

## **PATTERNS making up your personalised patchwork quilt**

If your life were a patchwork quilt, what shapes and patterns would be interwoven and sewn together to make up your life quilt?

Has your life to date looked like a set of neat and orderly peggy-squares stitched together meticulously, purposefully and consciously in order of ascending or descending colour or are the patterns and features more randomly, or unconsciously sewn, tacked or even glued together? What is the overall appearance of your quilt? Is it colourful or monotone? Is it threadbare with holes from misuse or perhaps from being well-loved or is it clean, neatly folded and hardly touched because it has been kept as a keepsake, rather than used for enjoyment and warmth?

### **Your life quilt - Lay it out on the bed**

Despite the often random appearance of a patchwork quilt, there are usually common threads and a series of patterns that create a consistent theme. As with your life, it is often only when you lay your "life quilt" down in front of you and take a good look at it that you start to identify your own patterns, habits and behaviours - both constructive and destructive. Once you have that awareness, you can then choose to:

- stop and heal the cycle of destructive patterns and habits – take off the old patches or mend them completely
- act out new patterns and behaviours – add new, colourful patches and features to your quilt

### **Patterns unaware – the quilt lining or padding in the middle**

Sometimes you may do or experience things in life without being aware that there is a pattern (quilt patches) at all and secondly, you may be unsure of what is actually driving or underlying that pattern. (quilt lining or padding) So how do you bring these patterns into your awareness?

In my healing work and using kinesiology techniques, we ask the body for its wisdom in the form of identifying key surface and underlying patterns and we come up with ways that the person can address those patterns from a more mature, enlightened adult's perspective. We then clear the old pattern and pin-point new practical ways of re-patterning and moving forward more positively.

Take for example, a woman who came for a consultation because she wanted to find a better man than the type she was attracting. Intuitively the picture I had for her was Christmas day and her receiving a very small present from under the Christmas tree in contrast to her siblings who got the huge presents. Firstly we looked at what thoughts and behaviours were leading her to get the "second best" type of man and not the type she really desired - similar to the "second best" present scenario! Through the healing work, her body's responses lead us to explore what occurred for her at age 14. It was the year her father died, who happened to be her favourite "best man," and subconsciously it was too painful for her to open herself up to the possibility of entering a relationship where she might lose another good man. This insight came as a surprise to her, but seeing what she

had subconsciously taken on from the perspective of a 14 year old (an age when she was seeking relationships with boys!) she could now see that she had the choice whether to continue with her old patterns or to make new “relationship rules” and attract the right bloke this time around. She now has more fulfilling relationships!

I also recently supported a woman, who was considering whether to leave her marriage. In her head, she knew that she wanted to leave. In her heart she wanted to leave but she could not make the move. She felt stuck. She would rather stay in the marriage unhappily and face the consequences of her husband finding out she was having an affair, than be the one that left the marriage. She actually didn’t want to be the one either, who ultimately had to make the decision. Making all sorts of excuses about her potential new financial situation possibly not being able to sustain her “high” lifestyle despite her having huge wealth, she just could not leave. During the healing work, we discovered that that is how she left her previous relationship. She waited for the man to make the decision to break the relationship so that she was “not to blame” in her own eyes and in the eyes of her religious family. No decision was made by him, so instead she entered an affair with her present husband, she was caught out and then she was asked to leave the former relationship. Notice the pattern!

### **Life patterns – your body is a great revealer**

The Body Biography\* is also a very useful way of identifying constructive and destructive patterns and habits that contribute to your health, happiness and self esteem. (\* see [www.janellefletcher.com](http://www.janellefletcher.com) for a free body biography)

- In brief, look at your life to date in 7 year chunks. Slot in significant, or what may even initially seem insignificant events that have happened to you especially in regards to any health issues, traumas, transitions, losses, changes, family situations and lifestyle choices. These events may have occurred at a certain specific age or over a period of time. Alongside these significant events you have recorded, add any memories, feelings and emotions that arise.
- Sit quietly and reflect on what the common patterns have been in your life that may have lead to those events or been a result of them. eg. Are the patterns physical, cyclical, menstrual, seasonal, emotional, relational, sexual, social, attitudinal, spiritual, family, generational, energetic, climate related, financial, geographical, medication related, substance related, diet and exercise related, grief/loss/trauma reactions, stress, thoughts and belief related... ?
- Prioritise what you wish to change and take an action step towards establishing your new pattern today.

### **An alternative to the body biography**

Alternatively you may want to choose one, or some of the patterns types listed above and relate it back to your body, health and how you feel about yourself.

eg. Seasonal – What do you notice occurs in the different seasons for you? Are there things you do or don’t do? Do you experience certain emotions in certain seasons or in different

types of weather? Does an anniversary occur in a certain season and you end up experiencing the same sort of emotions and act out certain behaviours at this time?

eg. Geographical – Are you transient or do you tend to stay in the same place? How has being or living in a certain place impacted your health and happiness? What environment or place do you feel “at home” in? What occurs when you are not in such an environment?

eg. Financial – What occurs in your body and health when you are under financial pressure? How can you alleviate any financial pressures at present? Have there been any particular patterns (positive or negative) when you have had a lot of money? How have you benefitted from spending money on your own wellbeing?

Get to the underlying pattern – your quilt lining or the layers of padding! What the obvious pattern may seem to be may not actually be the underlying core pattern. Keep going into the layers and keep asking what the pattern is underlying this pattern? eg. You may find you eat more each winter and put on weight in that season. Underlying that, you might notice a continuing sadness during the winter months. Underlying that you may notice the grief patterns that you experience on the winter anniversary of the death of someone close to you...

**Giving your quilt a makeover** - You ask, “How do I change or update the patterns in my life?” Simply change one thing NOW!!

- Start noticing what triggers your pattern. Nip it in the bud at the “trigger” stage. Try and remove yourself from these “triggers” or respond, rather than react to them.
- Focus on the positive patterns you wish to have as part of your life, rather than focussing on the ones you don’t want. Simple law of attraction.
- When you notice yourself “indulging” in your pattern, STOP right at the moment (go no further!) and change something – where you are, who you are with, your thought, your action, how you are standing or sitting...anything that will break the pattern.
- Find an ally to support you and keep you accountable to your new commitment.
- Acknowledge each new step you take in adopting new patterns and habits, rather than focussing solely on the bigger goal or outcome.
- Sift out patterns that have become stale, boring and predictable. Have some new fun. Dare to try something different.
- Try energy clearing healing modalities.

### **A legacy item**

Patchwork quilts are often a legacy item and passed down from generation to generation, so mindfully piece together your patches and patterns that form the fabric of your life with great love and care.

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