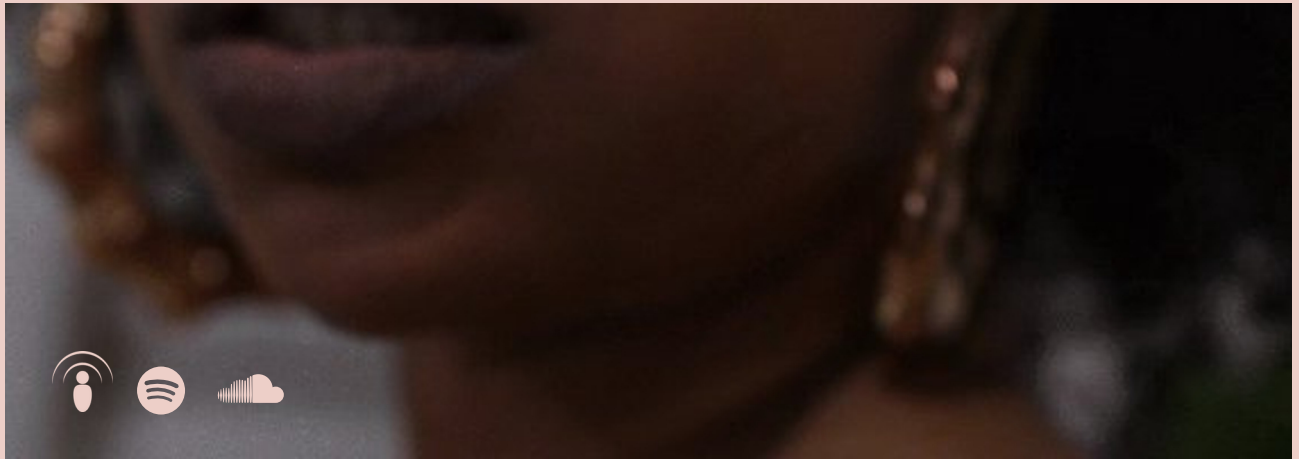


# B. BAD BITS, THE GUIDEBOOK VOL. 2

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## RADICAL SELF UNDERSTANDING

### WELCOME

TO B. BAD BITS, THE GUIDEBOOK VOL. 2. I AM SO GRATEFUL, THAT YOU HAVE DECIDED TO TAKE THE NEXT STEP, IN YOUR JOURNEY OF SELF, AND THAT YOU ARE USING THIS GUIDEBOOK TO DO IT. WHILE THE MAJORITY OF YOU READING THIS, ARE FAITHFUL BADDIES, I WANT TO MAKE SURE, THAT I INTRODUCE MYSELF FOR THOSE, WHO RECEIVED THIS GUIDE IN THE SHUFFLE.

I AM B. BAD, A DIGITAL STORYTELLER, WHOSE LIFE'S EXPERIENCES LED TO THE KNOWING, THAT MY PURPOSE IS TO LEAD OTHER BLACK FEMMES AND WOMEN BACK TO THEMSELVES, BY WAY OF SELF ACTUALIZATION, AND THUS TO THEIR INDIVIDUAL DIVINE PURPOSE & SOUL'S MISSION.

WHICH I CURRENTLY WORK TOWARDS THROUGH MY EVOLVING SERIES, THAT ARE FOCUSED ON THE JOURNEY OF SELF ACTUALIZATION THIS YEAR, IN 2019.

MY PODCAST B. BAD BITS, SERVES AS CHRONOLOGICALLY CURATED BUILDING BLOCKS, TO AID YOU ON YOUR JOURNEY. THROUGH INFORMATION BREAKDOWNS, THAT FOCUS ON GETTING TO THE ROOT, AND, SHARING IT IN AN APPROACHABLE, AND UNDERSTANDABLE FORMAT. THROUGH A BLACK FEMINIST LENS, THAT FOCUSES ON THE NUANCE OF OUR INTERSECTIONAL EXPERIENCE.

WITH THIS GUIDEBOOK, MY INTENTIONS ARE TO ASSIST YOU IN TAKING THE CONCEPTS LEARNED IN THE PODCAST, TO THEN PLACE THEM IN THE CONTEXT OF YOUR LIFE, AND APPLY THEM AS NEEDED. PLEASE NOTE THAT MY WORK INCLUDING THIS GUIDEBOOK IS A RESOURCE TO AID IN YOUR SELF STUDY, HOWEVER, THE WORK IS YOURS TO DO.

## INSTRUCTIONS

TO GET THE MOST OUT OF THIS GUIDEBOOK, I SUGGEST THAT YOU EMBRACE IT WITH AN OPEN MIND, AND AN OPEN HEART. WHAT I DON'T WANT YOU TO DO, IS TO SEPARATE YOURSELF FROM THE THINGS THAT SOUND "TOO ICKY" TO BE YOU, OR TRUE. THIS IS YOUR GUIDE, SO DON'T WORRY ABOUT THE PERCEPTION OF ANSWERING THE QUESTIONS "CORRECTLY," BECAUSE THE MORE HONEST YOU ARE, THE MORE YOU WILL GET OUT OF THIS EXERCISE. LASTLY, ITS EACH ONE TEACH ONE ROUND HERE, BABY! SHARE THE CONCEPTS THAT YOU'VE LEARNED IN THIS GUIDE, WITH THOSE WHO WOULDN'T OTHERWISE HAVE ACCESS.

## GUIDEBOOK OVERVIEW

THROUGHOUT THIS GUIDEBOOK, I HAVE BROKEN DOWN EACH OF THE EPISODES, FROM THE LATEST SERIES RADICAL UNDERSTANDING OF SELF, WHICH YOU CAN LEARN MORE ABOUT BELOW.

## RADICAL UNDERSTANDING OF SELF, THE SERIES

SO FAR IN THIS YEAR'S ONGOING CONVERSATION OF SELF ACTUALIZATION, WE'VE DISCUSSED WHAT SELF ACTUALIZATION IS, WHY ITS NECESSARY, AND WHY BLACK FEMMES AND WOMEN ARE AT A DISADVANTAGE OF OBTAINING IT, OR EVEN WORKING TOWARDS IT. AS WELL AS HOW THE MATRIX OVERARCHING OBJECTIVE IS TO KEEP US FROM TAPPING INTO OURSELVES. THROUGH SEPARATING SELF AND SOCIETY, WE WERE ABLE TO DETACH OURSELVES FROM EXPECTATIONS THAT WERE UNCONSCIOUSLY PROJECTED ONTO US. ALLOWING FOR US TO ACTUALLY SEPARATE OURSELVES FROM SOCIETY. BUT NOW THAT WE KNOW WHO AND WHAT WE AREN'T, WHO ARE WE? WHICH IS WHAT I'M HOPING TO PROVIDE SOME CONTEXT FOR YOU THROUGHOUT THIS GUIDEBOOK, AND SERIES OF RADICAL UNDERSTANDING OF SELF.

## SERIES COMPONENTS

- E36, RADICAL UNDERSTANDING OF SELF ►
- E37, UNDERSTANDING YOUR INNER CHILD ►
- E38, CONTEXTUALIZING OUR PURPOSE ►

## DISCLAIMER,

I THINK IT'S IMPORTANT TO CAVEAT THIS SECTION OF THE GUIDEBOOK, WITH THE SAME DISCLAIMER I HAD ON THE PODCAST. WHICH IS THAT THESE TOOLS ARE GIFTS FROM THE UNIVERSE TO HELP US BETTER UNDERSTAND OURSELVES, AND THE WORLD WE LIVE IN. YOU HAVE THE AGENCY TO MAKE THE CONSCIOUS DECISION WHETHER YOU WANT TO WELCOME THEM INTO YOUR LIFE OR NOT. ONCE YOU START TO INTENTIONALLY LOOK, YOU'LL RECOGNIZE THAT DIVINE GUIDANCE IS ALWAYS AROUND US.

## B. BAD BITS, THE GUIDEBOOK

DISCLAIMER CONTINUED,

WE JUST HAVE TO SHIFT OUR PERSPECTIVE TO RECEIVE IT THIS WAY. AND I SAY THIS IN CONNECTION TO THE DIVINE TOOLS, BECAUSE THEY ARE RESOURCES TO HELP US FIGURE OUT ALL THE MOVING PIECES, ALONG OUR CONTINUED JOURNEY. TO SEE IT ALL OBJECTIVELY, AND THUS, MAKE THE CONSCIOUS EFFORT TO FLOW WITH THE UNIVERSE RATHER THAN AWAY FROM IT, BY TRYING TO RUN THE SHOW. THERE'S A BIGGER PLAN AT PLAY HERE, AND YOU ARE ONLY ALONG FOR THE RIDE. I ALSO WANT TO MAKE IT VERY CLEAR THAT I AIN'T NO EXPERT, I'M JUST HERE TO CONNECT THE DOTS.

## LISTEN TO EPISODE 36 ►

### RADICAL UNDERSTANDING OF SELF,

THIS SERIES WILL SOLELY FOCUS ON OUR UNDERSTANDING OF OURSELVES. SINCE WE ARE CONSTANTLY LEARNING, AND GROWING, WHO WE ARE, IS EVER EVOLVING AND SHIFTING AS WE BECOME CLOSER IN ALIGNMENT WITH OUR TRUE SELVES. I ALSO MAKE SURE TO NOTE OFTEN, THAT THIS JOURNEY IS ONE WITHOUT A PHYSICAL DESTINATION, AND THAT ARRIVING AT THE JOURNEY ITSELF, IS THE DESTINATION. AND ARRIVING TO THIS POINT, IS JUST THE BEGINNING, AND FRANKLY, WHERE I'M HOPING TO HELP YOU ALL ARRIVE.

AT THIS POINT IN THE SERIES, WE UNDERSTAND THAT WE ARE ALL INDIVIDUALLY HERE TO CARRY OUT OUR OWN UNIQUE MISSIONS, IN ALIGNMENT WITH OUR OWN SOUL'S PURPOSE. THEREFORE, REGARDLESS OF RELIGIOUS VIEWS OR UNDERSTANDINGS, WE RECOGNIZE THAT WE ARE ALL HERE FOR A REASON, AND THAT EACH OF OUR REASONS ARE DIFFERENT THAN ONE ANOTHER, AND SPECIALIZED TO WHO WE ARE, AND THUS, WHY WE EXIST. THEREFORE, THE PURPOSE OF THIS, IS NONE OTHER THAN TO HELP US UNDERSTAND OURSELVES AS MUCH AS WE POSSIBLY CAN, BECAUSE WE OURSELVES HOLD THE ANSWERS, MISSING PIECES AND KEYS, TO THE LIVES WE WANT TO LEAD, AND ULTIMATELY TO UNLOCKING WHO WE REALLY ARE.

### OVERVIEW

THE WAY THIS WILL WORK, IS THAT I WILL LIST OFF SOME SPIRITUAL TOOLS THAT HAVE HELPED ME TO FURTHER UNDERSTAND MYSELF. I'LL THEN GIVE YOU AN OVERVIEW OF THEM, HOW I UTILIZE THEM ON A DAY TO DAY BASIS, AND LINK YOU TO WHERE YOU CAN LEARN A LITTLE BIT MORE ABOUT THE TOOL IN APPLICATION. LASTLY I DEVELOPED A DOWNLOADABLE GRAPHIC, FOR YOU TO PLUG IN, AND, HAVE ALL OF YOUR INFORMATION IN ONE PLACE. YOU CAN EVEN PRINT IT!

## B. BAD BITS, THE GUIDEBOOK

## OBJECTIVE

TO UTILIZE THE GIFTS FROM THE UNIVERSE, AS TOOLS TO HELP YOU GAIN A DEEPER AND FULLER UNDERSTANDING OF BOTH WHO YOU ARE, AND WHY YOU ARE.

## BIRTH CHART

STARTING WITH THE UNDERSTANDING THAT AS THE PLANETARY MOVEMENTS ARE ABLE TO AFFECT BODIES OF WATER, THEY ARE ALSO ABLE TO AFFECT US AS BODIES OF WATER. THEREFORE, MANY LOOK TO THE STARS TO UNDERSTAND, NOT ONLY THE ONGOING ASTROLOGICAL SHIFTS, BUT ALSO WHAT THE ASTROLOGICAL ALIGNMENT WAS AT THE TIME OF YOUR BIRTH. AS THAT "SNAPSHOT," SERVES AS A TOOL TO HELP YOU TO FURTHER UNDERSTAND WHO YOU ARE, AND MOST IMPORTANTLY WHY YOU ARE, WHO YOU ARE. I'VE LEANED ON MY SISTERS OVER AT BLACK GIRL IN OM, TO BREAK DOWN THE BASIC COMPONENTS OF A BIRTH CHART INCLUDING YOUR SUN, MOON, + RISING SIGNS, AS SEEN BELOW:

### SUN

SUN IS OUR CORE. OUR INDIVIDUALITY. OUR EGO. OUR VALUE SYSTEM

### MOON

WHAT IS SEEN AND UNSEEN. THE SUBCONSCIOUS EMOTIONS THAT INFLUENCE US. OUR INNER WORLD.

### RISING

THE LENS WE VIEW THE WORLD THROUGH. THE MASK WE WEAR. THE ENERGY WE PROJECT TO THE WORLD.

## DAY TO DAY USAGE

YOU CAN UTILIZE THIS OR PLACE THIS INTO ONGOING PRACTICE, BY UNDERSTANDING THE CURRENT ASTROLOGICAL SHIFTS, AS A MEANS OF WELCOMING THE LESSONS THEY WILL BRING.

## RESOURCES

PLEASE NOTE THAT TO GET THE MOST ACCURATE READING AND INTERPRETATION OF YOUR BIRTH CHART, I ENCOURAGE YOU TO GO TO AN ASTROLOGER. HOWEVER, BECAUSE I UNDERSTAND THAT RESOURCES ARE LIMITED, AS IS ACCESS. YOU CAN GET A FREE BIRTH CHART AT [ASTROLOGY CAFE](#). WHEN YOU DO THIS, I ENCOURAGE YOU TO KICK BACK WITH A GLASS OF WINE, OR A BLUNT, AND SOAK IT ALL IN. YOU CAN ALSO LEARN MORE ABOUT UNDERSTANDING YOUR BIRTH CHART. LASTLY, ON AN ONGOING BASIS YOU CAN LOOK TO YOUR ASTROLOGY BASED HOROSCOPES TO UNDERSTAND THE ONGOING TRANSITS.

## B. BAD BITS, THE GUIDEBOOK

## NUMEROLOGY

IS ANY BELIEF IN THE DIVINE, OR MYSTICAL RELATIONSHIP BETWEEN A NUMBER AND ONE OR MORE COINCIDING EVENTS. IT IS ALSO THE STUDY OF THE NUMERICAL VALUE OF THE LETTERS IN WORDS, NAMES, AND IDEAS. THIS CAN BE LOOKED AT, AND BROKEN DOWN SO MANY WAYS, BUT THE WAYS THAT HAVE RESONATED MOST WITH ME, HOLISTICALLY, ARE MY LIFE PATH NUMBER, AND MY DESTINY NUMBER.

### CALCULATING YOUR LIFE PATH NUMBER

LET'S SAY YOUR BIRTHDAY IS DECEMBER 15, 1992. TO CALCULATE YOUR LIFE PATH NUMBER, YOU WILL REDUCE EACH COMPONENT OF THIS DATE TO A SINGLE DIGIT:

THE MONTH, 12, IS REDUCED TO  $1 + 2 = 3$ .

THE DATE, 15, IS REDUCED TO  $1 + 5 = 6$ .

THE YEAR, 1992, IS REDUCED TO  $1 + 9 + 9 + 2 = 21 \longrightarrow 2 + 1 = 3$ .

THEN, WE ADD THE REDUCED MONTH, DATE, AND YEAR ( $3 + 6 + 3$ ) TO ARRIVE AT 12. WE THEN REDUCE THEM ONCE MORE, BY ADDING  $1 + 2$ , AND REACH 3. IF YOU WERE BORN ON DECEMBER 15, 1992, THEN YOUR LIFE PATH NUMBER IS 3.

IF THIS SHIT LOOKING COMPLICATED, AND YOU FEELIN A LIL LAZY LOL, NO WORRIES! YOU CAN USE THIS FREE LIFE PATH CALCULATOR, [HERE](#).

### CALCULATING YOUR DESTINY NUMBER

TO CALCULATE YOUR DESTINY NUMBER, YOU WILL UTILIZE THE LETTERS OF YOUR GIVEN NAME, AS THEY ARE ASSOCIATED WITH NUMBERS, ACCORDING TO PYTHAGOREAN NUMEROLOGY, BELOW. ALSO, I UNDERSTAND THAT THE CALCULATIONS ARE TEDIOUS, BUT I NEVER LIKE TO GIVE THE WHAT WITHOUT THE WHY. YOU CAN CALCULATE YOUR DESTINY NUMBER, [HERE](#).

1 = A, J, S	2 = B, K, T	3 = C, L, U	4 = D, M, V
5 = E, N, W	6 = F, O, X	7 = G, P, Y	8 = H, Q, Z
9 = I, R			

### DAY TO DAY USAGE

FROM A DAY TO DAY PERSPECTIVE, THE UNIVERSE (THE DIVINE, GOD, THE ANCESTORS, SPIRIT, YOUR GUIDES, AKA WHOEVER YOU THINK IS IN THE OTHER REALM GUIDING YOU) IS LEAVING YOU BREADCRUMBS ALL DAY, EVERYDAY, TO HELP GUIDE YOU ALONG YOUR JOURNEY. IT IS UP TO US, TO TRAIN OUR EYES AND MINDS TO BE RECEPTIVE TO THIS HELP FIRST AND FOREMOST, AND SECONDLY TO PROACTIVELY BE ON THE LOOK OUT FOR IT.

## B. BAD BITS, THE GUIDEBOOK

## DAY TO DAY USAGE CONTINUED

WITH NUMEROLOGY, I HAVE BEEN PAYING SUPER CLOSE ATTENTION TO THE NUMERICAL SEQUENCES [111, 222, 333, 444, ETC.] I OFTEN SPOT. THESE ARE CALLED ANGEL NUMBERS, AND AGAIN ARE ANOTHER METHOD THAT THE DIVINE USES TO COMMUNICATE WITH US. WHEN YOU SEE ONE OF THESE NUMBERS, MY BEST PRACTICE, IS TO LOOK UP WHAT IT MEANS, AND PROCESS IT WITH THE CONTEXT OF WHAT YOU WERE DOING OR THINKING, OR WHAT WAS HAPPENING WHEN YOU SAW THE NUMBER. THESE NUMBERS ARE NOT A COINCIDENCE, AND HAVE LEAD ME TO A MANY OF GAME CHANGING REALIZATIONS AND DECISIONS.



## RESOURCES

TO LEARN MORE ABOUT NUMEROLOGY YOU CAN CHECKOUT [THIS](#) THROWBACK VIDEO FROM ONE OF MY FAVORITE SPIRITUAL LEADERS, KENDRA FROM PRETTYBOSS TV VIA HER YOUTUBE CHANNEL, ABOVE.

ADDITIONALLY, TO KEEP UP WITH THE ONGOING ASTROLOGICAL CHANGES, YOU CAN DOWNLOAD CO-STAR, WHICH IS LINKED BELOW. TO KNOW YOUR LIFE PATH, AND DESTINY NUMBER YOU CAN DOWNLOAD THE HOROS APP, WHICH IS ALSO LINKED BELOW.

HOROS APP, APPLE | HOROS APP, ANDROID  
CO-STAR APP, APPLE | CO-STAR APP, ANDROID

LASTLY, WHEN YOU ARE READY TO EXTRACT ALL OF THE INFORMATION FROM THIS SECTION. UTILIZE [THIS](#) DOWNLOAD TO CAPTURE THE MOVING PIECES. YOU CAN ALSO PRINT IT, OR PLACE IT WHERE YOU MEDITATE OR SPEND YOUR MOMENTS OF SELF STUDY FOR REFERENCE.

## VITALS

NOW WITH ALL OF THAT OUT OF THE WAY, I AM GOING TO TALK ABOUT THIS A TASTE FROM A PSYCHOLOGICAL LENS, BY WAY OF AN ARTICLE ON PSYCHOLOGY TODAY. THAT TALKS ABOUT THE SIX VITAL SIGNS TO SELF UNDERSTANDING, WHICH IS AN ACRONYM OF THE THINGS THEY FEEL YOU NEED TO HAVE AS THE BUILDING BLOCKS OF UNDERSTANDING YOUR SELF. HOWEVER, I'M GOING TO CROSS THEM WITH SOME OF THE SPIRITUAL TOOLS MENTIONED TO POINT.

## B. BAD BITS, THE GUIDEBOOK

## VITALS CONTINUED

V = VALUES

I = INTERESTS/PASSIONS

T = TEMPERAMENT

A = AROUND THE CLOCK ACTIVITIES

L = LIFE MISSION & MEANINGFUL GOALS

S = STRENGTHS

## VITALS + SPIRITUAL TOOLS

VALUES —————> SELF STUDY

INTERESTS/PASSION —————> PASSION + PURPOSE = MISSION

TEMPERAMENT —————> BIRTH CHART

AROUND THE CLOCK ACTIVITIES —————> BIRTH CHART

LIFE MISSION + MEANINGFUL GOALS —————> LIFE PATH/DESTINY NUMBERS

STRENGTHS —————> SELF STUDY

TO DEEPEN YOUR UNDERSTANDING OF VITALS, CHECK OUT THIS ARTICLE FROM PSYCHOLOGY TODAY.

## LISTEN TO EPISODE 37 ►

### UNDERSTANDING YOUR INNER CHILD,

THE SHAPING OF OUR PERSONHOOD HAPPENS DURING OUR CHILDHOOD. THEREFORE, THE FOUNDATION OF WHO AND WHAT WE WILL BE IS, SHAPED DURING OUR UPBRINGING.

IN PARALLEL PATHS, UNDERSTANDING THAT NOTHING, HAPPENS TO US WITHOUT REASON. WE REALIZE THAT EVERYTHING THAT HAPPENS TO US, IS IN THE CONTEXT OF WHAT OUR PURPOSE AND MISSION IS. HOWEVER, WHEN WE DON'T KNOW WHAT THOSE THINGS ARE, OR WHAT THEY MEAN TO US. WE ARE UNABLE TO CONTEXTUALIZE THEM. THEREFORE, IT IS OUR JOB TO TAKE A LOOK AT OUR LIVES AND MAKE SENSE OF ALL THE PIECES, OBJECTIVELY. UTILIZING THE SPIRITUAL TOOLS AND INFORMATION WE ACQUIRED ABOVE AS THE FOUNDATION. WE ARE GOING TO BUILD UPON THAT, BY UNDERSTANDING OUR INNER CHILD.

## B. BAD BITS, THE GUIDEBOOK

## ADVERSE CHILDHOOD EXPERIENCES

"INCLUDE EMOTIONAL OR PHYSICAL NEGLECT; VERBAL HUMILIATION; GROWING UP WITH AN ADDICTED OR MENTALLY ILL FAMILY MEMBER; AND PARENTAL ABANDONMENT, DIVORCE, OR LOSS — CAN HARM DEVELOPING BRAINS, PREDISPOSING THEM TO AUTOIMMUNE DISEASE, HEART DISEASE, CANCER, DEPRESSION, AND A NUMBER OF OTHER CHRONIC CONDITIONS, DECADES AFTER THE TRAUMA TOOK PLACE."

ALSO CONSIDER SOME OF THE USUAL CONDITIONS OF GROWING UP AT THE INTERSECTION OF OUR EXISTENCE, SUCH AS: OFTEN TIMES LIVING IN SINGLE PARENT HOMES WITH AN OVERWORKED AND UNDERPAID SINGLE PARENT DOING THEIR BEST, OR THE INTERNALIZED ANTI-BLACKNESS, OR THE TRANSPHOBIA, HOMOPHOBIA, FATPHOBIA, AND ALL THE OTHER PHOBIAS, THAT ARE UNCONSCIOUSLY INGRAINED IN US, FROM THE YEARS OF FALSE DOCTRINE. WHILE SPECIALIZED TO THE BLACK EXPERIENCE, I'D ALSO CATEGORIZE THESE HERE AS WELL.

## ACE CHECKLIST

YOU WILL SEE LATER ON IN THE GUIDEBOOK, THAT ONE OF THE RECOMMENDED WAYS TO "RECOVER," FROM ADVERSE CHILDHOOD EXPERIENCES, IS TO TAKE THE ACE CHECKLIST TO THEN INTERPRET YOUR SCORES. BY WAY OF THE BELOW QUESTIONNAIRE. ALL OF WHICH ARE TO BE ANSWERED THROUGH THE LENS OF WHILE YOU WERE GROWING UP, DURING YOUR FIRST 18 YEARS OF LIFE.

## TRIGGER WARNING

I WANT TO OFFER A TRIGGER WARNING THOUGH, AS THIS EPISODE WILL CAUSE YOU TO RESURFACE MEMORIES AND EVENTS FROM YOUR ADOLESCENCE. IF THIS IS AN EXERCISE THAT YOU ARE NOT INTERESTED IN PARTICIPATING, I SUGGEST MOVING TO THE NEXT SECTION, NEXT SERIES, OR NEXT GUIDEBOOK.

## ADVERSE CHILDHOOD EXPERIENCE QUESTIONNAIRE

1. DID A PARENT OR OTHER ADULT IN THE HOUSEHOLD OFTEN SWEAR AT YOU, INSULT YOU, PUT YOU DOWN, OR HUMILIATE YOU? OR ACT IN A WAY THAT MADE YOU AFRAID THAT YOU MIGHT BE PHYSICALLY HURT?

☐

2. DID A PARENT OR OTHER ADULT IN THE HOUSEHOLD OFTEN PUSH, GRAB, SLAP, OR THROW SOMETHING AT YOU? OR EVER HIT YOU SO HARD THAT YOU HAD MARKS OR WERE INJURED?

☐

## B. BAD BITS, THE GUIDEBOOK



## ADVERSE CHILDHOOD EXPERIENCE QUESTIONNAIRE CONTINUED

3. DID AN ADULT OR PERSON AT LEAST 5 YEARS OLDER THAN YOU EVER TOUCH OR FONDLE YOU OR HAVE YOU TOUCH THEIR BODY IN A SEXUAL WAY? OR TRY TO OR ACTUALLY HAVE ORAL, ANAL, OR VAGINAL SEX WITH YOU?

☐

4. DID YOU OFTEN FEEL THAT NO ONE IN YOUR FAMILY LOVED YOU OR THOUGHT YOU WERE IMPORTANT OR SPECIAL? OR YOUR FAMILY DIDN'T LOOK OUT FOR EACH OTHER, FEEL CLOSE TO EACH OTHER, OR SUPPORT EACH OTHER?

☐

5. DID YOU OFTEN FEEL THAT YOU DIDN'T HAVE ENOUGH TO EAT, HAD TO WEAR DIRTY CLOTHES, AND HAD NO ONE TO PROTECT YOU? YOUR PARENTS WERE TOO DRUNK OR HIGH TO TAKE CARE OF YOU OR TAKE YOU TO THE DOCTOR IF YOU NEEDED IT?

☐

6. WERE YOUR PARENTS EVER SEPARATED OR DIVORCED?

☐

7. WAS YOUR MOTHER OR STEPMOTHER, OFTEN PUSHED, GRABBED, SLAPPED, OR HAD SOMETHING THROWN AT HER? OR SOMETIMES OR OFTEN KICKED, BITTEN, HIT WITH A FIST, OR HIT WITH SOMETHING HARD? OR EVER REPEATEDLY HIT OVER AT LEAST A FEW MINUTES OR THREATENED WITH A GUN OR KNIFE?

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8. DID YOU LIVE WITH ANYONE WHO WAS A PROBLEM DRINKER OR ALCOHOLIC OR WHO USED STREET DRUGS?

☐

9. WAS A HOUSEHOLD MEMBER DEPRESSED OR MENTALLY ILL OR DID A HOUSEHOLD MEMBER ATTEMPT SUICIDE?

☐

10. DID A HOUSEHOLD MEMBER GO TO PRISON?

☐

## ADVERSE CHILDHOOD EXPERIENCE STUDY RESULTS

INDIVIDUALS WHO HAD FACED 4 OR MORE OF THE ABOVE CATEGORIES OF ACES WERE TWICE AS LIKELY TO BE DIAGNOSED WITH CANCER AS INDIVIDUALS WHO HADN'T EXPERIENCED CHILDHOOD ADVERSITY.

SOMEONE WITH AN ACE SCORE OF 4 WAS 460 PERCENT MORE LIKELY TO SUFFER FROM DEPRESSION THAN SOMEONE WITH A SCORE OF 0.

AN ACE SCORE GREATER THAN OR EQUAL TO 6 SHORTENED AN INDIVIDUAL'S LIFESPAN BY ALMOST 20 YEARS.

## B. BAD BITS, THE GUIDEBOOK

## ACTION

I WANT YOU TO UTILIZE THE ABOVE QUESTIONNAIRE AS THE STARTER POINT FOR SCANNING THROUGH YOUR CHILDHOOD MEMORIES, AS A WAY OF EXPLORING THEM THROUGH THE CONTEXT THAT YOU NOW HAVE FROM YOUR LIFE PATH NUMBER, DESTINY NUMBER, AND BIRTH CHART. BEFORE JUMPING INTO THE EXERCISE, I THINK IT'D BE HELPFUL TO TAKE A LOOK AT THE TED TALK, HOW CHILDHOOD TRAUMA AFFECTS HEALTH ACROSS A LIFETIME BY, NADINE BURKE HARRIS. TO GIVE YOU A DEEPER UNDERSTAND OF IT'S AFFECTS, AND WHY THIS IS SO NECESSARY.



IN PARALLEL PATHS, ONE OF THE WAYS NOTED TO HELP THOSE AFFECTED TO "RECOVER," IS THROUGH USING A TECHNIQUE PSYCHOLOGISTS CALL "WRITING TO HEAL."

WHICH SUGGESTS THAT YOU SHOULD, "WRITE DOWN YOUR STORY OF CHILDHOOD ADVERSITY. UNPACKING OVER THE NEXT FOUR DAYS, YOUR DEEPEST EMOTIONS, AND THOUGHTS ABOUT THE EMOTIONAL UPHEAVAL THAT HAS BEEN INFLUENCING YOUR LIFE THE MOST.

IN YOUR WRITING, REALLY LET GO AND EXPLORE THE EVENT AND HOW IT HAS AFFECTED YOU. YOU MIGHT TIE THIS EXPERIENCE TO YOUR CHILDHOOD, YOUR RELATIONSHIP WITH YOUR PARENTS, PEOPLE YOU HAVE LOVED OR LOVE NOW. WRITE CONTINUOUSLY FOR TWENTY MINUTES EACH DAY." APPROACH THIS THROUGH THE LENS OF GAINING CONTEXT OF THE PAST, TO HAVE A DEEPER PERSPECTIVE OF SELF. I THINK ITS ALSO WORTH NOTING THAT WHEN YOUR OUTLOOK OF SELF CHANGES, AS DOES YOUR OUTLOOK ON THE WORLD AND OTHERS. THESE ARE LIFE CHANGES YOU'RE WORKING TOWARDS. TAKE YOUR TIME.

PLEASE NOTE THAT IF IT FEELS BETTER FOR YOU, YOU CAN TAKE THIS PROMPT OFFLINE, AND INTO YOUR JOURNAL. HOWEVER, I HAVE GIVEN YOU SPACE FOR THE NEXT FOUR DAYS, ACROSS THE NEXT FOUR PAGES.

## B. BAD BITS, THE GUIDEBOOK

DAY ONE



B. BAD BITS, THE GUIDEBOOK

DAY TWO



B. BAD BITS, THE GUIDEBOOK

DAY THREE



B. BAD BITS, THE GUIDEBOOK

DAY FOUR



B. BAD BITS, THE GUIDEBOOK

## ADVERSE CHILDHOOD EXPERIENCES CONTINUED

AN ARTICLE IN PSYCHOLOGY TODAY NOTED A FEW WAYS TO "RECOVER" FROM THESE ADVERSE CHILDHOOD EXPERIENCES. WITH THE FIRST BEING, TO TAKE THE ACE QUESTIONNAIRE, WHICH YOU ALL HAVE ALREADY TAKEN. THE SECOND, IS "WRITING TO HEAL," WHICH IS THE EXERCISE YOU ALL WILL BE WORKING ON FOR THE NEXT FOUR DAYS. THE THREE WAYS THAT HAVE NOT ALREADY BEEN DISCUSSED, ARE PRACTICING MINDFULNESS + MEDITATION, YOGA AND THERAPY.

FOR PRACTICING MINDFUL MEDITATION. I TOO, WAS SOMEONE WHO HAD DIFFICULTY "QUIETING MY MIND," WHILE MEDITATING. UNTIL I REALIZED THAT, MY JOB DURING MEDITATION, WAS TO QUIET MY MIND ENOUGH TO ALLOW FOR THIS FREE FLOW STREAM OF CONSCIOUSNESS TO TAKE PLACE. IT WAS THEN, WHEN I BEGAN JOURNALING HEAVILY, TO RECORD THE DOWNLOADS I'D RECEIVE IN MY MEDITATIVE STATE.

HOWEVER, IF YOU STILL FEEL LIKE YOU STILL AREN'T QUITE ABLE TO "GET THERE." I AM LINKING YOU TO MY FAVORITE GUIDED MEDITATION MIXTAPE, AND IT IS BY BROCOLLETE. THE PROJECT IS ENTITLED, RE:FRESH, AND MY FAVORITE TRACK IS BEHERENOW. HOWEVER, IF THIS ONE DOESN'T DO THE TRICK FOR YOU, I ENCOURAGE YOU TO ALSO TAKE A LOOK AT THESE AMAZING BLACK WOMEN IN THE SPACE, WHO ARE UTILIZING THEIR LIGHT TO ENLIGHTEN THE REST OF US. LAUREN ASH'S GUIDED MEDITATION, SHELA MARIE'S MEDITATION MIXTAPE, AND NOT NECESSARILY IN THE SPACE OF MEDITATION, BUT DEFINITELY WORTH A LISTEN, TRACY G'S AUDIO VISION BOARDS.

FOR YOGA, I SUGGEST YOU DO MORE RESEARCH ABOUT NOT ONLY THE PRACTICE ITSELF, BUT THE PRINCIPLES THAT MOVES THROUGH IT. THEN FROM THERE, DETERMINE IF THIS IS A PRACTICE, THAT IS WORTH BRINGING INTO YOUR LIFE. WHILE I LOVE YOGA, I WANT TO MAKE THE CLEAR LINE THAT EVERYTHING AIN'T FOR EVERYBODY, AND "WELLNESS" DOESN'T HAVE ONLY ONE LOOK AND FEEL. CURATE IT FOR YOU!

LASTLY, IN REGARDS TO THERAPY, I WANT TO ACKNOWLEDGE THAT NOT EVERYONE HAS THE MEANS TO AFFORD TO CONSISTENTLY SEEK THE GUIDANCE OF A THERAPIST. THEREFORE, WHILE IT IS NOT A SOLVE, I SUGGEST WORKING WITH THE GUIDEBOOKS AND PODCASTS, STARTING WITH SEPARATING SELF + SOCIETY AND EPISODE 33 OF THE PODCAST. THEN PARALLELING THEM WITH YOUR OWN SELF STUDY. DIG INTO AND EXPLORE THE CONCEPTS ON A DEEPER LEVEL THAN WHAT I'M BRINGING, AND UNDERSTAND THEM AS THEY RELATE TO YOU. LASTLY, WHILE IT IS NO SUPPLEMENT, THERAPY FOR BLACK GIRLS IS AN AMAZING ORGANIZATION, AND PODCAST TO DEEPEN YOUR UNDERSTANDING OF SELF.

## B. BAD BITS, THE GUIDEBOOK

## PARENTS + PARENTING,

I THINK ITS ALWAYS MAD IMPORTANT THAT WE ARE ABLE TO MAKE PEACE WITH OUR PARENTS AND THE WAY WE WERE RAISED. EVEN IF THE CONCLUSION WE ARRIVE AT, IS THAT WE NO LONGER WANT TO CO-EXIST WITH THEM, OR HAVE THEM IN OUR LIVES.

### OBJECTIVE

TO ACKNOWLEDGE AND RELEASE ANY RESENTMENT THAT YOU HAVE FOR YOUR PARENTS AROUND THE WAY YOU WERE RAISED. AS A WAY FOR YOU BE BE ABLE TO MAKE PEACES, RELEASE, AND MOVE FORWARD.

### CHECK-IN

I AM ABLE TO UNDERSTAND THE CONTEXT OF WHO MY PARENTS WERE WHILE THEY WERE RAISING ME.



I AM ABLE TO UNDERSTAND THE CONTEXT OF WHAT MY PARENTS' RESPONSIBILITIES WERE WHILE THEY WERE RAISING ME.



I AM ACTIVELY WORKING TO BREAK GENERATIONAL CHAINS AND CURSES THAT HAVE PLAGUED MY FAMILY.



### ACTION

IN THIS ACTIVITY, I WANT YOU TO RECREATE THE CONTEXT OF WHO YOUR PARENTS WERE, WHILE THEY WERE RAISING YOU. I BELIEVE THAT THERE ARE ALSO MANY CLUES TO BE FOUND IN REGARDS TO WHO WE ARE, ONCE WE TAKE A CLOSER, AND OBJECTIVE LOOK AT WHO OUR PARENTS WERE/ARE, AS WELL AS THEIR BEHAVIORS, AND PATTERNS.

WHO WERE THEY, AND WHAT WERE THEY RESPONSIBLE FOR?

WHAT PARALLELS CAN YOU SEE BETWEEN WHO YOUR PARENTS WERE, AND WHO YOU ARE NOW?



# LISTEN TO EPISODE 38 ►

## CONTEXTUALIZING OUR PURPOSE,

NOW THAT YOU'VE ANALYZED YOUR CHILDHOOD, AND THE ROOT OF YOUR MOTIVATION WITH SPIRITUAL ASSISTANCE. IT'S TIME TO FOCUS ON ZOOMING OUT AND PUTTING ALL OF THE PIECES OF THE PUZZLE TOGETHER. TO THUS, CONTEXTUALIZE YOUR PURPOSE.

PURPOSE, IS OUR REASON FOR EXISTING, AND ALL ITS COMPRISED OF. IT'S ALSO NECESSARY TO MENTION THAT OUR PURPOSE IS OFTEN CODED IN OUR PAIN OR TRAUMA, WHICH IS WHY ITS THE BEST PLACE TO LOOK AND DEROOT TO UNCOVER. WE WERE PLACED HERE, TO NOT ONLY EXPERIENCE WHAT WE'VE BEEN THROUGH, BUT TO ALSO LEARN FROM IT, AND TO FIND A WAY TO PAY THE LESSONS WE'VE LEARNED FORWARD. THUS BRINGING US INTO ALIGNMENT WITH OUR SOUL'S MISSION. THAT'S WHY WE'RE ABOUT TO PUT ALL OF THE MOVING PIECES TOGETHER. TO SEE IF WE CAN SPOT ANY COMMON THEMES.

JOT YOUR OPEN HONEST THOUGHTS OF EACH BELOW, AS PROMPTED:

### BIRTH CHART NOTES

### LIFE PATH + DESTINY NUMBER MEANING + NOTES

### ADVERSE CHILDHOOD EXPERIENCES, FACED AT HOME

ADVERSE CHILDHOOD EXPERIENCES, FACED AT SCHOOL

WHAT RECURRING PATTERNS, CYCLES OR THEMES DO YOU SEE ACROSS YOUR LIFE?

WHAT RECURRING PATTERNS, CYCLES OR THEMES DO YOU SEE ACROSS GENERATIONS, THAT HAVE YET TO BE BROKEN?

WHAT MEANING CAN BE DRAWN FROM THESE PATTERNS, CYCLES, OR THEMES?

UNDERSTANDING ALL OF THIS, IF POSSIBLE, WHAT CAN YOU CONCLUDE YOUR PURPOSE IS? OR WHAT IDEAS DO YOU HAVE ABOUT IT?

B. BAD BITS, THE GUIDEBOOK

## B. BAD BITS, THE GUIDEBOOK

### FINAL THOUGHTS

HEY BADDIES, OLD AND NEW, I HOPE YOU FOUND THIS GUIDEBOOK AS A USEFUL TOOL, AS YOU CONTINUE DOWN YOUR JOURNEY OF SELF UNDERSTANDING, AND THUS SELF ACTUALIZATION, AND SELF MASTERY. WHILE THIS ISN'T A BE ALL END ALL, AND WAS DESIGNED THAT WAY. I NOW ENCOURAGE YOU, TO USE WHAT YOU UNCOVERED IN THIS GUIDEBOOK, AS THE FIRST STEP TOWARDS UNDERSTANDING YOUR DIVINE PURPOSE.

### NEXT STEPS

TO FULLY DIG INTO THE CONCEPTS MENTIONED THROUGHOUT THE GUIDEBOOK WITH YOUR THERAPIST, SPIRIT GUIDES, OR WHATEVER METHOD OF SELF STUDY/REFLECTION YOU USE. IF YOU DON'T CURRENTLY HAVE A PRACTICE IN PLACE, NOW WOULD BE A GOOD TIME TO CONSIDER/DETERMINE WHAT THAT LOOKS LIKE FOR YOU.

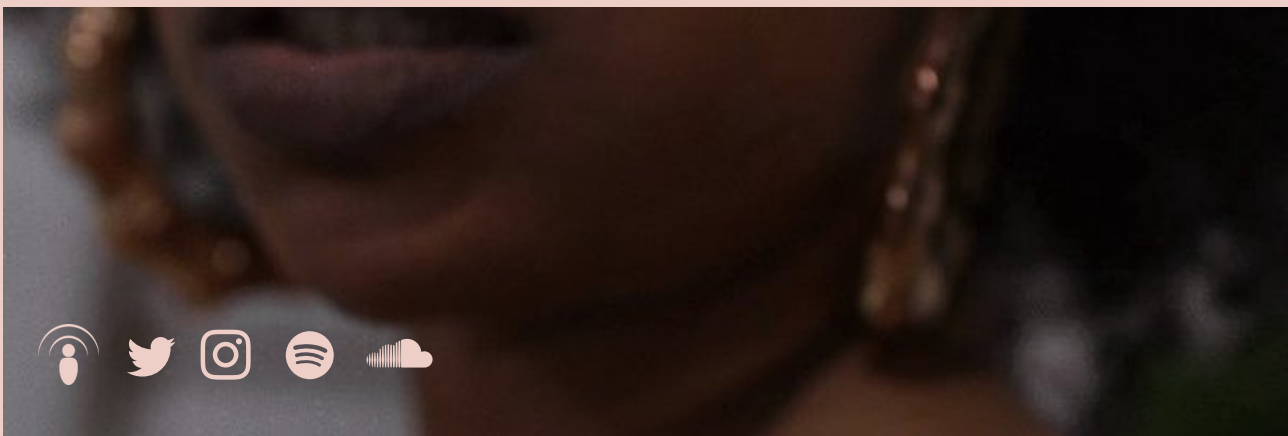
### B. BAD BITS, THE PODCAST

PLEASE BE SURE TO RATE, SUBSCRIBE AND REVIEW THE PODCAST ON THE PLATFORM YOU LISTEN ON. ALSO, BE SURE TO STAY TUNED FOR THE NEXT SERIES, WHICH IS FOCUSED ON RADICAL SELF ACCEPTANCE,

### ENERGETIC EXCHANGE

I CREATE EVERY SINGLE PIECE OF CONTENT THAT I HAVE EVER CREATED OVER THE YEARS FOR FREE, AND FOR THE PURPOSE OF MAKING SURE THAT THE COLLECTIVE HAS WHAT WE NEED. IN THE SPIRIT OF GIVING AND RECEIVING, IF YOU FEEL INCLINED TO SHOOT YOUR SIS SOME COIN FOR HER CONTRIBUTIONS, THE INFORMATION TO DO SO IS BELOW. PLEASE NOTE THAT THIS IS COMPLETELY OPTIONAL.

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## B. BAD BITS, THE PODCAST