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# curated

A TASHIMA JONES MEDIA PUBLICATION

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FOR ADS &  
ART FEATURES

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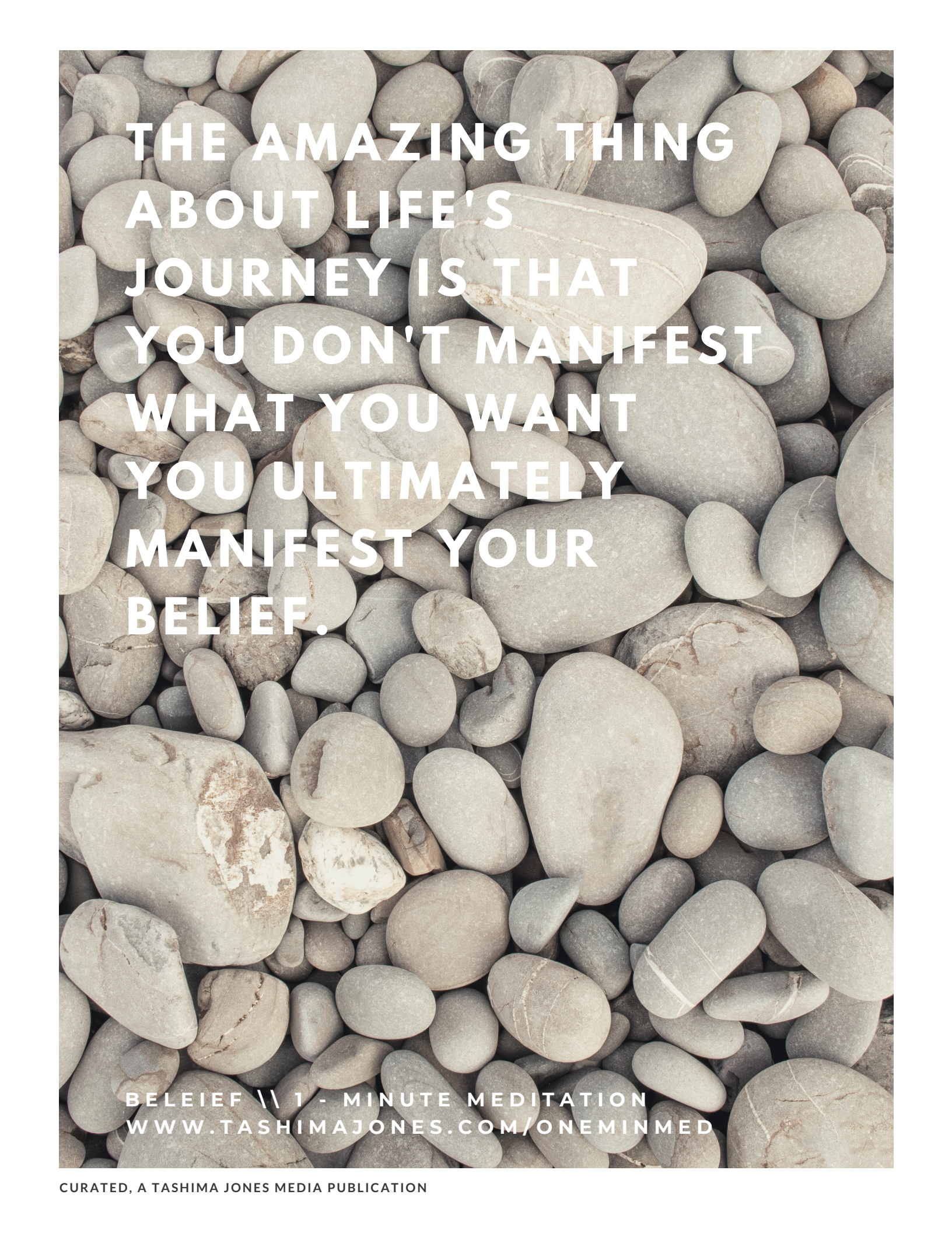


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THE AMAZING THING  
ABOUT LIFE'S  
JOURNEY IS THAT  
YOU DON'T MANIFEST  
WHAT YOU WANT  
YOU ULTIMATELY  
MANIFEST YOUR  
BELIEF.

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**THERE IS  
NO  
DIVISION  
BETWEEN  
WHO  
YOU ARE  
AND  
WHAT  
YOU DO.**

**Curated**, A Tashima Jones Media Publication is designed from my appreciation of art and my Life's Work of personal development. Each installment brings enlightenment and pieces of art that may spark the imagination, calm the inner being, and facilitate personal growth.

In life, we all have gifts, and the journey is all about discovering those abilities and proceeding to share them with others in what ever shape or form they present themselves.

On my own quest of rediscovering the inner being - her gifts, desires, and personality - I have met myself seemingly for the first time.

What most don't realize, soon enough, is that there is no division between who you are and what you do. Who you are is expressed in what you do.

When we find ourselves in agreement with our spirit, we find freedom, purpose, and abundance.

In this installment, we explore the idea of Co-dependency (p.6); Healing the Paradigm from Childhood Trauma (p.14); and Finding Alignment with Work & Life (p.10) Each issue will come equipped with some Life Work; up first: Practicing Gratitude (p.17).

Looking forward to walking with you as Curated becomes...

A handwritten signature in black ink, appearing to read 'Tashima Jones'.

**TASHIMA JONES**

Curator/Author/Coach  
@TashimaJonesMedia



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# CO-DEPENDENCY

THE DEFINITION, THE CAUSE, THE CURE.

Codependency is a coping method and can derive from events of rejection, abandonment, or a desire to be needed. It can also be the result of separation anxiety. Often times, we become attached to people, places, and objects for a sense of protection or completion. Think about the child and their favorite blanket or the basketball player and their lucky socks. That blanket and those socks bring a sense of safety and familiarity. One can be codependent on shopping, smoking, food, television, video games, work, and other variables. This also makes it difficult to pinpoint an issue of codependency when it comes to people. It is not the thing one is depending on but the addictive or obsessive nature associated with it. Some say things like: I don't know what I will do without (...)

The danger in codependency is the false security it brings along with the inability of an external entity to actually fill a void. Dealing with codependency starts with acknowledgment and understanding what it actually is. To be codependent is to have an excessive emotional or psychological reliance on a person or object. It is an attempt to fill a void through another being or thing. When one is able to acknowledge practicing codependency, they are then able to make necessary changes in order to be free from it.

Quite often, individuals pick up coping methods unaware. It happens little by little and without having a name to the method, one may find themselves operating in a space that eventually becomes an enclosure.





PHOTO: SCOTT WEBB

**Completion in Spirit.** The codependent person is seeking completion. They may find themselves being happy when another individual is happy and have the same response when that person is unhappy. While some may call it empathy or being in tune with a partner, there is a fine line between being empathetic and living off of another person's energy. Completion in Spirit allows an individual to console another while maintaining a sense of peace and their own disposition. The deciding factor has much to do with fear.

Experiencing a shift in your emotions or thinking based on another individual also reveals a sense of codependency. When fear is involved, one has to discern whether or not what they are feeling is genuine empathy or the fear of being incomplete.

**Liberty for Those You Love.** Releasing codependency from patterns of thought and behavior is liberating for both you and your loved ones. It is a difficult task to carry energy for two people.

And those around you can pick up on the frequency you emit or take in. Allowing others to be themselves is a truth about love and love liberates. Carrying your own thoughts and emotions is all you can ever really do. Remember completion comes in Spirit.

**Clarity in Direction.** Finding yourself standing in completion and liberty results in alignment and clarity. The ability to align the five-sensory self with the inner being yields a sense of focus.

Codependency is the act of giving your power of choice and peace away to another person. And it often times means giving your power away to lifeless things. A blanket cannot sustain you, neither can socks, other material possessions, or finances. When you begin to harness your true self, you are then able to follow the path laid out for you. This path includes relationships and material favor – but the difference is that those things (and people) no longer control you. They only become an extension of who you are. □



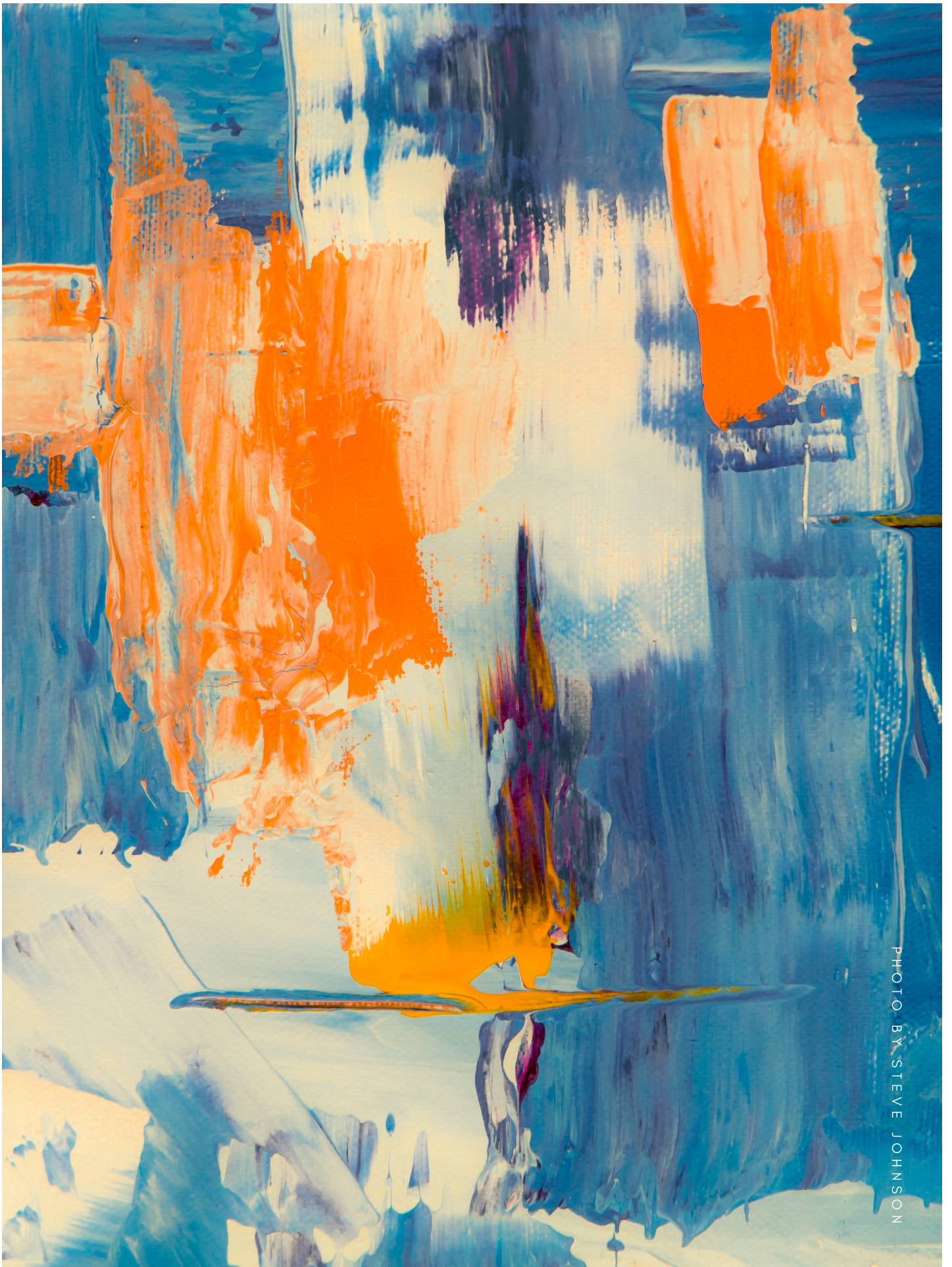


PHOTO BY STEVE JOHNSON



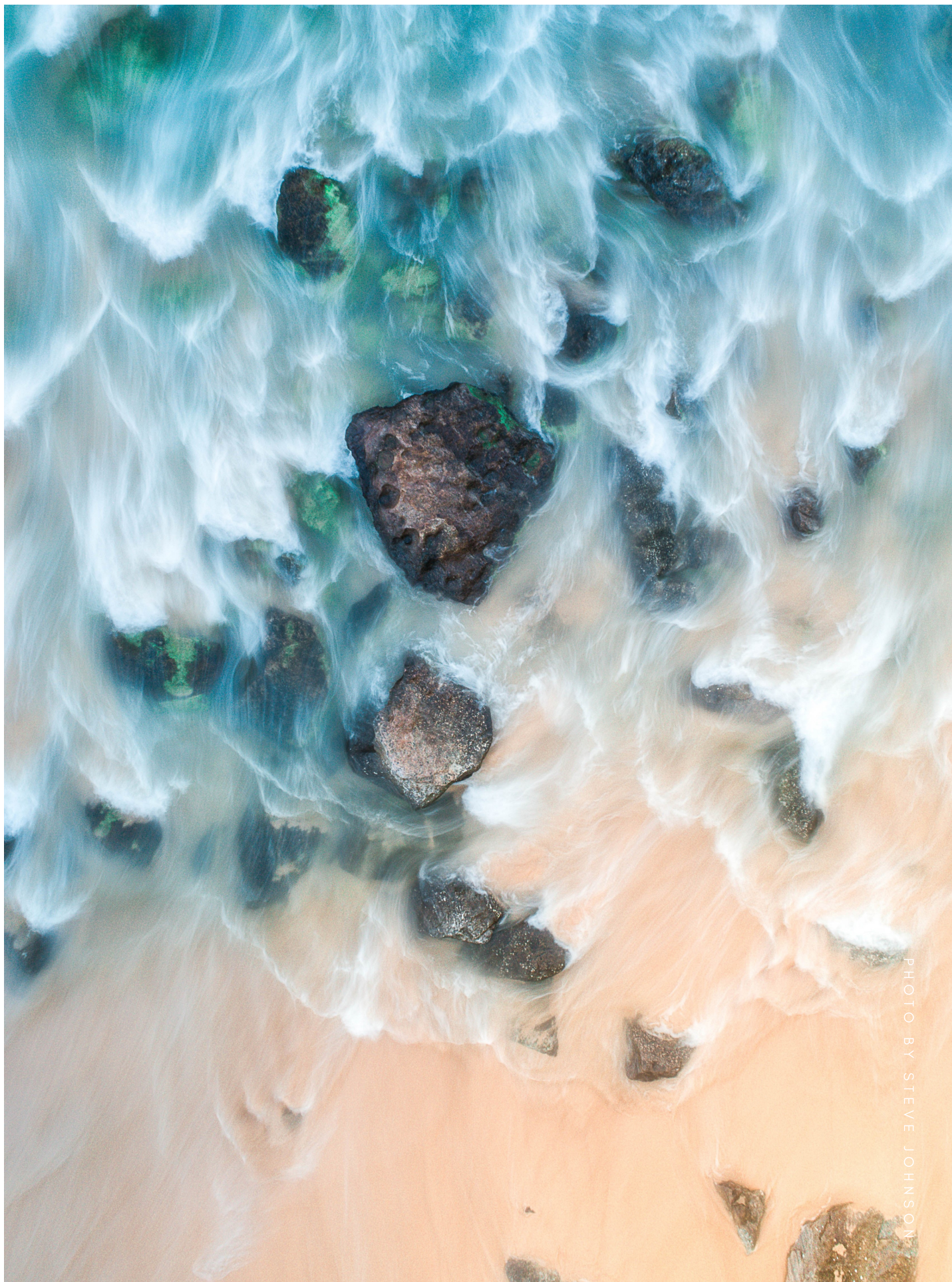


PHOTO BY STEVE JOHNSON



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# Establishing Alignment with Work & Life

Work - Life balance is never an issue when alignment exists between the two. It is unprofitable focusing on the balance of things while ignoring what creates the balance one ultimately seeks. The concept of alignment denotes agreement and when our inner being agrees with what our hands touch, life is the ultimate balance. When we consider the balance beam, we see the pole between two scales and the goal is to place the right amount on each side to obtain synergy.

When we consider life, we take it a step further in understanding that more occurs in the invisible than in the five-sensory realm. And when we place more weight on the things in the spirit there is less weight to carry in the natural.

The issue with only, or mostly, living in the five-sensory or visible world is that we tire ourselves out trying to juggle a million things at once. Again, agreement is key.



**"When your soul-body agrees with the work you are completing there is a lightness..."**

Most of the weight carried is experienced in our emotional and mental spheres. We ultimately feel this weight in our physical bodies, finances, relationships, etc. So tackling that which we don't see is vital in reaching alignment in what we do see. Agreement is the concept of being on one accord, on the same page, if you will. When your soul-body agrees with the work you are completing there is a lightness; a balance, it is a sense of clarity.

## Questions to Explore

What does success mean to you?

What does success feel like internally (emotionally, spiritually, mentally)?

What does success feel like externally (physically within your body and in the natural with material possessions)?



The balance will come from clarity. Everything is connected. At times we are operating in success without knowing it. When the definition of your success is unknown or out of agreement with Spirit, confusion and a sense of stagnation may arise. When we become clear on what balance and success mean for us, we are then able to see it when we have it or adjust our choices in order to make space for it.

Balance is about making space for alignment. It is not toiling into a specific lifestyle but allowing life to show us

where our success is and when we have arrived. When you discover agreement you then understand every step of the way is a step of success. Success is a process of gradual movements; it is a never ending walk. This is why it is so important to be clear on what success looks and feels like in your mind, body, emotions, and in Spirit.

You are to operate from a place of success versus seeking an external manifestation of it. External balance is the result of a harmonic inner reality.

- Selah.













LEAVE WHAT  
WAS IN  
EXCHANGE FOR  
WHAT IS AND IS  
TO COME.

# HEALING THE PARADIGM

Childhood Trauma and Its Impact on Adulthood

Explores how your past can be preventing from living a successful present and future.



In many households where trauma exists, it is often times not addressed as such. In other words, the one who endures trauma may never hear it called by its name. Childhood trauma is one of the major issues holding adults back from living a full life of success – including mental, emotional, spiritual, financial, and relational success.

A major key in getting ahead as an adult, is dealing with issues from the past. And not necessarily the past in regards to what happened last night, last year, or even five years ago. You may need to reach back to the five - year you and deal with the fears of your younger self. Chances are what you experienced 5 years ago is the result of what happened 15 years ago.

Here are a few things to know about healing the wounded paradigm in order to flourish and move forward:

### **The Reality of Trauma**

Trauma is not based on the event but on how the event shapes an individual after experiencing it. And trauma can be directly or indirectly experienced. Even hearing about or witnessing another person's traumatic experience can shift how you think, behave, and perceive life.

### **The Root of Five-Sensory Symptoms**

The journey of healing is about treating the mind more than emotions, perceived losses, or lack. All of these areas are effected by the mind and the way in which one thinks. Depletion in finances or discord in relationships are examples of symptoms of a wounded paradigm or toxic way of thinking - they are not the cause.

Our thoughts are directions sent to our mind

deposited, our mind nurtures it and eventually gives form to that thought.

### **Living the Life of the Adults Around You**

It is vital to understand that childhood experiences are based on the choices of the adults in charge of the household. Many may find themselves in a constant loop, facing the same issues their parents faced or in a cycle of stagnation due to the environment they were raised in.

For example, a wealthy child who had physical and non physical needs met is not responsible for the atmosphere in which they grew up. They didn't work to gain finances or make decisions that yielded a thriving household. It is more of an inheritance; so is a way of thinking.

Now, the same is true to the child being raised in a toxic environment. Understanding this very basic truth can release the weight from one's shoulders. It also frees the individual from seeing themselves as they see those in the family.

One must see themselves as an individual who may have inherited a way of life but who also has the power to choose a different path.

Remember, trauma is based on the way in which an experience impacted your way of thinking and being. It is not to be confused with its symptoms. Recognizing the difference between the event and the results of said event assists in dealing with repairing the wounded paradigm.

Childhood trauma doesn't just go away for the most part. It is a process of acknowledgement, forgiveness, and the vulnerability needed to heal. A pivotal key is understanding that what happened to you does not have to become you. □







# Life Work:

## CREATING A LIFESTYLE OF GRATITUDE

It has been said and wrote about many times before, gratitude is essential in living a full, satisfying life. And it's not some magical concept.

Gratitude is the act of showing thanks, and the concept of thanks is rooted in recompense or reward. When we show gratitude, rewards follow because the same energy that is sown is also reaped.

The key in living a lifestyle of gratitude is genuinely placing value on life. When we consider the air we breathe as a gift - when we really take a moment to consider that we are not the source of life itself - we are positioned to truly be grateful.

This month's Life Work is to practice gratitude. Start everyday by saying thank you the moment you wake. Before doing any activities, simply say Thank You.

Have and show intentional gratitude towards friends, family, neighbors, and anyone who holds the door, passes you a pen, or extends a kind gesture.

If any seemingly unprofitable events occur, say Thank You. Get rid of any object you don't have a sense of gratitude towards. Often times, our lives are filled with things we don't need or want, keeping us unaware of what we truly value. All things are connected and a lifestyle of gratitude calls for giving thanks at all times and in all things.

Writing a gratitude list is also a great way of capturing moments you're thankful for. Whether written, spoken, or thought of continue to give thanks.

Be sure to take note of your mood, thinking, emotions, and behavior as well as external encounters while practicing gratefulness.



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## DAILY BREATH

1-MINUTE MEDITATION

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