

# FROM CONFUSION TO CLARITY



You might be at that phase in life when external markers of success no longer align with what truly matters to you.

But now you're trapped mentally, emotionally, and financially in the systems and arrangements that got you and where you are today.

It's time to stop trying to think your way out of it and learn the language of your unconscious, your deeper source of wisdom to gain clarity about your legacy and what to do next.

Enjoy my clients' favorite resources for getting relief from negative emotions and learning to decode the mysterious language of your unconscious.

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## Relief from Anxiety

When you're feeling like breaking out of a situation but don't know what it means for your future, anxiety and fear can be your constant companion.

This 15-minute guided meditation will improve your breathing and locate the anxiety or other negative emotions in your body.

Next, your imagination will help move the negative emotion out of your body to discover what it's trying to tell you. [Click here to try it out.](#)

Click here for a more [open](#) experience of active imagination.



## Decoding Dreams

Dreams are a direct route to your unconscious because your ego is not standing guard while you sleep.

In dream tending sessions with clients, the most challenging part is the tendency to look at them literally.

[Watch a video](#) about how to explore your dreams or [Listen to me read Chapter 8 from my book, Your Soul is Talking. Are You Listening?](#)

# The Hidden Meaning of Relationships

## **Purpose, Projection, Permanence.**

These three words capture every aspect of relationship between all human beings, but they play out more dramatically in those of a romantic nature and with those who are difficult to be around.

Disrupting your patterns will have an impact on those around you.

If people can explore their relationship through this framework, no matter what happens, there will be growth, fulfillment and meaning.

[Click here to read my blog post.](#) Or listen to me read it on [Dose of Depth podcast.](#)



## **Self Intimacy & Arousal**

The path to Self involves coming into deeper relationship with your body. Arousal and pleasure have a hidden meaning that have to do with your unleashing and creativity.

Learn more by reading my blog post: [The Juiciest Insights Are Not Gained Through the Mind.](#)

Try this [Guided Self-Intimacy Meditation](#) to connect with your body.

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