

Trix Joyce

Finding Internal Happiness

A Pattern of Philosophy by Trix Joyce

This book is dedicated to Knut Arne Vilhelm Johansson, my grandfather who always encouraged me to "think for myself" and figure things out on my own. Without that, I would never have become a philosopher!

More books by Trix Joyce

Stories of a Caged Girl - August 2023

Ebook available on most ebook platforms!

I also have published a few books under my legal name and those are in Swedish only.

Book description

Welcome to learn about what you can do to balance your inner and outer happiness. This is a philosophical book that is not like something else you will stumble upon. Many “self-help books” talk about goal-setting and making habits with the target of wanting something outside of oneself. Often external validation or a career we want or something like that. This book is not that, this book explores our inner worlds and how we can feel more content with what we already have but still search for a fulfilling life and make our internal and external goals go hand-in-hand. This is not a book about external and material goals like guiding you for societal success though. It will teach you how to find your inner happiness instead. It has a spiritual approach as well as a psychological approach, but there’s no specific religion attached to this book. It just explores these internal journeys in a way that I feel is worth discussing, as a generally spiritual person and a person who has studied evidence-based psychology as well. This is, however, a highly philosophical read and it also contains my own philosophical thoughts I have developed over the years. So be prepared to read about things you have not heard of before.

Content warning: This book is written almost like a memoir and I have included parts of my own journey as a basis for the more educational and informational content in this book. That means that I’m describing topics including sexual assault, abuse, domestic violence, ableism, mental- and physical health issues, and such. If you are not in a place where you want to read about that - although this book doesn’t explore these topics very heavily - I suggest waiting with this book. I won’t discuss the topics in an intense and descriptive manner, but it is worth saying that this book contains such topics regardless.

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Thank you

Copyright notice

Introduction and important information

Foreword

This book is for anyone who feels lost, regardless of your achievements or lack thereof. This book is for people who are ready to look beyond material things and outer requirements, simply put; people who are prepared to look within to find peace.

No matter your current life situation, regardless if you have built a life you are proud of when it comes to career, family, and stuff like that, if you feel like there must be something more profound than the expectations from society; then this book can help you - with some work from yourself of course!

If you are thinking right now; “Who is she to talk about these things?”, then I will soon tell you why. Meanwhile, I can tell you something to encourage you to read this book further: I have no job or career, I live on benefits due to a disability and I was ready to give up because I felt I had no life purpose. Until I decided to look within and see what was there instead of looking to external things to make me happy. In the end, I can’t erase my disability, and I can’t force my body to work if I simply can not, but what I can do is decide what’s important in life from the outlook on life that I have right now. One other thing I can decide is how I respond to my life circumstances.

I still have no career or possibility to work a paid job at this moment when I’m writing this, I still don’t have much when it comes to societal standards. However, I still think my life has a purpose. Because I’m in charge of my life's purpose.

My goal with this book is to bring the same opportunity to you: the opportunity to see that you decide what’s a purposeful life (and not) regardless of where you are right now.

This is not a book that will ever tell you to quit working on your goals though. This is just a complementary way of thinking about life

in general. If you want to have a career and you are able to live out your dreams, of course, you can do that. What I mean is that anyone “should” choose their life purpose based on their internal world and not based on the external pressure from the outer world. That - of course - does not hinder you from outer success either. There needs to be a balance of the two.

How to use this book

You’ll notice that I wrote this book from my own journey, a little bit like some kind of a memoir. But it’s intended to be a book you can apply to your own life as well. Just replace me with you! Although there is a lot of wisdom in reading others' stories of how they have helped themselves, I have sections in this book with practical exercises, and also just thought experiments - “food for thought” - for you to explore.

I want this book to be helpful to others even if I write it with my own experiences as a basis for the knowledge I share.

Disclaimer!

This book is not a replacement for therapy and I’m not an expert or a mental health professional. This book is simply based on my life experiences and the wisdom I’ve gained from living life as Trix. I have some education in psychology, and I have a degree in social education, but I’m not a licensed psychologist or something even remotely close to that. As I’ve previously written, I do not work a job. The education I have has helped me write this book, and some things are based on my education. However, I do not claim to be an expert on anything other than being a human being who has survived life so far.

Another thing I want to have out of the way is... grammar! I’m not a native English speaker and I didn’t have the opportunity to have this book edited and/or proofread by someone who works in the book industry or by a native English speaker. I have done my very best to proofread and edit everything myself, but as we all know, we can sometimes be blind to our own works. There might be some

mistakes in this book, but I hope the important message comes through regardless.

Content Warning

This book contains descriptions of violent behavior and assault, especially in the first chapter about my life journey. My journey is relevant to the rest of the book though, so please continue with caution and be prepared for that. If you need to skip the first chapter for mental health reasons, I would rather you lay down this book and choose another book to read, since the rest of the book is based on the first chapter.

Some last words about the spirituality of this book

When reading this book, I suggest you read it with an open mind. Even though this is not a religious book at all, I will touch on spiritual subjects. That is mainly because I'm a spiritual person and identify with Paganism, Buddhism, and such teachings. However, I will share concepts based on pure science as well and I hope I've managed to balance these very different concepts.

What I ultimately mean is that you may take what works for you and leave what doesn't. You are welcome to pick your favorite things and just leave what doesn't resonate with you. That's totally fine! However, this book might not make sense if you're not spiritual at all, although you don't need to have a certain religion to read it.

Now, let's start!

Chapter 1: My Journey and Realizing You Need a Change

My life story and how it all began

I was born in 1992, on a snowy and stormy night. I came to the world just a few minutes after midnight and I was the storm, quite literally. The following years were tough, both for me and for my parents. I was born autistic and nobody knew this nor did they try to figure it out until later in my adulthood. My best guess is that autism in girls was very overlooked in the 90s because I was somewhat “high-functioning” for the most part. But in many cases, I wasn’t really that either and that became a problem - especially when people expected me to be like everyone else and I couldn’t live up to that. I had severe sensory processing issues and I had problems with all kinds of interpersonal relationships, especially with kids my own age.

The result of all of this was an unhappy child and because of the small intolerant village I grew up in I became severely bullied. The girls pretended I didn’t exist, and the boys sexually harassed me and were using me as a punching bag. I started to self-harm around 11 years old and shortly after that I became a patient at the children's psychiatric hospital because of that. I got diagnosed with ADHD and DID - dissociative identity disorder due to childhood trauma (I won’t talk about that one in this book, but it was sexual and physical abuse before 12 years of age and that’s why I got a DID diagnosis) but my autism wasn’t yet discovered.

Not long after that, I was put in a children’s care home. I had read the books about Tracy Beaker and watched all of the TV series, and I think that was because I could identify with young Tracy... I was put in the “dumping ground”, just like her, and I also had big hopes and dreams, just like Tracy. And I also got mocked for it. I had behavioral issues. There were many similarities and I managed to take myself

through my difficult childhood because of books with characters that I could identify with. That was how my passion for books and reading came to life!

When I turned 18 I moved to a rehabilitation center for my self-harming behavior, but only to find myself isolated and locked up with criminals. I stayed for a year and then I ran away. When I got my own apartment I finally felt free, but not long afterward I met my now ex-boyfriend and my life turned into a living hell on earth. A few months into our relationship he started to threaten me, and soon he was also beating me up on a daily basis and after a while, he also did weaponize sex and started to rape me regularly. I couldn't run away since he took my keys to my apartment and soon I was trapped at his place with nowhere to go. He started to tie me to the bed for hours because I was trying to run away, and he was using me sexually and also letting other people use me sexually. I didn't consent to it and I was tricked into submission to this man and now also the people he invited to his home only to use me. He broke 3 of my ribs, I was always covered in bruises. None of my friends asked why. I'm no longer friends with any of them nowadays.

One day when he forgot to lock the door, I ran away and it seemed like he was finished with me anyway. Because a few hours later he dumped all my belongings in a trash bag outside my apartment and left. I felt like a used toy, but at the same time, I could relax because I had survived.

My story didn't end there though.

After all that happened, I tried to find comfort in my local church, but I always felt like an outsider because I didn't know if I really believed in the Christian God specifically. I did believe in a higher power, and I did not identify with atheism, but I didn't think I could believe in the God that was represented in the Bible. He didn't show any interest in responding to my prayers and my well-being seemed to be the last priority on God's list of things to care about. It didn't really help that the pastor of this church manipulated me and lied to

me and I was religiously abused by people at the church as well in various ways. I won't go into details about it, the important bit of this is that I lost all hope in the church and I also lost the faith I grew up with which was Christianity/Catholicism...

As a young child, I discovered I liked girls more than boys and I realized I was very queer. Somehow I managed to overlook this and found myself with guys who just used me instead of loving me because I had some kind of internalized homophobia so it took a long time for me to actually get any experience with women, and when I finally did - I felt like this was right. However, I met a guy and he seemed fine. I was 26 years old at this point. To make a very complicated story short: I told him no, he didn't listen and I was raped in his van while he was threatening to cut me with a knife. I reported this to the police and it was an investigation and I was taken to the hospital - just to get a letter home a few weeks later that the case was closed because of "not enough evidence". Internal wounds between my legs and bruises, his DNA inside me, and other obvious things were apparently not evidence enough. I lost hope in society that day and the letter fell to the floor. I was crying and felt like I could never do something right because everything in my life always turned out wrong. I blamed myself for the rape because I talked to the man before it happened. I shouldn't have done that, I told myself. I never promised him sex, in fact, I told him that sex wasn't something I wanted on a first date because of my boundaries, but I should have known that most men take sex for granted when they say that they just want to have a coffee... I got to the point of hating society, especially men.

A few years before the date rape, I actually got an autism diagnosis. After a lot of arguing with the healthcare system, my family and I went to a private clinic because the public healthcare refused to do any tests for autism because it was apparently an issue about money and I wasn't worth spending tax money on. I got some financial aid though and we managed to receive a proper diagnosis. The DID and ADHD were correct (the diagnoses I got in my teenage years) so they did all the tests necessary and

discovered I had an atypical autism type and did add that diagnosis alongside my other diagnoses. I think it was called Asperger's syndrome before, but now it's just called "atypical autism". That doesn't mean autism is less severe just because it's "atypical" it just means it's non-typical compared to the classical form of autism, such as nonverbal autism and such. I was nonverbal for a long time as a kid and I had all the typical traits of autism, but what makes my condition atypical is my level of function in society, and that's the tricky part. Because I'm not "high-functioning" (hate that term!) enough to work a full-time job and now I'm living solely on benefits, but I am "functioning enough" to be able to live on my own in my own apartment and handle all the basic stuff like cooking, paying my rent, cleaning and going to meetings with the hospital, etc.

It's a fine line between functioning and not. If you would meet me you would probably notice some autistic traits, but you would probably doubt my ability to work or do all the stuff grown-ups do (because most people don't understand that). And yet, I'm struggling with that. I have big dreams, I want to become a visual artist and a writer. I also create music and content creation on Youtube but these are more like hobbies. My real dreams are becoming an established author and opening an art shop with prints and such things.

I felt trapped inside my own head when I realized my art projects didn't turn out the way I wanted them to. I felt hopeless because I was looking for external factors to make me happy. It felt like my disabilities and disorders hindered me from doing anything, from making progress in life, and from contributing to society as a whole.

The change - Step 1: Recognizing that there needs to be a change

Part of making sense of my experiences is writing this book about everything I've learned over the past three to four years. I'm now almost 31 and for the first time the puzzle pieces are coming together and I can see some things I couldn't see before. About four years ago, things started to change. After the last traumatic experience with the "date rape" and the fact that I finally discovered

my autism, I worked so hard to find my purpose and turn everything bad that happened to me, into something good. I realized a change needed to happen.

To think about: Are you in a place where you want to change? Do you think you need a change? If so, what needs to change?

The change - Step 2: Starting somewhere

I actually did take many online courses and also started to study formal education in behavioral sciences, social education, and psychology. The online courses were on many different topics, but they do go hand in hand with self-development because I attended spiritual courses in reiki, energy healing, karmic past recall, Paganism, Wicca, and many more. Alongside those I even took science-based courses in advanced-level psychology, and different therapy forms such as CBT, DBT, ACT, REBT, and Art Therapy and I also did courses on trauma-informed care since I had a lot of trauma in my life. I did psychotherapy courses, counseling, life coaching, and much more. Both for my own benefit and to maybe someday help others as well. I still to this day learn a lot and I'm always enrolled in courses in these fields. I consider myself a lifelong learner, and I also realize this was the way to self-discovery and healing and to take my life in a more positive direction. At least for me! So this was my starting point.

Practical exercise: Find a course (online or offline), tutorial, live event, or any other activity with the goal of learning something for your personal development. When you've completed the activity, please journal about it or write down your experiences somewhere. The best thing would be if you have a notebook or binder just for your personal development journey. I have many notebooks dedicated to just that!

Chapter 2: Looking Within

The internal work begins

What helped me through my journey was to look inward for answers and not to external factors like the expectations of others or how my life “should” look. At least when it comes to the answer of my existence and other things I only can answer myself. There's no point in asking others what your purpose is. Sure, they can guide you (and a mentor is a great thing! I've had many mentors in life), but the journey is yours and yours alone.

This book can act like a guide, but the journey will always be yours. I encourage you to find mentors, read books, and seek out guides, as long as you don't rely on them too much. Because I have the belief that each and every person has the key to their own existence, and this key is different for everyone just as any key to any house in our neighborhood. If we seek to understand, we will do that. It's not easy, but who said life was easy? We were never promised an easy life nor should we expect it.

To think about: Do you have any close people to share your thoughts with? I mean those that are a little bit deeper thoughts... and do they support you in the way you specifically need right now?

How internal work can look like

For me, it's both fairly easy and extremely hard at the same time. Since I'm a spiritual person as I stated in the beginning, I started to do research about topics like the higher self, chakra meditation, crystal work, and even the unconscious mind and shadow work, although the last two have some scientific basis as well.

Shadow work is actually something that has become popular in the spiritual community, but has its roots in psychology. It was developed by the Swiss psychiatrist Carl Gustav Jung and is

essentially talking about our “shadow selves”. It is all about examining our shadows, meaning things we have suppressed and just “pushed away” from our conscious mind, often already in childhood. We learn early that some things are “bad” and some things are “good”, even things that are subjectively none of that or both. For example, some parents might say to their four-year-old that crying is bad and then the shadow in the adult person can have trouble with crying and showing emotions that their parents deemed as “weak”. That can cause psychological and even spiritual problems later in life and here is where the concept of “shadow work” comes in.

Shadow work is working with these feelings, emotions, behaviors, and situations that are trapped in the shadows of our personhood. That can involve meditations, visualizations, journaling (often with journaling prompts designed for specifically shadow work) and even talking with a therapist, although you don’t need a therapist specifically to do this, if you need one for your overall mental health, you can talk to them about this concept.

Here are some examples of journaling prompts if you would like to get started with journaling about your shadow self:

1. When was the first time you felt like you were mistreated or felt you were completely misunderstood (childhood)?
2. Are there any emotions you feel on a regular basis that you feel are “wrong”? If so, where does that feeling of “the emotion being wrong” come from?
3. Do you have feelings you are afraid of? Do you know why?
4. Do you have any thoughts that scare you? If so, reflect upon them.
5. What is something in your childhood that you did that you regret deeply and still think about to this day? Why is that and will you be able to forgive your childhood self?

Since this is not a book just about shadow work, I just provide you with the basic knowledge of what it is and encourage you to dive deeper into it if you're interested in more.

Another thing I started to do for my work inwards was to meditate. I know this sounds intimidating for some people, but trust me, meditation is broad and it doesn't have to be that hard. Maybe a few minutes are enough in the beginning. Thoughts floating around and worries in your body, intense muscles, and a heavy head are totally fine to have during meditation. Especially in the beginning, because nobody can master a skill from the very start. No, not even those awesome talented people or the celebrities you watch on television or social media. Everyone has to start somewhere, and I strongly encourage you to at least try some meditation before you decide what you think about it.

That actually leads me to the next point just perfectly: to work with what's inside, you have to let go of all the judgemental thoughts you have! I used to be judgemental, and we all are to some degree, but the acknowledgment that we in fact have these tendencies is very important.

Yes, sometimes we just know we aren't going to like something, and that's fine. As an autistic person, I know I can't stand too much noise or too much light - therefore I naturally don't go to nightclubs or maybe a music concert. But that doesn't mean I judge people who do like that sort of stuff. That's the root of the thing I talk about. No, you don't have to experience something to know you don't like it, but that doesn't mean you must judge it.

In the end, nobody can force you to do anything (in most mundane and ideal cases at least), but you can choose how you react to someone's advice. Even if I refuse something, I never judge it (if it's not something illegal or immoral of course) and it's important to reflect upon your why as well. Why is something intimidating or uninteresting to you? Why do you feel the way you feel? No judgment about your own feelings, just an examination!

That leads me to another topic: to examine your thoughts and feelings. To me, journaling is a very important practice because that allows me to investigate my inside. It's important to feel connected with what you have within, so a journal might be something you can think about. I wasn't convinced about writing my feelings at first (and honestly, I wasn't even interested in meditation at first either) but later I tried it and now I'm hooked on both of these practices.

Practical exercise: I've collected a list of other things you can do to look inward for answers:

- Sit in silence and see what comes first to mind.
- Write down all the things you have in your head, all your "musts" in life, and then look at what's left. Is there any new information you haven't thought of because of all your "musts"?
- How are you perceiving the world around you and how can you connect it with your room inside yourself? Is there a common factor? An example can be that you hear a breathing sound from the person next to you and connect it to your inner organs. How do you really feel about the connections you draw?
- Is there any spiritual practice you want to learn like reiki, chakra meditation, crystal magick, or even teachings from any specific religion or philosophy? Do the research and connect with what your heart decides for you and what "feels right".

Chapter 3: Feeling Content with what's Inside

Encountering uncomfortable feelings

When you do internal work like this it can feel a bit uncomfortable. Get used to it, because it's not something to be scared of. To find any answer you must allow everything to come, even the uncomfortable things. If you feel anxious, take deep breaths and if you have learned any therapy techniques, use what works for you. Otherwise, below are a few techniques you can use. Important to remember though, is to seek professional help if you encounter any mental health-related problems or too severe symptoms that can endanger your mental or physical state. You know yourself best and taking help from the outside world is always good! Just because you seek to understand yourself inward doesn't mean you can do everything on your own, especially if you're not feeling well. Taking help is a sign of strength!

My education has helped me and now I want to share!

I have studied a lot of life coaching in different fields such as therapeutic coaching with techniques/therapies such as CBT, REBT, ACT, and more as well as spiritual coaching in various forms like reiki, chakra healing, shamanic art coaching, angel healing and more, I feel knowledgeable enough to write a little bit here about what I've learned.

As said before, I'm not a licensed mental health or medical professional, so take what works and leave the rest. This is just my own knowledge which I share with you.

I believe strongly that spirituality and science go hand in hand. They complement each other and should not replace one another, especially not spiritual/alternative techniques shouldn't replace evidence-based practices. However, combining the two can be very powerful for us spiritual people! Below are some tips on how you can do that.

Using a blend of therapeutic techniques and spiritual approaches together

I have studied many courses in many different therapies so I will provide you with some techniques from various schools of psychology as well as some spiritual ones and how to actually use them both together. I've tried everything myself and you can do that as well.

CBT techniques

CBT is short for Cognitive Behavior Therapy and was developed by Aaron Beck from REBT - Rational Emotive Behavior Therapy founded by Albert Ellis. CBT is the most used therapy today by psychologists worldwide. The philosophy that CBT is based on says that you are in charge of your responses, even when you're not in control of your emotions or your circumstances in life. It also says that you always can control your mindset and focus on methods and techniques to allow desired behavioral change.

One such technique is called Reframing Thoughts and it's basically about taking a problematic thought and changing it to a more constructive thought by naming it, describing it, understanding it and lastly looking for a thought that is more productive to your situation to replace it with.

There is another technique called Thoughts on Trial, and that one is taking a problematic thought and then finding evidence for it to either be true and valid or not. Example: "Everyone hates me because I have no friends" can be put on trial by examining why it's true or false. Have you met all the people in your city? Have you had friends but lost them? Do you have certain unpleasant traits that many people (unrelated to each other) have told you about? Have you done everything you possibly can to meet new people and potential friends? And so on. Continue until you either find a solution or find the thought to be true, and if it's true you might work with that thought a little bit more. Sometimes it requires external help and sometimes it can be fixed in a way you manage to do yourself.

Gestalt Therapy technique

Gestalt therapy is an experimental practice in therapy and the most famous technique is called “the empty chair”. What you do is that you imagine someone or something in a chair. It can be easier if you put a physical chair in front of you. Place your triggers, emotions, memories, and people you have encountered in life in the chair and start asking questions. You can even tell what’s in the chair and how you feel about it or them.

There is no need for a physical person or item to be in the chair, the entire technique is based on your memories and feelings and you won’t even tell the person that you imagined that you’ve done this. In fact, you shouldn’t. Because this is about you and your feelings.

DBT technique

The next technique is from DBT - which is a form of CBT called “Dialectical Behavior Therapy” which means opposites that can attract (dialectic) and is all about embracing our good sides and nurturing and adjusting our destructive ones in a healthy way. This approach was developed by Psychologist Marsha Linehan who had Borderline Personality Disorder and developed it with a focus on these patients.

Technique: Using “wise mind”. We have our rational minds and we have our emotional minds, but in the middle of these is the “wise mind” and it’s the mind that takes both sides into account. Try to figure out if you’re more on the rational or emotional end of the spectrum. Being too rational is as bad as being too emotional. The best is to be as close to a wise mind as possible. What can you do to be more wise in your thinking?

ACT technique

This is another technique developed from CBT and it is pronounced “act” as the word and stands for “Acceptance and Commitment Therapy”. This approach is heavily focused on actions -

as the name itself suggests - and has various tools to make you take action.

One of these tools is called “Choice Point” and is a circle and two arrows pointing to the right and the left direction. The left arrow is away from your goals (which in this case could be feeling content with your inner world) and the right arrow is towards your goals. In the circle you can name your goal/destination and beside the different arrows you can write what you can do that gets you closer or further away from your goal/destination.

Radical self-acceptance

I also want to throw in radical self-acceptance here. Because what this means is that we should love and respect ourselves regardless of our achievements, our failures, or memories, or our actions.

This does not take away our responsibility to be a decent person, but rather it gives us the permission to accept ourselves as we are and forgive ourselves no matter what.

This is also tied to “unconditional positive regard” which is something that was developed in humanistic psychology, which basically means that the therapist should be positive and humane towards the client whatever they tell the therapist.

REBT as a philosophy that aids in managing irrational thoughts

I’ve been particularly interested in REBT, a philosophy and therapy developed by Albert Ellis, as we previously talked about in the CBT section. REBT stands for “Rational Emotive Behavior Therapy” and focuses a lot on irrational thoughts and how we can replace them with more rational thoughts. The REBT philosophy is that our negative emotions and outcome is based on irrational beliefs and being overly demanding of the world.

For example, there is a core principle called “the 3 basic ‘musts’” which describes having an irrational demand on 1) ourselves, 2) others, or 3) the world. Such as “I must perform outstandingly well”, “others must treat me with respect” or “the world should give me this”. According to Ellis we should replace the “musts” with “I prefer” and set more realistic expectations. For example with the first one: “I prefer to perform well” but also recognize that if you don’t, the world will still be here. Nothing bad will happen.

I’m interested in REBT since humans are by nature very demanding and irrational most of the time and it’s a challenge to even consider this therapy or philosophy. It sometimes goes against our own nature. That’s why I find it interesting because I like to be challenged!

Feel free to discover more...

Do your research if any of these therapeutic techniques feel interesting enough and stand out to you! Same with the spiritual techniques I’m now going to discuss!

Spiritual techniques and finding a middle ground

Mindfulness is a technique used in both spiritual practices and therapy. It’s one of the evidence that spirituality and science can go hand-in-hand many times if we allow it. Some people don’t want to touch the middle ground even, maybe because it’s new and scary or they have told themselves that they aren’t spiritual. Remember, we become what we tell ourselves. If you say you aren’t spiritual you can’t expect spirituality to work for you either.

I found a middle ground simply because I was interested in doing so. I think we have the ability to choose what we want to believe and who we are. If you want to be a witch, then you are a witch. If you want to be spiritual, then you are spiritual. If you want to believe in spirituality, then spirituality is real and works for you.

We always get influenced by other people’s minds and what they think. But what do you think? That’s the most important thing in your

own life. Not even a deity would judge if you go through life doing what's best for you, of course as long as you don't harm anyone along your journey, nobody should give their approval for what you can and cannot do or can and cannot believe.

Spiritual techniques you can use with more therapeutic approaches are:

- Crystal healing
- Chakra meditation
- Reiki
- Rituals in the religion and/or witchcraft of your choice
- Prayer
- Journeying
- Divination with tarot, oracle cards or runes
- Maybe you can add some of your own thoughts as well?

Here are some demonstrations and examples of the different examples above. Of course you can modify anything to fit your style of practice and you can experiment on your own as well.

Crystal healing: After doing the gestalt therapy technique with the chair, try to lie down and place crystals on the places where your chakras are and meditate with them for as long as you need. You may need to get into further resources to be able to perform crystal healing, but it's a lot of courses and pieces of information out there. I prefer searching on platforms such as Udemy.com or similar sites because they have very affordable courses.

Chakra meditation: Is one of your chakras blocked? Try to use any of the techniques from ACT or DBT and then focus on the affected chakra. For example: do you have trouble with finding your own voice? Then it's the throat chakra. If you feel emotional pain regarding past traumatic experiences regarding sex, then it's the sacral chakra. Also when it comes to everything regarding your personality, it's the sacral chakra. Again, you need to do some

research about chakras and look further into this. I have a list of suggested readings and online resources at the end of this book.

Prayer: This one I think most people have a comprehension of how they can use for their own in their own religious practice. It doesn't really matter what religion you belong to, most people are unified in this practice. Pray before or after any technique and tune in with the calm.

Journeying: If you don't already know what this means, I'm going to tell you. Journeying in spirituality is when you have a deep meditation and let yourself travel to other realms within your meditation. Like a journey! Just let your mind experience what it experiences and go where it goes. This is for more advanced meditators though, but it's very useful to use after a therapeutic technique. It can help you see in what direction the technique you just did will take you and you can receive some divine guidance for what to do next.

Divination: Interested in how tarot and runes work? Why not use divination before and after your journaling practice, your shadow work, or any of the techniques provided above?

Blending therapeutic and spiritual methods

I think it's perfectly reasonable and healthy to blend therapeutic and spiritual methods and approaches as long as you don't replace therapy or medical treatment with only spiritual practices. The two should go together and spirituality should be used alongside medical care and treatment by health care providers.

If you follow that, you can experiment quite a lot with this! Do what feels intuitively right to you. This can vary from person to person. If you feel drawn to DBT and Reiki for example, then explore these two together more! Or maybe you're a little bit curious about REBT and also want to learn runes? Well, then try to incorporate these into your life. It's important to not limit yourself. Do what feels

natural and good to you. Remember that not one person is the same.

Starting to feel contentment

We can trick our brains into feeling different things because we all live by our biases. When I learned that, I actually started to feel better, and when I then incorporated spirituality and therapeutic techniques into my life I started to finally feel contentment.

To start feeling this feeling is the very first step and you cannot rush it. You can be at this stage for how long you need. Take it slowly and at your own pace. When you feel inside, in your heart, that “life is actually quite decent, I think I can feel a warm feeling inside my heart” or something similar then you have a great start.

Continuing to feel contentment

When starting to feel a little bit more used to feeling content, I would suggest diving deeper into your spiritual practice of interest. Maybe you go to church, maybe you are a kitchen witch, maybe you are more into Buddhist, Hindu, or Wiccan teachings? If you don’t know, then explore what sparks your interest.

Alternatively, you can research for philosophical theories that you like. Stoicism is a popular approach or maybe you prefer the teachings that come with Positive Psychology? The next step is completely up to you.

Nobody controls what you do, and there is no finished blueprint. This step will take time! And please let it take time. For me, right now, I’m diving into learning Reiki for example. I also want to be more efficient with my tarot and my divination. I also find crystal healing and all types of spirit work interesting. I’m taking an advanced course on ACT right now as well because the actions and tools used in ACT are practical and I can use them to be more productive in my spiritual practice.

What is your next step?

Being a content person

This is something that is a lifelong journey though. I think we all have our ups and downs with this and nobody can ever be complete and feel content all of the time! It's important to set realistic expectations for yourself. Never judge or beat yourself up if you one day do not feel as content as you'd wish. To maintain a feeling of being a content person you need to actively work on it. You need to prioritize the second stage you just read: what is your main spiritual practice or practices and what psychological techniques are you using?

You will, with a lot of work, come to a point where you appreciate the ups and downs and accept the things you can't control. When I learned the Prayer of Serenity I felt so much love for myself. I felt love for the little child who once was me, the little girl who was so misunderstood. I felt love for my childlike naivety that often led me to dangerous people in the past. I started to pray. I felt so much and it was both love and acceptance.

Do you ever feel like something is "just right"? That is the feeling, but apply it to your entire existence. As I said, nobody can be in that state all the time every day. However, we can feel an overall feeling that something is just right for now! And that is enough.

Practical exercise: Find at least 2-3 techniques from any of the evidence-based categories and 2-3 spiritual approaches to try out within the next weeks. If it feels right, write them down and reflect on them in a journal.

To think about: Where on a scale from 1-10 are you to being a content person today? If 1 is far away and 10 is the most content person. Worth discussing is if anyone can be a 10? Is it even possible? What do you think?

Chapter 4: Do You Have Inner Peace?

Is feeling at peace something you can choose for yourself?

Sometimes it's hard to feel enough just as a living human being, but the truth is... Who decides what is enough? Is it society as a collective? Why does everyone agree? Would anyone do anything if it wasn't for money or to gain something out of it? The truth is that inner peace is - in my experience as a person without any "real" full-time job - something you can learn to build up with time.

It's not simple and it's certainly not a skill you learn right away. But it's something that develops with the right mindset. You can choose your mindset. You can choose what mindset you want to have and work toward that.

For me, it wasn't much of a choice, to be honest. I got ill and I was born with a disability. I can't push for something that simply isn't there. I had to learn to find peace where I'm currently at, see where I can develop but also accept what I cannot change.

What can you do to achieve that feeling?

Reflect on things that are really close to your heart. As a personal example; I'm very passionate about creative fields like music, graphic illustration, and of course writing. I'm also passionate about spirituality and coaching others. So part of my path to inner peace was writing this book as well as doing some other creative work that was online-based. I still do not consider this anywhere near working a real job though, because for now, it doesn't generate an income. But I give something to society in some way and I get my needs met with contributing at least. And to me, giving is much more meaningful than receiving. I give you my thoughts in this book and it may or may not cost a small fee, I don't know, however, this serves something in society regardless. Money isn't the key factor, knowledge and thoughts are.

An example of finding your inner path

I want to share an excerpt from a blog post I wrote about my journey to self-discovery in 4 simple steps. Just as setting an example for how I do it. So here it is:

I've been looking for something lately. Something I couldn't seem to find no matter how hard I tried to find it. Perhaps that was even the issue! That I somehow tried too hard? However, one day when I stood in my bathroom and brushing my teeth, I just started a conversation inside me. It was between me and my soul. I continued to ask my soul what my life's purpose was. As someone who was disabled and had no real paid job. As someone struggling with their mental health and energy levels day in and day out...

Then a little voice inside me said *"Don't you get that you can contribute to society without giving it money?"* and I suddenly realized something... I want to become a philosopher. I want to write books and other written texts and share them with people. Such as this blog. Such as my ongoing projects with my ebook series on philosophy and self-development. Such as my new newsletter I'm planning on starting to send out soon (I'm still working on getting it all right first though!).

It was something meant to be that I applied for Arts and Humanities focusing on Philosophy on Open University this summer. I did it just because it was an interesting thing to do, but now I realize... this was meant to happen. I was meant to find that qualification and I was meant to apply for it. I've always been a thinker, and now is the time to just go for it!

The first step: Lifelong learning

Getting that my path is lifelong and I will learn things my entire life is a vital key to understanding my life's path and purpose. Real philosophers know that they always will be learning and they will always be within academia in one way or another. This is ultimately what this blog is, a documentation of my lifelong learning. That is

what I'm doing here. Of course, I have a focus right now; I want to build a degree. First a bachelor's and then maybe even a master's degree in philosophy...

But it doesn't end there, because after that I want to develop my learning even further. With individual online courses, specific courses in different branches of philosophy, in theology, in theosophy, in stoicism, in positive psychology... I want to take pure spiritual courses as well, in reiki, chakra healing, etc. I also want to develop my own theories further and to do that I must study my entire life. You can't be full-taught as a philosopher.

The second step: I'm a natural writer

Although I really like to make other art and content creation such as YouTube, I'm a natural writer and that is also why I've started this blog which fits nicely into my online presence. I've realized that my purpose is in written form, even if I do YouTube as well. YouTube is how I reach people right now, but who knows, in the future that might be combined with blogging and writing books and online writing in different forms as well.

The third step: Realizing that money is not what unlocks a purposeful life

I live on benefits, and sure, while it would be amazing to be able to work a full-time paid job, I simply must come to some kind of realization that that won't be possible for me and my disability. Not now and not in the future. Perhaps I can work part-time to some capacity, who knows, but I won't push myself to it anymore.

When I think about earning money I think about how great it would be to have stuff. To afford a life of amazing things and places. But do you know what? Amazing stuff and even amazing places are not the purposes of life. Is not the ultimate meaning. While these are great things, these aren't the true meaning. The meaning is up to every individual person to decide for themselves. And here is where the four step comes in.

The fourth step: Happiness from the internal, from within!

I'm very close to this step now. Being content with what's inside me and that I don't have to work a job to be meaningful for society. Happiness grows inside our internal souls and can be achieved regardless of status in society.

Sure, I might suffer on the way. Sure I may have rough days. These things will never just disappear! And while you cannot "choose" to just be happy (that is not how it works either!) you can still life coach yourself to feel more content with what you have and slowly (but surely) find your life's path. The good news for me is that no money in the world can buy internal happiness.

So how can YOU find inner peace?

Do you have something you want to do in life that doesn't have to do with how other people see you? That doesn't set any expectations from the outside world? How would life be if you decided what your purpose is and would that bring you inner peace? If you could choose, what matters the most: happiness or material things? And can you be content with what you have and still have goals? What are your goals, are they for how others perceive you or for your own well-being?

Practical exercise: Write down things that are meaningful to you. Everything that you can think of. Then circle the things that you can feel are touching your soul the most.

To think about: If everyone was provided with what they needed to survive for free and you could just work extra for extra benefits and luxuries, would you still work much? Is your job really a big part of your identity?

Chapter 5: Your Internal World Matters!

What is internal happiness, also called internal “life purpose”?

What does an “internal” life purpose even mean? Is it something different from the “external” life purpose? Well, yes, but we all have both an internal life purpose and an external one. And both are important, although many people seem to never be content and I personally think that’s because they never find the internal one. We focus so much on what other people think, about what things we can buy, about power and influence... All those things are external. So what’s internal? To me, internal purpose means finding joy in where you are right now. To celebrate the journey as well as the destination, to feel that your external things go hand-in-hand with your internal feelings. It’s a feeling of fullness in your life.

I will be honest, I’m not completely there yet, but I’m very close. I think nobody can achieve it completely, but rather make it close enough to make life work out the way they want. The most successful people are those who connect their inner part with the outer one. At least that is what I believe to be true. A foundational key to feeling content, no matter how mundane your life might look on the outside.

How do we combine internal and external happiness?

When we have everything we need in life, like our basic needs met, then we should start working on our internal happiness. As it is now, I have my basic needs met. Even if I have no real paid job and even if most working people have more money than me. If I cannot change my circumstances I have to work *with* them, not against them.

The first thing I had to do was re-programming my mind. As the blog post before said, I needed to get that money cannot buy a life purpose nor does it buy real happiness. We know this. Even

billionaires get depression, right? So we must work with what we already have and slowly build our confidence inward. Yes, you read that correctly: *inward*. Although we should have external confidence as well, and yes, the external goes hand in hand with the internal (it's not an either-or scenario!) many people don't think it's "enough" with just what they have inside. They need to contribute financially to society and be productive at all costs, which can lead to burnout, depression, and other mental (or physical) health issues. So is this really a matter of doing what's best for you? Or do you want to be perceived in a certain way? It's important questions to ask and the first ones to ask if you want to combine internal and external happiness.

Because yes, to me that's the key to feeling content. I even dare to say that although external happiness is important too, internal happiness is the true and only key to really feeling life's purpose. Maybe not for everyone, but this might be the solution for some people. It's been the case for me at least. I'm not saying this is the only right thing in the world, of course not, this is just my pattern of philosophy. My thoughts and my theories I'm sharing with you. And you can modify them to fit your life. I just offer an alternate way of thinking!

How to actually make this into practice?

I will be straightforward: You need to stop equivalent money with contentment, happiness, and success when it comes to the internal feeling of life purpose and the ultimate happiness in life. You must work with your and your soul's longing only. Your soul doesn't care about all the things you own.

How we think and respond is not a universal law

I'm not a fan of the Law of Attraction, despite taking some courses in it and finding some good things in it. However, despite finding some good in it, I don't agree with it as a whole and complete theory or even as a thought it doesn't cover all the complexity of the world.

Actually, I've made my own version of the Law of Attraction, which I call "Law of Reaction". Because that makes more sense to me. I will go more in-depth about it in chapters 6 and 7 though.

Internal contentment

As I discussed in the earlier chapter about feeling contentment in life; this is a continuation of that. Why do I bring up things about internal and external factors? Because they are intertwined with each other. It's hard to feel content if you all the time are battling with societal standards and external expectations. Sure, you would like to have dignity in life, we all need to have our basic needs met, but when you truly feel content you can let go of some expectations and start looking to something within yourself, something higher than yourself.

Maybe it's a higher power, maybe it is your higher self. That's completely up to you and your belief system. Nonetheless, it is connected with your internal happiness. That is what I believe and that is why therapeutic techniques aid psychological needs and spiritual practices are the key to the internal door of happiness. My philosophy also makes room for more alternative thoughts.

We're going to discover those in the next chapter.

To think about: What do you believe live inside you? There is no right or wrong answer and you can interpret this question as you wish.

Practical exercise: Write down your journey so far in any notebook. Write down the question above and answer it.

Chapter 6: My Philosophy

I have my own philosophy about the world, I think many of us have our own interpretation of it. When writing this book I'm currently studying Arts and Humanities focusing on Philosophy in university. Before knowing anything beyond the basics of what philosophy as a subject really is, I still had some thoughts that I formed in my own mind.

I collect thoughts from different schools of philosophy, but also formed my own quite unique thoughts, that I at least had not heard of before. I won't say that something similar could not exist, after all, how original are our thoughts actually? We are billions of people on this earth... However, I have given my philosophy a name and I have written it down, mostly to make it more available and concrete. I don't claim it to be the only way of thinking and I certainly not saying that others before or after myself will not come up with similar or even the same kind of thinking.

My philosophy is called Luna Oculo which means "Moon's Eye" in Latin. It's the eye that belongs to the moon and refers to the triple moon goddess(es) which has many different names in pagan traditions and the eye refers to the third eye also known as the intuition. Luna is Latin for "moon" so it can also be referred to as the sciences of the universe, in which the moon and our planets exist. This makes my philosophy rooted in both spirituality and secular science.

So even if I personally am spiritual, this philosophy has the best of both worlds in my opinion, and best of all: unlike many thoughts, especially strictly religious ones, my philosophy of Luna Oculo does not make spirituality and science polar opposites! On the contrary, they go hand-in-hand and complement each other. I will even say

that both need to be there for the other to even exist. No spirituality is without science and no science is without spirituality.

With all of that said, here are my own core beliefs about the world. I call them The Four Pillars of Luna Oculo.

1. The mind is our toolbox

Your mind is programmable. In both negative and positive ways. Brainwashing is bad, but an example of how the mind is able to be built in certain ways. You are in charge of your toolbox, your mind. Why do I call the mind a toolbox? Because you access everything you know - your acts are tools - via your mind. You can fill your mind with wisdom. Your mind is you. This might seem obvious, but some people say that they “can’t change”. If they can’t change, they won’t be a part of nature. Because nature is always changing.

I have developed my own worksheets, methods, and theories around this philosophy, and they are developing to this day! I'm going to share those in this book too when we dive deeper into my actual thoughts and work.

1. Polar opposites need to exist for the world to function

The world is built upon opposites. And those opposites are changeable. We must accept change and we must accept opposites. Without them, the world would collapse. Also known as Yin and Yang, but I have done further thinking about this and it's not necessarily the origins of Yin and Yang. I have added a lot!

1. Nothing will exist without science nor will it exist without faith

I believe we can figure out most things we are meant to figure out, but not past our abilities. That’s why we can’t point to something physical that proves God, as an example. That doesn’t mean a God

or higher power doesn't exist though. I believe we are meant to figure out things, discover things, and evolve. But there are things we will never be able to prove in a satisfying way.

And the moment you realize that, the moment you will feel a lot wiser.

1. A higher power can be many deities combined in just one piece of energy

I identify as Christopagan but I have a completely different view and belief of deities and a higher power than most other people. I have never read about this concept anywhere else, but there might be an official name for it, just that I just don't know what it is. However, my name for this is "A Unified Energetic Entity". Let me explain what it means.

There might be many deities. They can have different personalities, and different energies, and be different in spirits and manners. However, in the eternal end, all deities go together and become one higher power. That's why I believe most religions stem from the same thought and need for people here on this planet. Because in my head all different deities in paganism in the end come together and work as one entity. Although I don't see it as one specific God either and it's not male nor female. But the deities that come together and unify as the higher power can be male, female, or both as their separate deities that are worshiped in different religions, for example, paganism.

I've never heard someone describe anything similar before, so again, I don't know if this already is an established thought.

Lunic Oculism

Also here is a description of Lunic Oculism - when Luna Oculo becomes a methodology and worldview, taken from my blog:

“This blog is a philosophical read and I write most of my posts from a philosophical standpoint. “Lunic” is referring to two things:

1. Lunic is another word for “whimsical”, “odd” or “crazy” (it’s similar to the more common “lunatic”), because one must be a little bit odd to become so interested in metaphysics, spirituality and these peculiar branches of philosophy that I’m interested in.
2. Lunic is also close to the word “Lune” or “Luna” which means “Moon” in Latin and other languages originating from the Latin family. My theory of the world is called “Luna Oculo” as a collective name that means “Moon’s Eye” in Latin. That name came from a highly spiritual approach, such as the triple moon goddess in Paganism, but also the eye that is what we literally (in most cases) use to see the world! The eye can also at the same time be referred to as the third eye in Indian philosophy which means using “intuition”, just as the moon also can be referred to as the closest thing in the sky that we can see and be reminded of our universe and everything out there. So I’m interested in both a scientific approach as well as a spiritual approach to philosophy!

So this means “lunic” is a word I came up with for what I am as a philosopher. Luna Oculo is also called “Lunic Oculism” when used as a methodology and when it becomes a person’s worldview. More about this can be read in a book I’m currently writing about how I see the world!”

That book is more in-depth and will be the second book in this “A Pattern of Philosophy” series I’m working on.

But you might ask one thing...

What are all of these supposed to say? What is the purpose of me telling you this? Because it has to do with laying the foundation for internal happiness if you want to have additional material besides the more evidence-based tools and techniques. Or the more well-known philosophical thoughts that are out there. Of course, there are many philosophers and thinkers before me who say similar things, or have even better ideas... But here are mine. Just as they are.

Law of Reaction

Here it is again, what I touched on in an earlier chapter. “Law of Reaction” is my developed and adjusted version of “Law of Attraction” and here I will do my best to explain what I mean by that.

First, let’s start with what I do not believe. I do not believe that you can control (“or draw things to you”) everything that happens to you with your thoughts, which is the core belief of the law of attraction principle. That would mean we could blame victims of all kinds of life circumstances for their situations. Bad things happen to good people, and unfortunately, that’s a fact.

I can even take an example: if the law of attraction were true, no babies should get cancer. No good people should die. But that happens. Children can’t even decide what they will eat for dinner, so how on earth can they consent to taking responsibility for what they think? They don’t even know what they do for the most part! Even something like a higher power will take into account that a child can’t in any way consent to receive what they think because that would imply that the higher power wouldn’t know child psychology and if it doesn’t, then it wouldn’t be a higher power!

So with all of that said, the original principle of law of attraction can’t be true in my opinion.

So what is my version of it all? And why is it called “Law of Reaction”? What reaction? Well, while we can’t control our thoughts, we can control our reactions! That is what I refer to. See it like this: if you thinking about something you can control how you respond to it and then you can do something with it that is either spiritually (or in any view) good or bad or simply neutral. Your reactions attract what comes to you, not your thoughts. Your actions are telling the universe what you want, and that’s also why I like the idea of taking control of your own energy and other energies around you which some people refer to as ‘witchcraft’, ‘witchery’, ‘lightwork’ or any other term we have to describe these very fascinating activities.

I don't personally like to just sit back and do nothing spiritually-wise and just wait for a god or higher power to respond. I want to be part of my own spiritual life. I want to collaborate with deities, I want to take charge of the life that is mine! Any higher power would empower that in my opinion. That's why I call myself Christopagan because it's the closest I can get to what I believe to be true.

Life Information Stages

This thought is a little less spiritual and a little more psychological in its nature. I have developed something called "Life Information Stages" that basically tries to 1) explain how we interpret things throughout life, not just as we develop and mature as humans, but also what "wisdom" really means and 2) it also tried to be a method of measuring this with tools and techniques I have developed. I have these as worksheets so anyone can figure out for themselves how they work and what level of wisdom they have, regardless of their age.

Because as we all know, age just plays a limited part in how wise we are!

To think about: Have you any thoughts that you just believe without even knowing where the information comes from? As I do with my thoughts, maybe you could organize them and write them down. Nobody has to see them if you do not choose to show them.

Chapter 7: More of My Thinking

This is just an introduction to my philosophies, but I thought I would dedicate one chapter to write a little bit more about a few of my key questions and theories. After all, this is like an introductory book to my own philosophical thinking. This last chapter will purposefully not be as intense as the previous chapter though. This is the last chapter of the book and perhaps now is a good time to close the circle.

Do all people belong here?

We should welcome them either way, just make that one clear! I don't think I belong here. I won't speak for other people, because that would not be fair. But if one person on this earth doesn't feel they belong here, then not all people belong here.

So, yes, some people might feel that way, I certainly do, and then that's their reality. Does that mean people like that aren't welcome? No. All people who have been put on this earth both deserve to be here and do belong here as well. We should aim to make people like me as comfortable here as possible.

Of course, that doesn't free us from common decency, not at all. I don't say "do whatever you want, don't care", no I just say I think I have the right to be here though, with autism and with disabilities, and even if I'm not able to work a full-time job. Even if I live on benefits. Even if I don't feel like I belong here.

The box needs to be bigger! But can a box explode?

Everything changes even though people are very eager to put things in neat little boxes all the time. But can the box explode if we fill it with people all the time, especially people who either don't belong in that specific box or don't want to be there?

Yes. Either it explodes or we re-build and expand it before it does. People often want to put things in boxes they know, without realizing they need to evolve and expand as well. If you very much like to have boxes, you need to expand them over time if you want to be a rational and reasonable person. If you're not one of those types that want the boxes to explode of course!

The mind is our toolbox - expanded information

As explained earlier, all our tools are accessible and our mind is our toolbox, quite literally. Just think about everything we have ever developed as human beings, from technology to mindset.

That doesn't mean that everyone has the same toolbox, it rather means that you have the tools you specifically need in life. And if the tools aren't there yet, they are there to be developed over time or perhaps found on the way.

The mind and our brain is the most important thing we have (and yes, the soul and spirit is equally important of course!), because; how simple it might sound it's where we access our toolbox. So what is in there and how do people develop their mental tools?

By learning, by reflecting, and by practicing. That's why I'm a lifelong learner, as I wrote in a previous chapter.

What can our tools be then? They can be all the things we need to survive that are not material things. Like ideas, trains of thought, and but also practical or creative skills. If we are meant to do it, we either already have it or we have the capacity to learn it.

Law of Reaction - more information

While I talked a lot about what I don't believe in the previous information on this, and also explaining what I believe instead; here are some concrete examples of my own theory and how to use it.

You get to choose: a new job opportunity or work on your poor mental health. You choose what you think will benefit you most right

now, so you choose your mental health. After one year you get another opportunity and it went very well because your foundation - your health - was stable. At the same time your sibling made the opposite choice and lost their job and now their apartment. However, you are in a place where you can take them in if they promise you to work on their foundation now.

Get what I want to say? Your reaction decided your outcome. This might be easier said than done, but I never said it is meant to be easy. Nothing is. This was just an example of what this “law” is about.

If I can, so can you?! No, that’s not how it works!

I’ve been thinking a lot about this. When one person doesn’t have what we call “Theory of Mind” - placing oneself in another person’s position and thinking from another perspective than from their own. I’ve been thinking about how common this phenomenon really is. How often have you heard something like “if I can, so can you!” and it often says something encouraging and well-meaning. It says as if it’s something that should be interpreted as uplifting! But at its core, is it really that uplifting? At its core, it tells someone that “you should be exactly like me” and what happens when that person can’t live up to that standard? It’s often then we hear a word such as “lazy” or a sentence such as “why don’t you bother trying?!”.

It should be obvious if I can, maybe you can not. At least when it comes to some things that require things you don’t have. Or perhaps things you have too much of. How you are wired as a person, a human being. With that said, take what this book offers as a tool for you to use and adjust for your own benefit. Maybe not all people will be able to take this book into their lives. Maybe some folks can, but it’s simply not the right time now. Then maybe pick up this book later... And some folks will most certainly find this book at a time when they need it the most.

Conclusion

So what have we learned exactly? We have actually learned a lot! I've learned a lot by writing this book, and hopefully, you can take something out of it and use it in your own life because I would truly feel honored if I could have a positive impact on anyone.

I recommend looking more into the things I've written about in this book, both well-known and less-known things and I encourage you to do your own spiritual research on what makes your internal flourish.

Recourses

Learning platforms

For learning more about any specific therapy method, I would strongly recommend **Udemy.com**, but be careful to look at the instructor's credentials. Look for people who are psychologists or are certified and have an education in the subject they teach. I personally have taken courses by instructors such as Elmira Strange, Joeel and Natalie Rivera at Transformation Academy, and Tania Magdalene at Academy of Ancient Magik. They are all very good instructors to start with if you want direct advice on where to start regarding both therapy methods and spirituality.

Some other online course platforms with good instructors that are reliable are:

- Skillsuccess.com
- Coursera.org
- Istudy.org.uk
- Centreofexcellence.com

I have studied on all of these platforms and can recommend them from a personal perspective for both personal development and for professional development.

Books

Here is a list of books on various subjects I've talked about in this book. From therapeutic methods to spirituality and more.

- Depressed and anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety by Thomas Marra, Ph.D.
- Writing for Emotional Balance: A Guided Journal by Beth Jacob, Ph.D.

- Psychic Witch by Mat Aurnyn
- Intuitive Witchcraft by Astrea Taylor
- DBT Skills Training by Marsha M Linehan
- The Acceptance and Commitment Therapy Journal by Nic Hooper, Olivia Donnelly, Freddy Jackson Brown
- The Altar Within by Juliet Diaz

Thank you

I want to thank you for reading my book, I had so much fun writing it and I hope it served some value to your life.

A huge thank you for reading my work, it means a lot!

Best wishes on your journey, and don't hesitate to contact me on social media if you have something to say about my work.

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