

HOW TO MASTER OUR EMOTIONS & CREATE JOY

1. UNDERSTANDING OUR STORY

WE UNDERSTAND OUR STORY BY GETTING CLEAR ABOUT ...

WHO, WHAT, WHEN, WHERE, WHY & HOW WE GOT TO WHERE WE ARE?

WHY DO WE NEED A CLEAR STORY ??????????

- THE LANGUAGE OF THE STORY GIVES US "KEY WORDS" THAT ASSIST IN POWERFUL AND CLEAR UNDERSTANDING AND COMMUNICATION ABOUT WHAT IS CAUSING OUR EMOTIONAL DISCOMFORT, EMOTIONAL PAIN, EMOTIONAL DAMAGE.

EG.,

1. YOUR WORDS
2. YOUR THOUGHTS
3. YOUR TRIGGERS
4. YOUR ANGER
5. YOUR ADDICTIONS
6. YOUR NEEDS
7. YOUR POWER AND WHERE YOU ARE PUTTING IT OR WHO YOU ARE GIVING IT TO

2. THE 5 CAUSES OF EMOTIONAL PAIN

(Probably a good idea to deal with only ONE CAUSE AT A TIME until it is cleared!
That way we don't burn ourselves out!!!!!!)

1. A PERSON IS **ATTACHED** TO AN OUTCOME:

- 1)
- 2)
- 3)

2. SHE "**THINKS**" SHE NEEDS SOMETHING OUTSIDE OF HERSELF:

- 1)
- 2)
- 3)

3. SHE IS DOING WHAT SHE DOES **NOT** WANT TO DO:

- 1)
- 2)
- 3)

4. SHE IS **NOT** DOING WHAT HE/SHE WANTS:

- 1)
- 2)
- 3)

THINGS WE THINK WE NEED OUTSIDE OF OURSELVES CAN LEAD TO **ADDICTION?**

5. WHAT DO WE CONTINUE TO DO THAT HARMS OR INJURES US? (ADDICTION)

- 1)
- 2)
- 3)

3. ENDING OUR EMOTIONAL PAIN & DEPRESSION

- A / ACT WITH LOVE

- B / BECOME FEARLESS

- C / CREATE WITH THE LAW OF ATTRACTION

- D / DETACH FROM THE PAIN OF ...

- E / EXPECTATION

- F / FIRST LOVE YOURSELF

- G / GREATER INTELLIGENCE BEFORE ARTIFICIAL INTELLIGENCE

Transformation Through Conscious Self Design

The process of transformation is unique to every human being. On this path of self design you may choose to access various tools which allow one to begin conscious evolution and change /

The Tools of Your Conscious Self Design / Your Own Creative Mind

As you design your transformation you may also choose to access several wisdom sources:

Imagination,

nutrition,

sleep,

shelter,

toltec,

nature

shaman,

bio-chrono emotional clearing,

counseling techniques,

tai chi,

chi kung,

yoga,

jiu jitsu,

karate,

weighted exercise,

meditation,

music,

dance,

breathing,

native american medicine,

allopathy,

homeopathy,

guided imagery,

massage,

voice dialogue,

miracle,

humor,

universal law,

universal matrix interaction and interpretation,

the understandings of daily life and

spirit teachings /

4. CREATING WHOLENESS, INDEPENDENCE, SELF-RELIANCE & JOY

The Result of Your Self Design / A Process of Wholeness, Independence, Self Reliance

You are the designer of your own "Process of Enlightenment or Wholeness" / A process characterized by the power to evolve, expand, explore and experience without limitation and the freedom to love without pain /