

PASSIONATE PATH
PERSONAL FREEDOM SUPPORT • COACHING FOR COACHES
COACHING

**5 WAYS
TO
BREAK
FREE
AND LIVE
THE LIFE
YOU
LOVE**

Identify, break up, and set
free from limiting beliefs
that keep us from living our
dream life



LELA BECKER



5 ways to break free and live the life you love

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that keep up from living our dream life.

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5 ways to break free and live the life you love

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A letter to the readers:

Hello Soul Seekers and Dream Makers,

It is my belief that certain souls travel in the same sphere of consciousness, they may not know each other for lifetimes, but when both parties are ready they cross paths and the trajectory of their paths is changed forever. Thank you for crossing my path, in this moment, in time.

It is no coincidence that you have found and downloaded this ebook. The moment is now and the decision is yours to take these **5 steps to break free and live a life that you love**. Your subconscious self, your guiding light is ready to shine. You are one step closer on your most passionate path.

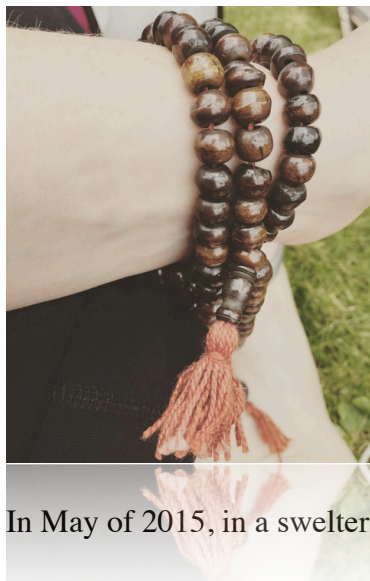
Do you live your life by what others expect of you? Do you hide your true passions and talents because you think it would be silly to pursue them? Do you crave to change the trajectory of your life but you can't find the right way to do so? If you said 'yes' to any of these questions then get to take the leap into a life that you love.

Read this ebook and do the work. If you need support along the way I am here for you. I have lived through all of these limiting beliefs and more. They say wisdom comes through experience. As a natural born teacher and coach I have collected that wisdom and transmuted it into a tool to help others elevate to a new level of personal freedom.

I used to live a life that wasn't designed for me. It was created by the stories of other people; what they thought I should do and be. I spent half my life struggling to live up to other people's expectations, until one day I found myself to be on a ventilator, crippled with anxiety and stress. I was in my mid-thirties and my life was killing me. I decided to make a change! I had spent a

lifetime of studying neuroscience, alternative healing modalities, and movement therapies as a side hobby. Unfortunately, I did not apply them to my life until it was too late.

Eventually I found the courage to stand up to the limiting voice in my head- like one would an abusive ex-lover. I discovered my strength and made the choice to rewrite my story. I sold everything I had and separated myself from everyone that did not believe that I could change and I bought a one-way ticket to India. It was in India that I gave myself the permission to live the life that I had always dreamt and the live I loved.



In May of 2015, in a sweltering roof top shala practice space, I was nearing my 300th hour Tantra philosophy study, Meditation and Yoga, when the system behind Passionate Path Coaching hit me. I knew from that moment on, it would be my mission, to support those who wish to change the trajectory of their lives and live a life that they love. At the core of my work, I am here to expand the mind, body and soul of those who wish to set themselves free. I have been helping clients breakdown conditionings and narrative that create limiting beliefs for the last five years. My current work has taken a niche into the awaking of self and empowerment of aspiring coaches. But, I have also learned that we are all on a Hero's Journey. Some at different starting

points, but nonetheless we are all on this journey. We all have a story to tell. And, it is our mission in this life to share that story with the world to help others that may be going through the same thing.

My mission is to help clients wake up to their true potential. I strive to help people cultivate their inner-strength, push their confidence to the front lines, and bust through all the barriers that keep them from living a life that they have always dreamt. If you are a coach, a teacher, a spirit seeker, a dream maker, or just a kick ass person that knows that there is something more out there. I want to help your dreams come true.

I believe that if we lived in a world where people are living from their hearts and not their heads then we would have heaven on earth. I am so happy that your energy led you to this moment in time. If the stories below resonate with you, I believe that together we could walk a beautiful path.

Love, Learn, Listen and Live Well

LeLa

Who do I work with...is this you?

You know you were put on this life to make a change but you don't quite know how.

You would like to get in touch with your God job and how to start offering your gifts to the world

You feel stuck, unable to make the best decision, seeking clarity

You have physical pain, low self esteem, or lack of self worth

You want to be free from the barriers that bind you.

Leaving or getting into a relationship, job, or life situation all stems from the same root. Confidence. Most people think they have it but when we start to really evaluate if we are happy, truly happy, we find that we didn't do the things we wanted to because we were scared. We find that we do not have the right tools or the right view point to tackle this, sometimes, paralyzing emotion.

External events create energies that, no matter how minute they were, tend to get stuck in our bodies and fester unless dealt with.

You would like to become a coach, leader or teacher

This is where I come in.

The system behind Passionate Path Coaching is a blend of modalities, from homeopathy and Ayurveda, to meditation and neurolinguistical programming, gentle asana sequences, to introspective work and journaling. It is fluid in the way that it is specifically formulated for each client's needs. This program is completely submerged in the study of Quantum Physics, where a general principle is that we all see and experience the world, in different ways. Figuring out how you see the world and how it interacts with your body is the key to this work.

If this feels like you and you are tingling in a **full body YES**, then contact me and sign up for your session today.

Go to www.foodloveyogahealth.com/coaching for more information

Testimonials

“One of the most inspiring humans I know. Oprah, thanks for the pavement but it’s time for a new queen”

K.Hartley Portland, Or

"Working with you over the last 6 months has been a great evolution in my approach to my world. It has really refined a lot of things. I feel like I applied a lot of that and I now have a Director's title and that means a lot. There's also a sense of pride that goes along with it and how I think of myself. Thank you for your help. It means a lot."

-J.Miller Seattle, Wa

"This system has given me so much to work with and I will continue to do this work throughout the rest of my year. Thanks so much for sharing your knowledge and gifts (and laddus!) with us!"

Racheal B. Seattle, Wa

"If it wasn't for you I would not be where I am today. Thank you for your support and guidance!"

Tony H. Pittsburgh, Pa

"I am buzzing! Thank you!"

Lynn A Seattle, Wa

"I never thought I could have this job. It truly feels like a dream. Thank you for leading me there!"

Nick G. Seattle, Wa

Step #1

Gut Reactions: The truth will always come out

Practice: Think of the moment you achieve the life you love. Figure out what is the missing piece. Is it love? Money? A new job? A new way of presenting yourself to the world? A change in career paths? Once you have decided close your eyes and think about it. What feelings come up? What words? sensations? Where do you feel it in your body? Locate and identify it.

Is there a blockage? Is the thought of having this in your life creating anxiety or lack of self-worth? Is the feeling stagnant or is it flowing?

If it is flowing: allow it to surge through you, igniting every cell.

If it is stuck let's break it up! Imagine something strong enough to break it up. A waterfall, a band of horses, and hammer. Mentally visualize the stagnant energy breaking up and releasing out of your body.

This is step one. I usually have clients revisit this until the energy starts to flow. If you are craving to become unstuck contact me. I want to help.

Truth: The truth is our bodies are bundles of energetic frequencies that absorb and release energy every moment of every day. Everything is connected, especially when it comes to the magnificent universe that is your body. A complex, highly intelligent form of energy is constantly working to regulate so that you may have a full life experience. Unfortunately, along with breathing, blood circulation, hormone regulation, neurons firing, learning to walk, digesting, and more, we are also learning to evolve and experience other energetic life forms. It is scientifically

proven that our bodies will remember an event or traumatic experience before our brains can catch on. This is because everything is energy and, our bodies being energetic antennas will absorb the happenings before our minds can categorize it and explain it. Most of us are not taught how to identify and release painful experiences, so we learn to dismiss them mentally, but physically the body does not forget. So, left unattended to that energetic frequency starts to bang around until one day it expresses itself within the body.

Clients Story: Marie sought out my services because she was suffering from horrible shoulder and hip pain. She knew that I taught yoga and thought I could help her, physically. During our intake she revealed that she was very angry. She had suffered the loss of both of her loving parents and, as we dug deeper, I realized that she is the person in the family that takes care of everything. So, left with funeral arrangements and keeping the family together, I concluded and suggested to Marie that maybe her shoulder pain was her body screaming at her to relieve some of the emotional weight that she was carrying around. Have you ever heard of the saying “carrying the weight of the world around on your shoulders”? Well she was, and her body was begging for help.

Modality: In Chinese Medicine, the emotion of anger, will get stuck in the hips. After the intake, we found our baseline. We realized that her pain was not only physical but also related to grief, anger, sadness, the struggle to carry the people in her life, and more. In Marie’s case, Theta meditation, neuro-reprogramming, and nurturing asanas would be the key to her breaking free. Marie is doing great today. She is dedicated to breaking through her blockages and she continues to make breakthroughs every day.

Step #2

Rivers of energy

Practice: Stand with both feet flat on the ground. Inhale. Lift your arms up over your head.

Stretch your fingertips towards the sky. We have over 80,000 nadis (the Sanskrit word for Rivers) in our body. In a healthy body the energy will flow with ease, but much too often, energy can get stuck. Acupuncture and acupressure are a great example of how we can release blocked energy.

In this system we use this healing modality as a way to map the body mind connection. If the client is having back problems, then maybe they do not feel supported in their everyday life. If they are having lack of abundance than through the sessions, we may uncover that they have a certain fear that shows up viscerally in the body. We then can take steps to start to remove the mental and physical blockages that eventually will allow the client to obtain abundance.

Step #3

The force is with you:

Remember your inner child has the key!

I often ask my clients what they wanted to do as a child. Children are more likely to choose the thing that makes them the happiest and not think about the consequences. The problem happens when we start to grow up we are bombarded by what society and the people around us have to

say about our lives and then we start to let go of that dream. This is the ultimate example of a war between the heart (what we would love to do) and the head (what we think we are supposed to do).

Clients story: Nicholas is young and trying to figure out his place in the world. He came to me a few years ago seeking guidance. For months I would ask him “What will make you happy”? And he would reply, “I don’t know”. So, we meditated, and we would have our weekly sessions. I could tell that fear and shame were keeping him from telling me his truth. One day I asked him “What job do you want to do? What will make you happy?” he blurted out with tears in his eyes, “I want to sit in tea shops and talk to people!!” As soon as the words left his mouth, he cowered in shame. I hugged him, and I was so happy, because he finally broke through. Nicholas finally admitted his passion/path in life, it was then, that the work began. We started to work with his desire, without judgement, and we did the work to make it a reality. He became my apprentice and now he coaches people in an informal setting (mainly tea shops). Nicholas is living his dream, he is doing what makes him happy. Where at once he thought it to be a silly and unobtainable notion, is now his reality.

Step #4

“Mind Over What Matters: How I healed myself and others”

Except from my upcoming novel

Broke Open: A Memoir about learning to fall in love with yourself

My story

“A sad soul can kill you quicker than a germ.”-John Steinbeck

Inhale!

One...two...three...four...five...six...

Hold!

One...two...three...four...

Exhale!

One...two...three...four...five...six...seven...eight...

3:32 am. Gasping for air. My throat tightens. I wheeze. The feeling of sharp glass caught in my trachea. I lean forward in my father’s reclining chair and slowly release the footrest. I try not to wake my parents who are sleeping in the room down the hall. Wincing when it shuts with a loud

squeak, then a clunk. It is old and it shutters into its locked upright position. I sit up and force short quick breaths. In and out. In and out. Air jumps from my lips, tinting blue with every second passed. I hold my breath and I listen throughout the house. I stand up and realize the weakness in my legs. They quiver under the weight of all 200 pounds of me. I step towards the window and immediately retract my foot from the smooth sandstone on the living room Floor. My mind registers that I may have stepped on something sharp. Tears well up when I realize it is my body failing me. The souls of my feet are sensitive. The blood in my body is blocked and not circulating properly. “Shit!” I cry and fall backward knocking into the table of framed pictures displaying our large family. Air catches in my rebelling lungs and I cough. My body convulses with each expulsion. I stumble towards the window and steady myself by wrapping my entire hand around the bulk of the cedar window frame. The sound travels across the cavernous ceilings and my father wakes up.

Inhale!

One...two...three...four...five...six...

Hold!

One...two...three...four...

Exhale!

One...two...three...four...five...six...seven...eight...

It's dark up here, in The Santo De Cristo Mountains, a black backdrop for the midnight dance of the full moon. Starlight shines on vast fields of sun-dried sagebrush and dives into the depths of the arroyos that cut through the desert landscape. My finger traces the cold condensation from the inside of the window. I collect a few drops and place it on my throat. The coolness

extinguishes the heat radiating from my body. I sigh and release my legs of their duty to hold me up. My back slides down the smooth window pane and I sink to the stone floor. My father swiftly turns the living room corner, hooking his aged, strong seventy-year-old hands, into my armpits and hoisted me back into my temporary bed, the recliner. He wheels the grey portable oxygen machine closer to the chair and flips the switch. The way he matches the mouthpiece to me, the way he slings the elastic strap around my head, makes me sad because he has done this, so many times before. The rumble, pop, chug, and gurgle of the machine pick up speed and the noise wakes my mother. She runs for my sister Abigail. She is an acupuncturist and has agreed to stay in the spare bedroom for a while until we can figure out what is wrong with me. My vision is cloudy. I notice two fuzzy figures run to me. My mother falls to her knees massaging peppermint oil on my feet and my sister squeezes up to the chair side. She wipes the crust from her eyes and yawns as she tilts my head and sticks a needle right in between my eyes. I fall asleep. My mother covers me up and kisses my head. My dad sleeps on the couch next to me.

The next morning, I lay still in the recliner. Staring up at the intricate wood inlay of the ceiling noticing that I still have an acupuncture needle stuck between my eyes. I look over at my father, he is sleeping on the couch and looks dutifully uncomfortable. The living room is littered with equipment to help me get past this “sickness”. I am thirty-five years old and I spend a majority of my days going from doctor to specialist, to caulenderia, to cranial sacral specialist, you name it, conventional to alternative, I have been to them all. Every one of them has a new suggestion of what this illness might be, but in the end, diagnosing me as being in “perfect health”. At night I sleep upright in my father’s recliner because I can’t breathe if I am laying flat in a bed. Most nights I feel like I am going to die. I decided this morning- while laying the recliner and looking

at the ceiling- that I am going to heal myself. I have nothing to lose. I have to give it all up and start over. I have to make a change. I am going to move to India.

It was in India, that I was far enough removed from my life and all its expectations, that I was able to start shedding preconceived notions of how I should live. I started to learn how to live from my heart and my world cracked open. I could see colors more vividly. I accepted people's energies as softer and I was happy and healthy. It was in these moments that The Mind Over What Matters System was transcribed to me. I knew that I had to come back home and teach it to as many people as possible.

Step #5

Live from your heart and you will always be free.

Self-work is hard. Confronting and expelling barriers, reasons, daemons that have been with you for years, takes courage, strength, practice and guidance. It's easy to stay comfortable, not rock the boat, and live a half full life. If that is what you choose, and you are happy, then you should be there. But, if you feel like you could amplify the life you are currently living, by diving into self-work, then you must make the decision to do The Work! If you do not address your body and the blockages it has intuitively created, then all your energy will start to clog up, wreaking havoc on your mind and body and it will find a way out of your body.

Why hire a coach? Someone to hold the mirror

Healers and teachers can be sacred witnesses to mirror what's showing up in your body. I can correlate the connection between what is showing up in the body to what is barricaded in your mind. My experiences and study have allowed me to see what clients cannot see. I can hold your mirror and gently guide you to your most liberating, healthy, and passionate path.

Buddhist Teacher Pema Chodron is widely known for their teachings on the theory of "Inviting your Daemons to tea". This is the teaching of facing your fears, addictions, and anything that holds you back, head on. She teaches the benefit of talking out the story. After much practice we can release it and move forward. Although the thought of inviting your daemons to tea may sound simple....it's not. Our minds and bodies natural processes is to identify the beneficial items for our body and expel the rest. Expulsion of unwanted energy should be done with the guidance and care.

What is Psychoneuroimmunology?

Psychoneuroimmunology is the study of outside influences on the mind and bodies systems. It is how an external event can internalize and affect our body's health, physically

What is Quantum Physics?

Quantum Physics tells us that nobody has experienced this life like you. Nobody has had your views, combined with your knowledge, feelings, and words. Basically, we will always do

everything a little differently from one another. Our experiences are 100 percent different from one another.

What is Ayurveda?

In this ancient system, the mind and the body are completely connected. It is a system that promotes the view that we are microcosms, made up of all elemental energy, living within a macrocosm (our environments) also made up of the same elements. Ayurveda focuses on diet, exercise and sleep to maintain optimum health.

What is Homeopathy?

A healing system that believes that our bodies work on a certain frequency to obtain health.

When that frequency weakens, it needs to be replaced with the same frequency that is causing the infrequency. The practice of similar stimulus will give the vital response the body needs to become healthy.

What is Meditation?

There are many ways to meditate. Walking meditation, guided meditation, silent meditation. Not a one is better or more effective, you have to figure out which one works best for your system. Meditation is a way clearing out the clutter in the mind, a way to stop the mind chatter, so that we can learn to focus on what is important.

The Mind Over What Matters program can help you identify what is holding you back, create a place of where you would like to go, and draw up a roadmap of how you will get there. It's a self-guide of how to do The Work and how to finally win the battle of the heart and the head.

My soul's journey has led me to study Ayurveda and Tantra Philosophy in India. Homeopathy, Chinese Medicine, Quantum Healing, Theta reprogramming and Nutrition at UNM. I apprenticed and studied the sacred ceremonies of the Turtle Tribe of Northern New Mexico. I have explored and experience years of Yoga and Meditation, and my first BA was the study of Neurolinguistics. All these paths although seemingly not similar, at the time, have all intersected to my soul's purpose of becoming a practicing Psychoneuroimmunologist and Integrated Life Coach.

I study the interactions among behavior, neural and endocrine functions, and immune processes. This is to say if something happened to you in your life, your body may have internalized it, and if that trauma was not dealt with properly, the mind may have forgotten about it, but the body did not. These traumas can express itself through the body. I have lived, traveled, studied and broke through my own barriers. I have seen the colors turn brighter. I have experienced life settling into place and I felt the surge of passion run through me.

I have found the right tools to take control of my health and happiness and I want to share this system with you. I believe in you. This is my story. What is yours? And how can we rewrite it, to give you the power to achieve and obtain everything you have ever wanted in this life.

