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The ROOT to why you've been blocked in love

How you show up, from swiping left or right, to texting, to the first date, to a partnership...

and even the kinds of men you've attracted in the past are 100% connected to your childhood and how you saw and experienced love with your parents and family.

You probably already knew this because you've either read the book *Attached*, done inner child work, or been in therapy for years.

But here are the nuances that are missed within those modalities.

You see, your family, specifically your parents (it doesn't matter if you were raised with a single mom, grandparents, or stepparents)...

...have failed to give you what you needed most when it comes to love and safety when you were younger.

This wasn't conscious on their part.

Most of the time, they thought they were doing what was right for you.

Of course, your parents tried their best given what they knew (this isn't about blaming or even forgiving them because it's not about them)...

...but their actions or lack of actions made a significant impact.

Because you've had moments in your childhood where you felt hurt by your parents (whether you consciously recognize it right now or not)...



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where they didn't see or hear you,
where you felt misunderstood,
where they didn't show love in the way you really needed...

And those moments were painful.

So, as a way to protect yourself from having to feel that pain ever again, your mind created unconscious rules about love and relationships in order to keep you safe.

These unconscious rules, or what I call Karmic Patterns, literally keep us stuck in love.

Here's what I mean...

Have you ever gotten into a car accident, and when you pass by the exact point on the highway or street where the accident occurred, you can feel the fear of that moment and relive it second by second in your mind? Or you might completely avoid going down that street again.

It's like that street or point on the highway will forever bring you back to that moment of the accident, the fear, and pain of it.

That's how these moments from our childhood work.

Maybe you had a moment with your dad where you were so excited to see him, and he picked up your sister and hugged and kissed her instead of you.

In that moment, it HURT a lot, and so to protect yourself...

...you created an unconscious rule where your sister is loved more than you; someone else gets the love, not you.

And as a way to not have to feel the pain again, you internally decide that you will just step away and let your sister have that love. Maybe even think she deserves it more than you.



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Another choice could have been to fight with your dad, but maybe that felt too uncomfortable, so it felt easier to shut down and lean back in the situation.

You did all of this unconsciously as a little girl, within seconds of feeling hurt, as a way to protect yourself.

Fast forward to now, these unconscious rules are playing out all the time...

When you see friends falling in love with amazing men, the thought pops in, "Oh, she must have something I don't; I must be missing something."

Or, if you have a crush on someone, you might think, "Oh, he would never be interested in me or pick me, so why try?"

And let's say you go out with a man you really like, you ask him a question, and maybe he didn't hear you or ignored the question for some reason...

and somehow another woman or even another person asks him something, and he responds.

Without even knowing it, you are transported back to that moment with your dad, and you find yourself hurt, offended, and shutting down inside.

This shutting down has you feeling like he doesn't really care about you, which has you pulling away your love.

This is why **dating tactics, manifesting, or updating your online profile don't matter.**

Because these moments happen in nanoseconds, it will cloud your ability to choose the right kinds of men.

Until you uncover your unconscious rules and the ways you're protecting yourself and HEAL them, you truly stay stuck.



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That's why thinking, "I will just keep dating," isn't the answer because these Karmic Patterns will get in the way every time.

Healing is the only way to ensure you break the cycles of past disappointments and open yourself up to RECEIVE true love.

So, what you might be thinking right now is...

But other people just seem to keep dating and they've found someone without having to uncover all of this.

The thing is, they've just found someone that is also in a stuck place too. Studies have shown that 75% of people in partnership/marriage feel that, looking back, they have settled.

That's an alarming number to me. Literally, out of 4 couples, 3 of them say they've settled.

But I'm going to guess you're here reading this right now because you're someone that refuses to settle. You're someone that has high standards...

and you're allowed.

So, the secret to what I call Soul Level Love, where no settling happens, is not to just keep dating, it's to HEAL.

To be clear, what I mean by healing is moving through the pain that's been sitting inside of you, so it no longer has a hold over you.

Like an alien taking over your body;)

In fact, when you HEAL...

...you meet the man you're meant to be with QUICKER,



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you go on LESS dates,
and you second guess yourself in the process a whole lot LESS.

Because here's the thing, you're amazing, you're a catch, there's nothing wrong with you. The only thing holding you back right now is this pattern you've been stuck in for decades...

However, **once you HEAL and release your Karmic Patterns, literally nothing can stop you from meeting your true love and creating a partnership that brings a smile to your face simply by thinking of him.**

So, coming back to my client who broke up with her fiancé...

who swore to herself that he wasn't right for her, and needed support to figure out how to put herself back out there without attracting a similar kind of man.

I asked her some deeper questions about her relationship with her mom and dad when she was younger.

I intuitively felt there was a connection to her mom, so I asked, "How did you feel when you were around your mom when you were younger?"

She said, "I always felt like I was way more emotional, and my mom just didn't know how to handle me.

She just wanted me to be 'strong' and often said I'm just too sensitive.

So, I felt like I really couldn't be myself around my mom, or like I had to show up the way she wanted, which is strong."

Do you see the connection from what I revealed about her unconscious rules in [Video 1](#)?

She held the unconscious rule that she didn't want to burden her fiancé with her "problems" until she had it figured out and was back in a strong place because of how she related to her mom.



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This was the ROOT of what was coming up for her in her relationship with her ex-fiancé; this is what had her feeling unsupported and uncared for within the relationship.

And without getting to this ROOT, she would have just taken this exact same Karmic Pattern into her next relationship.

But, there was one more step she needed to take to truly HEAL, which was to release this pattern for good.

I will cover how to release these Karmic Patterns in Video 3.

But you can't release these patterns without first knowing why they existed in the first place.

Once my client released her Karmic Patterns, she actually reconciled with her fiancé, the one she was convinced was wrong for her, and they are now planning their wedding for next year.

Without uncovering what was at the root, why these patterns were there, and then releasing these Karmic Patterns, she would have never been able to have this level of clarity and trust within herself.

With so much love,

Kavita

P.S. The Karmic Pattern was formed in a second when you were a child. These split-second moments trigger you while swiping, texting, and dating men, which is why you've felt so stuck for so long.

These split-second triggers will keep steering you in the wrong direction in love unless you release the patterns for good.

But here's the good news, once the Karmic Pattern is removed, there is NOTHING that can stop the man you're meant to be with from finding you.



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None of us, not even me, can remove these patterns on our own. So you aren't alone; we keep repeating the same unconscious patterns over and over again.

Like I said, these patterns happen in a millisecond. It's super difficult to spot these moments on your own. Having someone on the outside that can support you in uncovering these moments and showing you exactly how to remove them is so important.

P.P.S. If you're excited to watch Video 3 on exactly how to release these Karmic Patterns, then [click here!](#)