



Become Kick-Ass!

HEALING OUR EMOTIONS OUR EMOTIONS: TAMING THE BEAST

When do we need to shift our emotions?

- Is it a transitory emotion or a chronic one?
- Is there physical pain associated with it?





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Most effective ways to shift our emotions

- gratitude
- breaking the hypnosis
- changing our physiology
- changing our focus
- moving to action
- using humor
- Emotional Freedom Technique (EFT or tapping)



Barbara Roux-Levrat

Emotional Strength



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Everything is inside of you

- your interpretation is driving your emotion
- we can always interpret things differently
- the present circumstances have little to do with it
- your cells have memory
- illogical reactions have to do with the past





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Acceptance vs rebellion

- Accepting the present as it is will always bring us peace
- Acceptance = humility
- Acceptance is not resignation
- From a place of peace, we can always create something better
- The more we try to control a situation, the more stress we experience





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Trust vs Control

- Trust implies that we know we are part of God/the universe
- Trust opens up new channels of abundance for us
- Trust makes us attractive
- The more we trust, the more joy we can have
- Control is a never-ending addiction





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Fill in the blanks:

Chronic emotions that I experience are: _____

The easiest way for me to shift my emotions is: _____

Emotions that I rarely feel are: _____

What does that tell me? _____





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TO REMIND MYSELF:

