



Why Did This Happen to Me?

HOW TO
MOVE
FROM
BREAK UP
TO BREAK
THROUGH

Pernilla Lillarose

Other books offered by Pernilla Lillarose

Imagine Being Kind to Yourself – Inner Peace At Last

Allow Yourself to Be YOU – Peace at Last

*Women Standing For Love – From Overwhelm and Isolation
to Connectedness and Inspiration*

*5 Steps to Dive into the Divine Feminine Flow – and Leave
Self-Doubt Behind Forever*

About Pernilla

Pernilla Lillarose is a Self Love Mystic and Mentor, Certified [Hakomi](#) Practitioner, weekly [Radio Host at Unveiled Radio](#) and Meditation Teacher. She offers various ways to facilitate deep healing and transformation as well as embodied awakening on all levels of life. She has her private practice in the Santa Cruz mountains, CA and is available for private coaching, coaching programs, lectures and workshops.

Pernilla loves helping people like you, who are on a path of self discovery and awakening, to gain clarity, confidence and compassion as you open up to your true purpose, presence and fulfillment in the world.

She shows Women who feel emotionally unfulfilled how to stop compromising themselves and instead align with their Divine Feminine Flow so they can experience true fulfillment and deep inner peace and start making a lasting difference in the world.

We can all start rising higher in consciousness and Love – through the simple acts of **Being Kind to Yourself** and **Allowing Yourself to Be You.**

For more information www.DivineFeminineFlow.com

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Welcome!

It is my intention with all my books, courses and classes to help you live a confident and fulfilled life, deeply connected to your Essence and Wisdom of your Heart.

If you would like to learn more, please go to www.DivineFeminineFlow.com

When time and energy permits, I offer free 30 minute discovery sessions to those who are interested in taking it one step further. Together we will explore

- Where you feel stuck
- What is getting in your way
- What kind of support you need to move forward in your life.

People who take advantage of these sessions walk away with

- A greater sense of Clarity and Confidence
- More Energy and Inspiration to take their next step
- A renewed sense of Empowerment in Trusting the Wisdom of their Wise Heart

If you feel moved to explore this together, just click [here for a free Discovery Session](#)

From Break Up to Break Through

OK, I get it: You are on your own now. You are in pain, confused and scared; you are not sure what to do, whom to trust (including yourself) or if you are even equipped to get your life back on track and find meaning and fulfillment again.

Well, first of all I want to congratulate you! Obviously you are really ready to take your next step. Your curiosity and willingness to look deeper inside of yourself for answers that you have not found on the outside yet is exactly where true healing and transformation happens. This little e-book will help you take that next step and I am delighted to be your guide in this process! I have taken these steps myself and know the pitfalls. In my process I found the solid stepping stones and shortcuts that gets you to the other side of this abyss in the safest and quickest way.

It is painful to go through any kind of break up, isn't it? Our bodies and emotions get so used to having somebody around and even though it is not an ideal relationship or marriage, just knowing that you are not alone feels comforting.

You probably stayed too long in your relationship, because being on your own seemed too scary and hoping that things would get better kept you going.

I know how empty a 'not so good' relationship can be - as well as its break up. It feels scary to be on your own. How are you going to get by now? Who is going to take care of the practical things that your partner used to do? Who are you going to share your day with when you come home to an empty house?

So many questions with so few answers. So much pain and confusion with so little relief.

In this ebook I will share with you some of the insights and transformations I learned on my way through this phase to make your transition easier.

We will cover:

- How to stop driving yourself crazy with “why” questions?
- 3 empowering questions that will shift your mindset quickly
- The importance of kindness and love towards yourself
- What you can learn about yourself, so this won't happen to you again
- The truth about YOU and how you can stay connected to it through difficult times

I've Been There!

My name is Pernilla Lillarose and I love helping women like you trust yourself and know your true value so you can make healthy, empowered choices based on what really matters to you, and live a happy and fulfilled life.

I have been where you are now, and I know the pain and confusion of doubting something that deep down I know is my truth, yet don't know how to live yet. I stayed in a relationship much longer than was good for me. Because I was not feeling validated (an understatement!) by my partner, I would doubt myself and give away my power – or get into arguments where I tried to defend or justify my experience. Looking back, I feel a lot of compassion for myself. I was so confused and so unhappy, yet I needed some help in uncovering why this kept happening to me. It wasn't till after I left the relationship and with the help from some wonderful mentors that I could finally **not only see** what had kept me in this situation, but more importantly **I could feel it.**

When I learned to listen to the wisdom in my body and trust it, instead of believing the confusion in my mind, real and lasting transformation finally took place.

I had to realize all the areas inside where I had ignored my gut feelings, not trusted my truth, and not taken my own needs seriously. Through deep listening and learning to

love all the scared and confused parts in me, I now feel confident and comfortable in being me. I deeply know and feel that my experience matters just as much as anybody else's. The strength and certainty in **knowing who I am deep inside as a women** is what guides me in my decisions and actions today. This deep feeling of knowing and trusting myself is what was missing in my relationship and is exactly what kept me in a situation that was not for my highest good – or anybody else's for that matter.

The transformation I went through is the reason that I do this work now. I love to see women like you find your power and confidence - and love and trust yourself no matter what. Once you find the core of who you are, there is no stopping you. Get ready, dear Friend, there is a great life waiting for you.

Learning the Language Of Your Body

When you work with me you will know **how to access your wisdom** and love inside and learn the language of your body.

What does a *yes* feel like?

What does a *no* feel like?

How do you make space for feelings that seem out of

control and insatiable?

How do you listen to and trust what *your* Heart is longing for?

It really fills me with joy to see my clients let go of their doubt and instead create a safe space for their feelings and needs and then learning how to listen to them with an open Heart and a caring ear. It normally doesn't take more than one session to start feeling the power and relief of finally listening to something your body has been trying to tell you for a long time. The relief is beyond measure. We all need someone who can hold a safe space for the parts of us that were never heard, seen, validated or taken seriously. It is the missing piece and essential ingredient for deep and lasting transformation.

When I teach meditation and mindfulness at the local jail, it is so fulfilling to see the inmates relax and open up to their own wisdom. Then they recognize that it was **because they did not listen to themselves that they ended up in situations like this**. And then hear them say they have not felt this peaceful for a long long time. That is what happens as they begin to realize that **they can do their life differently** by learning to trust what they really knew all along.

Like most of us, they just didn't have the right role models.

If they can realize such a truth in that kind of confinement, you can certainly do the same.

This little book will give you a taste of **what is possible for you!**

I know it may be hard right now and difficult to see the light at the end of the tunnel. I don't want to minimize what you are going through.

However, I want to give you some hope that the pain you are in can be soothed and healed with a little help from a Friend. And your confusion and fear does not need to linger for too long.

Rationally we all know that “this too shall pass,” but emotionally we need some soothing balm and clear understanding to make this passage more tolerable and not feel like an eternity. You won't find this balm in your medicine chest. But with some coaching and guidance you will gain access to your body's True Medicine Chest – right inside of you – in your Beautiful Wise Heart!

Why Did This Happen To Me?

This is such a common question when you go through major changes in life, isn't it? Not just break ups. Any kind of difficult transition makes you ask yourself: “Why???”

You look at it rationally and hope to find the answers

there, but rational 'why' questions only give you rational answers from the mind without much relief.

Do you ever say this to yourself:

“I know I'm a good person, I give and give and give, love and love and love, and always make sure that everybody is happy. So why ...?”

Yes ... why didn't your marriage work out?

...why did your spouse not love you back the way you want to be loved?

...why didn't he/she not just...?

How To Stop Driving Yourself Crazy With “Why, Why, Why?”

The answers you are looking for are not found in your mind or in the why's.

A better way to get clear answers is to use questions like “How?” or “What?” These type of questions will give you useful answers that make you feel empowered and back in charge.

I would like to help you turn these questions around, so you can start getting answers that will shift things for you much faster and more permanently in the direction you

want. Assuming you want to feel confident, peaceful and happy?

The *how-type question* is to help you get curious about your part in your relationship.

3 Questions

Here are 3 questions to get you started, but really – this is just the beginning. The truth is, to get there faster you need regular support, just like I did, just like we all do. You are in a time of transition, and you don't need to figure it all out on your own anymore. I am here to support you in getting to a peaceful place in your life as quickly as possible.

Let's get you started now, shall we?

Ask yourself:

“What made me stay in my marriage or relationship, when I wasn't all that happy anyway?”

“How did I participate in making this happen?”

“How did I ignore my own feelings and needs?”

Can you feel the shift in energy when you ask yourself questions like that? Powerful isn't it!

Well, maybe a little scary and vulnerable too, but it is

worth being a little scared at first in order to gain your freedom and confidence back.

This is how the *crazy-making why questions* turn into empowering wisdom and clarity to help you claim your power back and make lasting changes.

Please be very gentle and kind to yourself in case you are tempted to blame yourself. If you ask these questions with a critical, judgmental tone, you are likely to feel bad, ashamed, wrong and all these familiar feelings that kept you stuck in the first place. Asking them with a critical tone will not give you the clarity you need. Really, haven't you beaten up on yourself enough already?

Let's take a new approach now and **lead with kindness and openness**. When you do, half the “work” is already done. Kindness towards all the parts of yourself that you have previously judged helps soften the edges so they can feel safe to start communicating with you. (My book **Imagine Being Kind To Yourself** shows you the how-to do that.)

Let's decide right now that you will do your best to be really kind and gentle with yourself and become your own best friend.

Acknowledge that you did your best at that time. You did, didn't you? Not perfect, I know, but with the tools and experience you had, you did your best!

And now... you are about to learn new tools and get new insights that will serve you much better in this next phase of your life.

Just write down your answers to the 3 questions without editing or making yourself wrong. See it as an opportunity to get some clarity and really **get to know yourself**. Getting to know yourself at these deeper levels is how you can be sure this won't happen to you again. Doing it with kindness and openness will make your discoveries easier and definitely more enjoyable. And it is OK to laugh at yourself too. It really helps to shift the energy, because laughing and judging rarely go hand in hand.

Imagine knowing your needs and what truly matters to you so well, that you will **never ignore these “vital signs” again**. Feeling confident in what is right and true for you happens naturally when you learn to listen to yourself without judgment with an open Heart.

When you go through a transformation like this, a natural unfolding takes place. **The unfolding of you** – what matters to you, your values and aspirations. In that process, you will experience a deepening sense of peace and joy that naturally arises as you get to know yourself. I notice that with my clients all the time, not just in jail. After a few sessions, I so often hear how they never thought it was possible to feel this peace so effortlessly and how inspired they are to apply it in their lives.

Unconscious Beliefs

Because I realized many years ago that life is but a mirror of my own beliefs, feelings and consciousness, I have always been very introspective and willing to see my part of an equation when I face challenges in life.

Those same questions that you have been asking yourself swirled around in my head too without any clear answers.

I prayed, I meditated, asked for clarity, tried to figure out what I did wrong – but the answers stayed out of reach – and I stayed in a relationship much longer than was good for me.

I kept hoping that he would understand me, 'get' me without me having to defend, justify or explain myself. I lived on hope and an empty tank.

It took some serious honesty on my side and a good dose of willingness to find out that the answers I needed were here – right inside of me, but my questions had been aiming in the wrong direction. I was looking for the wrong answers. This kept me on the merry-go-round... and I suffered.

What Is Wrong With Me?

Looking for what was wrong with me was a very old pattern of mine. I was sure the answers could be found there, and once I found them my life would change. I hadn't really considered that there might be a different solution to my pain.

The harder I tried to find what was wrong with me and the more I kept looking for proof, the more I left myself – my own Wisdom and my beautiful Heart. Looking back now, I think the only thing that was “wrong with me” was that I asked the wrong questions and stayed too long in a relationship that wasn't right for me.

But that wasn't really being wrong! I just didn't know any better at that point of my life and had not yet had the right role models to show me what I know now.

May this little book serve as a role model and show you what is possible for you when you realize where to find your answers. You don't have to do it alone anymore. Isn't that a relief?

I think we all need role models. And when we learn something that helps liberate us, inspires us, enlightens us and teaches us how to better love, connect and support each other... and ourselves, we can share and model that for each other. That is why a big part of my life is dedicated to supporting women like you to feel empowered and free to speak your truth and be yourself, no matter what. (At the

end of this book I will share one of my poems with you called “I Am a Liberated Woman.”)

And when you do, OMG your life will totally change.

You'll realize what is actually right with you by listening to your Heart and Body. Then resisting yourSelf ends – the floodgates to your Essence open up – and things become easier, more fun and fulfilling without all the hard work.

The answers that I was looking for only came when I started asking the right questions and when I did, my life turned around.

Role Models

Let me explain a little more about role models and how we have been lacking them in our society, before we dive into the Better Questions to ask. I think you can relate:

As women growing up in a patriarchal society, we automatically don't feel that we fit in. Just look around the world. Even though things have changed dramatically for us, at least in this part of the world, there is still room for a lot of improvement. We still need to see changes in understanding and honoring us as women for who we are, how we feel, what we value, how we connect, how we teach and how we love, and let's not forget: **how we want to be loved!** And we need to know that there is nothing wrong with us. If I would receive a dollar for every woman

who believes there is something wrong with her, my bank account would be overflowing.

We are different than men in so many ways, and because this world has been catering to the male ways of expressing themselves, you and I have slipped into the back ground as if there is something wrong with us. But that doesn't change the fact that we are women with different feelings and values.

Outer Circumstances Versus Inner Experiences

Because we believed the outer circumstances more than our inner experiences, we too stopped listening to our own needs. There were no good role models for us.

When we let the outer circumstances determine the value and meaning of our inner experiences, we tend to leave ourselves and our own values behind.

For instance if the outer rejects my feelings and values, it “must mean” that those feelings and values are wrong – I am wrong, and then I have to find out how to correct them – make them right, so I can be included, acknowledged and loved. Making ourselves wrong is an obvious conclusion that so many of us have mistakenly made.

Believing there was something wrong with me kept me in a loop where I let others/my partner treat me as such –

wrong.

Luckily, I don't do that anymore. I learned that by directing the questions inside and inquiring about myself in a different way. I learned so much in that process and with my back ground as a [Hakomi](#) Practitioner (body-centered inquiry and therapy) I have been able to create a program that helps you trust, value and love yourself and feel empowered from the inside out.

Better Questions

Here are some of the more constructive questions that I had to ask myself:

- What **is** my experience and how do I convince myself that it is not acceptable?
- What is my experience **as a woman**, when I don't censor it or assume it to be wrong?
- **How do I doubt my own experience** and leave myself behind in that process?
- What scared feelings feel so true that I let them override my gut feeling?

With the answers to those questions in your back pocket,

when life gets challenging and your outside world is trying to convince you of something that does not resonate with you, you will know where to go: Your own experience – your own truth – and what truly matters to you deep in your Heart. Here is where you will find your sense of true empowerment and confidence. And the more you know how to feel it, trust it and act on it, it will be impossible to ever leave yourself again.

How Can An Experience Ever Be Wrong?

When you really look at it, how can an experience that anyone has be wrong? You may not agree with somebody else's experience, but you cannot say that it is wrong. You have an experience or you don't. It is like, you are pregnant or you aren't. Anybody else's opinion does not change the fact that you have that experience (or are pregnant). Labeling it is just an expression of somebody else's opinion.

Is a tulip wrong for having a tulip experience?

Is a tulip wrong if you prefer roses?

Is a cat wrong for having a cat experience?

Is a cat wrong if you like dogs better?

Is a woman wrong for having a woman experience?

Is a woman wrong because she is not a man?

Of course not. **Being a woman is not wrong.** Denying yourself to be the woman that you are with all your feelings, wisdom and longings, is the only place wrong fits in.

Knowing Who I Am

The pain and confusion of doubting myself has turned into a strength in **Knowing who I am**, how I like to express myself and truly loving who I am experiencing myself to be. This Knowing is not a mental knowing – it is a deeply felt sense of wisdom in my body that is always available and guides me in everything I do. This is how I can make a difference in the world. This is how I can support you in doing the same. This is possible for you too.

I would like to end this little book with a poem I wrote after I had found the freedom to just be myself – and Loving it. It feels juicy, confident, radical, care-free, yet caring deeply about the world, myself and all around me. But never at the expense of dishonoring, suppressing or ignoring my own Truth again.

I Am A Liberated Women

*I am a liberated Woman,
Liberated from believing I need to be any different than I am,
Liberated from doubting my own Love and Beauty,
Liberated from needing to dim my own Light*

*I am a liberated Woman
I don't need to walk barefoot,
Go to any more workshops,
Or follow one more Guru*

*I just need to sink
 Deep
 Down
 Into my own Flesh
Listen to my Essence,
Let Her grin and show Her beautiful smile*

*I am a liberated Woman
My Heart is my Teacher,
My Inner Senses my Guides
And my Presence my Healing Credential*

*And beware:
I am not alone!*

I hope this gives you the confidence and reflection that it is more than OK to Be yourSelf in all your glory and beauty. It is time to step up and honor what truly matters to you. Because what matters to you, matters to all of us and that is how we all benefit when you step into your Heart and let it rip and shine your beautiful Love, Light and Purpose.

In This Book You Learned

- How to leave the crazy-making why questions behind and instead get to know yourself so you will never feel tempted to leave yourself again for something that does

not serve you or that you don't value

- The importance of kindness and curiosity to create lasting transformation
- That you never need to go through this again and where to go if you feel challenged by life
- **There is nothing wrong with you**

I strongly encourage you to stay with this process as you are beginning to know yourself in a whole new way. If you found any clarity and inspiration from reading these pages, let these new feelings take you to the next level.

- What are 3 things you can do right now to stay connected with this clarity and not fall back into the old patterns of isolation and confusion?
- What support do you need to take those steps and stay committed to your own values, needs and happiness?
- How committed are you to your own transformation and liberation?

Your Next Step

I am as committed to your transformation as you are.

I would love to guide you into the experience of fully feeling and knowing that **you are accepted, loved and have**

True Value. You will be amazed how that can dissolve so much pain and confusion and leave you with a whole new outlook on life – your life – your Heart – and a happy ending.

Would you like to start realizing your True Value and let that be your new guide as you take your next steps?

Time permitting in my schedule, I welcome you to sign up for a free [Discovery Session](#) with me now to claim your clarity and confidence as the first step into your wonderful life waiting for you. Here we spend 30 minutes to find out where you are at this stage in your life, where you would like to be, and what you need to make that happen – and this time you don't have to do it on your own anymore. We'll do it together.

Here is what I see possible for you:

- You can feel safe to let go of any confusion and learn to **make clear, confident decisions** so that you can move forward NOW
- Realize that healing pain does not have to be painful. **I will keep a safe space** for you as you open up and learn the power for True Love
- Discover the secrets to having healthy relationships so that you can have more fun, and **feel alive** again

- Gain **confidence** so you can lovingly speak your truth, ask for support, and receive love from those around you
- Kick the painful habits of **self-doubt and guilt** and start appreciating and loving yourself for who you truly are.

I look forward to connecting with you soon!

ALL Love,
Pernilla

www.DivineFeminineFlow.com

Other services offered by Pernilla:

- Private Coaching Programs

Please sign up for a [free 30 minute Discovery Session](#)

- Books

Women Standing For Love – From Overwhelm and Isolation to Connectedness and Inspiration

Imagine Being Kind to Yourself – Inner Peace at Last

Allow Yourself to Be YOU – Peace at Last

5 Steps to Dive into the Divine Feminine Flow – and Leave Self-Doubt Behind Forever

- Programs

Trusting Yourself Without A Doubt – Living by Your Own Rules of Wisdom (previously called “The 40 Day Should-Free Mind Cleanse”)

- 6 CD set

Six Simple Steps to Serenity – A Practical Meditation and Mindfulness Course

- App

Be Kind to Yourself – 365 Daily Reminders sent to you

- Radio show

[Unveiled](#)