

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



VOLUME 3 - NUMBER 8 - AUGUST 2008

"Destiny is a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved."

Winston Churchill

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Good day dear woman and man reader!

This month of August, I will answer a question from one of my readers.
"Why do women remain in a difficult, painful or destructive situation for too long?"

Even though that question comes from a woman, I know only too well from my practice that men endure many life crises for way too long as well.

I will begin my answer by telling you that we human beings live in the reality of being managed by two different systems: I call the first one 'visible' (through the body, heart, brain, our organs... etc.) and the other one 'invisible' (thought process, different energies, cellular memory, archaic, past and present).

I am convinced that quantum physics will shed light on so many old questions during the next decade, and that the findings will be as astounding to our so-called modern eyes as the first man in the Middle Ages who dared suggest the earth was round.

This being said, humans have begun to know themselves differently in the last centuries, but yet still so little in comparison to what we are discovering and will continue to discover.

Relatively recent discoveries of the Mayan Calendar (or code) ending between 2011 and 2012 show us how they were so profoundly advanced and evolved in so many spheres. We can only extrapolate that this loss of knowledge is due to a planetary cataclysm that mostly destroyed it all.

Research in biogenealogy (to name only one) shows us that we all have a cellular memory dating back to the dawn of time, and because that cellular memory is invisible is precisely why my hypothesis is that it expands in the same fashion as cellular production occurs, as we now know it. Cells are initially almost invisible, and become visible to develop into what we see as a plant, a flower, a baby, etc.

Logic wants me to think that this same cell (invisible to the naked eye) then transforms itself into its own program (visible) in order to enact its truth - i.e., humans, plants, rock, as well as a life experience - therefore becoming visible.

Well, well... a little detour I find of importance in hopes it will help you understand that our emotions (invisible) reproduce themselves and become the result of a program, itself resulting from its original cellular memory. And as our brain is a very fertile soil, it cultivates our cellular memory as a garden, and the brain does not

discriminate whether you plant a deadly weed or a rose; it will make it grow regardless. It is simply enacting its truth.

When we examine human beings, we are not yet aware if we know ourselves in our functioning of 20, 40, 70 or 90 percent capacity.

Quantum physicists can measure human energies up to eight feet around the body, and when asked why only eight feet, their answer is that their machine simply cannot go any further. This means that, some day, we will be able to measure a human thought for astounding distances.

So, after that brief detour to help you understand the analogy, let's get back to our question.

All humans are fundamentally programmed (so is everything by the way!)

- in their cellular memories (invisible) by their parents and ancestors even before being conceived;
- by their education (conscious and unconscious);
- by and through all the stimuli surrounding them, even since before birth;
- by conscious and subconscious experiences, whether remembered or forgotten or handed down to us by our parents (present or absent), as we recognize or become aware of our existence;

In brief, we are all sponges until we awaken and understand that if we do not change the programs that make us act, react and suffer, we will continue our suffering.

Finally, our dear Old Brain!

Sometimes I see the program of the Old Brain in many of us as being:

'Afraid to live, afraid to die!'

In other words, we live between a rock and a hard place. Not funny at all.

When humans are in a difficult situation, no matter how painful it may be, they live the result of their program, and whether they are aware of it or not, the result is proportional to its content.

The basic program in humans, until it is made conscious, healed, reprogrammed, will entrain the person to answer to the painful situation in accordance to their basic fear. Since it is this intrinsic fear located in our old brain, the main goal being our survival, that makes us spontaneously react either in freezing or fleeing, we react accordingly. If your fear of fleeing is greater than your fear of freezing, then you will harvest a result that is congruent with that fear.

Until that fear is healed, refined, socialized, tamed down, in brief it manages us until we learn to master it.

The result is then:

- if I flee, I shatter my dream of happiness and I must accept that it will never happen;
 - if I flee, I face the unknown;
- ...and you may know by now that the unknown is the scariest fear of all;
- if I flee, I will bare the onus of being the bad guy;
 - if I flee, I may never find another situation as good as what I now have, or I will be missing out on some good parts of this situation;
 - if I flee, it is a proof of failure. As long as there is no breakup, the possibility of improving remains; I may still uncover the best;
 - if I flee, I am rejecting another;
 - if I flee, I am being rejected;
 - if I flee, I am afraid to find myself all alone, and I may not be able to survive;
 - if I flee... etc... etc...

And:

- if I stay, I will never face solitude;
- if I stay, at least, I know what is going on, and it is easier than facing the

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- unknown;
• if I stay or flee..... go ahead, finish the sentence.

I could go on and on and on. You get the picture?
Every one can finish this last phrase according to his or her own intimate conscious or unconscious program.

And above all, remember that we are always attracted, consciously or subconsciously to what we know or recognize best from our past.

What are you going to do about your own program? Flee or stay?

I wish this short reading to have enlighten you and if you already knew it all, well, what part of your program do you wish to heal?

Blessings and healing to all of you.

NEXT MONTH: A surprise!

Warmly:

Pauline Houle - Therapist – author

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PS: If you have any topics you would like to read about, please feel free to e-mail me, and I will be more than happy to consider them.