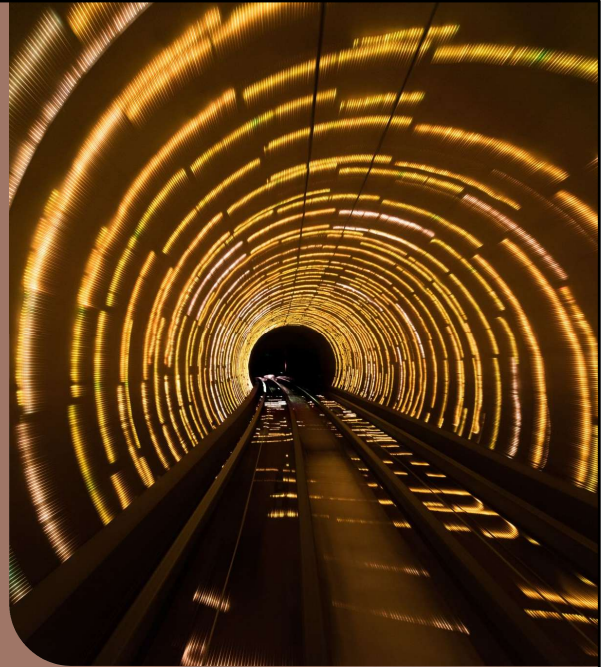


METHODS FOR CLEARING THE NEGATIVE

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Now that you understand that Your beliefs create your feelings and thoughts how do you change them? The simple answer is to shine light on them. The more light you shine the clearer you see, higher your frequency. Paradoxically it also shines light on the cobwebs, the crud under the nails and so forth. Thus we have Shadow Work. Many spend years on shadow work even the most enlighten of beings. For the average person this is not a one and done deal. This presentation will go over at least three methods for you to rid of muck and and to blossom into more of your truth.

POWER OF 5 REPLACEMENT METHOD



1. Five Positive Memories



2. When a negative thought occurs, catch it and replace with the five positive memories.



3. Search for the positive in the moment through the five senses: sight, sound, feeling, touch, smell.



4. Stay in that pleasant moment



5. Repeat as necessary!

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1. Think of five positive memories when you are in a good space. For beginners this takes practice! When a negative thought occurs, catch it and replace with the five positive memories. When you have finished down memory lane, look around you. Maybe it's a tree out your work window or a cup of coffee on your desk. Focus on how that cup of coffee warms your insides. The cup itself a gift from a friend. Doesn't that feel better?
2. Stay in the moment. When was the last time you let the world go and stayed present? Repeat as necessary.

JUST BREATHE METHOD

Set	Focus on	Close	Get	Practice
Set a one minute timer	During that minute focus on the breath and nothing else.	Close your eyes and see the darkness behind your lids as you do this mentally shutting out the world.	Get a thought let it go in a cloud.	Practice a mantra like "I see, feel, sense, taste, and smell good things in my life."

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This method is for those on the go working, driving to and from. One can easily practice this method arriving at work, during work, waiting on the kids to get picked up and more. Let's say you are on a bus ride home and feel like there is nothing good in your life. Take a minute out to focus on your breath and then look around for something you can be grateful for through your senses. Can you feel your backpack on your back? Are you grateful for the cute design that you picked out? What about the woman's rainbow jacket who is sitting on the otherside of the aisle? Did it not make you smile? And the purr of the bus, safely getting you back home. There are positives in all situations. See them and raise your perspective to one of life is happening FOR me and not to me.



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MEDITATION METHOD

Meditation benefits include:

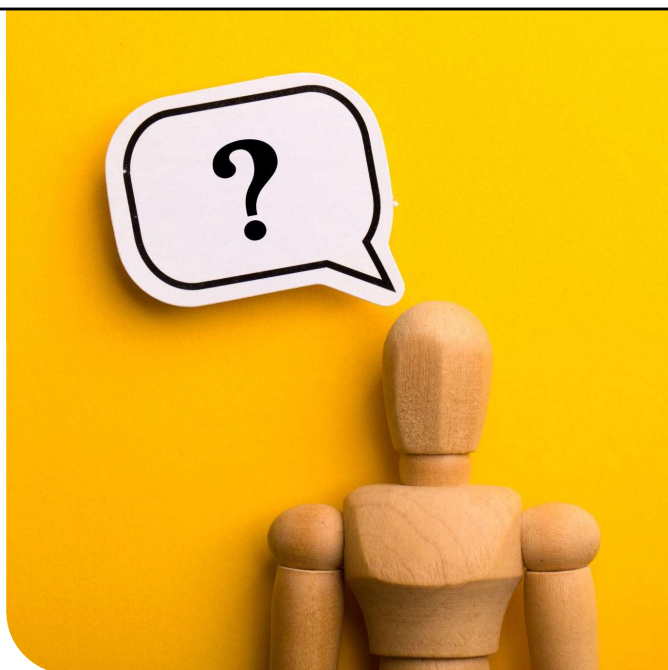
- 1. Reducing Stress
- 2. Improving mental health
- 3. Enhancing focus and attention
- 4. Boosting emotional well being
- 5. Benefitting physical health live lowering blood pressure, improving sleep, and more!
- 6. Connecting you to your inner world and your soul.

Yes meditation improves your thought processes! Even you only meditate for 5 minutes a day, do it. You may begin finding guided meditations like the ones I provide.

TRUTH METHOD

- Step One: Catch the lie!
- Step Two: Identify the WHY
- Step Three: Let it go.
- Step Four: Replace with the truth

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When you have a negative thought or feeling the first thing you must do is to recognize it! Say something like I know who you are! Example you start to become fearful as you think about letting the job you don't like go. Now you understand fear is a negative feeling, the opposite of love. You have identified the why it's negative....it's fear based. It comes from the ego who's trying to protect you, but in doing so keeping you in a situation you are miserable. Now let it go by telling yourself the truth. I am a creator and I create my own reality which is a higher paying job and one with less hours! As you begin to act on what you can imagine to get you out of that situation; that will give you more and more energy, more and more creative thoughts like it. Follow the imagination!

REPLACEING THE NEGATIVE

1. Your beingness is love
2. Gratitude
3. Joy
4. Play
5. Sounds

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Understand that the negative, fear is from the Ego, some say the animal mind, but it is not your truth. Your beingness is love. Your Higherself who loves you and wants to have a glorious relationship with you can and only does sit in love. Fear is the opposite of love. Every moment you are choosing fear or love. What will you choose?

Gratitude...take the time to discover new things to be thankful for! Joy in your live, in your unfolding, in your awareness that you are an enteral spiritual being! Play with that which lights fire beneath your feet! Find ways to bring more imagination and play into your day! Every day! Sounds find a song that when the negative thoughts start to play YOU play that up lifting, positive song. Listen to it day in and day out! The list of thoughts and emotions to replace the negative is great and I will be the first one to tell you that many often struggle with this at first, but it gets easier and easier.

QUIZ

1. What is your method for eliminating negative thoughts?
2. Describe how it has worked for you.
3. How do you take time out for you?

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