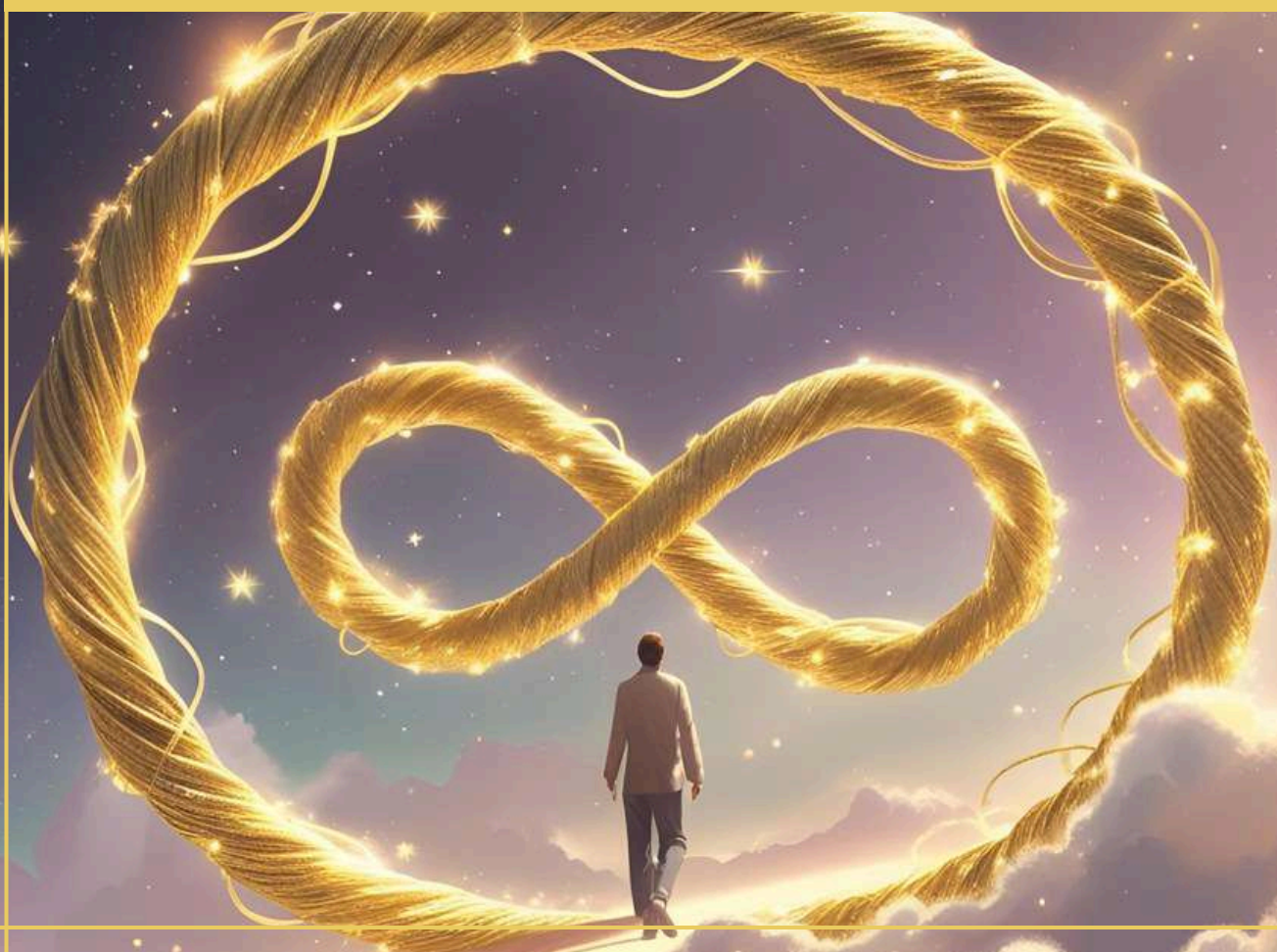


Recognizing THE Pattern

RELEASING YOUR SOULS
REPEATING CYCLES

By Monica Walston



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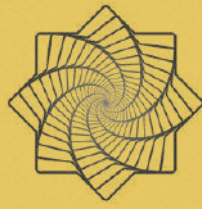




WELCOME

If you've ever felt stuck in an endless loop, there's a reason. And more importantly, there's a way out. This guide will show you how to begin unraveling the deeper story your soul has been carrying.

Monica



How to use this guide

This guide was created to support you at your pace - whether you're brand new to healing work or already deep in the journey. There's no right or wrong way to move through it. Here's what I recommend:

1. Start with the introduction. It will help you understand why you feel the way you do and how your subconscious may be holding onto emotional patterns.
2. Read the insights slowly. Let the words land - take breaks if anything feels heavy or brings up emotion.
3. Try the reflection exercises or affirmations. Even a few quiet moments can begin to shift energy.
4. Bookmark anything that resonates. Your intuition will show you what you're ready to explore more deeply.

When you're ready for more support, I'm here. You can book a session or a free clarity call using the links at the end of this guide. This is your safe space. Let it meet you exactly where you are.

Questions?

[MONICAWALSTON.COM](https://www.monicaawalston.com)

MONICA@MONICAWALSTON.COM

[FACEBOOK](#) | [INSTAGRAM](#) | [YOUTUBE](#)



CHAPTER ONE

INTRODUCTION

Do You Keep Asking, "Why
Is This Happening Again?"



Introduction

Same type of relationships.

Same emotional fallout.

Same internal reactions no matter how much you've tried to change.

If you feel like you're stuck on a cosmic repeat loop - you're not imagining it.

You're remembering a pattern your soul has been carrying across time.





CHAPTER TWO

THE SOUL PATTERN LOOP

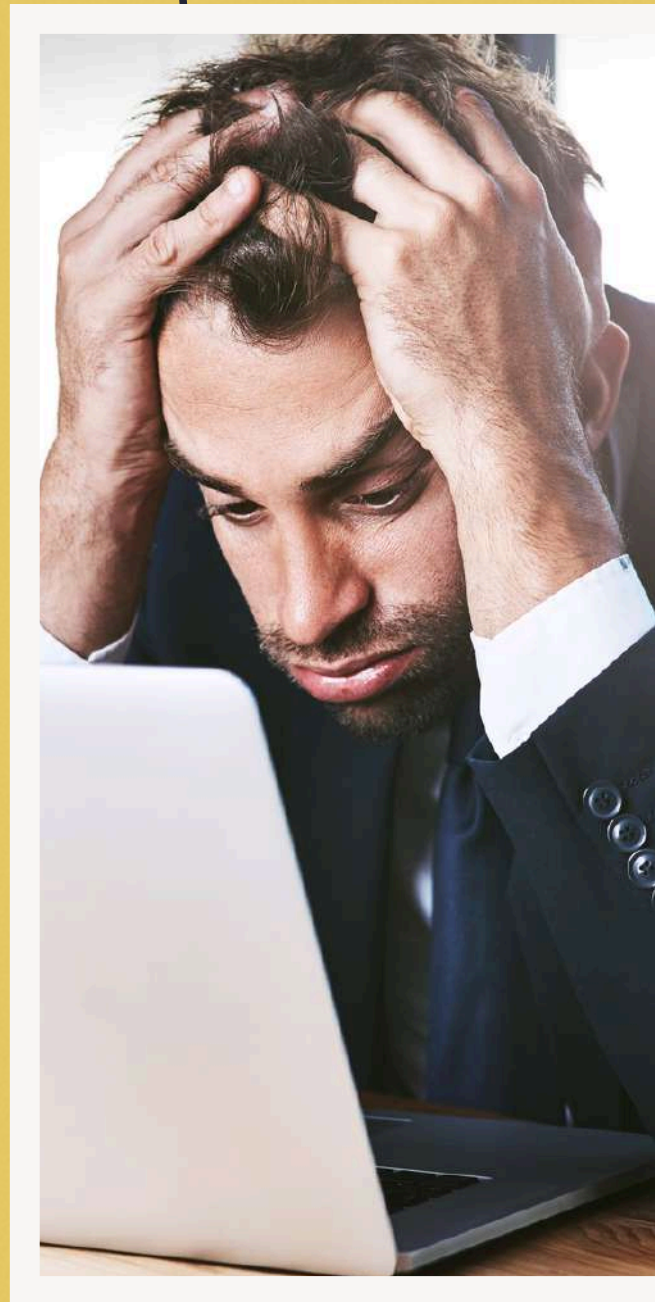


The soul pattern loop

Patterns don't just come from this life. Some are:

- Karmic contracts
- Past life dynamics
- Family line energy
- Subconscious beliefs from a forgotten origin

You're not failing - you're repeating what hasn't been resolved.





CHAPTER THREE



PAST LIFE
REGRESSION CAN
BREAK THE CYCLE



Understanding the root can break the cycle

When we explore subconscious patterns and the deeper emotional stories your system has been carrying:

- A repeating relationship dynamic
- A soul wound that shaped your beliefs
- An agreement your soul is ready to release

With hypnosis, we can go back to the origin point and rewrite the contract. The cycle ends with you!

Try this pattern awareness prompt:



Take a few breaths and ask yourself:

- Is there a struggle or situation I've faced more than once, even with different people or places?
- Do I find myself saying, "Why does this always happen to me?"
- Have I tried to change or grow, only to feel pulled back into the same story?
- Is there a belief I've carried for a long time - about love, safety, or my worth - that might be driving these cycles?
- What emotion keeps showing up in my life, even when the circumstances change?

Awareness isn't judgment. It's a doorway. You're allowed to walk through it. If it helps, use the journal page below to write down your answers and thoughts.



Your next step...

If your life feels like a loop, you're not failing - you're noticing. That alone is a breakthrough. These cycles aren't here to punish you. They're invitations to heal something deeper, often carried through childhood, past lives, or your soul's agreements. When you explore what's underneath, you reclaim your power to respond differently - and that's how the pattern ends.

BOOK YOUR TRAUMA
ROOT RELIEF SESSION

With love, compassion and understanding,
Monica Walston
Trauma-Informed Hypnotherapist

Conclusion

You are not doomed to repeat the past. Every step you take toward awareness is a thread unspooling from the cycle. What once felt like fate is actually a pattern - and patterns can be rewritten.

You have the power to break the loop and create something new. When you're ready to explore the root of those patterns through past life regression or subconscious work, I'd be honored to guide you.





The Trauma Root Healing Sanctuary

This is a gentle, spiritually grounded place where sensitive souls gather to receive ongoing guidance, nervous-system-safe practices, and compassionate support as they heal trauma, emotional patterns, and soul wounds.

Inside the sanctuary, you will find:

- Monthly live community healing circles
- Grounding practices and gentle teachings
- A safe space to feel seen and supported
- Continued guidance without pressure

If your guide resonated and you feel called to receive ongoing support, we would love to welcome you into this sacred space.

Join here: [Trauma Root Healing Sanctuary](#).

You are not alone on this path. You are held. You are welcome.