

# Guide To Knowing What Holds You Back



Irina Grundler

### Introduction

You want positive changes in your life, but you fear taking action because you don't understand what holds you back. Does it sound like you?

In this Guide I am going to share my thoughts and ideas about how you can determine what issues hold you back, how to remove them and how to find out what future choices are good for you.

**Each individual issue/obstacle that holds you back has a unique cause related to a specific situation; still there is a bigger picture, a universal cause which serves as a foundation for creating a number of individual blocks and causes.** The focus of this Guide is bringing out this foundational cause, since when a foundation is removed, a structure which was built on top of it has to go as well.

Also every problem or issue, you come across in your life exists on several levels: the most obvious of course is physical level; we don't need to apply many efforts to perceive things when they manifest themselves on this level. Two other levels we are all well familiar with are mental and emotional. We can "see" or understand obstacles with our mind or feel them.

In order to determine a universal cause that holds you back I would like to bring up still another deeper level, which is "energetic" or "spiritual." This level creates a foundation for things to penetrate into mental and emotional levels and into your physicality. In order for you to have a better understanding, here's an example of how this happens in nature:

Think about a plant which is about to sprout a new leaf (a picture to the right).

At first an energetic projection of a new leaf is created; we can't see or feel it, but it is there. After the energetic projection is in place, an actual sprout gradually fills in the space which is already created for it. An energetic projection plays a role of an underlay without which an actual physical leaf would not be possible.



Now back to obstacles that hold you back. As you might have already guessed every obstacle has an energetic underlay which is its true root cause. When you are able to get as deep as an energetic universal level at which a root cause was created, an obstacle can be identified and removed from every level: physical, mental and emotional. Here are some steps which I recommend to take and which work for many of my clients:

1. Find out who you are at an energetic/spiritual level.
2. Contemplate if the choices you make are aligned with your True Self.

3. Take responsibility for creating obstacles you are currently facing.
4. Eliminate energetic causes or blocks that hold you back.
5. Make better choices in order to create what you want.

I'd love to hear from you with any questions/comments you might have while reading this Guide. I will be glad to reply on your comment on my My Path To Awakening Facebook page (<http://www.facebook.com/mypathtoawakening>); to contact me privately, please send me an email at [irinagrundler@gmail.com](mailto:irinagrundler@gmail.com).

### Finding out who you are on energetic level

Did you ever wonder why some people move fast and easily to their goals while others seem to be stuck at every little step they take? It seems that those who move fast have a pathway laid out for them and as long as they follow it, they are able to attract everything they need in order to achieve their goals.

Now think about yourself. If you feel that you are stuck and/or something holds you back there is a very strong possibility that you are on a wrong “pathway.” You can use the following test: “your” path is the one which is the most convenient, most natural and at the same time most successful for you. Think about if you can you describe a path you follow as natural, convenient and successful. Do you feel happy and inspired moving towards your goals? Very often your goals and accordingly ways of achieving them are determined by what is considered “right” by your family or society, but these goals might not suit your individuality.

Here's an example: One of my clients who recently retired had a dream to start a spiritual practice. At the same time she has a responsibility towards her family: she wants to help her daughter with taking care of two little grandkids. No doubt she dearly loves her grandkids and is willing to take care of them; also this is considered “right” thing to do in our society. Still in the situation I described a choice being in alignment with her individuality was a choice to pursue her dream.

So how can you determine what your individuality on spiritual level is? Seems like a stupid thing to ask about: How can you NOT know who you and why should it be determined? The answer is: you do know yourself and you don't. There are several reasons for this:

- You might be so used to your own unique gifts (they were “embedded” in you since you were born), that you might not recognize them as gifts or something special.
- You might be constantly looking at people around you, their gifts and achievements; you might try to follow their steps, but if these steps are not aligned with your individuality, your chances to succeed are very limited indeed.
- You made so many choices negating your individuality, that you almost forgot what it really means.

We already talked about everything being created on an energetic level first and agreed to take spiritual approach. With this in mind it is natural to assume that your unique energetic qualities correspond to certain personal characteristics on a physical level.

I believe that energetic individuality is embedded in our DNA, not in the 5% of DNA that contains all genetic information, but in the other 95% which scientist used to call “junk” because they could not figure out why it is there. (Lately there have been many changes regarding this). Our individual characteristics are embedded in our DNA as energetic characteristics and are translated into certain personal features on physical, emotional and mental levels.



A picture to the left represents a vibrational/energetic spectrum of individual characteristics. Each of us possesses a full spectrum of all vibrational qualities, but in different correlation, with one or two of them being dominant. In the picture you can clearly see that “yellow” vibrations are dominant; in other words these are the vibrational characteristics that are abundant in this example.

**When choosing your life’s goals you have an option either to choose them in alignment with your dominant vibrations (yellow in our example) or with any other color/vibrations.** Which of the options is more likely to represent an easy and fun way to create what you want? **It’s obvious that utilizing abundant energies will enable you to create abundance on physical plane.** Working towards your goals will feel like playing, you will be able to attract all support you need, and fulfillment and abundance will become a natural part of your life.

On the other hand if you mostly utilize energies that represent a small percentage of your vibrational spectrum, you are not likely to draw necessary support and are likely to run into obstacles and feel stuck on your way. It’s like cutting off abundance at its root.

In order get down to the very “bottom” of your energetic “self” to find out your individual characteristics you might need help, since most of this information is contained in your Akashic Records which is a part of your DNA. If you choose to seek help please contact me and I will gladly apply my psychic and intuitive skills to finding out information you might be searching for. Still there is a lot you are able to determine yourself since this information is already stored within you and to a certain level you are aware of it, you just have to bring it out to conscious level. Here are some suggestions:

- Find a quiet space, relax, take a couple of deep breaths and start “looking” for your True Self. Forget for a moment all you were told about what you should be; reach for answers within, not outside.
- Ask people around you (if this is appropriate) about how they perceive you. The answers might be different, but if there are certain qualities that come out again and again, you might want to pay attention to them.

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- Think about yourself when you were a child. What you were like, what were your personal qualities? Are they still the same or did they change?
- Remember that a child is much closer to true individuality, because he/she is not yet shaped by limitations of our society.
- Think about who you wanted to become when you were a child. How close/far are you now to/from this childhood vision/dream?
- Think about what you do now as an adult. Do you enjoy doing it or do you feel obligated? If you feel obligated, then why? Could it be a family business you had to take on or a profession that has been in your family for generations?

These questions seem to be obvious, yet living a busy life you might not be in a habit of devoting time to yourself and asking such kinds of questions.

### Evaluating your choices, past and present

The next step which might be helpful is finding if choices you've made before and make today are aligned with your true individuality as you see it.

I suggest taking a sheet of paper and writing down a list of choices on one side of it and what percentage of them are aligned with your True Self (please see below). Don't limit yourself with big or small choices only. Write down all that comes to your mind, all that bothers you or you are curious about.

Also it is helpful to put down a true motive behind each choice. For example if you chose to meet up for lunch with a girlfriend, what was the real reason for this? Did you want to have fun or did you feel obligated to express your support concerning her job problems? In the first case the motive is FUN, while in the second it is OBLIGATION. Do you see the difference in energy behind these two choices?

Choice	Motive	% of alignment
<i>Choosing my life partner</i>		
<i>Giving up vacation in order to take care of my mother</i>		
<i>Meeting with my girlfriend for lunch</i>		
<i>Adopting a dog from a shelter</i>		

Please note that it is not important to be absolutely right in putting numbers in %. The idea of the work is to develop an understanding of what is right/not right for you at spiritual level.



## Accepting responsibility for your choices

It is very common in our society for people to play the role of a victim. The most typical way of thinking is that bad things just keep showing up in their lives: unhappy marriage, unsatisfying job, problems with kids etc.

The important thing is to understand that nobody can harm us without our permission and that there are two sides to every issue. If you find yourself in an abusive marriage, it is because you let your marriage develop in this direction; your boss is very controlling only because you allowed him to control you; you spend your days at a job you hate while you want to run your own business because you again agreed for this situation to happen...

Sometimes we agree to different situations consciously and sometimes subconsciously. It really does not matter which way it happened. **What does matter is that when you take responsibility for doing something or for participating in certain situations, you claim your power to correct these situations.** Think about this: if something happens to you, you have no power to change it, because you have no control of such situation; whereas if you claim responsibility for creating something that you don't like, you can un-create it. You are in CHARGE! Doesn't it feel better just to have this way of thinking?

### Removing limitations that hold you back

I assume that you were able to determine what your true identity is and what choices you made against your true self. Very often just by bringing up the real cause of any block or limitation to conscious level, you are able to make a big step in solving the issue.

Also by accepting responsibility for your choices you stop blaming others and YOURSELF(!) and get rid of tons of negative energies like fear, anger, uncertainty, guilt etc... This is a HUGE release of energetic blocks that you can achieve yourself. Sometimes you might benefit from asking for help from an intuitive/physic to insure that blocks are completely removed from your energetic plane.

Please note that while many of energetic blocks and limitations that hold you back originated in your current lifetime, some of them might have been with you for quite a number of lifetimes (This statement assumes you accept the idea of reincarnation). Identifying and removing these kinds of blocks requires a high level of intuitive consciousness; in case you are not confident in your abilities, I recommend asking for help.

## Making better choices in order to create what you want

Now it's time to make new, better choices which can bring you joy, peace and fulfillment. These choices might be big or little, important like choosing a life partner or seemingly unimportant like reading this or that book. The "size" of a choice does not matter; what matters is its consequences, which either separate you from your True Self or insure you being aligned with your original vibrations.

Here are some tips to keep in mind which can be used on an everyday basis and which can help you to determine what choices are good for you:

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- Many perceive life as a school of some sort, where we are supposed to develop and learn lessons. Doesn't sound like much fun, does it? This is not true. We are not in school; we are on a playground, where we just experience ourselves; this experience is designed to be FUN (just look at a picture to the right)! So if whatever you do does not bring you joy, most likely this choice is not in alignment with your True Self.



- Many choices we make are based on guilt, obligation, fear... For example you and your spouse plan to take a weekend fun trip and you decide to take your mother along. Sounds like a very good idea. But if you get to the bottom of your motive of taking her, you might find out that there is guilt related to leaving her home alone.

**No choice made out of guilt is ever aligned with your True Self** (energies of guilt, obligation, fear, anger, frustration, etc... are never good for you).

Sometimes true motives are not obvious. All you need to do is to pay attention to what is behind your actions and very soon you will start to recognize true motives rather than causes laying on the surface. This will bring clarity regarding what choices are right for you.

Just by following these simple rules you can make significant changes in your life and reveal more of your True Self. I can offer you additional help in identifying what holds you back and removing obstacles to living your full potential – just contact me at [irinagrundler@gmail.com](mailto:irinagrundler@gmail.com).

**Making choices in alignment with your dominant energies is exactly what you need for creating a fulfilling and abundant life.** Depending on your specific situation and “energetic identity” abundance manifests itself in all and/or any areas of your life: relationships, job, family, health, creativity... When there is nothing holding you back, the list of possibilities is endless!

To unlocking your full potential,

*Irina*

Irina Grundler

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