

# FROM CRAPPY TO HAPPY

CHERYL CATTARIN



HEALING YOUR WAY TO HAPPINESS

# **From Crappy to Happy**

## **Healing Your Way to Happiness**

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[www.cherylcattarin.com](http://www.cherylcattarin.com)

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## ABOUT THE AUTHOR

Cheryl Cattarin is a trained counsellor with many years experience in natural therapies, including Hypnotherapy, Counselling, Reiki, Meditation, Past Life Therapy, Motivation, Life Skills, Stress Management, Personal and Spiritual Development.



Her passion is to increase the level of happiness and well-being in peoples' lives. Empowering people to go within and find their strengths and release their hidden saboteurs, she teaches people to find their own

highest potential and live it.

This book is based on Cheryl's own experiences and that of successful outcomes achieved with clients over the past twenty years.

She believes that we all have the full range of human emotions from crappy to happy, but what we most want to experience is more of the happier emotions. She has written this book with you in mind, because she believes in your ability to empower your own life.

Cheryl holds a Diploma of Clinical Hypnotherapy, Diploma of Professional Counselling and a Reiki Master Certificate.

*With gratitude to  
The Helpers*

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## INTRODUCTION

It was a dark and stormy night, in my mind. Lying there in bed, unable to sleep, tossing and turning, my mind was filled with thoughts of unfulfilled goals and unresolved conflicts. I delved deeply into my psyche, searching for answers to gain an understanding of why I was experiencing such frustration. I wanted and needed to understand why I felt the way that I did. In the midst of this frustration, it was as though a voice inside me began to communicate with me. Out of seemingly “nowhere”, for the first time in my life, I began to receive some of the answers that I was searching for. Through internal perception, I was shown what I needed to see and understand about my life’s journey. My journey into healing the underlying causes of the problems that were affecting my life began that night, when I first started listening to that inner voice.

In time, I began to understand that this voice, from within, was the voice of my intuition, which I eventually called my “Wise Soul”. This Wise Soul led me on an amazing journey of self-healing.

It told me that I had the power to change the course of my life, by changing my negative beliefs to positive ones and creating meaningful goals that I wanted to manifest. Furthermore, by overcoming my internal saboteurs and letting go of past concerns, I could move in the direction that I truly desired. I was shown that my thoughts, emotions

and reactions to life were constantly creating my reality and if I wanted to move towards more happiness and well-being, then it was up to me to choose better thoughts and stop sabotaging my life. I chose to listen to this Wise Soul and consequently, over time, learnt the benefits of making changes that would impact in a positive way, not only on my health and well-being, but also on my personal and professional relationships.

If you also desire to bring more happiness and well-being into your own life, then it is time for you to connect with your own inner wisdom.

This book describes the processes that I either formulated or discovered on my own healing journey and that of successful outcomes achieved with clients over a twenty year period. This book will show you how, you too, can improve the quality of your life and move it from “crappy” to “happy”.

Through the processes you learn in this book, you will be able to change your negative thoughts, beliefs and attitudes to a more positive, life-enhancing belief system. You will also learn how to let go of past hurts in favour of focusing on what you truly want to create in your life, i.e. happiness, health and prosperity.

Your own Wise Soul is a gift that can help you, in a relatively simple way, to learn how to change your life from “crappy to happy”, whenever the need arises. It often lies dormant within you, until you awaken it. Given the know-how, you too can use this incredible power within to enhance the quality of your life.

Each chapter of this book is designed to lead you on a journey of self-discovery. In Part One you will learn how to connect with your intuition via meditation. You will also



learn how to understand the subtle messages that your intuition communicates to you. These messages will help you to acknowledge your negative beliefs and memories and will show you how to heal them. Your intuition will become your ally, your coach and your inspiration, as it helps you to release and let go of past pain. It will also reveal to you, your greatest potential and how to realise it. Furthermore, you will also learn how to change negative thoughts and beliefs to positive ones. This will then lead you to a positive, optimistic mind-set which will give you the courage and the conviction to create and pursue your intentions, goals and dreams.

In Part Two, you will discover how your hidden, subconscious saboteurs impact negatively on your success and prosperity. Through the processes you learn in this section, you will be shown how you can overcome them. During meditation, your suppressed, negative thoughts, feelings and memories will surface spontaneously, providing you with the opportunity to deal with them and release them from your being. This process will lead to greater joy and happiness in your life.

Part Three contains wonderful meditation exercises for accessing your intuition for healing and inspiration. These exercises will connect you with your internal wisdom.

Part Four inspires you to begin your new journey. You will have learnt how to transform your thoughts from negative to positive and how to remove self-sabotaging patterns. Your transformation, after having progressed through the book, will almost be complete, but it is an ongoing process. Therefore the rest of your journey will be up to you to create. Armed with the techniques learnt throughout this book, you'll be prepared and ready to create new choices in alignment with your intentions and desires. These choices will lead to greater joy, happiness and well-being in your life... if you choose the "from crappy to happy" pathway.

Each one of us experiences some form of stress from time to time, but we don't have to stay stressed. Prolonged stress can make us physically unwell. We can learn to experience greater health and vitality as a result of learning the techniques outlined in this book and clearing the stress from our bodies. The process of meditation connects us to our intuition which, in turn, guides us through the process of healing.

My passion to assist others to find deep joy, happiness and well-being in their own lives is my reason for creating this book. My wish is to give you, the reader, a "how to" guide for self-healing and pursuing your greatest potential. The techniques outlined in this book will provide you with the necessary tools to make your journey simpler. They will also provide you with an understanding of how tapping into your intuition can improve the quality of your life.

When you use the techniques in this book, you will recognise what really holds you back from having wonderful health and vitality. Intuitively, you will learn what part of you needs to heal so that you can experience vibrant health. You will uncover any conflicts, painful memories or beliefs that are causing stress in your body and mind, and your intuition will give you guidance to heal them.

These techniques can teach you to go beyond your questioning, analytical mind and connect with your intuitive guidance to access memories and beliefs that are causing unhappiness in your life and, possibly, making you unwell. When you choose to release these negative beliefs and resolve the conflicts arising from them, you will begin to increase your level of happiness and well-being.

Self-healing is an amazing journey. My hope for you is that, as you connect to your intuition, you will heal those areas of your life which cause you pain. I also hope you will

experience the profound feelings of unconditional love and peace that come from the practice of meditation. I believe each one of us has a unique life-journey and, when we heal, we are more capable of fulfilling our dreams, desires and life's purpose. This purpose is often revealed to us through our intuition.

My journey hasn't always been an easy one, but I truly value the depth of knowledge and inspiration I have gained as a result of my connection with my own intuitive, wise soul. On my journey, there were also times when connecting with a counsellor or friend gave me greater clarity and insight for my healing. If you, too, require assistance on your journey, know that you do not have to walk this path alone. There are many qualified health care professionals who can support you through your healing. If you choose to work with one, ensure that you have good rapport with the person, as it is important that you feel comfortable and safe when sharing your concerns.

As a result of the journey I have taken, I now experience better health and vitality and enjoy friendships with kindred spirits I have met along the way.

May your journey ahead be filled with love and lightness of spirit. May your journey towards self-healing bring you the same rewards experienced by so many others who have used these techniques. It is time now to ignite your passion to fulfill your dreams and desires.

Life really is magical, especially when we create that magic ourselves.

**Cheryl Cattarin**

## PART ONE

### THE JOURNEY BEGINS

*During this first part of your journey you will learn life skills that will propel you in the direction of happiness and well-being. At the beginning of this journey, like all journeys, it is important to know where you are going and how you are going to get there.*

*There are seven important steps you must take if you are to reach your destination. These are: connecting with your intuition; learning to meditate; relinquishing your negative beliefs; creating positive beliefs; developing new intentions; believing in yourself; and creating and accomplishing meaningful goals. Each step is equally important, as every step leads you from crappy to happy.*

*Before you begin your journey, it is important to remember that no one is free from pain or sorrow. These feelings are a part of life in the same way that happiness and joy are. All feelings affect your life, therefore, learning how to manage them can make the difference between feeling crappy or happy.*

*You have not chosen all of your life experiences, some of them were beyond your control and, as a result, you may wish they had never occurred. You may have regrets, resentment, shame or blame engulfing you. Whilst you cannot change your past circumstances, you can change your attitude to them. You can create a more positive, life-enhancing world for yourself by choosing new thoughts, intentions, goals and actions that will lead to greater happiness, success and well-being.*

*As you learn how to communicate with your wise self, you will learn, through your intuition, which beliefs, thoughts and memories are creating unhappiness and how to transform these to healthier ones.*

*You will also learn to access your innate gifts and talents and how to create meaningful goals which bring greater prosperity and joy into your life. You are an incredible human being with unique talent. As you begin to discover your wise, intuitive self and learn how to release that which no longer serves you and create that which does, you will enjoy a life which will fulfill you.*

## CHAPTER 1

### INTUITION AND SELF-HEALING

All of us have intuitive wisdom within us. Intuition plays an important role in the self-healing process and is an internal resource which can easily be accessed during meditation. Intuitive insight often provides the impetus for healing, as it will reveal to you that which needs to be released or changed, from within you, for happiness and well-being to prosper. Intuition will always lead you toward self-healing, so before learning anything else, it is important to gain a thorough understanding of it; to become mindful of it; and then set your thoughts to utilising it for your own benefit.

*So, what is intuition?*

Intuition is to know or receive knowledge by immediate perception, without reasoning. Sometimes it is called a “gut feeling”, when you just seem to know something. It is your gateway to accessing internal knowledge that will promote self-healing and personal growth.

Accessing your intuition on a daily basis, during meditation, will not only enable you to tap into solutions to problems, but will also show you your greatest potential. It will encourage you to fulfill your dreams and goals and, inspire you with ideas of how to achieve them. It will also guide you in the direction of your life’s purpose. Your connection with your wise, intuitive self will bring greater joy and happiness into your life.

During meditation your intuition will also show you any negative beliefs, conflicts or memories that require healing. It will not only show you the source of the problems but also how to correct them.

There are many methods you can use to access your intuition. However, in this book, I will focus on showing you how to connect to it through meditation.

### *How your intuition is accessed through meditation*

When you meditate, your mind becomes still and your body relaxes. Meditation gives your body a profound rest. Twenty minutes of meditation is equivalent to about two hours of sleep. During meditation, your mind becomes quiet and, this quiet, then filters through to your body. Your muscles and nerves begin to relax and let go of any tension. Your breathing slows down and you breathe more deeply into your lungs. Your heart rate slows and your blood pressure drops slightly.

As you continue to meditate, your intuition begins to communicate with you in any one of a number of ways. It may express itself as: a thought; a mental image; a feeling; or even a memory. It is important to be open and receptive to allowing your intuition to communicate with you. It is equally important to relax in order to receive intuitive messages. If you concentrate too hard, you will block the intuitive messages from flowing through you. It is in that moment, between thoughts, that intuitive messages emerge.

### *How meditation leads to self-healing*

In the early part of your meditation you may feel restless when your intuition shows you the thoughts, conflicts or stressors which are causing disharmony in your body. However, this is a natural part of the process and you should

not stop your meditation. If your day-to-day thoughts are negative, they will produce stress and tension. During your meditation, your intuition shows you these stressors so that they can be released.

If you are able to stay in your meditation and allow yourself to experience these emotions or thoughts, your intuition will guide you through the process of self-healing, but only if you stay in your meditation. When healing is taking place you may feel very unsettled and want to bring yourself out of the meditation. It is important though, at this point, to resist this urge. If you can stay with your meditation you will allow your body and mind to begin the process of self-healing. On the other hand, if you bring yourself out of your meditation prematurely, then the healing will be incomplete and these very same issues may resurface in later meditations.

It is important to understand that there is no set timeframe for self-healing to take place. It varies from individual to individual and from issue to issue. In other words, it depends on the complexity of the issue that surfaces and on the depth of the emotion the issue has aroused. For example, someone who has been hurt by the unkind words of a friend may only take one or two meditations to heal from the experience, whilst someone who has been emotionally or physically abused in a serious way, may take numerous meditation sessions to heal.

Self-healing takes place only at a rate you can handle. If you feel your healing is not happening quickly enough, it may be that your issues are complex. It may take several meditations to reach closure and for you to find inner peace. At other times, you may find you have an “aha” moment when the issue or concern just falls away in an instant.

Each person’s coping mechanisms are unique. As a result of this, every meditation is different and resolution of an



issue occurs only when you are able to deal with it and understand it.

There are many techniques in this book which will help you to resolve your issues. However, whilst this book will teach you the techniques to self-heal, there may be some of you for whom it will be necessary to seek further assistance with a qualified health care professional. For example, if you find you have the same issue surfacing and cannot resolve it after repeated attempts, or, if an upsetting memory troubles you, and you do not know how to deal with it on your own.

Both within traditional medicine and in natural therapies, there is a wealth of professional support available to you. In my own experience, reaching out for support was an integral part of my healing. Whilst I was able to look within and discover the underlying saboteurs to my well-being and learned how to transcend them, I didn't always have the internal resources to heal myself. This was partly because learning to express myself had always been an issue for me. Therefore, my journey to complete healing required that I share my thoughts and feelings with others.

Whilst it is very beneficial for you to meditate, connect with your intuition and self-heal, if you get “stuck”, do not deny yourself the support and care of others, as this could be a meaningful part of your healing journey. At the back of this book, in Appendix A, there is a list of support services that you may find helpful to use at any point on your healing journey.

### *How meditation leads to personal growth*

Intuitive insight also comes in the form of inspiration. Throughout your meditation you may see goals, dreams and desires that you are capable of achieving. Inspiration is commonly known as “Divine Guidance” and is bestowed

upon you to help achieve your life's purpose as well as tap into your innate talents and gifts.

Intuition weaves through the tapestry of your life and is a valuable resource for self-healing and personal growth. As you work hand-in-hand with your intuition, you will begin to see positive changes occurring in your life.

### *Indications that you are self-healing*

For a moment, imagine that emotions and feelings are vibrations of energy. The negative, low vibrations are the energies of hate, animosity, resentfulness, etc. The positive high vibrations are the energies of love, joy, peace, happiness, freedom, etc. When you experience the low vibrations of energy, you feel them in your body as tightness, sore muscles, or as illness. When you experience the high vibrations of energy, you feel light, vibrant, energetic and healthy.

As you practice your meditation, simply observe whether your energy is in the lower or higher frequency. These energies indicate which type of thoughts you are focused on. If you are experiencing more of the lower vibrational energies, then it is likely that you have old issues and conflicts to heal. As you learn to let them go, you will notice the increase of positive energies flowing through your body. This increase in positive energies is a sign that you are self-healing.

<p><b>HIGHER VIBRATIONAL ENERGIES</b></p> <p>Meditating on a daily basis, will raise your energy so that you experience more of these emotions and feelings.</p>	<p>Universal Life Force Energy          Unconditional Love          Peace          Joy          Happiness          Freedom          Better Health and Vitality          Ability to forgive</p>
<p><b>LOWER VIBRATIONAL ENERGIES</b></p> <p>Issues and conflicts that frustrate you will lower your energy and you will experience more of these emotions and feelings.</p> <p>When these energies present themselves in meditation, you are being shown that healing is required.</p>	<p>Hostility          Anger          Hate          Lesser Health and Vitality          Inability to forgive          Regrets          Guilt          Shame          Blame          Self Punishment          Resentment</p>



*Meditation is a tool you can use daily to promote happiness and well-being in your life.*

*Meditation will lead you to experience greater joy, happiness and vitality.*