**THE 5 REASONS WHY YOU ARE STUCK**

And how to get UNSTUCK

A person with her head in her hands looking at a computer

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Lauretta R. Zucchetti

**Why This Will Change Your Life When You Implement It**

I am going to be forward with you and tell you why we get stuck in life so there is no fluff.

In a world full of fluffy information, once you understand where you want to go but it’s not happening it can be very frustrating. The following information will provide you with what you need to change and alter your actions to create the life that you really want and deserve.

The truth is, we are on Earth to enjoy life and experience love and growth. There is no other reason. But often we become our worst enemies; we limit and judge ourselves, we forget that we deserve to be happy, we don’t understand how we find ourselves in the predicaments that life has in store for us.

I am here to show you what happens behind the scenes, and how easily it can be to step out of the wheel of unhappy repetitions and change their outcome.

**Why listen to me?**

My name is Lauretta Zucchetti, I am an Author, a Certified Coach and an ex Sales Executive.

Most importantly I am someone who has had to learn the hard way, through trial and error in real life by being shuffled from home to home, marrying more than once, divorcing, having kids, losing family members, you know the dig. But one thing I never lost track is—and it has always been my BIGGEST focus in life—and it has been the desire to understand the reason for our existence and how to become a better person.

Through my studies and my personal searches—I have a Master in Transpersonal Psychology and a Bachelor in Women Studies—I have obtained the following>

1. I have found the main reasons for our being stuck
2. I have mastered natural, easy ways to get “unstuck”
3. I no longer struggle to obtain what I desire
4. Things and situations manifest themselves before my eyes
5. I know immediately how to shift my inner state of being to be in a state of receiving

What is coming, and teach it to others

People promise you everything and underdeliver, but my aim in this guide is to prove that I know what I am talking about and, if you follow the steps, then you too can make a radical shift in your current situation and become the master of your destiny.

That being said, let’s get into the 5 reasons why you keep being stuck in any areas of your life.

REASON NO 1

A picture containing grass, outdoor, mountain, red

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We dwell on what is not working

I know that you have heard this before: **focus on the positive thoughts**. It is not the thought alone that matters but **the energy behind the thought**. Once you focus on what it is NOT going well, you send off waves of energy that will be broadcast all around you and that very same frequency will bring back to you similar energy and results. Have you ever seen people who always experience “bad” things happening to them? And they can’t seem to stop the cycle? Well, these people have NOT figured out how to halt even ONE of their thoughts to arrest the string of negative waves, let alone the consequences that inevitably occur.

## We Feel Our Thoughts in The Moment, Always

People will say to me: I feel sad. My next question is always: what was your thought right before you felt that way? Sure enough, it is always about a situation that is sad or upsetting. I then ask the person to imagine a completely different scenario, and ask what about the feeling associated with it. Inevitably, it is the opposite of the previous one. **Whatever we think in that particular moment is what we feel instantaneously.** It seems like a shallow concept but it is rather a very profound one. **It is the key to our mindful existence.**

REASON NO 2

A person sitting on a chair

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We are on automatic loops of Thinking-Feeling, Feeling-Thinking

After the brain fires off a thought it is the body that registers the emotion. **Your emotions reside in your BODY**. Yes, in your body.

Every thought generates chemicals in your brain, which then sends off neurotransmitters, neuropeptides and hormones that attach to the cells, which in turn create sensations. Sensations are feelings which then become emotions (you name them feelings but after a while you are able to define them singularly as emotions, i.e., sadness, happiness or else).

**Your body feels the emotions that have come from the thought what does it do? It sends signals (back to the brain) about *that particular emotion* that have that will generate more thoughts of the same kind, which in turn will cause more feelings similar to the ones you just had. And the cycle of thinking-feeling.feeling-thinking will continue until you become aware that you are playing similar version of the same record inside of you but that the original event was in the past and that nothing has changed.**

Your mind, the brain awake, your awareness, is that part of you that can or cannot be conscious of what is happening. IF your mind is aware, then you are able to realize the hamster loop you are caught on and stop you from continuing this tirade. If what is happening is unconscious, as it is often the case, then you most likely spend a good portion of your day thinking and feeling about an even that has already happened.

An example could be after a divorce seeing a young family walking around with their kids: your mind goes to when you used to vacation with your own family and how that is no longer. The emotion is longing, nostalgia and more of the same. Your brain immediately generates ton of chemicals that bring you back in time and causes you to feel like perhaps you failed somewhere. And the cycle begins: more thoughts create more feelings, more feelings become more emotions, more emotions cause more thoughts, more thoughts turn into more feelings and this wheel can only be stopped by a conscious decision.

REASON NO 3



We mostly live in unconscious modes

Being unconscious means not realizing what is happening when our lives are run on repetitive sequences. We don’t like our jobs, we want to have more money, We’d love a bigger house, we need more help at home, our relationship with our partner is poor, and yet we don’t do anything to change any of it. We let life continue every day in the same way, hoping that some magic troll will knock on our door with a pot of gold or a magic wand. Yet, every day we promise ourselves that *something* has to change and that we will do something for sure. But *do we?*

First of all, we need to become *aware* of what is happening to us and around us. When we repeat the same tasks every single day, our neurotransmitters wire together and it will be very difficult to break the pattern. But it is possible, we just have to first realize what we are doing, even though our bodies will fight the changes and will try to make us do the same things (because unconsciously we do not like changes, they make us uncomfortable).

Those of us who go unconscious and elect to stay that way conduct lives where the predominant elements are distractions from thinking or feeling. We shop, we drink, we watch lots of television, we surround ourselves with noise, we do anything to utilize sensorial stimuli and material objects to sooth our discontent with the bigger areas in our lives. At some level we know that it is hard work to change the parts that we don’t like, but it is easier to stay unconscious and let things continue as they are with one reason or another, being the kids, the house management (trust me, I have done it) or else. But at some point growth comes knocking at the door and it is at the point that we need to take heart and do something about it.

REASON NO 4

A person looking out a window

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We are conditioned by time, present circumstances, families

By the Quantum Physic law it is essential to focus and envision what you want without being conditioned by your present circumstances.

You need to think freely of your upmost desire and goal, and stay focused on it until it comes to fruition. Teach your mind to think the new thoughts every day and your body to embody the emotion that you will feel as if the goal has already be obtained. You will experience synchronicity and serendipity at every level possible, and before you know, a path will appear before your eyes showing you the way to it. By staying in our heart with an elevated emotion and placing focused attention on the desired objective, we send out electromagnetic waves that will attract what we desire with the help of the Universe.

Gandhi, Martin Luther King Jr., Nelson Mandela and many others lived lives that were beyond their times and irrespective of their families and social conditioning. They paid heavily for their dreams (two of them died and one spent 27 years in jail), but never gave up on their dreams. These are examples of people who understood how the Universe will deliver to us the particles that match our desire, as long as we apply the concept of maintaining a focused intention/attention and that of an open heart.

REASON NO 5

A city street with tall buildings

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We are run down because of stress

Modern life will have us run down and that is no news to anybody. Bills to pay, deadlines to meet, families to raise, elderly to care for, and more. This hectic conditions deplete us of vital energy that can alter the health of our bodies. To prevent it, it is important to protect some areas by taking up disciplines that will slow us down and force us to meditate even a few minutes at a time, i.e, Qi-Kong, Yoga, hiking in nature, and to become aware of our lower chakras where more energy is always needed (as they are our survival chakras), particularly that of the perineal gland at the bottom of our spine, behind our belly button, and at the bottom of our stomach. If we breath into those areas slowly and methodically we will replenish them with much needed energy that will create protective shields for when stress hits us. Since they concern themselves with reproductive, eating and digestive functions, it is essentials that they remain as healthy as possible.

Along with the above practice, we also must focus on maintaining elevated emotions like gratitude and love in our hearts. There is nothing like these two emotions to signal the Quantum space that we are in receiving mode and that whatever we desire can come to us. It goes hand in hand with the Law of Attraction and what it takes for it work (the Law of Attraction only works if it is coupled with a person’s aligned thoughts and embodiment of elevated emotions).