

1b: Release and forgive judgment

This is the perfect time in the process to **release any judgment or guilt that surfaced** when making our 'what is' list. We all experience contrast, and we all have looked back on past actions wondering if different choices would have made a difference. That's unfair, really.

When we know better, we do better. As long as we're learning through our contrast, then it's benefiting us, even if that is hard to see in this moment. Often, just realizing how much you've learned about yourself in the process of experiencing 'what is' is enough to release and forgive. Love yourself for doing the best that you could, and being willing to learn and move forward.

However, if you're feeling really heavy, now is the time to feel it, release it and forgive yourself for any perceived failures, guilt, and/or shame. This does not mean dwell in the heaviness, but acknowledge how you really feel, then choose to move forward, even without knowing how.

There are a variety of tools available to do this. If you have a favorite, then use that.

In New Thought Teachings and A Course In Miracles (ACIM), it's often suggested to 'give' your problems to a higher power to solve. In a quiet prayer state, ask that your problem be taken and transformed for the good of all, and give thanks for that transformation.

Personally, I have found that EFT / Tapping is an excellent tool for short-circuiting my negative thinking. Use this script as the starting point, and feel free to edit it for your personal use. Be sure to drink water before and after doing EFT, and allow yourself to yawn, stretch, or otherwise release built-up tension in your body. *Abbreviations: EB = eyebrow SE = side of the eye UE = under the eye UN = under the nose CH = chin CB = collar bone / center of chest UA = under the arm TH = top of head*

Side of hand (karate chop point):

Even though I feel heavy with judgment over 'what is', I deeply and completely love and accept how I feel.

Even though I have judged myself for creating 'what is', I am choosing to forgive and love myself exactly as I am.

Even though I feel guilt and shame for experiencing this difficulty now, I remember I am on a learning journey, and I choose to love and forgive myself now.

First Round (acknowledge):

EB: *Feeling heavy with judgment over 'what is'*

SE: *Judging myself for creating 'what is'*

UE: *Feeling guilt and shame for experiencing 'what is'*

UN: *This heavy judgment*

CH: *This guilt and shame*

CB: *Blaming myself*

UA: *Holding onto judgment, guilt, shame and blame*

TH: *All this judgment, guilt, shame, and blame*

(take a deep breath and shake out your arms / hands to release tension)

Second Round (refocus):

EB: *I appreciate knowing that I am learning more about myself*

SE: *Through these experiences, I am growing stronger and wiser*

UE: *In many ways, I am blessed to have these growing experiences*

UN: *I am choosing now to release my judgment, guilt, and shame*

CH: *I am choosing now to forgive myself*

CB: *I am choosing to move forward, stronger and wiser, even if I don't know how*

UA: *I am choosing to appreciate learning and knowing more about myself*

TH: *I am choosing to appreciate all I am going through, and love myself where I am*



1c: Time to Pivot

Napoleon Hill taught, in essence, that *every problem contains within it the seeds for equal or greater opportunities*. Here is your chance to excavate your list of 'what is' for your refined preferences. When we know what we don't want, we become more aware of what we DO want. The benefit of writing down what we consider to be a problem(s) is the power to use the information to illuminate the opportunities: to PIVOT toward our refined preference.

When we can see a problem and pivot our attention to the preference that problem revealed, we now find a benefit, a blessing, in experiencing the problem. Take your 'what is' list, and for each item you wrote, write down what that experience has shown you prefer.

Example: If you wrote that you "feel victimized", then the pivot list would reflect the (refined) preference that experience revealed: "feel empowered". Everyone's 'what is' and 'pivot' will be different, so this takes a few minutes to get in touch with your feelings. How you prefer to feel is a clue to your new 'pivot'.

STEP #3: Integration

By now, you are likely feeling better just addressing, releasing, forgiving, and appreciating. Now, it's time to milk the good feelings so you can remember something good when 'what is' reminds you of its presence. Integration tools give you something to do other than dwell on 'what is'. They also create a new habit that raises your dominant vibration, which you can continue even after 'what is' begins to shift.

Appreciative Meditation

We're used to thinking of meditation as being in the lotus position with closed eyes while silencing thoughts. However, this form of meditation is more about relaxing and feeling appreciation in the body.

Take a few minutes every morning, mid-day, and evening to be still with appreciation for what you currently love about your life. Use your appreciation list in Step 2, above, as a source of inspiration for this meditation. If you are limited in time, set a timer. Even 3-5 minutes, several times a day, will begin to help you feel better.

- A. In a time and place where you are not likely to be disturbed for a few minutes, start by closing your eyes, and taking a few deep breaths. In this centered space, put one hand on your chest to direct your attention to your heart-area. Breathe in and out as if you are breathing through your heart. This puts your body into a heart-coherent state where every organ functions optimally.
- B. Bring to mind one or two of the experiences that you truly appreciate. Feel the appreciation around your heart. Feel it expand and grow to encompass your whole body, and beyond. Feel the appreciation in your body and the area around your body, about 12 inches...and then let it expand into the room you are in. Continue to
- C. When this feels complete, or when the timer goes off, take a moment to appreciate 'what is' that has brought you to this point. Remind yourself that if there is action to take, you will be guided when, where, and how to do so. Until then, enjoy the pleasant feeling of appreciation that you've cultivated.

Better Feeling Thoughts

Use your pivot from Step 1 as your new list of better feeling thoughts. Whenever 'what is' comes to your awareness, there's no need to feel guilt. Just *pivot your focus* to the items of your list.

'I AM' Affirmative Statements

Use your pivot and appreciation lists from Step 1 and 2 as the basis for crafting your own 'I AM' affirmative statements that reflect what you currently appreciate. Make each statement emotionally positive to you and written in present tense in phrasing. You know you've got a good when it makes you smile or giggle to write, think or say it.

Here are a few generic ones you can play with and tweak to serve you better:

I AM easily and fully making peace with my life!

I AM naturally guided in every action that I take!

I AM appreciating that my actions are fruitful and fun!

I AM loving where and how I live, work, and be in the world!

I AM seeing more to appreciate, in every moment, every day, in every way!

I AM naturally feeling better and better and better!

After you write your statements down, make a commitment to say, write and think them throughout your day. I've even recorded my affirmations and play them in the background while I am relaxing or taking a break during the day. I have also found it helpful to write them down, then make copies to keep around my house, office, car, and purse. No matter where I am, the moment distressing thoughts come to my mind, I can turn to the list and pivot my attention.

Congratulations!

Congratulations on taking steps to make peace with 'what is' in your life. When you are more focused on integrating your better feeling thoughts, appreciation and positive affirmation, than 'what is', your dominant vibration will shift upward. Then, you'll begin to see everything shift around you, including 'what is'.



About the Author



Nancy Barry-Jansson is an award-winning spiritual teacher and mentor, who has studied metaphysics for more than 33 years, as well as the illustrator and the creator of AffirmingSpirit™ Affirmation Cards (online at AffirmingSpirit.com). She specializes in helping self-employed creative women in their 30s-40s who are ready to use these skills in building their business. "Like" and follow her **AffirmingSpirit** FB page + visit her **AffirmingSpirit blog** for more information and resources.