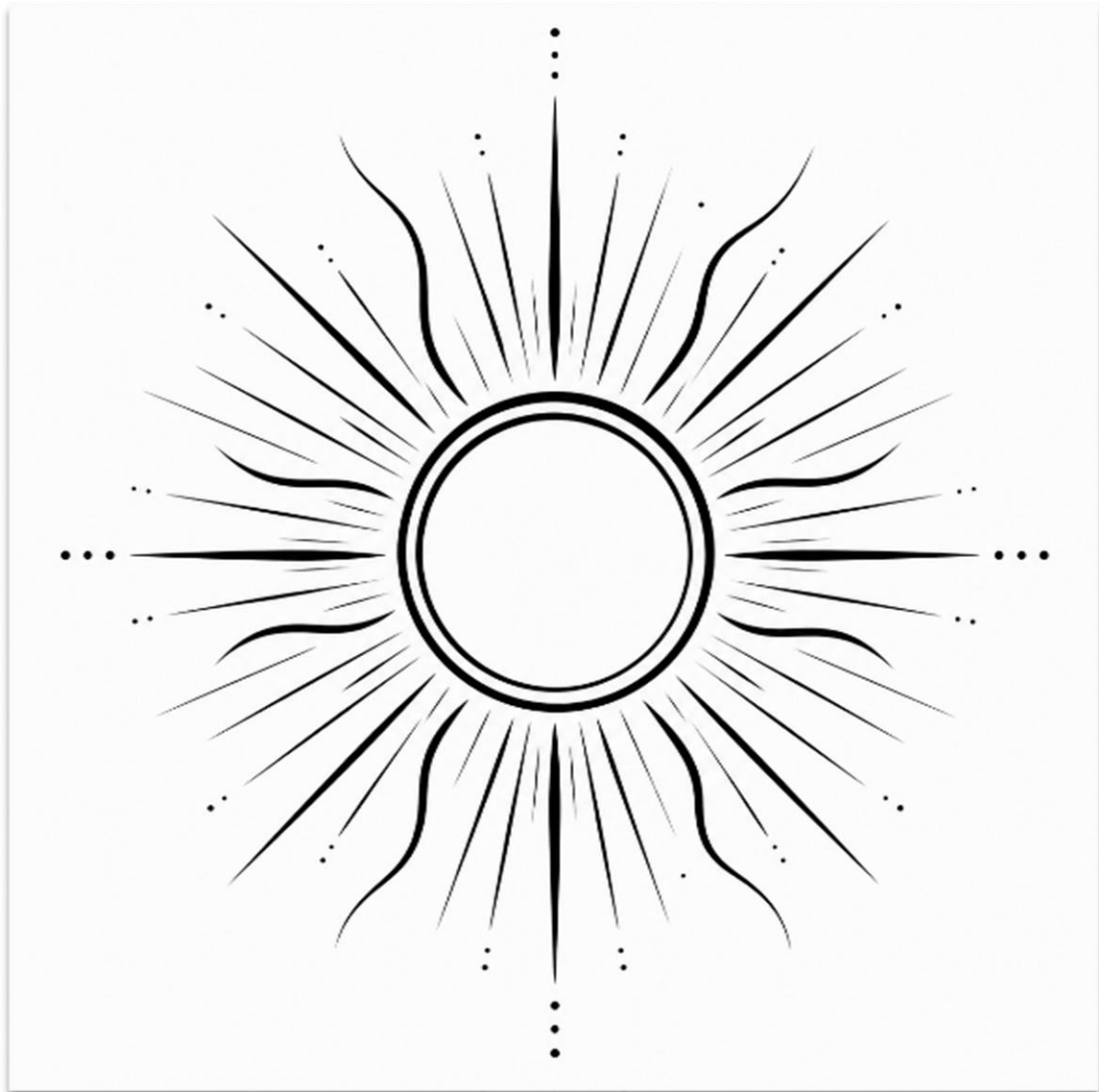


WHY DOES LIFE KEEP REPEATING?



Discover the hidden patterns behind relationships, burnout, emotional overwhelm, and feeling stuck.

Welcome to The Real Me Academy!

What If You're Not Broken?

Many people spend years asking these kinds of questions:

- Why do I keep attracting the same people?
- Why do I always end up exhausted?
- Why do I repeat the same relationship patterns?
- Why do I overthink?
- Why do I struggle with boundaries?
- Why does life seem to keep giving me the same lessons?

You may have recognized a few of them for yourself.

And perhaps you also struggle with the assumption:

"Something must be wrong with me."

Now imagine nothing is wrong with you?

What if life isn't punishing you...

What if life is simply reflecting patterns you've never learned to recognize?

What if these patterns not only want to be recognized but also want to be seen, heard, felt, and acknowledged? By yourself.

What if acknowledging them leads you to a more fulfilling, happier, and more peaceful life?

And yes, we know many coaches, websites, healers promise and offer you happiness for your dear investment in their products and services.. We know.

What makes us different?

We promise you nothing.

We offer you the possibility to acquire the right tools for your peace and happiness.

We have the tools; you decide whether to use them, and if you make a promise to yourself:

I become happy.

You just feel if we are the right support for this stage of your life's journey.

For now, we're offering this free download so you can get a taste of our work and how our insights might help you find yours.
Because you first need to recognize before you can acknowledge, accept, and transform yourself.

Our BBBe Method:

Our BBBe Method is a three-phase model that tracks the evolution of the trauma ego from desperate external seeking (Beggar) to emotionally charged rebellion (Bugger), to an empowered, self-sourced existence (Blessing or Bonus-Being).

Each phase represents a stage of emotional development and self-awareness.

The model reveals the false promise of ego strategies and offers a path toward self-love, inner empowerment, and sovereignty.

The Beggar Pattern

Why Doing More Often Creates More Pain.

The Beggar is the trauma ego seeking to earn love and acceptance through the outside world.

As children, we all needed:

Value

Validation

Vulnerability

Love.

Safety.

Attention.

Connection.

When these needs were not fully met, we unconsciously developed strategies to receive them.

We learned to:

- please
- overgive
- rescue
- prove ourselves
- avoid conflict
- become responsible for everyone
- suppress our needs

The problem?

These strategies often continue into adulthood.

And instead of creating love, they create exhaustion.

The BBBe Cycle:

Beggar

"I must earn love."



Bugger.

When earning love, through the strategies of the Beggar, do not lead to the desired outcome.. we 'switch' to the Bugger.

The Bugger represents the desperate, reactive inner child or unresolved trauma. Having lost faith in earning love, it resorts to more aggressive strategies.

"Why does nobody appreciate me?"

Emotion Base appears as **Anger, sadness, and abandonment.**

"They'll never **love** me—so I'll make sure they feel it too."

The **Bugger** still wants love-but now demands it or **punishes** others for its absence.

Both – **Beggar** and **Bugger**- are **crying out for love**—but one is still hoping, and the other has given up hoping and turned to force, punishment, or despair.



Bonus

"I already have value."

The **key**, eventually, is to realize this, to see the mission impossible in these attempts, to find the **motivation** to let these Beggar and Bugger **strategies** go. This creates an **entry point** or **motivation** to start considering the Blessing or Bonus-Being attitude as a new personal **viewpoint**.

A more **self-empowering** one, a **self-valuing** one, a more **self-validating** one, a more vulnerable and honest one to oneself.

Disconnected from the **perception** and judgement of the outside world, hence the **invulnerability** through being vulnerable (honest and vulner-able to oneself).

The journey of healing is not about becoming someone else.

It is remembering that your value was never missing.

If you are interested in learning more (free) stuff about our BBBe method, feel free to visit our YouTube channel and Beggar Bugger Bonus Being Method playlist:

<https://www.youtube.com/playlist?list=PLTDI5srN6bzO1IKZou6ebAmbwvJ8syby1>

Or watch this video:



Safety vs Stability Field Theory and Practice

Next, we will talk about the Inner-Father-and Inner- Mother field a.k.a. our Stability and Safety Field.

Keep in mind: this is not gender-based, but archetypal-based.

Both the Inner-Father (Stability) and the Inner-Mother (Safety) fields are indivisible energy fields within both the biological male and female.

Many people focus on feeling safe.

But true emotional safety depends upon stability.

A missing or absent father field = missing **"stability circuitry."**

The Inner-Mother Field

Represents:

- emotions
- connection
- intimacy
- creativity
- self-worth

The Inner-Father Field

Represents:

- structure
 - boundaries
 - decisions
 - leadership
 - direction
-

When stability or inner-father-field collapses:

- anxiety increases
- overthinking grows
- burnout appears
- children begin taking over
- relationships become chaotic

Without stability, your nervous system (a.k.a. the Inner-Child) struggles to feel safe.

Inner Peace requires both:

Safety

and

Stability

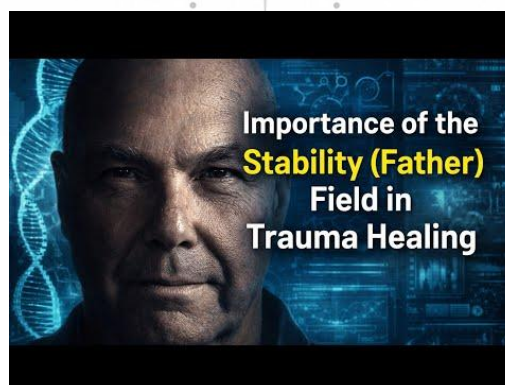
Trauma continues because the stability system (or the healthy father field) never came online.

All trauma loops ultimately trace back to this missing stabilizer or inner-father.

If you are interested in learning more (free) stuff about our Inner Safety & Stability Field Theory and method, feel free to visit our YouTube channel and *Stability Field Training* playlist:

https://www.youtube.com/playlist?list=PLTDI5srN6bzNCt_9jo-Ke1yv6gWZ9ywOt

Or watch this video:



Why Life Keeps Repeating--The Manifestation Loop.

Most people think:

Circumstances lead to our Emotions and Feelings.

But often the sequence looks like this:

Memory



Thoughts



Feelings



Behaviors



Experiences



More memories

And the cycle repeats.

As you can see, Memory is key in this manifestation loop.

It even determines your perceived identity, which is often not your true self.

We introduce our version of the famous formula:

$$E = MC^2.$$

In detail:

Emotions = Memory × Circumstances²

The mind predicts the future from the past.

The nervous system seeks familiarity.

Even when familiarity hurts.

Which is why:

- unavailable partners feel attractive
- peace feels boring
- stress feels normal
- overgiving feels loving

Awareness breaks the loop.

Emotion is the **bridge** between **consciousness** and creation.
It **shapes perception**, attraction, and your **manifestation of reality**.

Thus, **emotion indirectly shapes**:

Behavior,

Decisions,

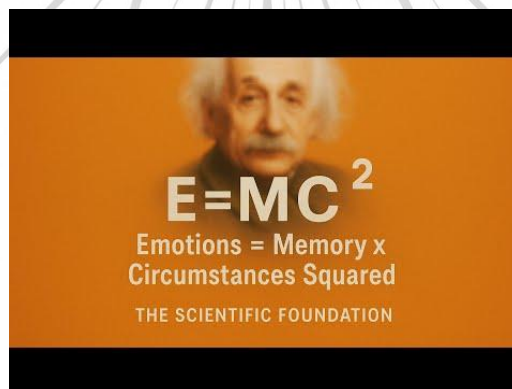
Relationships,

Health,

Subtle electromagnetic signaling,

The gravitational pull of experiences ("manifestation frequency").

If you like to know more about the effect of Memory on your emotions, circumstances, your reality, and manifestations, feel free to watch this video:



Your Unique Blueprint.

Not everyone experiences life in the same way.

Each person has a unique design.

Some are naturally:

- leaders
- guides
- creators
- nurturers
- investigators
- initiators

Understanding your blueprint helps explain:

- why certain patterns repeat
- your strengths and gifts
- your emotional blind spots
- your relationship- and family dynamics (partner, children, parents)
- your manifestation style

Human Design is one of the tools we use to understand these deeper patterns.

What If Your Patterns Are Not Random?

Perhaps the struggles in your life are not punishments or 'just' bad luck.

Perhaps they are invitations.

Invitations to understand yourself more deeply.

Invitations to remember who you truly are.

Ready To Explore Your Blueprint?

Custom-made and personalized for you, we have:

Soul Blueprint

Relationship Blueprint

Parent-Child Blueprint

Family Dynamics Blueprint

BBBe Shadow Blueprint

Signature Blueprint

Visit:

The Real Me Academy @ www.freecanari.com

A Question For Reflection.

What pattern in your life keeps repeating the most?

- ☐ Relationships
- ☐ Burnout
- ☐ Anxiety
- ☐ Parenting
- ☐ Feeling not good enough
- ☐ Financial struggles
- ☐ Emotional overwhelm
- ☐ Grief and loss
- ☐ Other: _____

What would you like more clarity about?

Go to www.freecanari.com and read more about our available blueprints ..
personalized and especially made for YOU!