

WHAT TO DO WHEN YOU'RE "IN IT"
(as in when life presents a "challenge")

1. Breathe; stay loose.
2. Let yourself FEEL the emotions. Resistance to them causes the pain.
3. KNOW you are safe no matter what's happening.
4. Visualize white light filling your body, pouring down from heaven and expanding out from the heart center.
5. If it appears you are dealing with some "negative" energy being sent your way, take a breath and create a reflective but loving surface around you to protect you.
6. Make mental notes to review later when you have time to take a look at what happened. Do the situation or the people involved remind you of anyone? If so, perhaps there is a situation or a person to release and forgive.
7. Repeat your positive mantra. Surrender the situation to God, and surrender yourself to expressing the All That Is in this moment.
8. Ask yourself, "What is my negative thought right now?" (one that describes the situation). Once you realize it, create its opposite in your mind (that is, what you desire the situation to be). Watch the energy shift.
9. Be ready to laugh at yourself – with compassion and love.
10. Speak the truth about what you are feeling without attacking yourself or someone else. Be willing to know the truth.