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Title: Trigger Happy: Transcend Your Triggers Transform Your Life

Author: Kindred Light

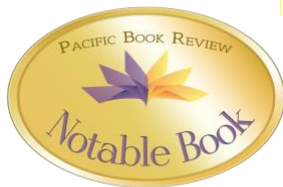
Publisher: Self-published

ISBN: NA

Genre: New Age, Self Help

Pages: 261

Reviewed by: Allison Walker



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There exists within each of us the ability to solve any problem. We are born with a universal knowledge and the inherent ability to tap into it at any time. So, why do we suffer so much in trying to decide right from wrong? Along with this divine wisdom, we are all born with an instinct for the physical body to survive. Author Kindred Light calls these two forces the Wise One and Sir Ego. In her book, *Trigger Happy: Transcend Your Triggers Transform Your Life*, Kindred Light lends her depth of knowledge to how

we can unknowingly self-sabotage by surrendering to our triggers and how we can transcend our suffering by tapping into the divine love waiting to be found within ourselves.

The central idea of *Trigger Happy* is that there is a natural push and pull between two aspects within us, which Kindred Light names Sir Ego and the Wise One. Each of us is embodied by these two opposing forces and our suffering is the result of a lack of cooperation between the two. Sir Ego keeps us alive by encouraging us to act according to our materialistic needs. Kindred Light describes Sir Ego as, “our soul that has become identified with the body. The ego interfaces with the material world... believes it is separate from all other people, the natural world, and the Creator who created it.” The Wise One is our higher, spiritual self, the self that exists in pure love and understands all things are interconnected.

It would be easy to accuse Kindred Light of being idealistic and to dismiss her ideas as hippy hoopla. Doesn't the promise of infinite love and universal wisdom sound too good to be true? But continue reading from *Trigger Happy* and this isn't the impression at all you get from the book's author. For example, Kindred Light writes, “My ex-husband is not consciously aware of all the love and forgiveness I've offered to him as part of my own healing. He has not received it yet, but it waits for him in eternity, and for the time when he can accept it. What is apparent to me is that he no longer triggers me, and that I somehow now have much more power in the relationship.”

Throughout *Trigger Happy*, Kindred Light relates her personal story of overcoming trauma. Her enthusiasm and trust, her attitude of I made it through this and so will you, lends a sense of realism. Through her own journey of reconciling and connecting Sir Ego and the Wise One, she discovers her ability to forgive unconditionally and with that, an infinite capacity for love. Kindred Light is not a stereotype. She is humble and accepting within her inner peace and above all, you trust her intentions to teach.

If *Trigger Happy* were a class, it would be described as more lecture than workshop. The few exercises Kindred Light does offer encourage the learner but does not provide a road map to enlightenment. Kindred Light explains that it has to be this way, that learning to hear the Wise One is a personal journey which can be attained in as many unique ways as there are people in this Universe. Listening to the Wise One is a lesson in trusting our inner voice; trusting the divine and universal knowledge within each of us.

Trigger Happy is a beautiful book with a lot of potential to do good for a reader who is receptive to these ideas. It is a kind book, humble yet encouraging. Even if you do not yet believe in yourself, within these pages, here is a teacher who believes in you.