

PRISCILLA A. KERESSEY



FIX YOUR
ScREWEd-UP
LIFE



*“Recover Your Inherent Self-Esteem and
Start Living the Life of Your Dreams”*

Fix Your Screwed-Up Life

*Recover Your Inherent Self-Esteem
& Start Living the Life of Your Dreams*

PRISCILLA A. KERESY

LIVE & LEARN
New York

Copyright ©2015 Priscilla A. Keresey

Cover Design: Thomas H. Kettrick

Portrait Photograph: ©Lisa Marie Pane

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photo-copying, recording, or by any information storage and retrieval system, without written permission from the author, except for the inclusion of brief quotations in a review.

Published By

Live & Learn

P.O. Box 226

Putnam Valley, NY 10579

Orders: www.liveandlearnguides.com

ISBN: 978-0-9863536-1-1 (print)

978-0-9863536-2-8 (e-book)

Printed in the United States of America

ACKNOWLEDGMENTS

The recovery of my own inherent self-esteem began with the help of many different practitioners and their various healing modalities, and continued with the help of my clients. By working with each of you I was able to recognize my innate value, ascertain my personal mission, and begin realizing my dreams. For that I thank you all.

“I celebrate myself, and sing myself.”

Walt Whitman

TABLE OF CONTENTS

Author's Note	xi
Glossary	xiii
Our Agreement	xvii
Introduction	xix
PART ONE	23
Chapter One: We All Have the Same Basic Problem	25
Can It Really Be That Simple?	26
How a Person With Healthy Self-Esteem Lives	27
How a Family With Healthy Self-Esteem Operates	32
Hope for Change	36
Chapter Two: What is Low Self-Esteem?	38
A Word About Perfection	39
So How Did We Get Into This Mess?	43
Going to School or Water-Skiing	48
Keeping Up With the Joneses	52
Circular Thinking or Paralysis by Analysis	56
When Did It Become So Horrible to Make a Mistake, Anyway?	58
Failure is Not the Opposite of Success	62
LoSErs Fall Back on Doing, Not Being	65
Chapter Three: What is Healthy Self-Esteem?	68
Be, Feel, Do	71
What's Your Mission?	74
The Law of Attraction: Not Just a Good Idea	80
Know Your Strengths	86
The Dangers of Complaining	89
Decisions, Decisions	92
Speaking of Feelings...	94
Life Isn't a Competition	97
The Shouda-Coulda-Woulda Shame Game	100
The Most Important Word in the RISEr Vocabulary	103

PART TWO	109
Are You Ready to RISE?	111
Action Plan #1: For the Thinker (Do)	114
Exercise #1: Hypnotize Yourself to RISE (Do)	120
Exercise #2: Conditioned Response to RISE (Feel)	127
Exercise #3: Use Your Inner Superhero to RISE (Be)	130
Action Plan #2: For the Feeler (Feel)	132
Exercise #1: Utilize Your Own Extrasensory Perception (Do)	137
Exercise #2: The Law of Attraction (Feel)	140
Exercise #3: Meditation to Connect With Your Higher Mind (Be)	143
Action Plan #3: For the Believer (Be)	147
Exercise #1: Crafting Your Mission Statement (Do)	152
Exercise #2: Meditation to Feel the Love of God (Feel)	155
Exercise #3: The Miraculous I AM (Be)	159
PART THREE	163
What Happens Next?	165
Additional Exercises & Sample Action Plan	168
Core Emotional Values Exercise	168
<i>Be</i> -ality Check Exercise	169
Setting Boundaries Exercise	171
Decisions Exercise	173
Sample Action Plan Template	174
Afterword	178
Resources	185
About the Author	186
Also by Priscilla Keresey	187

AUTHOR'S NOTE

As you read through this book, you'll encounter stories of challenges in my life and the lives of my clients. These are all true and, except in my case, the names and some identifying details have been changed to protect the client's privacy. In Part Two, you'll learn about resolutions to problems like these right alongside alternative ways to resolve similar issues. These methods are tried and true, adapted and refined to bring about swift, measurable results.

Pay attention to the exercises in this book, but don't get too concerned about replicating them exactly. Trust yourself to shape an exercise to suit what feels right for you. Take a chance. Try them out in the privacy of your own mind if that feels safer. No one has to know what you're doing. In fact, unless you can be sure of total support and positive feedback, tell your plans to no one. Other peoples' fears or beliefs can dampen or subvert your brand new ideas because if you're changing for the better, it usually forces some sort of change in others, which may not always be comfortable for them.

No matter where you find yourself in life, you can benefit by beginning now. No matter how dire things may be – divorce, bankruptcy, illness, or unemployment – starting today, you can chart significant change towards the achievement of balance, success, health, wealth, and peace of mind.

Are you ready to start living the life of your dreams? Keep reading to discover the simple secret to *fix your screwed-up life....*

GLOSSARY

Afterlife

Where the spirit people reside after leaving their human bodies. Also called Heaven and the Spirit World.

Bring In; Bring Through

A term I use in my work as a medium when introducing a spirit person to my client. For example, “I want to bring in your mother in spirit,” and “The spirit of your mother is bringing your father’s spirit through now.”

Clairvoyance

The visual impression of intuitive information. Other sixth sense impressions come through clairaudience (the sense of hearing one’s intuition) and clairsentience (feeling intuitive impressions).

Client

A person who comes to me for hypnosis, an intuitive reading, or spiritual coaching.

Hypnosis

A totally natural state of consciousness characterized by extreme suggestibility, relaxation, and heightened imagination. The hypnotic state is entered voluntarily by clients wishing to alter unconscious behaviors. It is a process of relaxing and setting aside the conscious mind proper while at the same time activating the subconscious mind so that suggestions can be made directly, enabling one to act on those suggestions with greater ease and efficiency. All hypnosis is self-hypnosis because the client must agree to participate.

LoSE; LoSEr

My acronym for Low Self-Esteem; a person with Low Self-Esteem.

Medium

A person who can see, feel, or hear the presence of a spirit person. Many mediums are also psychics.

Message

What a spirit person asks me to convey to a client.

Message Circle

A gathering of three or more guests for the purpose of connection with their loved ones in the spirit world.

Past Life Regression

A process sometimes involving hypnosis which allows a client to uncover memories of previous lifetimes.

Psychic

A person who uses his sixth sense to gather subtle information from a person, object, or place in order to discover unapparent information. Many psychics are also mediums.

Reading

Sharing information gathered from the sixth sense or spirit people, generally in a half-hour or one-hour long, one-on-one appointment with a client. A psychic medium brings in spirit people and offers insight into the future, relationships, career, and so on. Also called intuitive consultation.

RISE; RISEr

My acronym for Recover Inherent Self-Esteem; a person who has Recovered his or her Inherent Self-Esteem.

Self-Esteem

The sense of one's own worth or value as a person. Also self-worth, self-perception, self-regard.

Self-Realization

Acknowledgment and understanding of oneself so as to fulfill one's potential.

Spiritual Coaching

Helping clients develop a relationship with God however they envision Him or Her. This involves recognizing oneself as a perfect extension of the Creator, who loves beyond any imaginable description; recognizing one's birthright as a co-creator to prosperity, peace, health, success, and love.

Spirit People

These are the spirits who appear to me during readings or message circles. They are known to my physical clients as colleagues, schoolmates, friends, loved ones, ancestors, or other family members who have died. We also see spirit animals during readings and circles.

Tune in

I use this term to describe how I ignore my five physical senses and turn all of my concentration and focus to my sixth sense. In doing so, I can see, feel, and hear the spirit people and their messages.

OUR AGREEMENT

This book is based on the personal observations and experiences of the author. You, the reader, must take 100% responsibility for your own health, both physical and emotional. ***Fix Your Screwed-Up Life*** should not be used to diagnose the presence or absence of any particular mental, physical, or emotional ailment, nor is it intended to be a substitute for the services of any health care professional. The author is not responsible for any consequences incurred by those employing the exercises or techniques discussed or taught herein. Any application of the material set forth in the following pages is at the reader's discretion and is his or her sole responsibility.

INTRODUCTION

I've spent many years trying to figure out my problem. Does that seem self-indulgent? Maybe so, but resolving a problem, what we perceive to be an obstacle to success, is a hole we all fall into and probably one we give more of our attention to than we care to admit. Some of us fall so deep into that hole we can think of nothing else *but* a problem for hours at a time.

I have one client I'll call Jodi whose analytical nature and attention to detail make her one of the top professional organizers in her field. She's stylish, warm, and successful. The testimonials on her website win her continued new business. Yet Jodi endures sleepless nights of torturous anxiety as she replays every encounter with her clients. By the time she came to my office for a hypnosis session, she was a self-described wreck.

"I'm stuck. I'm no good at anything because everything I do just flops!" she cried during our very first meeting.

"And what flops exactly?" I asked her. Nothing gets a client's attention faster than getting right down to business.

"Well...*everything!* I always get to a certain point, and then everything falls apart."

"What exactly falls apart?"

"*Everything!*" she wailed again. "First one thing goes wrong. I think I fix it, but then another thing happens, and it's like a whole line of dominoes falling over. I can almost see it coming, and I can't stop it. When I feel things starting to slip, I can't stop obsessing over whatever the problem is that started it. I lie awake in bed trying to imagine all the things that can go wrong so I won't be surprised, and I can solve them when they come up. Instead of making me feel better, I just get so overwhelmed I can't do anything. I've always been like this, and now it's gotten so bad I feel

paralyzed. I hardly want to start anything because everything I do seems to go off track and flop!”

Sound familiar? Many of us, like Jodi, fall into a hole I call *circular thinking*. I have another client named Selma who does something similar, but instead of waiting until relaxing at day’s end to fall into circular thinking, she can do it right in the middle of a conversation. Selma hires me for my intuitive services, and as she travels the country on business, we usually work by phone.

“Dan and I are going to be at the same party,” Selma offered during a recent phone reading. Selma and Dan had been on a few casual dates, and she wanted to know if I saw their relationship developing further. “He once dated another woman named Ann, and I think she’s going to be there too. What do you see? Is he going to be more attracted to her or to me tonight?”

“I see that his head will turn in her direction but that you are lit by a spotlight tonight. He will notice you more,” I replied after tuning in to my clairvoyant impressions.

“But he *will* see her?”

“Yes.”

“When you said his head will turn in her direction, do you mean that he will look more at her? Because you said the word ‘turn,’ and to me, that means he will take his attention away from me towards her,” Selma pressed me.

“The psychic impression I have is that Dan will notice her but not have his attention held by her,” I replied. I could feel Selma slipping into her real-time running analysis of my sentence structure, so I answered slowly and mindfully.

“But he *will* notice her if his head turns? Will other people see his head turn to look at her?” Selma asked. “Because I think that might be disrespectful. I hate it when a man looks at another woman when he’s talking to me. Frankly, it’s humiliating. Does he respect me?”

“This is a psychic symbol,” I reiterated. “I don’t know if his head will actually *turn*; it’s just the way the information came to me, as a way to contrast how differently he will see you two.”

“Because if he turns his head, like you do when someone walks by, will he be looking at her rear? I have gained a little weight, and

I was going to wear leggings, but if he looks at her first and then sees me in a spotlight, I'll be too embarrassed. What's your psychic sense? Should I wear leggings or looser jeans? Or maybe I shouldn't go at all. Ex-girlfriends are always such a *problem*."

Both of these clients were struggling with the same core issue, though their responses varied on the "paralysis by analysis" spectrum from internal and passive to panicky and extreme. Like Jodi, Selma took the path of circular thinking to manage what she saw as a problem, though she attempted to get control over her romantic destiny by leaping from one cause to another. She was so needy for a resolution to a problem which hadn't even presented itself that she analyzed every word I said and demanded ever more explicit explanations for my *exact meaning*. She was ready to change her outfit and even her plans altogether as she bounced from self-consciousness to feelings of disrespect and embarrassment.

Many of us tackle our problems as they arise, addressing them one by one without awareness of any common thread. That's because we usually see our challenges as just a part of life. Obstacles come up singularly or in clusters, the necessary problems that come with having to move, save for retirement, finally lose weight, or deal with stress. We are raised to *expect* that we'll encounter problems just because we're adults living in a complex world. We *expect* that it's hard to find a good man or woman, and when we do, we *expect* that the relationship will be hard work. "Nobody ever said life would be easy, kiddo," said everyone's parent or grandparent at some point in time. I once had a roommate who seemed to thrive as long as there was a problem to solve. "Just another day of putting out fires," she'd sigh, sitting down with the first of many cocktails for the evening. She saw her daily tasks as a series of separate and distinct problems and resignedly accepted that squashing them was an unavoidable consequence of being alive. And no, she wasn't a firefighter.

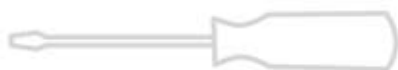
Normally, even with the bigger challenges we encounter or set for ourselves, we deal with the issue immediately at hand. Can't get a promotion? Acquire more learning to either advance in your field or begin a new career. Can't seem to find the right romantic

partner? Look in a different pool of candidates or look more closely at yourself. Can't get ahead financially? Find a way to save incrementally or develop a separate income stream.

That's what I used to do, and without a doubt, I made some progress that way. Slowly but surely, I worked my way up in the design industry until I was self-employed and making a respectable commission. Yet, I was never quite satisfied and frequently found things to complain about. I learned about credit and debt the hard way, figuring out the importance of spending less than I earned, saving for big purchases instead of buying on credit, and putting money aside for retirement. But I still berated myself for being so dumb with money in the first place. I found a way to blame my parents, the economy, or my partner for how far "behind" I was. I learned about love, friendship, health, and communication through trial and error, by making mistakes and making amends. And that took many long years.

I'm about to show you how you can solve your problems in a much shorter period of time and with far less pain by showing you how to solve the *one, real, underlying problem* you may not even know is at the core. Resolving that issue will take the legs out from under every other problem you think you have.

Are you frustrated with the state of your relationships, money, work, or just plain bad luck? Are you worried about the future, dogged by the past, or stymied in your present efforts? Worry no more, Dear Reader! In these pages you'll discover the one foundational problem that you didn't even know was holding you back, and choose from several plans to reverse it. You'll soon be able to pull out of that rut and get back on track no matter how impossible it seems right now. You'll once again wake up in the morning feeling happy, empowered, and excited about the possibilities the future holds.



Follow the simple steps in this book and you will experience better physical health, banish limiting beliefs and doubts, and reprogram yourself to create the career, relationship, health, and bank account that you want. If you're ready to start living the life of your dreams, keep reading to discover the simple secret to ...

FIX YOUR SCREWED-UP LIFE!



*Priscilla Keresey is recognized throughout the country as one of the most accurate, compassionate, and sought-after evidential psychic mediums. She is certified by the National Guild of Hypnotists, focusing her practice on healthy self-esteem as the first step to all positive change. Ordained as an interfaith minister in Israel in 2005, Priscilla acts as guest minister at many local churches. She is the author/producer of the popular **Live & Learn Guides™** series.*

ISBN 978-0-9863536-1-1



9 780986 353611



LIVE & LEARN

P.O. Box 226
Putnam Valley, NY 10579

www.liveandlearnguides.com