

# BECOMING WHOLE AGAIN

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**Finding Safety & Insight**  
In Today's Changing World



BlairLewis.com  
*Living with Freedom & Joy*

Written and Taught by Blair Lewis

**Part 2**  
**Wounds and Worries**  
**– Transforming Failure**  
**into a Plot Twist**

# Getting from Here to There

*The collision of characters in our life  
are tossed about on the carpet of time;  
Everyone reverberating from previous rhythms and rhymes.*

*We knock into each other with various levels of awareness;  
Some are mostly comatose and the others seeking fairness.*

*It is all just and fair, a tragic comedy beyond compare;  
Soon a mentor will appear to guide us safely from here to there.*

# The Middle of the Story

There is a secret.

No one ever told us.

**We are born in the middle of a  
story – *our* story.**

**'Story' is the language of our brain.**

There has never been a culture that didn't have a storyteller.

We learn and think and communicate in 'story.'

'Story' is about our internal struggle,  
not an external one.

It is all about what's happening  
internally.

**We are under the influence of chapters we don't remember.**

What do we have to learn, recognize, change, or overcome?

What do we have to deal with internally to solve the external problem(s) in our life?

The only thing that can cause us to change  
is an **unavoidable external force**...

So powerful that we can't avoid it,  
dodge it, or escape it.

It is heading straight towards  
us like a torpedo.

**It is our worst nightmare...and...  
our greatest blessing.**

We feel we should be closer to the goals in our story, but *we are under the influence of mis-belief* — a mis-belief that has been sabotaging us for years.

**We have no choice but to take action.**

Life events are forcing us  
to make a very specific, hard,  
internal change  
to overcome our mis-belief.

Forcing the change that we fear,  
the change that we hate.

**Overcoming our mis-belief is  
what our life story is all about.**

It is an inner solution.  
What do we have to learn,  
overcome, or face to solve  
this problem?

When we finally encounter the  
“ultimate trigger”

it unleashes our inherent,  
unavoidable internal conflict...  
filled with intense emotions and  
judgements about love, loyalty,  
betrayal, desires and defeats.

*It now consumes us night and day.*

It is the journey of  
*Becoming Whole Again*  
– our call to adventure!

The life of yesterday  
has been swept away.

We must start our journey.

***And out of our comfort zone we go!!***

# The Road Ahead

How long will this take?



***Sharing Stories Helps Us Learn  
How To Navigate The Reality  
Within Us And Around Us***

**What is holding us back?  
– what are our constraints**

Money is not the constraint.

Opportunity is not the constraint  
– the opportunity of a lifetime  
comes by every day.

***Fear Is The Constraint.***

**“Courage isn’t the absence of fear,  
but rather the decision that  
something else  
is more important than fear.”**

**Franklin D. Roosevelt**

*Fear is Selfish; Courage is Selfless.*

Accessing our primordial memory is  
the cure for 'learned helplessness,'  
self-hatred and shame,  
confusion and fear.

## Here is what we need to know:

- Our relationship with our story.
- The mental distractors.
- How to change our physiology in a manner that gives us more continual access to our conscience.

# The End of the Beginning

The next segment awaits you whenever  
you are ready to 'click!'

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