

Powerful Tools
For Personal
Transformation!

10 Signs You're On The Cusp Of A *HUGE Breakthrough* & *What You Can Do!*



MOUNTAIN FLOWER
MEDICINE WOMAN

Welcome

Introduction

Most folks can recognize change when it's in the air. There's an energy that feels like an impending storm, restlessness; in other words, the poo is about to hit the fan. When this sensation becomes an everyday occurrence, it's easy to get caught in the mud and feel left behind. This resource guide gives a variety of perspectives you may intuitively know but forget in the heat of the moment due to compounded stress.

After intimately knowing all these signs and helping clients save time by moving through them quickly and completely, it's time to pay it forward.

For a more in-depth exploration of many of these topics, check out my blog at www.MTflower.com/blog or my FB page, Healing Through Your Story, for video tutorials.

Many blessings to you and yours as you bring your light into the world. It's up to each of us to shine the brightest possible and leave a legacy of love, forgiveness, and compassion. Breakthroughs are just the beginning!



Chapter 1

Everything Seems To Fall Apart



You know those days when everything you touch seems to fall apart, nothing goes as planned, and Murphy (as in Murphy's Law) is hot on your trail! The universe attempts to get your attention more directly since all the subtle messages get overlooked.

Inconvenient things will continue to happen until you pay attention and do something! There's no hiding. Expect the challenges to get bigger and the disruptions to your life to become more significant.

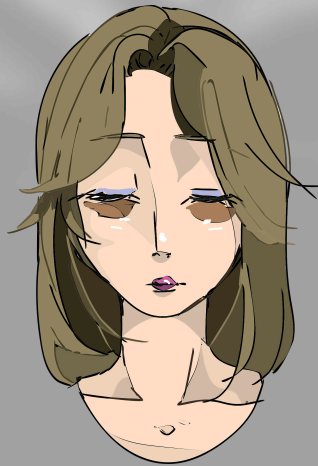
What Can You Do?

When you finally see what's happening, put your Sherlock Holmes hat on and look for some areas of your life where you've been "settling" and the cost of accommodating others is now too high. You probably know in your gut what must be addressed, however, you're not a fan of confrontation and your pattern is to take one for the team to keep the peace. You've got a lot on your plate with career, family, and civic responsibilities but you may be feeling stuck in one or all of those areas. Accept the invitation to start making changes. Nothing changes if nothing changes. Start with small steps. By taking one thing at a time, you're more likely to make progress and rebuild your confidence.



Chapter 2

You Get Sick



This is a classic case of putting high demands on your body and ignoring the little signs that something is about to break down. From sneezing to insomnia or unusually high exhaustion, all are signs that something is out of balance.

Additionally, when you get sick, chances are you haven't been feeding your body the best food to support what you demand. Although convenient, fast food is practically void of ALL nutrients; you'll still be hungry since you haven't gotten the nutrients you need, and then cravings kick in. It's important to listen to what the body needs.

What Can You Do?

Get prepared to start investing! Your time is worth more than you give it credit. Look at where you can ask for help to lighten the load for the short term to get you back on your feet. At home start asking for help or

hire someone short term to clean, do laundry, prepare meals or run errands, then take the time and get some rest or begin a self-care regime. Investing is not only money, but it's time.

If you don't see your overall stress levels decreasing anytime soon, then take progressive action to start boosting your immune system. There is an abundance of Superfoods out there that you can easily add to your diet. Here's a link to the top ten superfoods <http://bit.ly/2vFytJ2>

When tempted to reach for caffeine find a natural stimulant; consider ginseng, royal jelly or bee pollen. Yerba Matte teas is wonderful, read more about it here: <http://bit.ly/2nhgzqQ>

Look at your morning routine too, if you typically start with a cup of coffee, consider doing a shot of wheatgrass juice first, it's like a shot of oxygen to your bloodstream. Wait about 15 minutes for your body to assimilate then try a cup of decaf. You won't have the caffeine crash, and your body will thank you for it.



Chapter 3

A Relationship Ends Unexpectedly



Everything happens for a reason. Heartbreak is never easy, especially when you get caught off guard. Albeit painful, you just got gifted an opportunity to break free from something unhealthy. You deserve love, respect and someone's full attention when you are together. Relationships of convenience may feel intoxicatingly wonderful but take a toll on your emotional and spiritual health.

What Can You Do?

It's important to ask yourself a few questions about the integrity of the relationship to help determine if it was the healthiest thing for you on every level; emotional, mental, physical, psychological and spiritual.

Questions to consider are:

Did I feel respected, appreciated, and valued?

Did I offer all of the same virtues to my partner?

Did I feel supported?

Was I supportive?

If you weren't growing in all these areas or didn't feel safe exploring the categories you haven't started progressing in, it may have been in your best interest to have things end.

Still feeling like you want them back? Once you determine the foundational components of the relationship, ask yourself why you want it restored if that's what you're feeling. You are an extraordinary human being who is worthy of unconditional love. It's time to stop settling for less than what you deserve.

Make a list of what you want in a relationship to increase your chances of finding it. Ask yourself how important these qualities are. If you have a compulsion to stay or see a pattern of returning to unhealthy relationships, there is a deeper issue at hand that you probably need help resolving. Don't be shy about asking. I've helped a lot of women break patterns of unhealthy relationships so they can start attracting what they deserve.



Chapter 4

You Lose Your Job



The days of golden handshakes are all but over, so if you are a casualty of downsizing, office politics that went bad or outsourcing, ask yourself how happy you were in that position. Did you enjoy going to work every morning? Were you excited on Monday's? Did you have an opportunity to grow or incorporate your passions into your job? If you have more no's than yeses, consider thanking the universe for helping you out and adding years to your life.

What Can You Do?

Closely examine the toll your former job had on you. If you weren't sleeping well or found yourself taking anxiety medication, this sudden change in circumstance will do wonders for your health and your intimate relationships when you can embrace it for the opportunity it is.

Adopting a healthy mindset, moving forward, and staying out of fear/victim mode will increase your probability of finding something you enjoy.



Now would be a good time to reevaluate what feeds your soul, how you want to contribute to society, what success means to you and your 1, 5 and 10-year plans. I've got a great Priority Insight exercise workshop that will help you look at what you want and what's getting in the way.

Consider the opening in your schedule an opportunity, stay away from the perception that a "bad" thing just happened. Focusing your attention on the negative will feed the energy of lack and possibly resentment. Be aware of who you spend time with and their attitude about your circumstance. The last thing you need is someone cheering in the negative energy space.

Embrace the fact that you were probably just separated from an unhealthy environment. It may take a little while to get used to what positive, supportive people feel like, but I guarantee you'll enjoy them much more than the nay-sayers or the folks that thrive on gossip and chaos.



Chapter 5

You Can't Sleep



There is a multitude of things both biological and environmental that contribute to insomnia. If it persists over an extended period, seek medical advice because your body will not be able to restore to optimal function without proper rest. Your body is attempting to tell you something; lack of sleep is how it's choosing to convey the message for now. The key term is FOR NOW. Left unattended, the body will do something else to get your attention, and you probably won't like that much better. If your mind races when your head hits the pillow, the following may help.

What Can You Do?

Have you ever been overtired and unable to sleep? That's the worst! The mind starts taking over and before you know it, you're exploring worst-case scenarios in almost everything. Or you're hard on yourself for things you did or didn't do that day. Forget the second wind, look out for the third! Here are a few helpful things that over time will help you sleep better:

Journal before lights out, every night I make a list of five things I'm grateful for, five things that made me happy, and five things I deserve an atta girl for because I ROCK. On difficult days I give myself permission to stretch a bit. For example, if I rested out of sheer exhaustion, I consider that worth applauding because I honored my body – even though my ego might start calling me lazy.

Simple things that make the happiness list are laughing at a silly joke, watching a bumblebee pollinate a flower or a nice cup of tea. Your list of gratitude, happiness, and applause doesn't need to be extravagant it needs to be real. This exercise will also serve to remind you of beautiful things in your life when you need a pick-me-up on a rainy day.

Breathing exercises are also great to calm down when you cannot sleep. There are many out there. The 7-7-7 technique involves breathing in for a count of seven, holding for a count of seven, and releasing for a count of seven. I like to hold on empty for a count of seven as well. Make every effort to fill your lungs and let out all the air to your maximum comfortable capacity. Repeat until you relax.

Another thing I enjoy is listening to meditative music; there's a lot available on YouTube. One of my favorites is Wayne Dyer's "I Am." Rather hear a voice speaking? You can also check out Eckart Tolle's YouTube channel; there are various things.

If you are a fan of meditation, we offer customized 30-minute guided meditations. Consider us your Assistant Manifestor. Message us at [Hello@MTflower.com](mailto>Hello@MTflower.com) and let us know how we can help!



Chapter 6

You're Always Exhausted



One thing most people misunderstand about exhaustion is that emotional stress is more draining than intense physical work. When you get physical, you feel the need to rest and most often do; it's easy to tell when your body has recovered based on how smoothly you move or how much discomfort you notice. Emotional stress doesn't give off signs that are read that easily. It's easy to mistake the lack of energy as a physical response. Also, when you have a highly emotional day, you're likely to seek ways to take your mind off what happened.

Many times the escapism isn't the healthiest of choices if it's alcohol or drug related, then in addition to the emotional stress your body needs to recover from over indulgence. Then there's emotional eating and the self-criticism that follows. Isn't it time we became a bit more gentle on ourselves?

What Can You Do?

One of the top places to look at is: what's been happening in your life that had a strong emotional impact? Sometimes, an intense conversation can trigger; empathy toward another person's situation tends to bring us back to a similar situation in our own lives.



If you haven't completely come to terms with an incident from the past or forgive the people who hurt you, a wave of memories can flash before you and bring the energy of what happened back to the forefront. A double whammy; empathy and reflection!

Intense problem-solving without eating foods that nourish your brain can also lead to exhaustion. Properly balancing proteins, fats, vegetables, and hydration is critical to effective processing. Although caffeine is a quick fix and the go-to for many, it's not the best long-term solution.

Another consideration is the food you generally eat. How much of your food comes from a box, a can, or out of a drive-through window? The human body cannot get the nutrients it needs to maintain optimum health from processed food. You'll still feel hungry even after eating when the body doesn't get what it needs. When dehydrated, it's easy to mistake the call for water as a cry for food. It takes practice to listen to the body and give it what it needs, especially when you wait to the "beyond" hungry point and will eat anything that crosses your path.

Two of the biggest culprits beyond caffeine in zapping energy are sugar and gluten, both highly addictive. Sugar leaves you longing when the impact wears off, and with gluten, excessive processing and chemical treatment of these products wreak havoc. From inflammation to foggy thinking, gluten usually does more harm than good. I'm a HUGE fan of bread and olive oil, so I've found a gluten-free alternative that satisfies my cravings when I'm in the mood.

Lastly, if you're always exhausted, look at your environment; who are you spending most of your day around? Are they supportive, happy, clingy, needy, or negative? Sometimes exhaustion is a body's reaction to the individuals or objects in an environment.



Chapter 7

You Have No Patience



If you're on the cusp of a Mt. Hiroshima moment but keep holding out for a "better time," please be aware of how you're internalizing everything. There are so many potential causes for going over the edge, usually stemming from not taking a stand for one's self. When you have a full plate and feel the need to carry the responsibility of things that aren't yours to carry, all hell can and most likely will break loose. There have been times I was in a great mood and come home to a sink full of dishes, none of which were mine. The frustration triggered all the cleaning up I had to do after everyone. It wasn't just the dishes; it was cleaning the house, taking out the trash, doing yard work, house maintenance and keeping an eye on car maintenance. Triggers come in all sizes, shapes, and forms.

What Can You Do?

A trigger touches on an unresolved emotional pain that is easier to brush off than address, so many people would rather sweep it under the carpet and wait till the heat of the moment goes away and forget about it. Until the next time. When the next time rolls around, the reactions come faster and last longer.



It's common to reflect on every last time you went through "this" and swear that it will never happen again. But it did happen again, so in the attempt to displace your anger at the other person, you start beating yourself up. It's a horrible cycle.

Every trigger is an invitation to experience a teaching moment, to heal a wound from the past, and to reclaim your boundaries. For those you interact with regularly, if you don't say anything about how you feel, there's a good chance they have no idea what's happening. People don't read minds. If you want someone to understand better what you're thinking or feeling, you need to initiate a conversation and tell them what is happening.

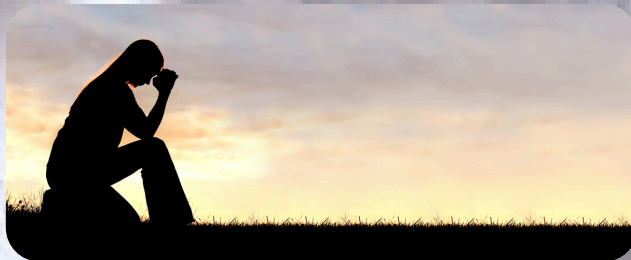
The longer the issue goes unresolved, the more distance comes between you. Unclear communication is how relationships unravel to the point of ending. Between assumptions and misunderstandings, there is an opportunity to start placing blame instead of taking responsibility. Use the opportunity to speak up and stand for what you need; it's now or never!

I've written two books on the subject if you want to know more about initiating difficult conversations. I recommend you start with *Keep It Real: Why We're Afraid To Speak Up & What To Do About It* and follow that with *Conversational Intelligence: Understanding Your Style To Help Others Feel Heard*. Both are available on Amazon, and shown published by Leslie Karen Hammond and Mountain Flower. Links to all my books are on <https://mtflower.com/books>



Chapter 8

You Feel Betrayed



Betrayal is one of the deepest wounds with the longest lasting impact because it inhibits one's ability to trust again. So many promises to self have been made in an effort never to be hurt again. A self-defense mechanism kick in that erects a wall around the heart, vowing never to allow anyone to truly “see” you again. Showing your vulnerability is out of the question because it feels more like a weakness than a strength. When betrayal hits, there are two choices; go into victim mode or seek to understand enough to forgive and move forward with life as a wiser person.

What Can You Do?

Forgiving doesn't mean condoning the behavior; it's giving you the freedom to move on. Regardless of how well you know someone, there will always be things you don't know about them. Everyone has secrets.

Whenever possible, ask questions to gain a better understanding of what happened. Don't be surprised if you don't get to speak with the person who wronged you; they may feel so guilty they can't bear to take a call or see you, or they're completely oblivious and don't know what they did. Even if you did get the chance, there's



the possibility that the other person couldn't see what they did as wrong or hurtful. When this happens, it usually stems from a past pain in their life and a lack of role models. People who've gotten hurt, hurt other people. A lot of times, it's a defense mechanism when they are getting too close.

Emotional intimacy is much more intimidating than physical intimacy. Consider how long it takes you to open up fully to another person. There will always be the "open book" folks who can't keep intimate details to themselves, but that's another issue. If you cannot or will not ask questions of the other person, then consider asking yourself the following questions:

Were there any signs of threatening behavior I overlooked?

Did I need more from this person than they were capable of giving?

What assumptions did I make about the relationship?

When did I notice a shift in their behavior, and what can I attribute to that change?

Once you start exploring the possibilities, some things may make sense; some may remain a mystery. As easy as it is to go into or stay in victim mode, the healthiest thing you can do is forgive the other person, recognize what you learned, and move on. Remaining angry or resentful for an extended period will prevent you from the simplest joys in life.

Don't give the betrayer that kind of power! By asking yourself some questions about the relationship, you'll more quickly identify similar behavioral signs if you see a repeat pattern, you can be proactive.



Chapter 9

You Feel Paralyzed By Fear



Fear is primal and attaches to things we often don't consciously understand. As a self-defense mechanism, the mind can block out especially painful times in our lives. Even though the memory is gone, there is still an imprint in the energy field. Fear is a trigger that lives in the cellular memory of every human being. The degree to which you feed the fear dictates the amount of power you grant it over you. Fear also has a habit of taking you to the worst-case scenario.

What Can You Do?

Ask yourself if your life is in immediate danger. I'm not referring to, "If I get out on that stage and speak, I'm just going to DIE." I'm talking about harm coming to you as an immediate result of the action you are about to take.

Fear is an invitation to stretch your skill set and understanding of a situation when you aren't in immediate danger. Take an honest moment and think of the three things you are most afraid to face. Then ask yourself why you are afraid. When the reasons behind the fear



come to light, do you know without a doubt these reasons are factually correct? Is there another perspective you haven't been willing to explore? Fear can be conjured by the ego as a disguise to keep you safe; the ego believes it's protecting you. The ego has an extraordinary ability to stir up memories, reframe situations to serve it, not your highest good.

Can you imagine all the wonderful experiences you'd miss if you let fear rule the day? The top things I wouldn't want to miss out on are: loving another person unconditionally, receiving unconditional love, and the feeling of accomplishment from challenging myself to do something out of my present skill set.

Your level of success doesn't matter; all that counts is your courage, the lesson, and how you grow from the experience. In cases of severe trauma, seek the counsel of a professional to help you move beyond the pain and find the courage to live again. An existence driven by fear is not a life.

Interested in hearing how I help clients across the country with such challenges? I reserve a few spots in my schedule for "Awareness Breakthrough" calls every week. If you'd like to know more, schedule a call today at [Hello@MTflower.com](mailto>Hello@MTflower.com)



Chapter 10

Unpleasant Memories Keep Coming Back To Haunt You



Most of the previous nine “invitations” can be put into this category, yet sometimes the pieces still need some help coming together. Perhaps this will provide some clarity. I believe an unpleasant memory will keep coming back because it needs healing.

Your spirit also needs to perceive the situation from a different perspective. For example, I allowed myself to get haunted by the memory of an 18-year marriage to an alcoholic. Every time I heard a loud noise in the night, had an argument with a man in my life, or was in a car when someone was driving too fast – I was brought right back to the pain.

What Can You Do?

I’ll be the first to admit I still have some deep level forgiveness work to do. The more important thing to understand is, every time I get triggered I stop and look at the situation as a casual observer. Observing the situation from an objective point of view versus an emotional point allows me to remove the emotion from the situation and



see my behaviors under a microscope. I take the opportunity to explore what's going on and what I can do to heal the situation. There's always a deeper level of understanding or a wiser perspective to adopt.

Even if the same situation keeps coming up for you, you're not the same person you were the last time the provocation occurred. Although you may have healed your understanding from the last incident, you not the same individual. Chances are you'll see into a different dimension of the problem.

Do what you can to keep from going into the "what if's" because you don't want to manifest anything negative. Instead, wonder about the possibility. Wonder what will happen when you do _____ or _____. By putting a positive spin on a potential positive outcome, you are empowering yourself to make healthier choices and see healthier outcomes. It takes practice.

There will never be a shortage of things to heal or explore, that's the beauty of being human and self-improvement. Life is an opportunity to live all out, the more you challenge yourself to stretch, the richer a life you'll live. I can't think of a better legacy to leave than inspiring others to look closer, love deeper and instill belief in people that they can accomplish anything they set their heart to do.



About Mountain Flower

Mountain Flower is an Indigenous Medicine Woman, Program facilitator, Fourth-generation drum maker, Karuna Reiki Master Teacher, and CYT 225 hour in Forrest Yoga. Her specialty is creating and holding sacred spaces for people to explore whatever depth of healing and spirituality they're ready for. Her clients find clarity of purpose, peace, and unconditional acceptance.

Since 1999, Mountain Flower has taught thousands how to trust themselves, feel like they belong wherever they want, and be more empathic without feeling drained. Event attendees experience significant shifts in how they see the world and their part in it.

She is the creatrix of Intention Instruments, making two-sided bison skin drums, bison rattles, and other sacred tools for use in healing work and ceremonial practices. Each item is crafted in a ceremonial space infused with the ancestors' support. Every portion of an instrument is guided the creation process through spiritual resonance. Each sacred instrument speaks its own medicine, revealing the precise elements needed for its voice. Each vessel advises me how it wants to serve. The drum cores pick the skins they want. The rattle shells tell me the shaker contents they wish to have. Some examples are corn kernels, beach stones, specific crystals, or other items to align with the chakra healing work they're intended for. Customized rattles and drum making workshops are also available.

Mountain Flower is also the creatrix of Divinely Aligned, a protocol that empowers individuals to heal or cut ties to the past so intent can be set and fully lived. 95% of the ceremonies Mountain Flower facilitates are "downloads" from Source.



Her experience of overcoming decades of trauma, in addition to her studies with North and South American shamans, taught her to live from the following perspectives:

- Every experience can empower you
- You are an expert in your own right
- Every experience can be spiritual
- You are intuitive
- You have a unique gift to make the world a better place
- A new perspective changes everything
- Your story matters
- You are worthy of whatever you desire
- You can speak your truth without being hurtful
- Anyone can overcome unworthiness

A unique fact about Mountain Flower: she processes the most challenging parts of her journey by publishing books about her learning—five books to date, with dozens more waiting to go.

Her books are published under her colonial and indigenous names, Leslie Karen Hammond and Mountain Flower

- Tap Your Source 2011
- Women Rising; How To Go From Uncomfortable To UNSTOPPABLE 2013
- Keep It Real; Why We're Afraid To Speak Up and What To Do About It 2016
- Holding Space; How To Help Women Feel Safe 2022
- Conversational Intelligence: Understanding Your Style To Help Others Feel Heard 2022
- Keep It Clean: Energy Clearing and Aura Illumination Exercises for Empaths 2024

Mountain Flower, a dog lover, and her husband, Wasaka, are the proud parents of a miniature pincher named Chichi.



Let's Stay In Touch!

Here's our social media information. If you were inspired by what you read, please share the love - we'd appreciate it!



Healing Through Your Story



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Wellspring Wisdom Podcast



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