Ishtar Deerheart

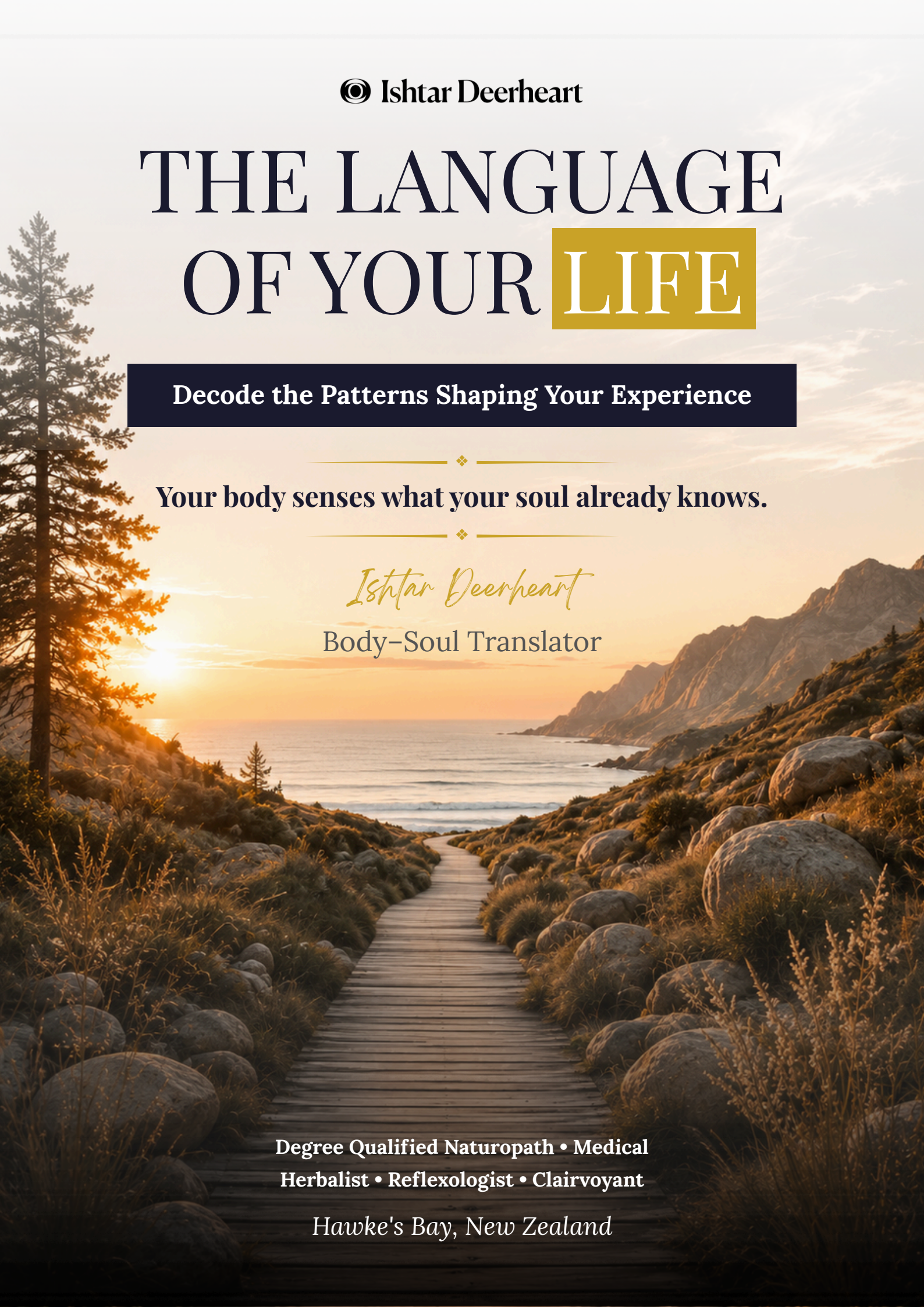
THE LANGUAGE OF YOUR LIFE

Decode the Patterns Shaping Your Experience

Your body senses what your soul already knows.

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Welcome

"Your patterns are not random.
They are your life speaking to you in a language you've never been taught to read."

For many years I believed that healing was about finding the right answer.
The right supplement.
The right therapy.
The right spiritual practice.

Yet after working with hundreds of people, I began noticing something far more important.

People weren't experiencing random problems.
They were living inside repeating patterns.
The body repeated them.
Relationships repeated them.
Health repeated them.
Even the opportunities that appeared—or never appeared—followed recognisable rhythms.

This guide is an invitation to begin seeing your life differently.

Not as a collection of disconnected events...

...but as a conversation between your body, your nervous system, your lived experiences, and the soul intelligence within you.

> **What if these weren't obstacles?**
> **What if they were messages?**

When we learn the language of our lives, something extraordinary happens.

We stop asking,

"What's wrong with me?"

and begin asking,

"What is this pattern trying to teach me?"

That single shift changes everything.

My hope is that these pages help you recognise yourself with more compassion, more curiosity, and a deeper sense of trust in your own inner wisdom.

Welcome.

I'm honoured you're here.

Ishtar Deerheart



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How to Use This Guide

This isn't a quiz.
It isn't about putting yourself into a box.
It's about becoming aware.

As you read, notice what happens inside your body.
You may feel yourself relaxing.
You may feel resistance.
You may even find yourself thinking,

"That's exactly me."

Pay attention.
Your nervous system often recognises truth before your thinking mind does.

- Go slowly.
- Pause often.
- Breathe between sections.
- Journal what stands out.
- Be curious instead of critical.
- Return to the breath practice for several days before moving on.

Rather than trying to identify with every pattern, simply notice which one creates the strongest response.

Healing doesn't happen because we understand something once.
Healing happens when new awareness becomes a lived experience.

Remember

You are not your pattern.

You are the awareness that is learning to recognise it.

That awareness is where real change begins.



What Are Life Patterns?

Every life develops patterns.
Some help us grow.
Others quietly keep us repeating the same experiences over and over again.

> **These patterns are not evidence that something is wrong with you.**
> **More often, they are intelligent adaptations.**

At some point in your life, your nervous system found a way to protect you.

- It learned how to stay connected.
- How to stay safe.
- How to avoid pain.
- How to survive uncertainty.

Those strategies were often necessary.

But what once protected us can eventually begin limiting us.

The remarkable thing is this:

Your body remembers every one of those adaptations.

Long before your conscious mind understands what's happening, your body has already recognised the pattern.





That is why change isn't created through willpower alone.

It begins with awareness.

> When we become curious instead of judgmental...
>
> When we listen instead of fight...
>
> When we recognise the language beneath the symptoms...

Our patterns begin to loosen.

Not because we forced them to.
Because they no longer need to protect us in the same way.

Remember

At Ishtar Deerheart, we see these patterns as part of a much larger system.

The **Creative Consciousness Map** is the framework I use to understand how our thoughts, emotions, nervous system, body, and deeper consciousness interact. Rather than seeing symptoms in isolation, it reveals the patterns that connect every part of our experience.

This guide introduces just one small part of that map.

A gentle reminder

Patterns are not your identity.

They are simply chapters in your story.

And every chapter can evolve.

Your Dominant Life Pattern

The Over-Giver



You notice first. You feel what others need before they speak. You step in, hold the weight, soften the edges, and keep things steady — often before you've checked whether you have the capacity. This pattern is not a flaw. It is information. It formed because it once kept connection alive. It made you reliable. It worked... until the cost started outweighing the return. Your nervous system has been running this pattern as a default.

Your glandular system often reflects it as depleted energy, a tiredness that doesn't fully lift, or a quiet resentment that never quite resolves. The language of your life is asking for a new sentence: It is safe to receive. It is safe to be met. I no longer need to carry what is not mine. This is not about becoming less caring. It is about becoming more aligned.

At-home process:

Receiving Breath Sit or stand with both feet on the ground. Place one hand on your heart and one on your lower belly. Breathe in slowly through the nose for a count of four, feeling the belly expand under your hand. On the exhale, let the breath leave more slowly than it arrived. As you breathe, silently say: "I can hold myself while I hold others." Do this for six breaths. Notice any place in the body that softens or resists. That place is information. Do not push it. Simply stay with the breath. This begins teaching the nervous system that receiving is safe.

If you want the fuller reading — how this pattern lives in your energy field and glandular system — book The Recast or a Relationship Pattern Reading when you feel ready.

Your Dominant Life Pattern



The Almost Pattern

You start with real energy. Ideas feel clear. Momentum builds. Something important begins to take shape... and then a quiet internal brake goes on. Focus softens. The thing that was opening starts to close. This is not a lack of willpower. It is a protective pattern that learned, somewhere along the way, that full success or visibility carried risk. Your nervous system interrupts the forward movement. Your glandular system often holds the signal as a drop in energy just as things accelerate, or a restless urge to start something new instead of finishing what is already underway. The language of your life is asking for a new sentence: It is safe to follow through. It is safe to be seen succeeding. I no longer need to abandon what is working.

At-home process:

Complete the Arc Sit upright. Feel your sit bones and the length of your spine. Think of one small thing you have recently started but not finished — an email, a conversation, a creative idea. On the inhale, feel the energy of that beginning in your chest or solar plexus. On the long, slow exhale, imagine completing one single next step of it. Not the whole thing — just the next step. Repeat for five full breaths. You are showing the glandular and nervous systems that forward movement does not have to be abandoned mid-way.

If you want the deeper work — reading how this pattern lives in your nervous system and glandular pathways — book The Recast when the timing feels right.

Your Dominant Life Pattern

The Familiar Wound

Different people. Different years. Same emotional landscape. You find yourself in relationships — romantic, family, or close friendship — that recreate an old dynamic: distance, inconsistency, over-functioning, or the quiet feeling of not being fully met. This pattern is not random. It is the system's way of bringing an unfinished imprint back into view so it can finally be seen and resolved. Your nervous system recognises the familiar before the mind has language for it. Your body often shows it as a recurring tightness in the heart space or gut, or an energetic pull toward people who feel strangely known even when they are not good for you. The language of your life is asking for a different sentence: I no longer need to recreate the wound to heal it. I can meet this pattern with new awareness and choose differently.



At-home process:

New Reference Point Place both hands over the centre of your chest. Bring to mind the familiar feeling of the repeating dynamic (no need to recall a full story). Breathe into the contact of your hands. On the exhale, gently press your hands a little firmer and say silently: "This is the old pattern. I am here now." Do this for four to six breaths. You are giving the nervous system a new present-moment reference point so the old emotional architecture does not automatically run.

If you want the complete reading — timeline and map of the relationship's energetic architecture — book a Relationship Pattern Reading when you feel ready.

Your Dominant Life Pattern



The Invisible Pattern

You show up. You contribute. You try. And still there is a quiet sense of being overlooked, undervalued, or not fully registered by the people or systems around you. This pattern often forms when being fully seen once felt unsafe, or when recognition was inconsistently given. The system learned to dim itself just enough to stay acceptable. Your nervous system has been running a low-level contraction. Your body frequently holds this as a soft collapse in the upper chest or throat, a habit of making yourself smaller in rooms, or a persistent feeling that no amount of effort quite lands. The language of your life is asking for a new sentence: I am already enough. I no longer need to prove my worth to be seen. Visibility is safe now.

At-home process:

Solid Presence Stand or sit with your feet flat on the floor. Feel the contact of your feet with the ground. On the inhale, sense your body taking up the space it already occupies. On the exhale, let your shoulders soften while keeping the sense of occupying space. Silently: “I am already here. I do not need to shrink to be safe.” Stay with this for five breaths. This gently restores the felt sense of solid presence that the Invisible Pattern has been dimming.

If you want the fuller work — reading how this pattern sits in your energy and glandular system — book Soul Signature Illumination or The Recast when the timing feels right.

Your Dominant Life Pattern

The Freeze Pattern

You can see what needs to change. Part of you even wants the change. Yet when the moment arrives to act, something in the system pauses, delays, or stays in the familiar — even when the familiar is no longer working. This is not a character flaw. It is a protective response that once kept you safe by keeping you still. Your nervous system defaults to freeze. Your body often expresses it as a heaviness in the legs or lower belly, a sudden fog when decisions are required, or a quiet internal voice that says "not yet" even when the outer conditions are ready. The language of your life is asking for a different sentence: It is safe to move. I no longer need to stay frozen to stay safe. I can take the next step without losing myself.



At-home process:

Micro-Movement Thaw Sit or stand. Let your eyes soften and look around the room slowly — left, right, up, down. Begin the smallest possible movement: gently rock side to side, or slowly roll one shoulder, or press your feet into the floor and release. Couple the movement with a longer exhale than inhale. Do this for 60–90 seconds. You are inviting the nervous system out of freeze through tiny, safe activation rather than forcing action.

If you want the deeper reading — how this pattern lives in your nervous system and glandular pathways — book Glandular Reset Reflexology or The Recast when you feel ready.

A Note from Ishtar

Healing unfolds when you feel safe enough to become who you've always been. Through small, kind shifts in awareness — repeated over time — you live with less fear and more freedom. Your body releases through precise energy healing, your intuition strengthens, and your life starts supporting what you truly value.

These five processes are doorways. They are not the whole journey. If something in you already knows it's time to go deeper, I would love to walk that with you. Your inner guidance is always there.

Let's clear the way.



Ishtar Deerheart Body-Soul Translator • Naturopath • Clairvoyant Breath-led • In-person Hastings & Zoom worldwide • 15+ years Explore sessions that match your pattern • Join The Deerheart Atrium for ongoing support