

The Hidden Room...

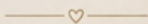


The *Key*
was never missing



You might not need another method.

*You need to feel safe enough
to look within.*



*It was
always
Yours.*



Creating Smiles by Anneli

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Final words for You who read this E-book

This e-book is for you if...

...you have done all the right things, yet something still feels missing.

...you have spent years taking care of everyone else and somehow lost contact with yourself along the way.

...you often tell people that you are “fine,” even when you know that something inside you is asking for more.

...you are good at carrying responsibility, solving problems, and keeping things together, but find it hard to ask for help.

...you have invested time, energy, and money into books, courses, and personal development, hoping that the next insight would finally change everything.

...you feel stuck between gratitude for the life you have built and a quiet voice telling you that there is more to life than simply getting through the days.

Perhaps you have started to realise that the answers you have been searching for were never really outside of you.

This is **not** a book about fixing yourself, because you are not broken.

It is **not** another step-by-step formula promising to transform your life overnight.

It is a book about understanding the invisible programs, beliefs, and survival strategies that may have helped you once, but that no longer fit the person you are becoming.

It is a **personal story** about survival, self-discovery, and the invisible programs we carry within us. It is about the masks we wear, the beliefs we inherit, and the quiet voice inside that never stopped whispering, even when we stopped listening.

Most of all, it is **an invitation**.

An invitation to become curious about your own story.

To question the rules you have been living by.

To reconnect with the parts of yourself that have been hidden beneath responsibilities, expectations, and old survival strategies.

To learn to listen to yourself again.

And perhaps, along the way, discovering that the key you have been looking for was never missing at all.

Anneli

Introduction

The Programs I Didn't Know I Was Running...

I didn't need another method. I needed to feel safe enough to become the person I wanted to be.

For years, I didn't know better than to look for the answer to what I thought was missing in my life outside of me, another course, another method, another expert. What finally changed my life wasn't collecting more knowledge. It was learning to listen to myself again.

But I do believe I needed the sometimes tough learnings to discover new ways for me to find the hidden room within.

We all have a story and that one can make us prisoners within ourselves or ignite sparks that can take us to magic places.

What path we'll walk and who we'll become will be determined by the choices we make and the stories we'll feed along the way.

What if the life you long for is waiting behind a door that only You can open?

These pages are not meant to give you all the answers. They are simply an invitation to pause, reflect, and perhaps recognize parts of yourself in my story. If that happens, maybe you will discover that the key you have been searching for was never missing at all.

Enjoy

'I didn't need another method.

*I needed to feel safe enough to become
the person I wanted to be.'*

Chapter 1

The woman who could handle everything

The smile hid more than happiness.

The Smile Creator, the woman who could handle everything.

Today I often introduce myself as the Smile Creator, not because life always has been easy but because at my core, I believe and live by the fact that there are more positive than negative out there and my life certainly gets better when I focus on the first.

But even though the smile has been with me since I was a toddler there is a different story to it as well.

I grew up with my mum and in some ways I had everything I needed. The basic needs were met and I had friends and other adults around me, but even though I didn't know it back then, my mum was struggling and didn't feel well.

One evening when I was 8 something happened that really shook my world. What could have been a normal Tuesday evening became a major shift in my life. It started off as usual. Evening food, bedtime and mum sitting alone by the kitchen table. With a beer and a cigarette. I went to bed and fell asleep but not long after, I woke up by hearing unfamiliar voices from the hallway.

What happened was that my mum had come to a point where she just couldn't take it anymore, so she emptied a jar of pills and was preparing to not wake up again. Somehow, there was someone inside of her that wanted to stay a bit longer because before she passed out, she called a close friend. A friend who heard that something wasn't quite right so she rushed over to our apartment, found my mum and called the ambulance.

This night, this 8 year old little girl made the conclusion that if her mum decided to leave her behind, she had to start taking care of herself, and also to become the mother of her mother when she came back from the hospital a few weeks later.

How this young girl thought she needed to be, to shoulder the responsibility she took on as hers that night, was to be strong, which for her meant to never ever show herself weak. That meant putting up a facade that no matter what, didn't show what was going on behind it.

She kept on smiling but that smile didn't always mean that she felt as good as it looked from the outside, so that smile also became a coping mechanism to hide herself.

This eight-year-old child became an adult in an instant, leaving the little girl behind.

What she promised herself that night was ...

I must never upset anyone.

- I have to be strong.
- I can not trust others.
- I must take care of everyone.

Could there be any rules you have made up in your earlier life, that might run your life today?

When I looked back after years of responsibility, career, relationships and achievements I saw a clear pattern. A pattern of playing small, of holding back, of not showing my emotions, of tiptoeing through life making sure not to offend anyone, of being kind of “in between everything” like being in the middle to not stick out.

All of this created as a safety routine to make sure no one saw through my façade, because if so... someone might find out that I wasn't as strong and confident as I showed on the outside...

..and then...internally from the survival program that was running the show, it meant that if I wasn't strong enough to survive, I would die.

Or as the guilt and threat I put on myself, I could offend anyone and make them try to do as my mum...and then it would be my fault.

When I read these words now, they sound almost silly but from my coping behaviour it was for real. I didn't see where it came from then...that insight came years later.

So this blueprint shaped how I showed up in school... in relationships...and in my work. I was and am the positive inspirational motivator, but I was always holding back even though I became very capable of delivering, performing, solving problems, and taking care of ... others.

I kept the facade, I smiled and said, “Everything is fine.” even when it was not.

I became the good girl, the diplomat, the one always in between... It worked very well but something within was shouting for help. That little Anneli that felt neglected and started to crave what has been missing for so long even though she hardly knew what it was.

She wanted to play out all she had, she wanted to be able to scream out her frustration and anger instead of holding it back, she wanted to dance like if no one saw her and she wanted to be so much more than she was at this point of her life.

So from the outside, everything looked fine...

But on the inside... I slowly lost contact with myself while keeping on doing, doing and doing...the right things as I thought...without realising that what it was doing was to help me hide from what was really going on...inside.

The years went by and the good girl that learnt to tiptoe around life to not push her mother to try to leave her again, developed a sensitivity for people's energy, which became a strength. She could feel people's energy from a distance, and she learnt how to do most things on her own. Asking for help was just not an option because that would for sure show herself weak.

But..., the confidence. The belief in herself and who she was? It just wasn't there and she had no idea where to get it.

She played her role well. Secure on the outside but on the inside she was often a sad and insecure little girl.

A girl that never got to be that playful child and never learnt how to "fly".

Somehow she still felt that there was more to life, so when she turned 18 she moved out from her mum and went travelling around the world.

That started a cycle of working and travelling and she started to feel free. In hindsight she wasn't really, but at least she felt free from the responsibility of being the mum of her mum. Travelling around the world without a cell phone didn't give her any opportunity to keep up the responsibilities.

As the years went by, she eventually got a family and did live a good life. It could have been a happy ever after... but as her confidence grew and she realised she was both stronger and braver than she thought, she followed her inner voice and made a bold decision and moved on.

Into uncertainty instead of staying where she was, which just didn't feel as living her life.

She kept on going. She created a new life, but as we can never move away from ourselves, she got trapped again. In working, hiding, pushing forward, still smiling while putting her needs and feelings aside.

She seemed secure on the outside but on the inside she was often a sad and insecure little girl.

She seldom stopped to listen within so she didn't hear what the voice kept on saying.

"Slow down, please listen to me"

So she kept going until one day...

Chapter 2

The 30th of October 2012 – The turning point.

It wasn't the end of my struggle. It was the moment I could no longer pretend that I was fine.

This morning a colleague met me in the corridor outside my office. He looked at me, saw through my smile and said:

“You look like you need a hug... “

Then he gave me the most valuable hug I have ever got and ever will receive no matter how old I ´ll get. I am forever thankful.

When he left my office something shifted. Now when the last pieces of the façade I had been hiding for so many years fell apart, I felt a deep relief on the inside.

My colleague was spot on and later the same day I went home from work to start my healing journey to recover and start my journey back, to my SELF.

It took a while but eventually I started to realize that there was nothing wrong with my life. It wasn't my job and it wasn't the people around me. It was that I had ignored the signals, the voice within, my body screaming for me to stop for way too long.

What happened was that I had simply lost my SELF by letting old programs and rules on how to run my life, stay for way too long, and now that way of living just didn ´t fit me anymore.

I kept on telling myself time after time again. Oh it is only today, it will be better tomorrow...then it felt a little bit better for one day and that proved that it was only me...or not. The neglect led to my body slowing my system down. I put myself in front of the computer in the morning. In the evening, still haven ´t managed to solve some of the problems, I asked myself:

Is it me becoming stupid or is it the system challenging me?

Looking in hindsight it was both. My body pulled the brakes to force me off “duty” to finally go home and rest. That is what will happen when we neglect what our body and mind try to tell us.

I am and will forever be grateful for receiving that hug, because it made the last pieces of the façade crash. Without it, I might have kept on smiling, playing charades for another 6 months or a year and then, I´m quite sure my journey would have been much worse.

Without the defence system from that night so many years ago, I couldn´t stop it anymore. I could finally allow myself to cry and to feel again. Hey, what a relief it was. It was like opening a door that had been closed for so long and finally letting fresh air in.

This started another long journey of exploring, learning and practicing how to express my emotions. This long-hidden part of me. The vulnerability that now showed up felt uncomfortable but ok.

A great thing was that now I could add vulnerability to one of my strengths instead of something I thought I needed to hide.

What I found out later is that showing ourselves vulnerable may be one of the most valuable strengths to have. It opens up doors to conversations and to people when we show that we are human too.

What are you hiding from yourself?

Chapter 3

Searching for Answers

I searched everywhere for the answer, only to discover that what I was missing could not be found outside of me.

During my recovery time, my self-discovery and healing started with the help from therapists and mindfulness coaches. The more I slowed down the more insights of what had happened occurred, but new doors also opened to me to exploring more.

Coming back to work after three months I made a decision that I couldn't return to what has been, so I made a conscious choice to take the offer to leave the "security" of a contracted job. Then I made another decision that was that the only way to make this painful, costly journey worth it, was to learn to understand what happened. I understood early that it wasn't neither my job nor the colleagues or family, even though they played a part of the whole picture.

I went through personal development programs, self-help books, courses, and seminars.

I took help from coaches and mentors, while looking for "the answer" to what was missing, the key to why I kept on falling back into old patterns.

I got lots of strategies and knowledge.

I had breakthrough after breakthrough while I got better at understanding myself at a deeper level.

My confidence started to increase so when I got introduced to Network marketing, I thought it sounded like a great idea.

I was super excited to start working with something that aligned with my values, and where I could set my own working hours. I set the goals and I did the work as I was told but... the results didn't show up. I tweaked the way I did things, learnt some more, got to work again and...it didn't work again and again.

What I didn't realise then was that insight alone doesn't create any change.

We can write affirmations until our hand falls off, repeat them day after day while looking at our vision boards wondering what is wrong with me?

To know it all is just not enough!

Our mind, body and soul must be aligned. If we carry beliefs that aren't aligned with the person we need to become to reach the set up goals... It simply WON'T happen.

So what do we need to do instead?

We must integrate the beliefs in our body, in our subconscious.

So as the stubborn, never ever giving up kind of person I am, I kept learning more but I still felt stuck in some areas.

I could decide that now I am going to persist and reach those goals. I jumped in, full of energy and suddenly after a couple of weeks I woke up with brain fog and no energy. My brain felt like lost in space. Totally unfocused.

Sabotage from within!

Then the judgements arrived.

How bad you are who can't even reach a simple goal like this.

Why can't you do it right?

What's wrong with you?

What if you won't manage it... and fail?

Every question led to less belief, more doubt and I can assure you, that mindset did not lead to any promised land.

I bought another program that was going to take me to that promised land if I just did as I was told. I did what I was told but still...

It didn't happen and every new program felt like standing outside another door, hoping someone else had the key. The feeling that the answer was always just around the corner.

The truth was that I wasn't lacking information. I was lacking safety inside myself, to trust that I had what I needed within.

So I REPEATED the PATTERNS, hitting the same invisible walls around money and business...again and again.

What I realized then was that knowledge and understanding about mindset was creating neither safety, self worth or confidence.

So one thing I want to make clear is that no coaching or personal development will solve your problems for you. For you to solve anything, you are the one who needs to take full responsibility to really look within with honesty to see what is really going on. First then things can be changed properly.

Years ago I got a question from a coach and friend of mine. It is brilliant and often it takes some time and reflection to figure out the true answer.

If you dared to tell yourself the whole truth, what would it reveal to you?

I 'll be honest with you...

Most likely you won 't go from broken to healed without passing through some discomfort or even painful experiences.

If you are honest to you...if you look within and get to know yourself...

You will go from being run by the autopilot of your old programs to awareness of what is really going on.

You might go from surviving to intentionally choosing a different way of being.

You might also go from performing and doing constantly, to reconnecting to the TRUE you. Who you were once. Before the programs, the coping strategies and the belief systems that have been added on to you over the years. Then all the roles you have performed as being a parent, a sibling a leader or whatever that isn 't really you.

Then when you integrate all the learnings and you get to rediscover your SELF, you will go from constantly searching outside yourself to learning to trust what You already have inside.

That is one of the greatest wins of all!

Chapter 4:

Our Nervous System's Quiet Voice

It wasn't working against me. It was trying to protect me.

During my journey from burnout to where I am today, through lots of personal development and as a solopreneur I wasn't much different from others.

There were times when I was procrastinating, overthinking, playing small, and also delaying opportunities when they showed up.

I remember back in the days coming back after my burnout. I was looking for jobs and opportunities and then I got this amazing idea. Got energized and started to set up plans for the next day. Next day arrived and I almost felt sick. Totally drained and with a brain that felt like it was in the freezer.

Some days I got into my old programs and kept pushing because I “knew” it was “the only way”. No one would do the work for me so I better get to it, right. That way of doing things very seldom resulted in any good outcomes or results...but instead I felt more drained.

At that point my “judge” came in and told me how useless I was. Literally a total failure.

Did that way of doing things bring me forward to any kind of promised land? Big NO NO.

"What if procrastination isn't laziness? What if it is protection?"

It took me quite a long time to realize the fact that it was protection that caused my survival system to even SELF SABOTAGE my progress by having me distracted, drained and unfocused to do just anything.

Just after my burnout I knew I needed to listen to my body, to really rest when it needed to. I did that quite a lot and it was good when it was rest I needed...but when it was something else...like self sabotage...? Hmmm....

How I got to learn the difference from if what I needed was to rest, if I were procrastinating or if it was even self sabotage, was to notice how I felt AFTER I took a nap or some time off.

When I felt energized, it was the nap and rest I needed BUT...when that energy didn't show up but instead emotions of guilt, shame and blame...

Tadaaa!!!

That was the Saboteur in action, collaborating with the Guardian inside.

Along the years there have been plenty of occasions when I've fallen in this ditch of procrastination. Quite often when I had set up a new goal and got ready for action. It worked for a couple of weeks and then...my nervous system brought me into the survival state of freeze that were soo familiar to the protections I set up as an 8 year old. Then I couldn't scream out of frustration to get the anxiety off my chest, I went inwards and cried in silence. That program stayed with me for years. When something didn't work. I went inwards and tried to solve it on my own, no matter what it was, because asking for help or support would have shown that I wasn't the "Superwoman" that could do it all.

How grateful I am that I learnt a different way.

This often happens because of our system's need for safety before any expansion. Any expansion is going towards something unfamiliar...which is always connected to uncertainty. So when something felt uncomfortable or out of my comfort zone those "copilots" stepped in to "SAVE ME".

Where in your life are you delaying something important?

What are you afraid might happen if you move forward?

Could your resistance be protection rather than failure?

Chapter 5

The Black Screen

"How disconnected from ourselves can we become before we stop being able to imagine our own future?"

In 2018, I made a bold move. I bought a ticket to UPW with my first mentor, Tony Robbins. The bold part of it wasn't that I bought the ticket. The bold part was that it was in Sydney and I went all the way to Australia to participate in this live event.

There were about 8,500 people at this event. The atmosphere was full of excitement and possibility. Cheerful people from all different parts of the world.

Day 2 we were going to do the famous Fire walk and the whole day built up towards the final, to walk on charcoal without burning our feet. I managed to do it and didn't feel it was such a big deal. A friend told me after that "you would need to have charcoal up to your knees to prove that it was a big deal". 😊

The event continued and next day we were going deeper into ourselves. The final was a process that took us back in time, and then to move ourselves into our compelling future.

Being in the crowd of all these people was massive. The energy was through the roof. The sounds of laughter and relief filled the room but for me, it was a different experience.

After going on a journey back in time, experiencing things I wanted to get rid of, it was time to move towards that compelling future experience...

The problem was that I just couldn't see any compelling future at all.

What I saw...was a black unlimited hole. No light and certainly no joy. I cried my eyes and heart out and the feeling was as of being at my own funeral. If I remember it right what I could see was a coffin...

Anyway, I finished the 4 day event with a lot of breakthroughs but for a long time, every time I tried to visualise my desired future...I only saw a black wall.

I remember another mentor, Bob Proctor who always said. If you can see it in your mind, you can hold it in your hand.

I believed that and still do but ... *what do we do if we can't see it?*

It took me years to find that answer and crack that code. Time after time I only felt disconnected from myself and what I truly wanted. I had my vision in writing, I created vision boards, I did affirmations but still. I still couldn't see it and even worse. I couldn't feel it.

Every time I got to try, I just felt this cramp in my throat, got sad and began to cry. Then of course I blamed myself and my lack of process.

After the event, I went back home to Sweden and the journey went on.

Can you picture and feel the life you truly want?

Or are you mostly reacting to what life throws at you?

Chapter 6

The Blind Spots

The things that shape us most are often the things we can no longer see.

So...

Why couldn't I see my future?

Was success associated with pressure?

Did freedom feel unsafe?

Was I afraid to lose everything again?

Had I spent so many years surviving that I had forgotten how to dream?

I spent years searching for “the key” and the answers.

Every breakthrough felt like the answer. Every new idea seemed to hold the missing piece. Looking back, I can see that part of my journey wasn't teaching how to start, it was teaching me how to stay where I was.

I wasn't missing the key. I had been learning to see the locks.

One day I was out for a long walk listening to one of Tony Robbins books. Something he said hit me and I stopped to capture the core of it.

What if...The self sabotaging my results, was a coping mechanism to “stay alive”? That hit hard. I sat down to clear up the thought.

During my years with MLM I was doing everything right but just when I was about to reach the next level, things happened and I went back to square one.

I thought to myself. What if...all of those beliefs that were planted by my mum when I was very small, that told me that it was only the rich who could earn money, that money didn't grow on trees and that if you wanted a dollar or 2 you really had to work hard for it.

What if my knowing that all is possible was in conflict with my survival identity from the past, the survivor that made sure I wasn't making it beyond the finish line because...what if the belief system was right and I couldn't succeed...then crossing that line would literally mean... that the game was over.

So to stay "alive", it was better to stop before having the proofs that it didn't work, because then I could at least keep on trying, again and again and again. Not fun but a better option than "dying"

95% of what we do a normal day is run by our subconscious systems so don't be too surprised when it happens that you don't act as you intended to.

What I've learnt from the learnings and experiences from my life, is that the beliefs that run our actions without us even knowing about it, are often not even ours.

In my case a lot of them came from my mums' words at the kitchen table. All the limiting beliefs she addressed about money, who could have and who could not.

Another obstacle is our protective patterns that we often made up at an early age. They might have been useful then but now, x amount of years later it almost sounds ridiculous when we pull them up to the surface to really have a look at them.

We become what we think so be careful with what you think because they become stories we live by whether they are for or against us. Also be very aware of that we can often inherit both thoughts and stories.

Think about someone being told that they are useless, ugly or whatever kind of negative comments you can think of. Whether it is you or someone else repeating it, over time our system considers it a truth and we start living as if it is true.

The good thing is that if we can make the mind believe a negative thought, we can actually implement a better one and over time make it trustworthy as well.

Then the masks we wear to hide what is going on, the truth hidden beneath the façade.

The thing about our oldest programs and belief systems is that they often become invisible and or very familiar to us.

Over time we simply call them personality.

"What if the problem isn't that we don't know enough?"

"What if we've simply become experts at hiding the most important thing from ourselves?"

"What could happen if we become aware of what is happening behind the scenes?"

Chapter 7

Learning a Different Way

Coming home to myself was not one big breakthrough, but a thousand small moments of connection.

So now I had learnt and I have practiced but still there were areas where I felt blocked my progress.

From a very early age I have always loved to be in nature. I love the ocean in all shapes, temperatures and locations. It's like the source of energy for mind body and soul I need to have for me. If there was only one choice. Ocean first.

Then there are the forest and a quiet lake. Same same but still different. Sometimes when I walk through a forest it is like coming into different magic rooms where there is only stillness. During my recovery nature became the place where I stopped performing and started listening within. In nature I always get back home to my SELF.

Of course not all of us can go to these places often enough and then we need to find other ways to connect with ourselves and the energy around us.

So what I've found that works for me is to create daily rituals that help me to stay present to feel what is coming before the state changes too much and it takes longer to come back. Some of them change over time or in periods depending on where I am in life and outer circumstances. I know that we should not let the outer circumstances affect us but I do admit that cold weather, a grey sky and rain from the side for more than a day do cost me energy to stay my "normal" self so then I need to boost my nervous system a bit extra with some **energy rising activities**.

Could be happy music, dancing, physical exercises that raise my pulse...All of these take me out of my head and back to connecting to me again.

As I often talk about is the importance and awareness of what and when different reactions occur. First then we can meet them in time to not drop to low in energy.

Sometimes the opposite occurs. My mind is spinning, no control or focus whatsoever. Then I need to **down regulate** my system.

A big one for me, is that today, I actually consider putting myself in the hammock for max an hour, "work time". I put some calming, relaxing, meditative music in my ears, alarm set on 60 minutes and off I go into the twilight land.

And ... tadaa. Often around 45 minutes later I "wake up" energized and full of inspiration to continue today's work AND if there were any problems to be solved, the ideas often come to me during these in **between working-hour breaks**.

One thing I've noticed is that for many (myself included), silence sometimes feel uncomfortable because it allows trapped emotions to surface. Today, I've learnt to embrace them and let them flow through me instead, which is such a relief.

The last but not least one for me is BREATHWORK.

I see our breath as one of our best tools because we always have it with us, even though it's not always we use it properly. It is a great tool to instantly change our state. What rhythm you use is depending on the outcome you are after so it's a deeper topic so I won't go into the details here.

Breathwork didn't fix me, but used on a regular basis and in a context where I with help have been able to connect with myself at a deeper level, it is the tool that have made the biggest breakthroughs for me.

Healing rarely arrives through breakthroughs. It arrives through tiny choices repeated over time.

Whatever your needs and obstacles in your daily life are, I suggest that you every day create space for you to sit with yourself in silence. It doesn't have to be in a yoga posture, it can as well be on a slow walk in nature.

The point is that it is with yourself!

Not with a friend, children or even a podcast or music. A few moments with yourself, without any have tos but to BE there in the MOMENT. If you as so many other say that "I don't have the time to put more in my calendar". Take 15 minutes out of something else or go up 15 minutes earlier. It will make a difference because you will get the opportunity to reflect on how you feel and what is going on inside you right now.

Are you doing what you want to do?

Are you being who you want to be?

Are you acting as who you address that you are?

Not everyone is blocked by the same thing.

Not everyone needs the same tools.

But...

Everyone needs to come H.O.M.E. to themselves to find what is for them.

Some need more safety, rest, time to grieve, set healthier boundaries, nervous-system regulation, honesty and last but not least, permission to allow themselves to do the above for themselves.

What small daily rituals do you have that help you to stay connected to you?

The morning and evening routines, a loving note to yourself in, a smile to yourself in the mirror or whatever make you feel good about yourself and the life you live.

Chapter 8

My Breakthrough

For the first time, I was able to pass the guardian outside the hidden room within.

For years I felt that I time after time was just outside that door within that would have the answer to what I had been searching for since that black wall in Sydney.

thought the guard I had within, putting up a very solid shield as soon as I came close to what I thought and felt was the solution to the blocks that kept on stopping me, was the problem.

So many times, in coaching, during meditation and even through hypnosis I felt that NOW I will finally enter that locked door within...but time after time I got out of the connection and it stayed closed, and it felt like I was back on square one. I had the key but I couldn't reach the door to open.

What I didn't realise was that the door was put there by myself, as an 8-year-old version to protect me.

The hidden room was never the problem. The problem was that a brilliant survival system had spent decades making sure I never entered it.

It actually did exactly what an 8-year-old Anneli needed it to do that night so long ago. To keep functioning, keep smiling, keep performing, keep everyone safe. I

It became incredibly good at its job but the sad thing was that it never understood that I had grown up.

It still believed that:

- showing emotions was dangerous
- asking for help was weakness
- success could threaten your safety
- slowing down meant losing control
- opening certain doors could destroy you

So every time I approached the hidden room it pulled the emergency brake. STOP, no further. Not because I was lazy or broken, but because a part of me believed that entering that room meant risking my "survival".

What finally took me through was a couple of really deep and transforming breathwork sessions, that with professional guidance helped me to keep on going forward through the shield of resistance to eventually pass the guardian to that hidden room that had been solid protecting me for so many years.

I could never have managed it alone. I had tried so many times and just when I was so close, I was pulled back. I needed the help to keep pushing forward, I needed the safe space to hold me through the whole process.

Looking back I realise that if I had just felt safe enough, I could have done this much earlier. It didn't take so long because I was not "doing the work" internally or not pushing through discomfort staying in safety. It didn't either mean that I was broken or lacking knowledge.

Actually it was that incredibly intelligent part of me – the eight – year – old, she stepped in to survive, that became my guardian. She built walls, rules and coping strategies to keep me safe. She built it well so for years, every course, every business strategy, every visualization exercise and every mindset tool stopped at that gate.

Not because any of them were wrong.

But because she stood there and quietly said:

"No further. It isn't safe in there yet."

And then, through these deep breathwork sessions, something different happened. Not because someone gave me another answer, but because, perhaps for the first time, my body felt safe enough to let me pass.

What I found behind that door was relief and a feeling of finally being free.

And maybe the most powerful realization of all was, that I for years thought my well-guarded Hidden door was the problem. What I eventually understood was that it had been there half a lifetime trying to protect me.

The work was never about getting rid of her—it was about thanking her and gently showing her that she no longer had to carry the responsibility alone.

"The hidden room was never the problem. The problem was that a brilliant survival system made up by an 8-year-old, had spent decades making sure I never entered it."

What do you carry that has been misunderstood for too long?

Chapter 9

Coming H.O.M.E. to Your SELF

When you get to learn more about yourself and who you truly are, you start a new relationship with yourself.

There is no universal formula for change that fits all. We are all different even if a lot of our programs are the same or at least similar. We come from different circumstances and therefore we have different perspectives, even if we experience the same things.

We do need strategies, but they are never enough.

We need to create slots of time where we can be in the *now* without interruptions, to really hear what is “said” within. Then we need to act on what we hear.

During the last couple of years, things slowly began to shift for me, and I got to implement and embody what I learnt.

I found my H.O.M.E

I started to **H**ear my SELF and what my body and mind have to say about how I feel and what I want to do.

I started to **O**wn my patterns, when getting familiar with the stories I kept on repeating for myself.

I started to **M**ove with truth when I got to know what I was acting on, and what I was avoiding.

I started to **E**mbody the learnings and implement them as a part of my daily life.

I also felt at HOME and at ease with myself ...

When I learnt to ask for help and discovered that forcing things rarely works.

When I started to understand and regulate my reactions.

When I found my way of coming back to me when I drifted off and my guardian took over.

When I first became a Strategic Intervention coach of which the first seed was planted at the UPW in Sydney.

When I started to provide a safe space for clients to tell what they felt, (not what they thought I wanted to hear), and in that space created momentum for them where they could uncover their blind spots to find their way H.O.M.E.

Today I listen to what I need. I always find peace and connection in nature, through movement or just in silence, and I even see an hour in the hammock as work, because it brings me back to focus and presence.

During time with me, myself and I get to ground myself and recharge. In the process, I often solve problems and get a lot of great ideas and insights.

Life is meant to be lived, not merely survived.

Often the most important work happens in the silence between the words. In the time between “the being busy” parts is where we create space for reflection.

The hidden room was never the problem. The problem was that a brilliant survival system had spent decades making sure I never entered it.

When did you stop listening to yourself?

What parts of you are waiting to come back?

What would change if you trusted yourself a little more?

What small step could you take this week?

What if the Door Was Never Locked?

What if it was only that you didn't dare to open it?

Final words for You who read this E-book

We all have stories of different kinds for the better or for worse.

I share mine for you to recognize the ones you might have that block you from moving forward towards where you want to be.

Always remember. Life is happening here and now.

Smile at the good ones on a rainy day.

Learn from the tough ones.

You are not broken.

You do not need to buy your way into worthiness.

Growth is not about becoming someone else, it is about creating enough safety within yourself to become more of who you already are and reconnect to your SELF.

Take small steps and be proud of who you are!

What if the life you long for is waiting behind a door that only you can open?

Anneli