that when you are in a good mood, everything seems to go smoothly, but when you have a bad day, EVERYONE has a bad day?

Even though of course it is not your responsibility to 'make' anyone happy, you can certainly use the impact your state of being has on the entire family to your advantage.

When you feel calm, confident and follow your intuition, everything is a million times easier.

Imagine you could feel calm in the middle of the chaos...

Imagine you could respond from a place of calmness instead of reacting with anger...

Imagine you had the confidence to live life on your terms...

Imagine you allowed yourself to rest, take care of yourself and have the breaks you desperately need and deserve...

Imagine you could be the one who breaks the cycle of old patterns, being a role model for the entire family..

Imagine you had a toolbox of emotional well-being resources for you and the kids...

Imagine you could enjoy the joy that motherhood has to offer, because you *know* you have the resources to handle the challenges that come with it...

That is what I want for you, mama.

And that is what this e-book is for. I am confident that if you follow the exercises and use the tools I will share with you, you will upgrade your state of being and the whole family dynamic.



You can totally transform your family life into a source of joy and fulfillment, anyone can.

But when we carry old beliefs, trauma, conditioning from our families, unprocessed emotions... We are limited by our story.

The unhealed experiences get triggered and amplified with the intensity of motherhood.

Very often we carry ancestral patterns from our parents, who copied them from their parents, continuing the cycle of trauma and unhealthy family dynamics.

The only way to let go of this baggage is to do the inner work and heal. The shift needs to happen inside, then life presents you with opportunities you never thought possible.

By doing the deep healing, you can break free from the conditioning of the past, allowing you to become the Upgraded Mama - a mama who:

- Is at peace with herself, broadcasting calmness and love.
- Is confident and believes in herself, trusting her intuition and inner wisdom.
- Is a magnet for joy, success and abundance.
- Loves and honours herself, so others love and honour her.
- Embraces her femininity to optimise her well-being.
- Steps into her power, leading the way for future generations.
- Lives life on her terms, unaffected by other people's opinions.
- Laughs, loves and has fun!

The healing work I do is DEEP, that's why it is so powerful and transformational.

It is not for everyone, though. It takes courage to take responsibility for your life and to go deep into the unexpected. But when you do... magic happens. I have witnessed many clients transforming their lives in ways they could have never imagined. Buying their dream house, meeting their ideal partner, starting a meaningful business, transforming their family dynamics into a house full of peace and joy... It can happen to you too!



So if you are ready to become the ‘upgraded mama’, and embark on the self-discovery, healing and personal transformation journey this e-book will take you on, I couldn’t be happier for you. You totally deserve this, mama!

I know family life keeps you busy, so this e-book is broken down into bite-sized lessons and exercises. I used some of the tools I will share with you even when I coslept with my little one!

The next chapter of this e-book will equip you with a toolbox of healing and therapeutic techniques to deal with the stress and strong emotions that often come up as part of daily family life. They will also help you clear old emotions and trauma in a quick, effective and pain-free way.

Chapter 3 will guide you on a self-discovery process to build the vision of the mama you want to become, identifying any hidden blocks that might be keeping you stuck.

Chapter 4 is about the power of the subconscious mind and how it runs our life, and it has a very powerful (and very often surprising!) exercise to uncover potential limiting beliefs we are not aware of at a conscious level.

In chapter 5 we will explore how to heal past experiences and break the cycle of ancestral patterns. I will show you powerful techniques to access the subconscious mind to rewrite your old stories into wisdom.

In chapter 6 I will show you how to become the Upgraded Mama, unlocking the parts of yourself that carry the confidence, the inner wisdom and all your unique talents.

I can’t wait to see what potentials this journey will open up for you, so let’s get started, mama!

## Chapter 2

# *Mama to the rescue!*



I can't think of anything that puts more pressure on a woman than motherhood. The sleep deprivation of the newborn stage, juggling the second or third one, the terrible two's tantrums, the teenager years...

Every phase of motherhood comes with a different challenge. When you think you have the hang of it, the routine changes and something new and unexpected comes up!

When it comes to stress management, think about yourself as a bathtub.

When you open the tap, the water fills up the bath. If you don't pull the plug, the water overflows.

The tap is the stressors, i.e., situations that stress you out. For example a baby crying, the school run, a little one feeling unwell, an argument with hubby.

If you don't pull the plug so the water can drain, your 'water' overflows - you burn out, feel overwhelmed and exhausted, you snap at your partner, kids and anyone who crosses your path.

Stress triggers the fight or flight response in the body. It is a healthy function which is needed to give us the adrenaline to react when we are exposed to a threat. But we are not designed to be in this state for long periods of time, and when we are, our health takes the hit. Functions like digestion, resting, sleep, healing, repairing, creative thinking shut down under fight or flight, because the body considers they are not a priority.

So the only way to avoid your 'water overflowing' is:

- Reducing the stressors, i.e., closing the tap
- Helping the body shift to a state of relaxation, i.e., pulling the plug.



Normally, I will ask my clients to make a list of the stressors they could avoid.

For example, people who drain their energy, watching the news, going on social media, managing the workload...

The problem of motherhood is that it is bound to be hectic! Lots of stressors will be unavoidable, like a newborn waking up every two hours at night, the kids having a problem at school, etc.

So the focus of this chapter will be on showing you quick and effective techniques to release the stress, manage your emotions and bring your nervous system back to balance.

But still, there are situations that we *can* avoid.

If family visits stress you out, reduce them.

If you are juggling a million other chores, consider outsourcing them or get hubby or someone in the family to help.

If going on social media to see all those 'perfect' mamas who work out every day, travel the world and claim their babies sleep through the night at 6 weeks make you feel horrible, delete the app from your phone.

So mama, here is my invitation to do the first exercise of this e-book!

### EXERCISE #1: REDUCING THE STRESSORS

*Grab pen and paper and make a list of all the situations that make you stressed.*

*Ask yourself:*

*Is this something beyond my control or could I reduce/eliminate it?*

*Is this a priority?*

*What would I need to do to reduce it?*

*What support do I need?*

*If you can't avoid them (for example, a baby crying at night), bring them to the next section, where I will teach you a few different simple and powerful techniques to handle stress and strong emotions.*



OK mama, so now you know all the situations that add to your stress levels and trigger strong emotions in you but you can't avoid because they are part of the beautiful and challenging journey that motherhood is.

What I am going to show you here, is four easy to use yet incredibly powerful tools. Let's start with my favourite one, as it is the most effective and versatile: tapping.

## TOOL #1: TAPPING (EMOTIONAL FREEDOM TECHNIQUE)

EFT (commonly known as tapping) uses the Traditional Chinese Medicine meridian system that has been used in acupuncture for thousands of years. EFT has a long and impressive history of resolving physical and emotional health issues. You bring to mind and verbalise, in a specific manner, an issue that you want to work with, while you gently tap on a few of these acupuncture points. It can release strong emotions and bring a sense of calmness and peace in a matter of minutes!

Once you learn the points, you can use this technique any time you need: in the middle of the night, while you feed the little one, in the car (not while driving though!), while you shower or whenever you have five minutes.

This is how to do it:

- Take a few deep breaths and bring your awareness to the emotions or thoughts that are coming up for you. It could be an emotion: "I'm so angry", "I'm upset", "I feel very sad". It could be a thought: "I can't do this anymore", "It is too much", "I can't handle this". Or it could be a belief about yourself: "I am a terrible mother", "I am not good enough", "I fail at everything I do".
- Rate the intensity. In a scale of 0 to 10 (10 being the highest intensity), how intense is this for you?
- Learn the tapping points from [this video](#) or the picture below.
- Start tapping on the karate chop point while you say out loud: "Even though I \_\_\_\_\_ (say your emotion/thought/belief), I deeply and completely love and accept myself anyway"

A few examples:

“Even though I feel like I’m about to break, I deeply and completely love and accept myself anyway”

“Even though I am so angry right now, I deeply and completely love and accept myself anyway”

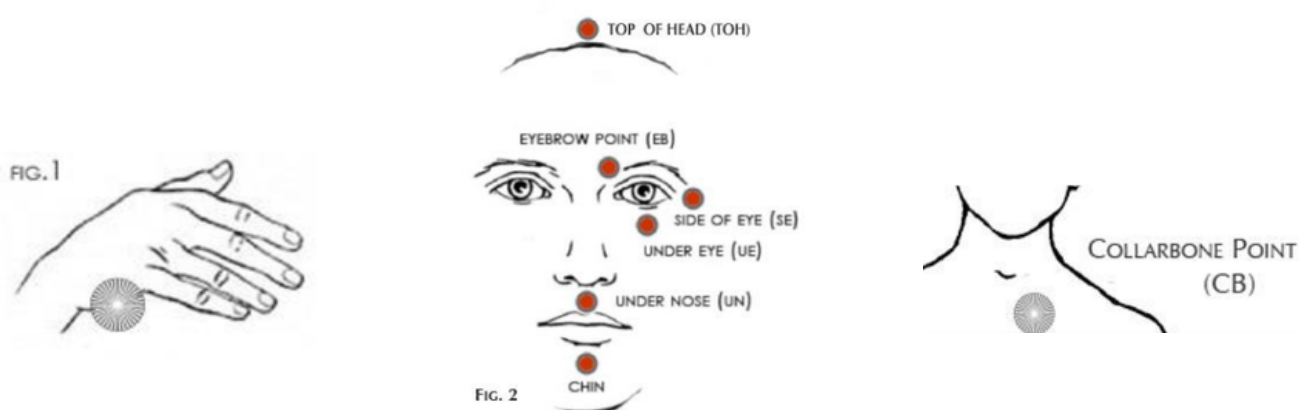
“Even though I can’t stand my partner right now, I deeply and completely love and accept myself anyway”

- Continue tapping on the rest of the acupressure points while you continue to describe your emotions/thoughts. Repeat for as many rounds as needed.
- Take a deep breath and reassess the intensity.
- If the intensity has come down to a place of calmness, you can stop here, or you can bring to mind other emotions you might want to clear.
- If the intensity has come down but new emotions have come up, do various rounds until you feel at peace.
- If the intensity has gone up, it means that something that had been repressed has come up to the surface. Continue with more rounds of tapping while you describe the same or new emotional issues until you achieve a state of relaxation.

For a more detailed explanation of the points and how EFT works, you can watch [this video](#).

This [super short video](#) also shows the points if you need a quick refresher.

You can also find the tapping points below (graphics taken from the EFT International’s free tapping manual):



**EXERCISE #2: TAP THE STRESS AWAY**

- Make a list of unpleasant emotions and negative thoughts coming up for you.
- Start with the one that feels more intense or more of a priority.
- Clear them one by one following the instructions above until you feel a sense of peace and completion.
- Use tapping as a daily practice to allow the water to drain so your “bath” doesn’t overflow!



## TOOL #2: BREATHING

When we get stressed, the body turns on the fight or flight state, which is designed to help us fight or run away from a threat. This is a healthy function of the body and it is designed to keep us safe.

When the body perceives a threat, it releases the stress hormones (cortisol and adrenaline) to give you the power you would need to fight a lion or run away from it as fast as you can.

Normally, once the threat is over (i.e., the lion is gone), the body would go back to the 'rest and digest' state so you can continue with your life.

Note that above I said: "when the body *perceives* a threat..." The problem with the modern world is that we *perceive* many events as a threat. An 'urgent' email from the boss, images of war on the TV, a baby crying, an argument with a loved one, the endless to-do list that mamas constantly carry in their minds...

For the body, there is no difference between a lion chasing you and your kids fighting over a snack.

The same stress response is triggered: the sympathetic nervous system is activated and you become hyper alert, you tense up, and are unable to think clearly. And you have probably guessed it - your breathing changes.

The breathing that accompanies the fight or flight state is quick and shallow, giving the energy your muscles would need for the action.

We are not designed to be in a constant state of fight or flight like most people are these days. Functions like digestion, healing, repairing, sleeping don't work properly under stress. The body decides that they are not a priority, fighting the threat is.

Now, the beauty of the breath, is that it is the only autonomic function in the body that you can control.



By changing the breath, we can activate the parasympathetic nervous system, letting the body know that the lion has gone and that we can relax and our normal bodily functions can continue.

Easy and effective, just how I like it!

In this section I have included two simple breathing techniques that you can do anywhere, anytime you need.

### EXERCISE #3: BREATHE AND RELAX

- Take a few deep breaths, in through the nose and out through the mouth to bring your awareness to the breath. How is it? Fast or slow? Steady or erratic? Deep or shallow? Do the chest and abdominal muscles move freely with each breath or are they tense?
- Inhale through the nose for a count of 3.
- Exhale through the nose for a count of 6.
- Make sure you breathe in all the way into the belly, allowing the abdominal muscles to expand with each inhalation and come back down with each exhalation. You can place your hands on your chest and belly to notice the muscles moving more freely as you do this exercise.
- If this feels comfortable, increase the counts to 4 in / 8 out, or longer, maintaining the 1:2 ratio.

Do this for a few minutes (you can set a timer if that helps) and then let your breath return to its natural rhythm.

With this breathing technique, you are sending the signal to your body that it is safe to relax.

Longer exhalations activate the parasympathetic nervous system, telling the body to come out of fight or flight and return to its normal bodily functions.



#### EXERCISE #4: COHERENT BREATHING

Some studies show that the optimal breathing is when you take 5-6 breaths per minute.

It has benefits like reducing stress and anxiety, optimising the heart function, and allowing the brain to think clearly.

Here is how to do it:

- Take a few deep breaths, in through the nose and out through the mouth to bring your awareness to the breath. How is it? Fast or slow? Steady or erratic? Deep or shallow? Do the chest and abdominal muscles move freely with each breath or are they tense?
- Inhale through the nose for a count of 6.
- Exhale through the nose for a count of 6.
- Make sure you breathe in all the way into the belly, allowing the abdominal muscles to expand with each inhalation and come back down with each exhalation. You can place your hands on your chest and belly to notice the muscles moving more freely as you do this exercise.
- If this ratio feels uncomfortable, start by breathing in and out for a count of 3, then 4, then 5 until you get to 6.

Do this for a few minutes (you can set a timer if that helps) a few times a day or as time permits throughout the day.

I normally use the 'breathe and relax' technique when my mind is very active and I need to calm down, especially before bed.

Coherent breathing is a technique you can use as much as you like throughout the day - while you shower, at work, while you feed the baby, in the car, anywhere!

Just remember to allow the abdominal muscles to relax and let the belly move freely for optimal results.



## TOOL #3: JOURNALING

Journaling is one of the techniques I use the most and I always recommend it to my clients.

When feeling stuck, stressed, overwhelmed or upset, it is a simple but powerful exercise that will help you to get clarity and release any unpleasant emotions you might be experiencing.

You just need a pen, a piece of paper and start writing about whatever is in your mind. It couldn't be easier!

You can do it whenever, on the bus or while the kids play in the garden.

Although if you want to make the most of it, it's better to do it when you know you will have some time to be on your own and you know you won't be disturbed.

Don't worry about the grammar, the vocabulary or if what you say sounds ugly. That is what you need to let out and this is a healthy way of doing it!

Journaling is not a 'dear diary' kind of writing and no one is going to see it, it is purely for your emotional well-being.

The key is to do automatic writing, just write whatever comes to your mind, without filters. That way, we can open the door to unconscious beliefs and thoughts.

If you worry too much about the content or you stop and think before writing, you will be stuck in the conscious or logical mind, and we want to access what's underneath – the beliefs that might be operating without us even being aware of it!

If you don't like the idea of keeping your notes, you can throw them away when you finish. But if you always use the same notebook, it can be extremely insightful to go back and read what you wrote months or even years ago. You will see your evolution and growth and it can be truly rewarding.



### EXERCISE #5: JOURNALING PROMPTS

Let's do some journaling!

- Grab pen and paper (it can be scrap paper or a you can buy a nice notebook to stay motivated).
- Take a few deep breaths, in through the nose and out through the mouth, and start bringing the awareness within.
- Notice any thoughts or emotions that might be bothering you. Don't react or engage with them, just be aware of them.
- Start writing whatever comes to your mind, even if it doesn't make logical sense, even if it sounds ugly and definitely don't worry about the handwriting! Just keep going for as long as necessary.
- If by doing this on a regular basis you notice that certain patterns or beliefs keep repeating, bring them to chapter 5, where we will delve deeper into how to heal and rewrite old stories.
- If you need help to get started or would like to go deeper into your self-discovery journey, here are some journaling prompts:



How am I feeling today?  
Where do I feel it in the body?  
What do I need right now?  
Who can help?  
What are my thoughts today?  
What keeps repeating in my life?  
If I knew no one would judge me or have an opinion about me, what would I be doing differently?  
What do I need to let go of to bring more joy to my life?  
What is stopping me from living life on my terms?  
What do I need to do more of?  
What do I need to do less of?  
What would I do if I had all the money in the world?  
If I had a magic wand, how would I use it?  
What would I need to believe to create my dream life?  
What do I believe instead?  
How is that serving me?  
What went wrong today?  
What have I learnt from it?

Wrap up with 3 things you are grateful for.



## TOOL #4: MEDITATION

Meditation is one of my favourite ever tools for well-being. When I talk about meditation, a lot of people say: “I can’t do it, I can’t leave my mind blank”. Of course you can’t, but that is not what meditation is about!

Meditation is about awareness. It is about being mindful of what you are doing, how you are thinking and feeling, without reacting, without judging. It is not about erasing your thoughts, it is about being the one in control. It is about noticing a thought or an emotion and being able to not react to them and enter a spiral of negativity.

Being able to do that is incredibly useful for mamas, as we are always under stress and dealing with a million different thoughts and emotions.

I used to have a long morning routine which included various forms of meditation... but mama life doesn’t allow for such a thing at the moment, lol.

However, meditation can be very simple. In this section I want to share with you one easy technique you can use on your own and a list of guided healing meditations I recorded for different purposes.

### EXERCISE 6: RECLAIMING YOUR MIND

If you are feeling overwhelmed or very strong emotions are coming up for you right now, this is not the moment to start meditation. Tapping, the first tool we explored, is a better tool for that. You can come back to this exercise when you feel a bit more stable emotionally.

Meditation works when you practise it regularly, so ideally, do this exercise at least once a day.

- Sit or lie down in a comfortable position.
- Take a few deep breaths, allowing the muscles in the body to relax, especially the muscles around the abdominal area.
- Continue to bring your awareness to your breath.
- Visualise your thoughts like clouds disappearing in the sky or like bubbles that pop up. Don’t engage with them, don’t react.



Don't try to stop them either, just look at them and see them coming and going. You can pick them up later. For now, just continue to bring your awareness to your breath.

- Set a timer for a few minutes to start with, and increase the duration as time allows and you feel comfortable.

When you practise this exercise consistently, you will notice that you feel calmer, sleep better and you are able to see stressful situations with a different perspective.

They say happiness can only happen in the present moment, and I couldn't agree more. That's what practising meditation is about.

#### EXERCISE #7: CLICK PLAY AND MEDITATE WITH ME!

Over the last 10 years, I have recorded dozens of guided meditations for different purposes. They are between 10 and 20 minutes long, and all you need to do is click play and follow along, no previous experience needed. This is a selection of my favourite ones, but you can check out all my meditations on [Insight Timer](#) and [Youtube channel](#).

- Meditation Before Sleep | Let Go Of The Day + Gratitude
- Wind Down Before Bed | Guided Meditation + Affirmations
- Meditation For Deep Relaxation & Energy Cleansing
- Reset Fight Or Flight | Deep Relaxation | Energy Healing
- Healing + Gratitude | Theta Healing Meditation
- Meditation To Start The Day With An Empowering Mindset
- Meditation To Stop Negative Thoughts
- Theta Healing Meditation To Stop Overthinking



*Note: The next chapters will take you on a much deeper journey to self-discovery and healing.*

*Please focus on using the previous tools for as long as you need before moving on to the next section. The tools and exercises I will be sharing with you are very powerful and can trigger old emotions.*

*Please make sure you are in a stable state of mind before continuing with this e-book.*

## Chapter 3

# *The mama you came here to be*

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In the chaos of motherhood, it is easy to forget who we truly are. Everything feels rushed and, especially if you are a first time mum, you are probably doubting yourself and worrying too much about what other people think.

While it is beneficial to look for wisdom in people you trust, it is also very important that you trust your intuition and honour who you truly are.

To avoid life just happening to you, it is key to have a clear idea of how you truly want to live your life and who you want to be as a mama.

In the following exercise you will create the vision of the life that feels aligned and authentic *for you*. I will teach you how to shift into this state of being so you can become a magnet for the joyful life you deserve. We will use the elements of the law of attraction: clear intention and elevated emotions.

I will also help you identify any hidden blocks that might stopping your dream life to come into reality.

### EXERCISE #8: MAMA HAS A VISION

Grab pen and paper and start reflecting on how your dream life as a mama would be.

Answer the following questions:

- If you knew no one would judge you or criticise you, what would you be doing differently?
- If you believed in yourself, who would you be as a mama?
- What do you want your family life to look like?
- What do you want more of?
- What would a perfect day look like?
- What would make your life a 10/10?



Close your eyes and create a clear image about your dream life in your mind.

Visualise yourself as *that* mama. You are *that* mama.

Feel all the positive emotions associated with this vision.

Take a few minutes (you can set a timer if that helps, or just do it for as long as it feels right and time permits.) to do this every day.

Focus on the vision and the elevated emotions (joy, peace, love, etc.).

Finish by bringing your hands to the heart and connecting with a deep feeling of gratitude because this IS your life now.

For this exercise to work, you need to be consistent, so make sure you remember to do it every day for a few minutes ideally before bed or when you wake up in the morning!

If you can't see yourself in your dream life, or negative thoughts come up (e.g. "that is not possible"/"that won't happen for you"/"who do you think you are"), don't try to stop them.

Also, become aware of any resistance showing up in the body: muscles tensing up, uncomfortable sensations, pain or discomfort.

Again, don't try to stop them, just become aware of them and write them down. We will take care of them in the next chapters.

If unpleasant emotions come up for you, use tapping or journaling as described in chapter 2.

## Chapter 4

# *The power of the subconscious mind*

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Think about your mind like an iceberg. What you see above the water is your conscious mind, the thoughts you are aware of. The big chunk under the water is your subconscious mind and it stores more than 95% of your thoughts, beliefs and other information (like that song you used to listen to decades ago and you could still sing every word of it if you played it).

The subconscious mind runs our life whether we are aware of it or not.

You might be wondering why you've always had low self-confidence, when you consciously feel good about yourself.

Well, before the age of 7, we have made many important decisions about ourselves, others and the world:

- If you were told off all the time, maybe you learnt that there was something wrong with you.
- If you were bullied at school, maybe you decided that being yourself was not safe.
- If your parents didn't give you the attention you needed, maybe you decided that you weren't good enough.

Once you make those decisions at an early age, they go straight into the subconscious mind, like programs installed in a computer, running your life without you even realising.

That's why 'just trying to be more positive' or approaches like conventional therapy and coaching might have not worked for you, because you are only engaging the conscious mind, literally only the tiny tip of a massive iceberg!

It's only when you deep dive into the subconscious that deep healing and transformation can happen.



To access your subconscious mind, you need to be relaxed and be able to be aware of your thoughts without reacting, like an observer.

That's why training your mind is so important, as described in the meditation section in chapter 2. If you want to make the most of the exercises in this and next chapter, I would encourage you to practise the exercises in tool #4 for optimal results.

The next exercise will help you access some of the beliefs stored in your subconscious mind.

#### EXERCISE #9: DEEP DIVE INTO THE SUBCONSCIOUS MIND

Grab a pen and print the next page.

Close your eyes and take a few deep breaths.  
If time allows, do the mediation exercise #6 for a few minutes or play one of the recorded meditations before continuing.

Finish every sentence WITH WHATEVER COMES TO YOUR MIND FIRST. Don't think about the answer ,just write down the first thing that comes to your mind. This is KEY for this exercise to work!!

Go through the whole list, write down all the answers and don't judge them. Don't think if they make logical sense or not, just read your answers with an open mind. No answers will be right or wrong, this exercise is to understand what limiting beliefs might be operating in the subconscious level. We will take care of them in the next chapter :).



My name is...  
I was born in...  
My favourite colour is...  
I am the one who always...  
I can't...  
People are...  
I must...  
I don't have permission to...  
Women are...  
My biggest fear is...  
Life is...  
If I fail...  
My biggest dream is...  
I am not allowed to...  
To be loved I have to...  
Men are...  
When I was a kid I loved...  
Happiness is...  
Women have to...  
The world is...  
I will never be...  
Being a woman is...  
I can't stand people who...  
Work is...  
To be successful I have to...  
My family was...  
Relationships are...  
What keeps repeating again and again in my life is...  
Sex is...  
Women can't...  
Money is...  
What I need from my partner is...  
The future is...  
Success is...



Read your answers carefully, without judging, and write down the answers to the following questions:

- Were you surprised by any answers?
- What beliefs are still valid?
- What beliefs do you disagree with?
- Which ones are blocking your happiness?
- How are they limiting you?
- What impact are they having in your life?
- Are they preventing you from achieving your vision in exercise #8?
- Where do they come from?
- When did you learn that?
- From whom did you learnt it?
- Did anyone in your family use to say something similar?
- What have those beliefs protected you from in the past?
- Do you need them anymore?

The first time I did this exercise, I was shocked! If you found several beliefs you no longer want, that is not bad news. It is actually great news that they are coming to the surface to be released. It is only when we become aware of something that we can change it!

In the next chapter, we will get to the root of these beliefs and identify when they were formed.  
I will also show you a technique to rewrite those limiting beliefs into more empowering decisions.

## Chapter 5

# *Turning old stories into wisdom*



Who we are today is the result of our previous life experiences. When we are born, we start learning about the world and, with each experience, we make a decision about ourselves, about others and about how the world works.

When we experience stressful or traumatic situations, we make decisions which will be stored in the subconscious mind as beliefs. The problem with the decisions based on survival is that they can be very limiting. They are designed to keep you safe, not to thrive.

So for example, if your parents were very busy and didn't give you enough attention, maybe you decided that you were not loveable. If your parents didn't let you cry or get angry, maybe you learnt that expressing your emotions wasn't safe and it was better to pretend to be happy all the time. Or if you were bullied at school maybe you learnt that it was better to be quiet and fit in.

These beliefs are a defence mechanism that helped you back in the day, but they might not be helpful anymore.

By the way, we all do this, and EVERYONE has experienced some situations that led to limiting beliefs, everyone! So don't think you did anything wrong, your younger you was actually very smart doing what she could to protect herself with the resources she had.

Limiting beliefs can show up in our life as behaviours like:

- People pleasing
- Low confidence at work or relationships
- Chronic stress or anxiety
- Overthinking and constant negative thoughts
- Feeling the need to be perfect all the time
- Trying to fit in instead of living life on your terms



Does that sound familiar?

Fear not, mama!

I know many people don't like the idea of talking about the past.

And I understand that the talking therapy approach of talking about your problems again and again can be painful.

It is painful because by talking about your childhood problems you are not resolving them. It is like stirring dirty water in the sink instead of draining it and replacing it with fresh one.

If you want to change a present pattern, behaviour or situation you are not happy with, you need to heal your past and rewrite your self-narrative. It is the only way.

But we are going to do it in a way that *works*. All the exercises in this chapter are designed to help you:

1. Identify the key events when the disempowering decisions were made.
2. Release the repressed or unresolved emotions.
3. Have an inner dialogue with your younger you to rewrite the outdated limiting decisions into a more empowering self-narrative..
4. Upgrade your state of being so you can become a magnet for the joyful life you deserve.

Let's get started!

#### EXERCISE #10: THE STORY OF MY LIFE

Grab a piece of paper and draw a line across it. The starting point is the day you were born and the end of the line is today.

Think about key events in your life and reflect on how they have shaped who you are today.

If there are any stressful or traumatic events, are you at peace with them or do they need resolution? Include any problems experiences during pregnancy/birth.

Make a list of the key events and bring them to exercise #12.

If you feel strong emotions coming up during this exercise, use tapping as described in chapter 2.



### EXERCISE #11: WHAT WE DON'T HEAL, REPEATS

Close your eyes, take a deep breath and reflect on patterns, unpleasant emotions or situations that keep repeating in your life.

Become aware of them without engaging or reacting.

Bring the attention to the body and notice where you feel it. Does it have a colour? A shape? Any other qualities? What is the emotion associated with it?

Examples:

A black ball of sadness in the heart.

Red anger in the throat.

Cold paralysing fear in the stomach.

Now ask yourself - when have I felt like this before? Keep bringing memories to your awareness until you get to the earliest one.

Make a list of the memories/events and bring them to the next exercise.

Sometimes you won't be able to pinpoint it to a specific memory, but you might perceive it like a part of yourself. For example 'the part of me who is scared of failing'. 'The part of me who has been hurt'.

Very often they look like a younger version of you or just similar but different to you.

If you feel strong emotions coming up during this exercise, use tapping as described in chapter 2.

### EXERCISE #12: REWRITING MY STORY

*Note: This work is DEEP. Please don't attempt this exercise if you are not in a stable state of mind, as it can trigger strong emotions. Practise the emotional well-being tools first and stick to them until you feel you have the capacity to continue with this work.*



Choose one event, memory or part of yourself that you have identified in the previous exercises.

Close your eyes and bring it to your awareness. Don't associate with it, don't engage with it or react. If strong emotions come up for you, do a few rounds of tapping to reduce the intensity before continuing.

Take a deep breath and take yourself back to that point in time or to a space where you can talk to that part of yourself.

Step into it like you were stepping into a movie, you are going to interact with the characters, but you are not becoming your younger you.

*IMPORTANT!: Don't associate with your younger you, you are NOT reliving the scene. You are an observer, interacting with her.*

*If you can't continue without becoming your younger you, stop it and stick to tapping.*

*In the case of very traumatic events, please only do this with the help of a qualified practitioner.*

Introduce yourself to your younger you, let her know that you are here to help her and wait to see how she reacts.

If she is happy to have a conversation, ask her how she is feeling and what is going on for her.

Allow as much time as needed for the dialogue to happen, and let her express herself as much as she needs.

If she gets upset, you can visualise yourself tapping on her and you can tap on yourself too if that feels right.

When she gets to a calmer state, continue the dialogue:

- What does she need to feel better? does she need a hug? a bubble of protection to feel safe?
- Does she want to go somewhere else?
- Is there anything she would like to say to any other parties involved in this scene?
- What decisions did she make to protect herself?
- What does she want to do with them?
- Is there anything she needs to hear from you or anyone she trusts?

Please note that the aim is not to change what happened, we can't do that. The goal is to help your younger you express what she would have liked to say and to help her reframe the decisions she made into lessons and empowering beliefs.



If you get her to a very positive state (9 or 10 out of 10 happy) bring your attention to that 'new memory':

Where is she now?

What does the scene look like?

What is the main colour associated with this scene?

And the main positive emotion?

What is the main positive belief?

Make the scene as bright and intense as possible and take a snapshot of it. Bring it to the top of the head and allow it to come down through the body, all the way down to the feet.

As you bring the scene down, let every cell in the body absorb this new state of being, allowing the brain to form new neural connections, reprogramming yourself to this new positive beliefs and emotions.

Bring the scene back up through the legs all the way up to the heart and let it rest here. Take a few deep breaths and with each breath make this scene bigger and bigger, letting it overflow and take over the whole body, the room you are in, your city, your country, the whole universe.

Send the signal of your new state of being from the centre of the heart in all directions and all angles like rays of light.

Do this until it feels complete and repeat every day for a few minutes (from the moment when you bring the scene to the top of the head).

If you can't get your younger you to a positive enough state, create a safe space for her and come and visit her at a later point to continue the dialogue.

Allow yourself time to integrate and rest as much as you can after doing this exercise, as it is normal to feel tired while the body integrates the changes.

This technique is called Matrix Reimprinting, which is one of my favourite healing techniques due to it being so simple yet so incredibly powerful and transformational. If you want to know more about it, check out [Karl Dawson's work](#), EFT master and creator of Matrix Reimprinting.



### EXERCISE #13: THE MAMA WHO BREAKS THE CYCLE

Sometimes we copy patterns or behaviours from our role models without thinking about it.

Children learn from what they see their parents do, not from what they tell them to do.

Have you ever had a moment when you have thought: “oh my God, I sound exactly like my mum!”. We learn good things about our parental figures, but often we also copy unhealthy behaviours from them, which they might have copied from their parents, so we end up inheriting ancestral patterns that have been going on for generations.

We also inherit collective beliefs about womanhood, motherhood, and femininity that have been passed along for generations. A lot to deal with!

But mama, what if you are the one who came here to break the cycle and give your kids a better example?

That is what we are going to do in this exercise:

Close your eyes and think about your role models: mama, papa, auntie, grandparents...

What patterns have you inherited from them?

What are you carrying from them that is not yours?

Choose one and bring an image of that person in front of you.

Have a conversation with them and let them know you no longer want to carry their baggage or repeat their story. You can ask them where they learnt it, how it has protected them or anything else they might want to share with you.

When the conversation feels complete, visualise a luminous cord connecting you to your ancestor.

Imagine your hand has luminous fingers and use them to chop, pull and dissolve this cord. You can make movements with your actual hand if that helps.

Do it until it feels complete and say: “Name, I release you to your own destiny”.



Note that you are not cutting that person out of your life, you are not eliminating the bonding with them, you are just letting go of their story so it doesn't affect yours.

Continue the conversation if that feels right until the interaction feels complete.

I highly recommend (if time allows) having a bath with sea salt, baking soda and lavender and tea tree essential oil after this exercise to enhance the energetic clearing.

## Chapter 6

# *Becoming the Upgraded Mama*



I like to think about healing like cultivating a garden.

If you want to transform your garden into a masterpiece you will need to:

1. Design it, having a clear vision of what you want it to look like - wild? functional? pretty and tidy? is the priority to have space for barbeques or to have lots of flowers everywhere?
2. Remove the weeds, dead plants and anything old taking up space.
3. Plant new seeds and water and nurture them for new plants and flowers to grow.

You have 'designed your garden in chapter 3 by creating the vision of the mama you truly want to be.

Chapters 4 and 5 were all about identifying the 'weeds' (the limiting beliefs, old stories, ancestral patterns) and healing the soil.

Many people stop here when they start therapy or a healing process. They focus on the healing part but they don't realise that planting and nurturing the new seeds is as important and it also requires active work!

If you only focus on your vision with manifestation techniques, affirmations, etc., you will need an incredible mind power to get any results. And still, if any limiting beliefs contradict your vision, you can sit down and look at your vision board for ages, it just won't happen.

If you stop at the healing phase and focus on removing the weeds only, you will end up with a very tidy patch of grass but you are not going to have any flowers, fruits, trees, nothing, nada!

So same as we have given attention to the parts of yourself that needed healing, you also need to create space and give a voice to the parts of yourself that carry the wisdom, the confidence, your unique talents (yes, of course you have them!).

**EXERCISE #14: NURTURING THE INNER GARDEN**

Close your eyes and take a few deep breaths.

Imagine yourself in a meadow, feeling the green grass under your bare feet, the sun caressing your skin.

You start walking and in the distance you see a luminous tree.

Approach the tree and touch it with your hand.

Allow yourself to merge with the tree and see yourself going down along its roots, through the soil and different layers of Mother Earth, until you arrive at an underground river.

Get in the river and allow the water to cleanse you. Let the current take you down, floating and enjoying the ride, until you reach the shore of a beautiful garden.

Here, you see a luminous version of yourself - radiant, empowered, confident, wise and full of love.

Ask her what advice she has for you.

What are your unique talents?

Who are you as the Upgraded Mama?

What do you need to do more of and less of?

Continue the dialogue for as long as possible.

Before saying goodbye, she has an object for you. Ask her what it means and what to do with it.

Merge with her in a beautiful embrace and come back to the meadow the same way you came down here. You might see that you are wearing new clothes or there is a new outfit waiting for you when you come out of the water!

Take a few moments to write down your inner wisdom.

I would recommend you do this at least once a week for optimal results.

Also, if you can, get a similar object to the one she gave you to remind you of your inner treasures and what you need to do to step into 'the upgraded mama'.



### EXERCISE #15: THE POWER LIST

OK mama, we have done a lot, haven't we?

The last exercise I want to share with you is 'The Power List', one of my favourite tricks to get a quick and effective immediate confidence boost!

- Grab pen and paper and a timer (if you're using your phone put it on airplane mode so you won't be disturbed).
- Set the timer for at least 15 minutes.
- Write about all your skills, positive traits, difficult situations you've overcome, challenges you've faced, lessons you've learnt. Give as much details as possible and write everything that comes to your mind.
- Don't stop until the timer goes off, if you think you're done, keep thinking and keep writing. Yes, for at least 15 minutes! You will be surprised of how many more things will come to your mind if you give yourself the time.

Warning: If you hear something like: "I speak 4 languages but you know, I'm not even fluent so it doesn't count"... STOP. That is the inner critic in action. So take a deep breath, take control over the part of yourself that is bothering you and let her know you will come back to her later.

Use tapping and the exercises in chapter 5 when you have the time to deal with these thoughts.

Keep this list handy and read it every day to remind yourself how amazing you are.

# Additional resources



Did you think the fun ends here? No way!

I have so many other resources waiting for you: audio courses, workshops, videos, guided meditations...

Topics include:

- Self-love and self-confidence.
- Relationships.
- The female cycle as a tool for optimised well-being and fulfillment.
- Career and purpose.

LET'S CONNECT!



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Emotional well-being and healing blog for women, sharing useful tools and my motherhood journey so far!

Find the recordings from my live workshops, guided healing meditations and tons of practical healing tools!

Find dozens of healing meditations, talks and courses you can listen to on the app or on your computer.

# *A heartfelt thank you*



Mama, if you have made it so far, WELL DONE!!!

I know the healing work I do is not easy and it is only for brave souls like you.

So please treat yourself to something really nice for choosing to do the deep work to upgrade yourself and be an inspiration for the family and other mamas around you!

Thank you so much for being in my world, and please do connect with me through the buttons below.

If you have any questions or would like to share the insights you have gained from this e-book, please email me at [veronica@whatmamaneedstohear.com](mailto:veronica@whatmamaneedstohear.com). Feedback and testimonials are of course much appreciated and always make me do a happy dance!

If you would like my help to take your healing process to a much deeper level and step into your most authentic, empowered and unlimited self, this is how we can work together.

## WORK WITH ME

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# Hi, I'm Verónica, The Healing Coach!



Motherhood is the most beautiful journey... but also the most challenging!

The sleep deprivation, the intensity of the emotions that come up unexpectedly, grieving your old life to give your 120% to the little ones... It is a lot!

If you feel like you are failing as a mama, as a wife, in your career and at everything you do despite giving your all and being exhausted...

The problem is not you.

You are not failing. You are just doing something extraordinarily difficult.

All you need is the right tools to deal with the stress, break the cycle of old patterns and develop the mindset of the Upgraded Mama.

A mama who is at peace, confident and an inspiration for the entire family.

A mama whose empowered mindset is contagious.

A mama who loves, laughs and has fun!

In this e-book, I will share with you my favourite healing and emotional well-being tools so you can enjoy the blessing that motherhood is.

And so you can finally find the inner peace and joy you deserve.

