

Transforming suffering into compassion

Find YOUR Path Home to Yourself



Guidebook

Transforming suffering into compassion



Life is Healing | Train to be a Modern-Day Bodhisattva

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WELCOME!

It's our hearts' desire to support you in finding YOUR way home to yourself

When we learn to align our body, mind, and heart we connect to something larger.

Whatever word we use to describe that **something** (higher spirit, God, Goddess, Universe, Divine, Flow) is less important than what the word is pointing us to.

Simply said, when we're aligned internally our life works better.

When we're connected internally we find that our outer world comes into alignment allowing our inner spark to flow.

It becomes much easier to live in a harmonious way within our body, mind, and heart while also connecting with others in a way that is deeply satisfying.

Life then makes more sense. We're connected to our own inner wisdom, allowing it to flow and move us in the directions that are aligned. We know it because it FEELS better!

That also gives us the confidence and trust to follow that path when we encounter the turbulence that's inevitable in life.

Here's to you growing, developing, and flourishing in your life.

Deirdre Fay & Jack Rotondi

Deirdre Fay, MSW & Jack Rotondi, MA

Introduction

Every one of us has the inherent capacity to be who we've always wanted to be - even with any traumatic or life difficulty that has happened.

That's the beauty - and the truth of nature.

You're meant to

Grow. Develop. Flourish

You are supposed to become fully you.

The YOU that is inside, wanting to grow, develop and flourish.

How we do this is the natural outgrowth of learning the steps to skillfully navigate the complications and difficulties of life.

It's what happens when we discover how the hurdles of our life can be the exact ingredients to not only challenge and sometimes trigger us, but also to foster growth and gently encourage practical ways to develop.

Implementing these simple principles can give you the qualities of a secure, solid self in becoming safely embodied...to live in your own skin, and listen to the inner guidance that urges you to become who you were always meant to be.

THIS IS FOR YOU!
This is for you!



*The wisdom traditions all believe...
we are connected.*

We are connected, not separate.

We are connected...vertically, upwards into the heavens...and downwards, into the rich, fecund presence of the earth.

When unfettered, the life force energy moves freely and smoothly through the layers of our physical and energetic bodies.

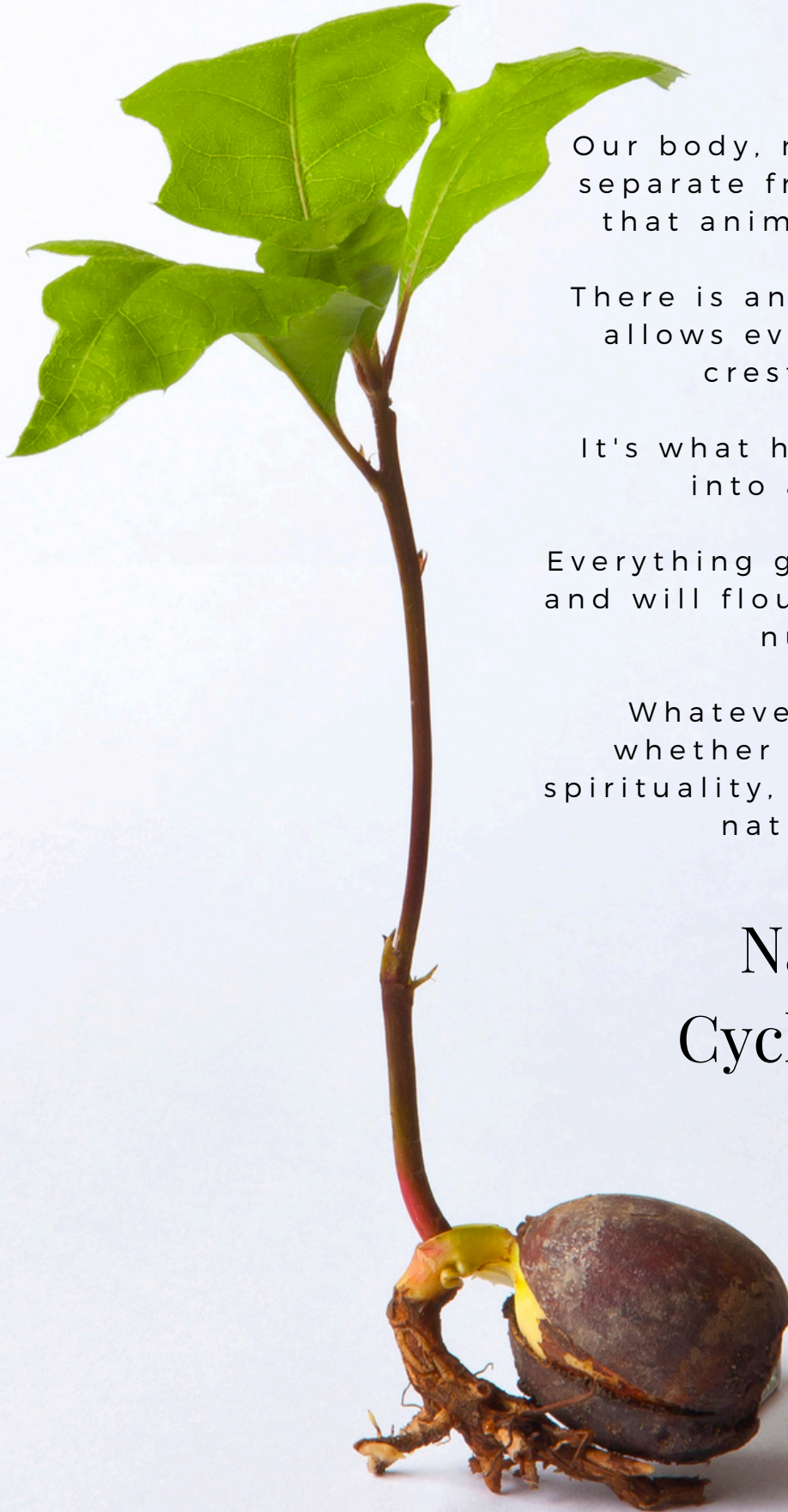
Different traditions and cultures of our planet have called this connection to the life force by different words. Some call it Spirit, Divine, prana, chi, shakti, universe, flow, God, Goddess....

How do you describe it?

What words do you use?

What feels true for you?

[send me your word so I can add it to the list](#)



Our body, mind, heart is not separate from the life force that animates our world.

There is an intelligence that allows everything to rise, crest, and fall.

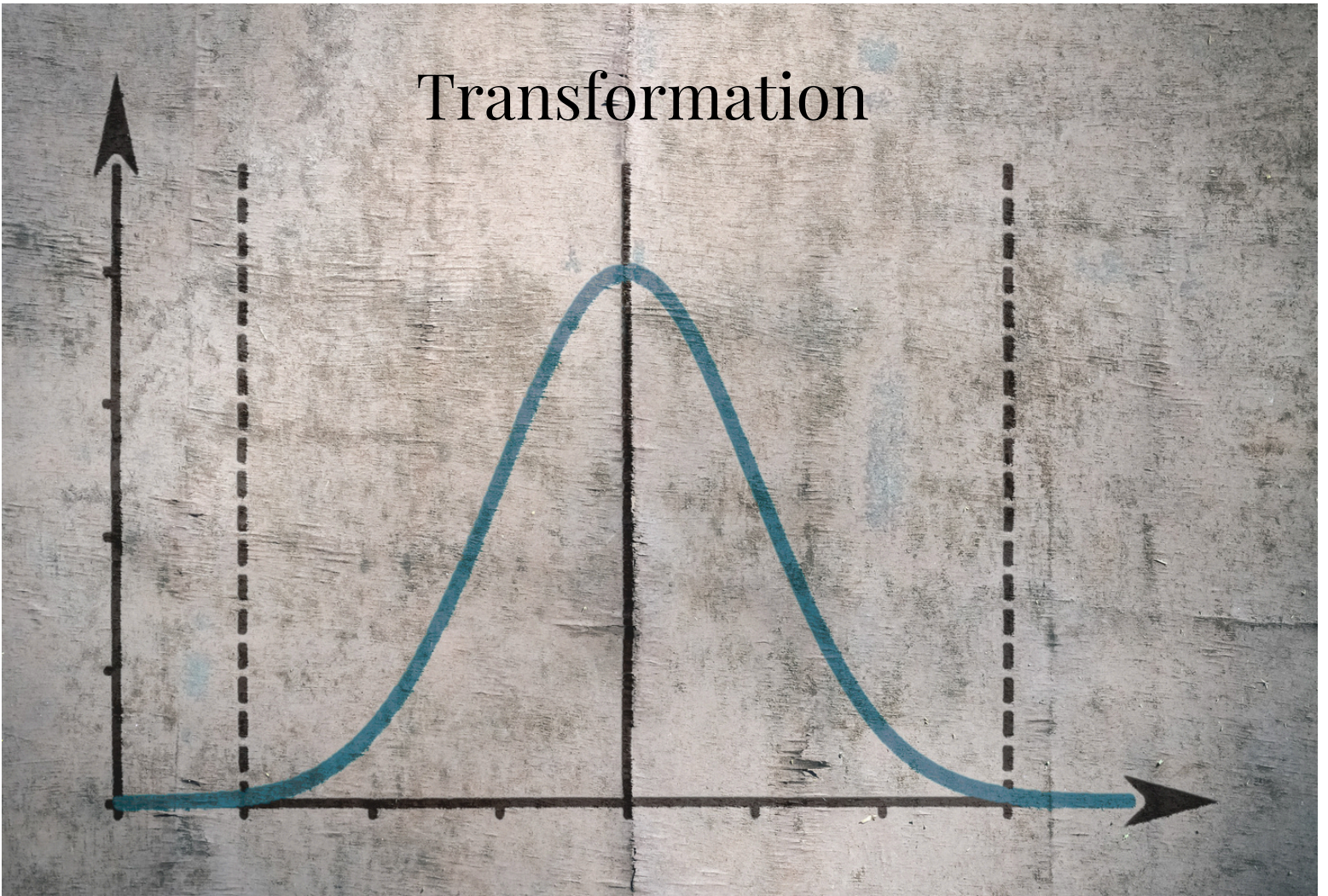
It's what has an acorn grow into an oak tree.

Everything grows, can develop, and will flourish with the right nutrients.

Whatever word we use, whether from science or spirituality, it points us to this natural cycle.

Natural Cycle of Life

Transformation



Rise. Crest. Fall.

Psycho-Spiritual Healing is the outgrowth of the transformational process of life.

Transformation happens when we're connected with our body, mind, and heart through the healing opportunities and cycles of life.

It's those moments when we experience the boundless, unfettered, deep contentment of being in deep relationship with life.

Let's dive in a little more



Withdrawing your senses

Our 5 senses help us orient to the world.

- Using eyes to see what's out there
- Hearing sounds, tones and pacing
- Smelling gives information on pleasure -- and also what disgusts and repulses us
- Our tongue and mouth initiate to the spectrum of taste
- Our hands, feet, skin to touch and feel the world

There's something else that happens when we learn to consciously withdraw our senses, paying less attention to the outside world, orienting instead to our inner world.

Withdrawing our senses from the outer world allows us to disconnect from the sensory overload of our everyday lives -- connected instead internally.

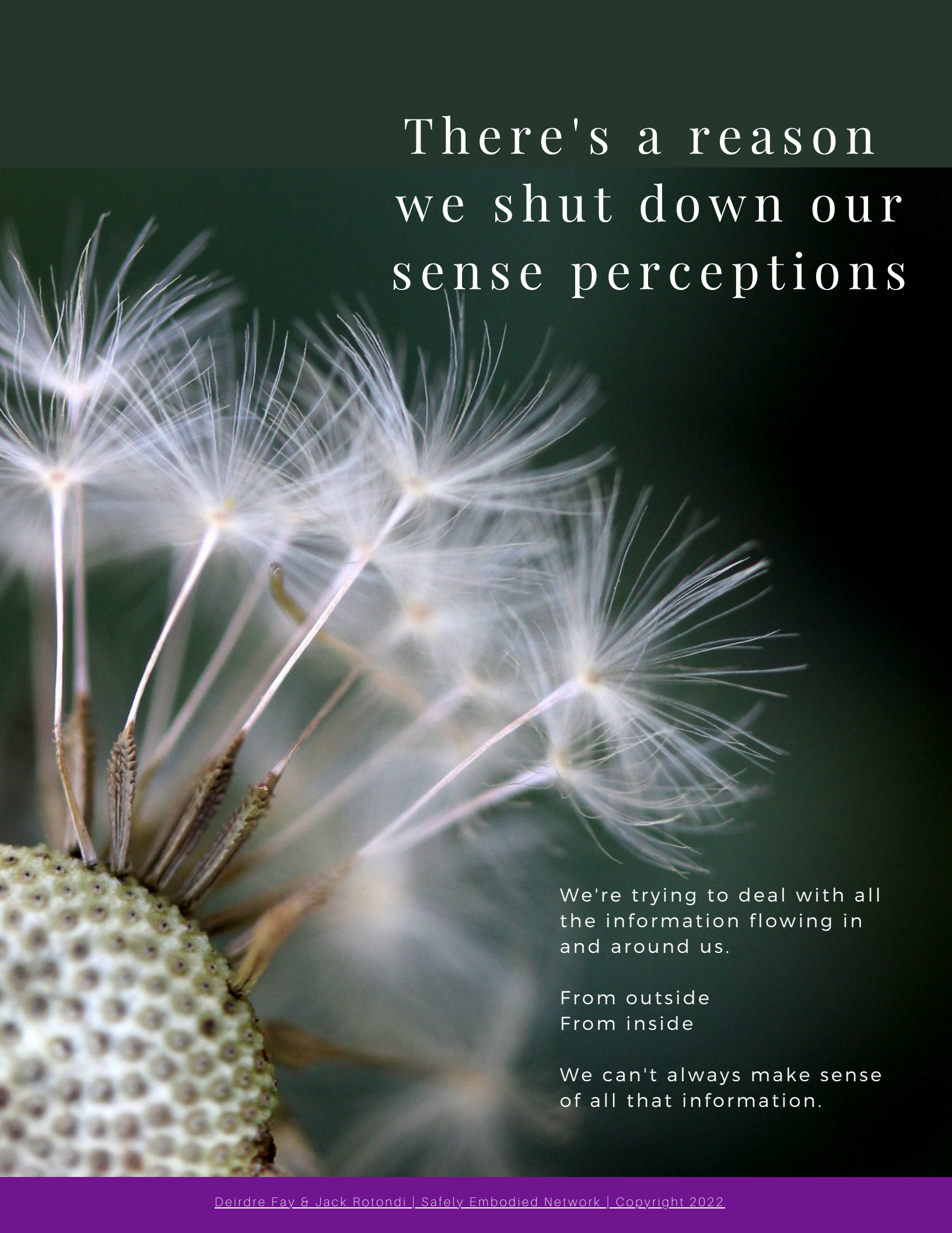


Opening new Sense Perceptors

Take a moment to notice your ears and how they attune to the world outside you. Or if you are deaf/hard of hearing, choose another sense.

What happens if you shift perspective...your ears following sound internally? Becoming more aware of the sounds inside your body? Inside your skin?

What are you aware of?



There's a reason we shut down our sense perceptions

We're trying to deal with all
the information flowing in
and around us.

From outside
From inside

We can't always make sense
of all that information.



It's especially true when the Past Invades the Present

Dealing with life is hard for most of us.

We didn't know what to do. How to do it. When to do it.

Having been hurt by people and places, we weren't sure or felt guarded against trusting people, trusting life.

Life took tremendous effort to keep it together. We had to figure out how to deal with the disappointments, hurt, distress, insecurity, uncertainty.

Mostly we had to find ways to keep "it" from happening again.

That often meant cutting off ways to have pleasure and comfort because it evoked the old pain points that we had carefully tried to put away, compartmentalize, and even dissociated from.

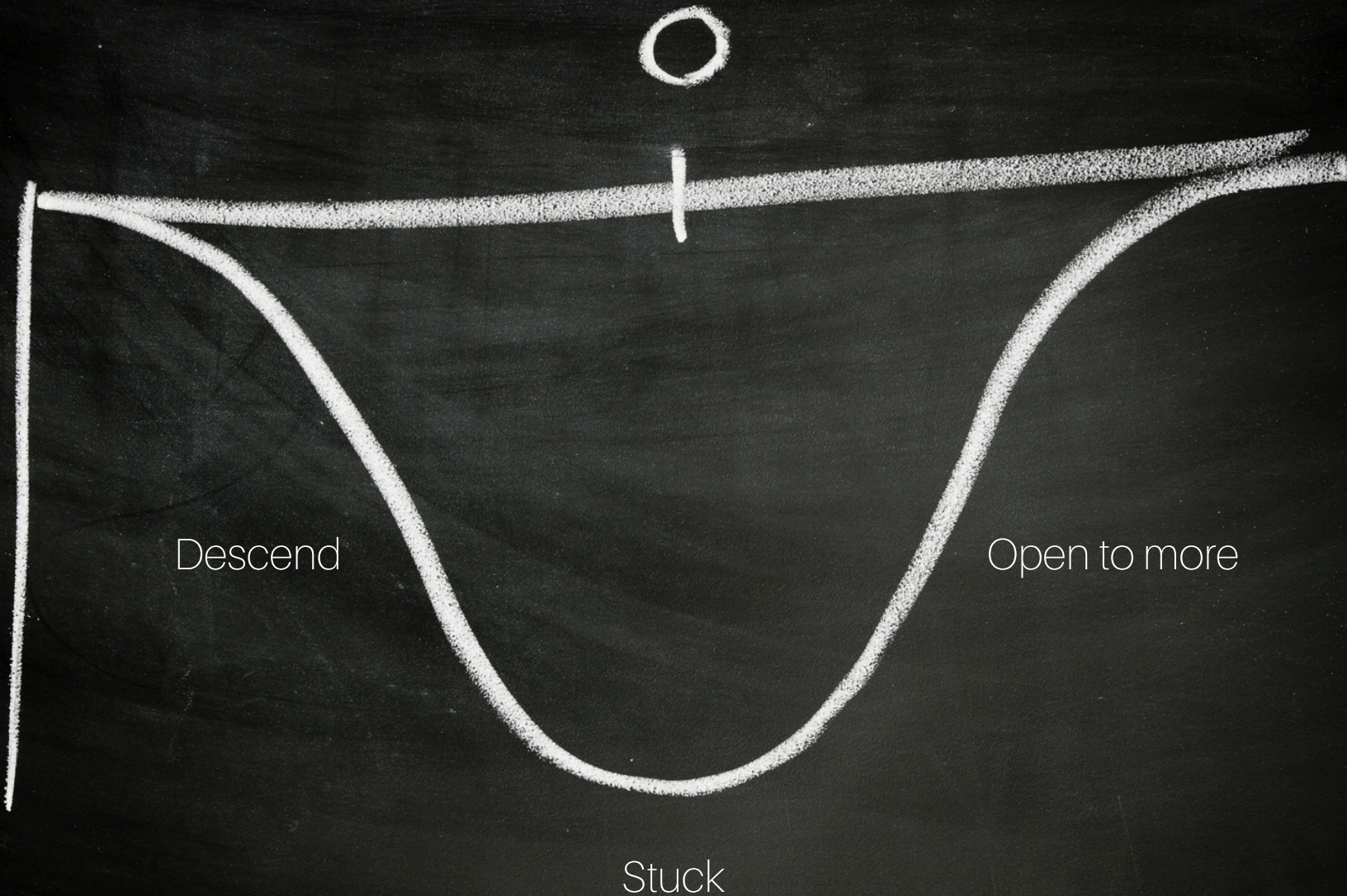
As much as we want to jump over the messy
part of life, we can't.

The purpose of life is always to go deeper,
releasing fears, blocks, and resistances
along the way.

It's a process of befriending our inner
world, frustrating the energy from moving
into unhelpful habitual patterns
...so we can channel our life force energy
to go to deeper levels of consciousness.



Transformational Cycle



Transformation is different. Yes, there is the Rising, Cresting, and Falling of our moment-to-moment experience. But transformation looks at a different, inverse flow.

We descend down into the muck of life.

End up feeling stuck. Trapped. Lost. Freaked out.

Until something happens. And that something always happens to urge us, cajole us, nudge us, push us into being more and having more than the muck of life.

Surfing those transformational cycles is what life is all about.

The first (or 1,000th) time we descend into the muck of life we might feel we lose all our bearings. It's hard to hold on to what we know, what's real.

It's almost like these times of descending into the muck of our lives is to **learn how to hold on to ourselves in a new way**...so we can step forward, so we can orient differently, without getting caught.

During the times when we descend downwards...

...when we're stuck in old ways of thinking, feeling, and behaving

...we can be aware of something more.... something that keeps calling to us.

I don't know about you, but sometimes when I feel/sense or "hear" that call to be more, to become more... I shudder.

I know it's pushing me out of my comfort zone.

That call is often a prelude to anxiety, worry, hand to hand combat with fear.

Having been there before...there are parts of me that would MUCH rather avoid it.

The call, that urge, that invitation to be more tends to demand that I give up what's familiar and safe so that I'll grow.

Generally it means moving out of my comfort zone, responding instead to this call that lurks inside me until I attend to it.

'Til I can't avoid it any longer.

At some point the longing grows.
Intensifies.

Somewhere in there
I learn to let go,
to surrender
into the flow of life.

It becomes too hard to resist.



It's different from when I'm "protesting" inside, trying to get away from something. This is more like wrestling with the intensity of Inner Light, of a gushing power of life that's insistent that I allow it to flow.

Over time, learning to surrender, I've learned that's why we're here.

At some point, it becomes too hard to avoid, deny, or repress that "in-sistency". That longing keeps emerging. The desire for inner connection with ourselves and with our own inner wisdom won't go away.

From a Psycho-Spiritual perspective, life provides a framework in which to practice reawakening our Inner Wisdom.

From this perspective, life is designed to change us.

John Bowlby's Inner Working Model reminds us we don't have to be stuck.

The Wisdom Traditions remind us we are so much more than the suffering we're caught in -- pointing us home to ourselves so we can be authentically, truly us, in harmony with all that is.

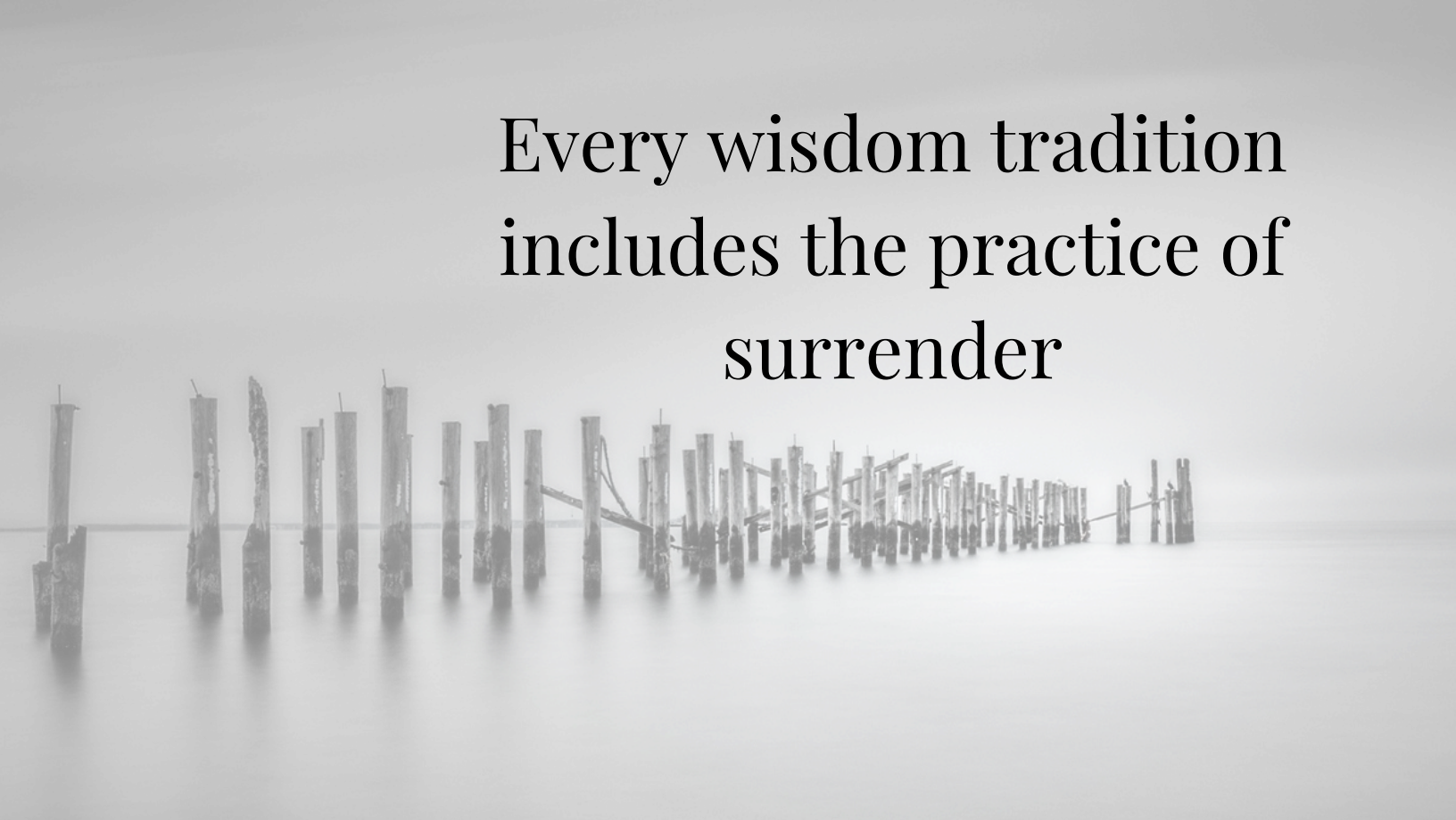
Step outside
your
comfort zone

WHERE THE
MAGIC HAPPENS...



But...in case we think that's it... just when we think we have "it" nailed - life changes.

Every wisdom tradition includes the practice of surrender



- Without the practice of surrender,
life continues to occur as painful, to
which the only response is separation,
resistance, and withdrawal.

Transformational Blueprint

Understanding the Transformational Blueprint that lies at the heart of all change helps us navigate the highs and lows of life.

In all the therapeutic and wisdom traditions I have studied there is something fundamental that connects them all:

1. We will be upset, angry, and disappointed. That's the normal response to life not working out.
2. When that happens we long for more. The mystic traditions value this longing, assuring us it's the rocket fuel we need to make the necessary transitions.

Inherent in all traditions is the reminder: there is a path through the muck of it all.



Making Transformation Accessible

Psycho-Spiritual Development

My problem, as I tried to sort out my life, figuring out what to do, was ...HOW to do it? I had studied with the great masters for decades. I learned the theory, read the research.

There wasn't a concrete, step-by-step path that helped me make those steps in a simple, clear, accessible way.

They all presumed some information that I didn't seem to have.

I ended up feeling alone. Sometimes lost and confused, disoriented, as I tried to navigate the many levels of my own psyche...looking for healing, looking for a way to not just get through the muck, not just to heal, but to grow, develop, flourish and prosper.



Grow

Develop

Flourish

and

Prosper

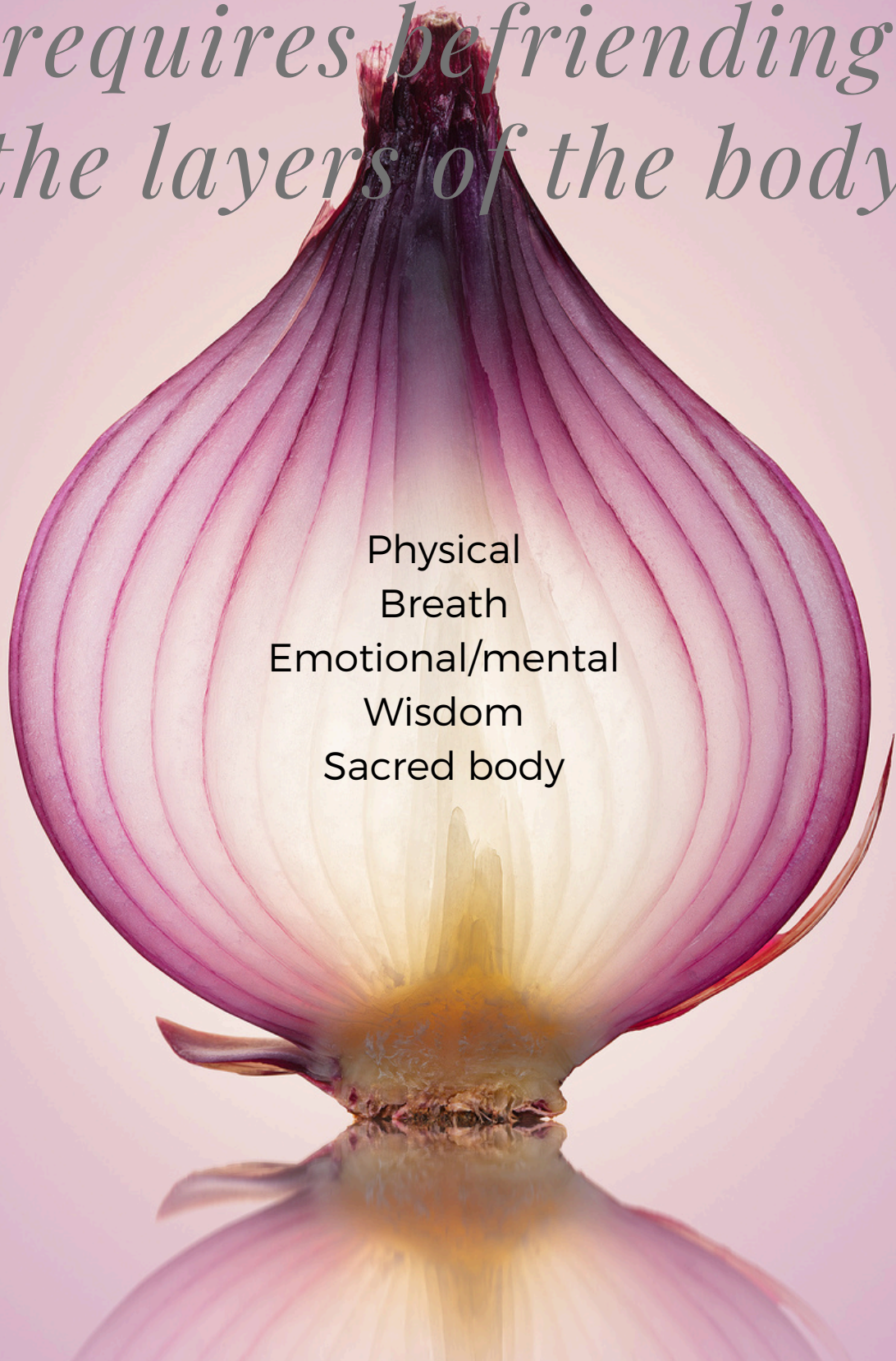
Safely Embodied Transformational Model

Psycho-Spiritual Living, Loving, Working

Which is how the Safely Embodied Transformational Model arose out of the intersection of all the models: integrating trauma treatment, attachment theory, and the many, varied wisdom traditions.

- 1** **PROTEST:**
something inside of us rebels, knows that “This isn’t right!” “It should be different!!!”
- 2** **NEED:**
our protest automatically triggers an unmet, primary attachment need, imprinted in our bodies
- 3** **LONGING**
because the need is nonconscious it generates an intensity that, when harnessed, is rocket fuel to where we want to go
- 4** **TURBULENCE:**
yet when we try to reach for it we encounter a tremendous amount of internal pushback
- 5** **NOURISHING OPPOSITE:**
all of which obscures something very simple
-
within the protest is the opposite
that is the response to where we are now

*Befriending our body
requires befriending
the layers of the body*



Physical
Breath
Emotional/mental
Wisdom
Sacred body



We forget, though

Our wounds are first experienced, then over time imprinted...as they are repeated they become blocks in the many layers of our body/mind/heart.

In yoga we call these knots/blocks *samskaras*.

When the life force, our soul energy
hits up against our samskaras we
have a universal experience:

PROTEST!

It shows up in some way as "It
SHOULDN'T be like this!"

It may be in words
but often what precedes the words
is an internal reaction,
a trigger.

It could be depression, anxiety, or
numbness.

Basically, it's anything
that doesn't
feel good or "RIGHT".



**What has always intrigued me is...
how do we know that?**

If it "shouldn't" be like this... what are we
upset about?

What SHOULD it be like?



Something deep inside us,
often outside our cognitive
understanding knows...
something's missing.
It should be different.



*That brings up the
Transformational Dilemma.*

What do I do, now?

Who do I want to be, now?

F r e e d o m
comes from being
more YOU
than from trying to be
anyone else.



We need YOU
exactly as you are



Connected to your
Source,
life force,
Soul





Step 1

ATTUNE

Attuning to our inner experience, transforming our protests, refining how our soul's purpose is calling us to express into the world is an iterative process.

It's where we all stumble at some point or another.

We enter the ATTUNE phase of our life, in fact, when we first settle or do what we're "supposed" to do, be who we're expected to be. A common experience for many. It's where we keep ourselves from launching into the next phase of our lives.

Now is the time to start exploring our fears, blocks, resistances, and clearing the shame that keeps us from BEING who we have always known we could be. Finding our gifts.



Step 2

ALIGN

Then we align the gift we've attuned to with the inner and outer signals that we get from the world. That's what keeps us connected to our Inner Wisdom.

You, safe and aligned, are then sending a clear, coherent signal of who YOU are, what your GIFT is, and how your soul's purpose is showing up in the world.

Step 3

AMPLIFY



Most people want to jump to this part, skipping over the steps that create an attuned inner connection, aligned inside and out.

Totally understand that!

It's natural to hope, wish, dream that the world will delight in us, in just the right way, rewarded with love, value, prosperity and recognition.

We want that for you too! But the groundwork (attune and amplify) is essential...

*When we're connected inside
it's much easier*



If you're anything like most of us we lose connection as we step out of our comfort zone. We get caught up in our old, patterned ways of being, struggling to find the workable next step

Wondering if it's possible? Turn the page...



"Reading your books and taking your courses have made me shed some tears. I have been longing to find a community like this. Your words and approach not only fill me with so much hope but more importantly it's changed my life.."

~Demetria

When I found you I was brought to tears. I'd been longing to find a virtual community where I felt safe, where people were real, and where the guidance was so clear. You brought me so much home. I'm thankful to be here. Grateful for all you give me in resources, connection, and hope. ~ Debbie

"Every book, video, audio, course you put out has been meaningful to me. You fill out the corners of my understanding and make the next step possible. I'm so grateful for your life-changing work." ~ Laura

"It's such a source of strength having you and Jack in my corner." ~ Amy

Dan
So helpful!
Deirdre you always make these concepts and practices so understandable and doable.
Thank you so much!!

So beautiful, so authentic and vulnerable... It reminds me that it's good to be open like this and let your heart be your guide. I'm saving this! ❤️ So much love to you, Deirdre ❤️

Oh my, it feels so good to be back here. I took this course last fall and somehow it slipped away, but I have found my way back and it feels like coming to a forgotten place in the forest where I can rest for a bit. So good to bask in the rays of belonging...where others, like me, are seeking to be safely embodied and to live fully in this world. I could bask all day in this and I can feel it moving inside me. What a gift. I am feeling the welcoming blessings coming to me from the circle, and offer my own...May you be safe, may you be happy, may you be healthy, may you live with ease...may your heart open and fly, may your mind be as clear as the sky on a blue sky day...may you be at peace...

We all have to remember
It's essential to practice, to play, to witness...

The more we practice reorienting to where we want to go we literally are training our body, mind & heart to have the experience we want to have.

That disrupts the old patterns. The new practices become part of procedural (habitual) memory and begin to replace old dysfunctional habits.

It's essential to practice...

...every day

Practice shifts the "wisdom" from someone outside you to YOU finding your own inner wisdom.

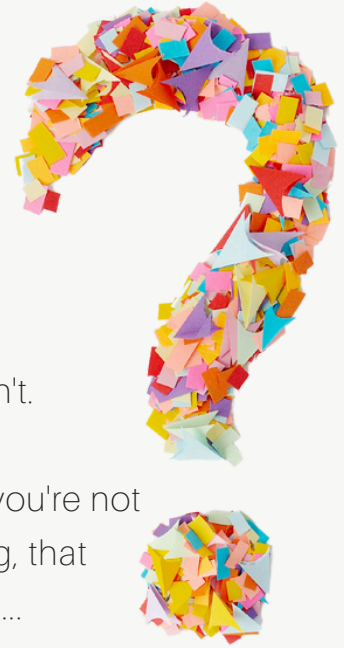
And that's the most important part of all.

We encourage you to practice the same skill every day for a period of time so that it becomes as comfortable and familiar as the patterns you are trying to shift.

Many people also find it helpful to keep a journal of their experience and re-read it at those times when using the skills is difficult. Journaling is a research-based way of gaining insight and shifting patterns.

After having thousands of people write us with their questions and comments, Jack and I thought we'd respond here to ones that might be similar to yours.

Questions & Next Steps



Maybe you know what your next step is -- and maybe you don't.

There is nothing better than knowing you have support, that you're not alone... that you belong. When you know you can't do it wrong, that people welcome your mistakes and help you learn from them...

live a heart full, healed, abundant life

If you're wanting to live from your inner core, connected to your Inner Wisdom, living your soul's purpose, we know how to get you there.

If you're on a psycho-spiritual path then it's important to have the theory and practices to heal and clear your inner world so wisdom isn't tangled with imprinted fears, blocks, and resistances. Grounded in yourself you can have clear, coherent alignment with the world inside & outside.

The end result?

Receiving the love you've always wanted, connecting and belonging to people you cherish, having purpose-driven work that aligns inside and out, bringing you prosperity while supporting you to flourish.

After working with many, many people AND seeing them Grow, Develop, Flourish and Prosper we've dedicated our lives to helping you have the same.

*Support from like-hearted people,
guided by your inner wisdom*

The question behind the questions

Underneath the questions people ask is a deeper question:

Is it possible for ME?

Can I change?

Is it possible for me to shift these painful patterns into a more fulfilling life?

Can I organize this crazy inner world?

The simple answer is yes.

And it takes some work. And play! It requires patience, practice, and believing in the possibility.

It means listening to your heart.

Like when you were reading this...

and something inside quickened.

That's why we're here. To listen to you and help you get where you want to go. Come join us.

We'd love to be with you, supporting and encouraging you, step by step.

Keep in touch!

Instagram, Facebook, & YouTube

are where I give a lot of free material...I'd love to have you join me:

Instagram: [@dfaypics](#)

Facebook: [@healingattachment](#)

YouTube:

<https://www.youtube.com/c/DeirdreFay>



May goodness rise

It means nurturing hope, giving it room to flourish. It means turning toward hope, toward the possibility of what you know deep inside should be different.

I've seen people make incredible changes in their lives.

In many cases, it happens inch by inch!

Millimeter by millimeter.

And you know what? That's the best way.

When we go too fast sometimes we miss putting the tiny underlying bits into place.

Questions? Please email us at: support@dfay.com

Sending goodness,

Deirdre Fay & Jack Rotondi

Bottom line -> You've got this!

*There's no way
to do this right.*

And....

*There's no way
to do this wrong.*