

PROTECTION FROM NEGATIVITY



CONTENTS

NEGATIVITY IN LIFE	3
DEALING WITH NEGATIVE PEOPLE	4
TECHNIQUES	5
Anchor	5
Protection-Bubble	5
Reverse pacing	6
Change with pacing.....	7
Focus	7
Perspective-switch	8
Hearth-present.....	8
Nature	8
Positive affirmations	9
Hypnosis and meditation	10
Self-growth.....	10
CLOSING WORDS	11

NEGATIVITY IN LIFE

EVERYONE HAS SITUATIONS IN LIFE WHERE THEY HAVE TO FACE AND INTERACT WITH A NEGATIVE PERSON. SOME CALL THEM MEAN OR BAD PEOPLE, SOME CALL THEM SUFFERING PEOPLE, SOME CALL THEM LOW-SELF-ESTEEM -PEOPLE, AND SOME CALL THEM PEOPLE WITH BAD PHASE IN THEIR LIVES. THE LAST ONE IS MOSTLY TRUE.

AS CARL JUNG POINTED OUT, THERE IS THIS COLLECTIVE MIND, THE COLLECTIVE SUBCONSCIOUS WE ALL SHARE. SUMMARIZED: WE ALL EXPERIENCE SAME KINDS OF NEGATIVELY INTERPRETED CHARACTERISTICS, SHADOWS IN US. IT'S DEEPLY IN HUMAN NATURE TO HAVE A SHADOW PART WHICH WE SO EAGERLY TRY TO HIDE, BUT SOMETIMES FAIL AT IT.

RIISING FROM OUR REPRESSED INSTINCTS AND WILL TO SURVIVE AND PROSPER, THE "DARKER SIDE OF US" SOMETIMES PENETRATES OUR CRITICAL AND CONTROLLING SIDE, AND THEN WE ACT EXPRESSING OUR NEEDS WHICH ARE SOMETHING WE, COMMUNITY OR CULTURE SEES BAD AND FAULTY.

SOME PERSONS CAN BE ASSUMED NEGATIVE IN NATURE; THEY HAVE LEARNED NEGATIVE WAYS OF THINKING, DISCUSSING, AND GESTURING THROUGH THEIR LIVES AND ENVIRONMENTS, AND THEY ARE THUS, AS IT WERE, VICTIMS OF NEGATIVE CIRCUMSTANCES. WE ARE ALL RAISED AND TAUGHT TO ACT CERTAIN WAYS, AND WE KNOW, ESPECIALLY BETWEEN DIFFERENT CULTURES THE DIFFERENCE BETWEEN RIGHT AND WRONG CAN BE HUGE.

EVEN IF IN SOME CULTURES THERE HAVE BEEN QUESTIONABLE HABITS, AND NOW PARENTS ARE TEACHING THEIR CHILDREN BETTER WAYS TO ACT AND TREAT PEOPLE, THERE IS HIDDEN TEACHING MAKING ITS UNDERGROUND JOB. THIS IS THE STRONG SUBCONSCIOUS PART OF US, WHICH MANY WON'T RECOGNIZE. WHENEVER A PARENT SWITCHES FROM CONTROLLED AND AWARE PARENTING TO AUTOPILOT (JUST BEING/DOING, NOT CONCENTRATING), ALL TEACHINGS FROM HER/HIS PARENTS AND GRAND-PARENTS - WHICH WERE SUITABLE BACK IN THE DAYS BUT NOT ANYMORE - MAY COME OUT.

PEOPLE ARE GREAT IN READING NON-VERBAL MESSAGES. IT'S SAID VERBAL COMMUNICATION COVERS ONLY 7 PER CENT, AS NON-VERBAL COMMUNICATION COVERS 93 PER CENT OF OUR WHOLE COMMUNICATION. SO, WHEN PEOPLE TRY TO EXPRESS OTHERS HOW IS THE BEST WAY TO ACT, OR HOW VIRTUOUSLY THEY THINK OF THE WORLD, WORDS WON'T DO THAT MUCH. IT'S THE NON-VERBAL GESTURES AND ATTITUDES, AND SUBCONSCIOUS-DRIVEN COMMUNICATION, WHICH REVEAL THE TRUTH.

SOMETIMES YOU CAN SENSE FROM PEOPLE THEY'RE BEING NEGATIVE EVEN THOUGH THEY WOULD SAY OTHERWISE. YOU'RE READING THEIR BODY-LANGUAGE.

PEOPLE CAN ALSO BE NEGATIVE ONLY AT THAT MOMENT: THEY CAN FEEL MISERABLE FOR VARIOUS REASONS THAT MAKE THEM EXPRESS THEM NEGATIVELY THROUGH THEIR EMOTIONS AT THAT MOMENT.

NONE OF US NEED EXTRA NEGATIVITY IN OUR LIVES.

HOWEVER, THOSE WHO HAVE HAD TO LIVE IN A NEGATIVE ENVIRONMENT SUBCONSCIOUSLY EXPRESS NEGATIVITY REPEATEDLY: IT IS FAMILIAR AND SAFE TO THEM, AND BECAUSE OUR BRAINS PRESUMABLY TRY TO KEEP THINGS SIMILAR AND FAMILIAR, PEOPLE ACCUSTOMED TO THE NEGATIVE UNINTENTIONALLY AND SUBCONSCIOUSLY CREATE NEGATIVE CONDITIONS AND TENSE ATMOSPHERE AROUND THEMSELVES. AS SO MANY OF US, THEY'RE VICTIMS OF IMPACT OF THEIR ENVIRONMENTS, OTHER PEOPLE'S BELIEFS AND FORCED LESSONS OF THE WORLD.

DEALING WITH NEGATIVE PEOPLE

THEY CAN BE ENCOURAGED TO HAVE A MORE POSITIVE ATTITUDE AND WAY OF LIFE, BUT LASTING CHANGE ONLY HAPPENS WHEN THEY THEMSELVES ARE AWARE OF THE PROBLEM AND REALLY WANT TO CHANGE A.K.A. THEY CHOOSE TO DEVELOP THEMSELVES THROUGH SELF-AWARENESS AND -GROWTH. UNIVERSAL TRUTH IS WE ALL HAVE POSITIVE INTENTIONS IN EVERYTHING WE DO, BUT IT'S IN THE EYE OF THE BEHOLDER HOW THOSE POSITIVE ATTEMPTS ARE PERCEIVED.

IF THE PERSON DESCRIBED ABOVE IS DEAR TO YOU, OR IF YOU ARE FORCED TO DEAL WITH A PERSON WHO SPREADS NEGATIVITY INTO YOUR LIFE, YOU HAVE FOUR OPTIONS:

- 1) KINDLY AND GENTLY TELL HOW HER/HIS OUTING WILL AFFECT HER/HIS ENVIRONMENT AND ULTIMATELY HER/HIM. SHE/HE MAY NOT RECOGNIZE THE EFFECTS OF HER/HIS WORDS AND DEEDS.
- 2) TAKE CARE OF YOUR OWN BOUNDARIES AND TAKE DISTANCE. YOU SET YOUR OWN BOUNDARIES, AND DECIDE WHO YOU LET IN AT ANY TIME.
- 3) IF THE PREVIOUS POINT IS NOT POSSIBLE, KEEP THE ENCOUNTERS SHORT AND ALWAYS LEAVE THE PLACE AS SOON AS YOU CAN.
- 4) PROTECT YOURSELF WHENEVER YOU FEEL THE NEED!

THERE ARE SEVERAL WAYS TO PROTECT YOURSELF AND SOME OF THEM WORK FOR SOME AND OTHERS FOR OTHERS – WE ARE SO DIFFERENT AFTER ALL. OTHERS ARE ADEPT AT VISUALIZING, AND BECAUSE THE BRAIN INTERPRETS THE IMAGES IT SEES AS TRUE, VISUALIZATIONS HAVE A DIRECT PHYSICAL EFFECT.

FOR OTHERS, MORE DOWN-TO-EARTH AND CONCRETE MEASURES WORK. TRY EACH TECHNIQUE IN DIFFERENT SITUATIONS AND YOU WILL FIND THE BEST WAYS TO KEEP YOURSELF AS HARMONIOUS AS POSSIBLE AND TO RECOVER FROM STRESSFUL SITUATIONS FASTER. COMBINING DIFFERENT TECHNIQUES IS HIGHLY RECOMMENDED.

TECHNIQUES

NOTE: THESE TECHNIQUES ARE SUMMARIZED AND PRESENTED WITH A SIMPLE EASY-TO-LEARN INTENTION. ALL OF THEM CAN BE WIDENED AND DEEPENED A LOT TO ENHANCE THEIR EFFECTS. YOU MAY FIND YOURSELF WANTING TO KNOW MORE. [THAT IS EASILY MADE POSSIBLE.](#)

ANCHOR

A WELL-BEING ANCHOR, A MEMORY FOOTPRINT, USED WHEN YOU NEED TO ENFORCE FEELING GOOD. WHILE ANCHORING YOU CREATE A MEMORY FOOTPRINT OF YOUR DESIRED FEELINGS, AND WHEN A PARTICULAR TRIGGER IS TRIGGERED (IN THIS EXAMPLE, THE INDEX FINGER AND THUMB TOUCH EACH OTHER), YOUR BODY REMEMBERS WHAT YOU FELT AT THAT POINT, AND TRIGGERS THE SAME SENSATIONS.

THE ANCHOR SHOULD HAVE BEEN MADE BEFORE AND PREFERABLY SO STRONG THAT IT REALLY FILLS AND STRENGTHENS YOU WITH GOOD EMOTIONS. IF THE SITUATION IN WHICH YOU END UP USING THE ANCHOR IS STRONGLY NEGATIVELY CHARGED, THE ANCHOR SHOULD BE CLEANED BY STRENGTHENING IT WITH POSITIVE FEELINGS AFTER THE SITUATION. ANCHOR IS ONE OF MANY NLP TECHNIQUES THAT I TEACH WITH MORE VARIATIONS TO MY CLIENTS.

HOW TO MAKE AN ANCHOR?

CLOSE YOUR EYES AND BREATHE A FEW TIMES DEEPLY IN AND DEEPLY OUT.

LET YOURSELF RELAX.

RECALL AND BRING TO MIND A VERY HAPPY EXPERIENCE. AN EXPERIENCE CAN INCLUDE LAUGHTER, LOVE, GRATITUDE, OR ANOTHER VERY STRONG POSITIVELY CHARGED GOOD FEELING.

STEP INTO THIS EMOTION AND IMAGE, SENSE AND FEEL THOSE EMOTIONS REALLY STRONG.

PUT YOUR THUMB AND FOREFINGER TOGETHER FOR A FEW SECONDS WHEN THE FEELING IS AT ITS STRONGEST.

REMOVE YOUR FINGERS, AND INHALE IN AND OUT A FEW TIMES.

BRING A NEW MEMORY OR EMOTIONAL STATE TO YOUR MIND WHERE YOU ARE REALLY CONFIDENT, MOTIVATED AND YOU HAVE SUCCEEDED REALLY WELL. LET IT GROW AS ABOVE AND PUT THE SAME FINGERS TOGETHER FOR A FEW SECONDS. RELEASE YOUR FINGERS AND BREATHE.

YOU CAN REPEAT THIS ANY NUMBER OF TIMES UNTIL YOU FEEL THE ANCHOR IS STRONG ENOUGH. IN A DISTRESSING SITUATION, ALL YOU HAVE TO DO IS PUT THESE SAME FINGERS TOGETHER, AND THE BUILT-IN MEMORY FOOTPRINT WILL TRIGGER THE SAME FEELINGS IN YOU AS YOU FELT WHEN YOU HELD YOUR FINGERS TOGETHER.

PROTECTION-BUBBLE

VISUALIZATION MAKES WONDERS WHEN ATTEMPTING TO MAKE CHANGES IN YOUR MIND, THE BRAIN LOVES IMAGINATION. EVEN IF IT WOULD SEEM LIKE YOU WOULDN'T KNOW HOW TO SEE IMAGES IN YOUR HEAD (SOME PEOPLE FIND IT DIFFICULT), DON'T WORRY, EVERY EFFORT YOU MAKE IMPROVES THAT.

VISUALIZE THE PROTECTIVE BUBBLE AROUND YOU, THROUGH WHICH ONLY THE GOOD THINGS FOR YOU CAN GET THROUGH, AS CORRESPONDINGLY NEGATIVE THINGS BOUNCE OFF OF IT. RELAX, BREATHE DEEP IN AND DEEP OUT, AND YOUR EYES CLOSED OR OPEN

(WHICHEVER IS EASIER FOR YOU) IMAGINE FORMING A BRIGHT GOLDEN BUBBLE AROUND YOU THAT YOU FEEL AMAZING TO BE INSIDE. IMAGINE HOW THIS BUBBLE PROTECTS AND STAYS AS LONG AS YOU WANT, AND ALL THE BAD AND UNNECESSARY THINGS BOUNCE OFF OF IT, BUT ALL THE GOOD GETS IN.



YOU CAN ALSO IMAGINE FILLING THE BUBBLE WITH GRATITUDE, LOVE, JOY, AND OTHER POSITIVE THINGS; LIGHT, COLOURS, SOUNDS, POSITIVE PEOPLE. ONLY THINGS THAT INCREASE YOUR WELL-BEING WILL GET INTO THE PROTECTIVE BUBBLE AND EVERYTHING ELSE THAT SEEMS NEGATIVE WILL BE LEFT OUT OF THE BUBBLE. THIS ALLOWS YOU TO STAY WITHIN YOURSELF WITH YOUR GOOD FEELINGS DESPITE THE STIMULI OF THE ENVIRONMENT.

REVERSE PACING

NLP TEACHES YOU TO PACE PEOPLE IN ORDER TO ACHIEVE A BETTER EMOTIONAL CONNECTION WITH THEM. IN THIS CASE, HOWEVER, ACT DIFFERENTLY; BE VERY DIFFERENT FROM THE OTHER PARTY IN YOUR GESTURES AND INTERACTIONS TO MINIMIZE THE EFFECT OF MIRROR CELLS ON YOURSELF.



HOLD A DIFFERENT BREATHING RHYTHM, SIT OR STAND DIAGONALLY / SIDEWAYS IN RELATION TO THE SPEAKER, HOLD A DIFFERENT POSITION, DON'T WATCH INTO THE EYES, KEEP DIFFERENT SPEECH RATE, INTONATION, ETC. CHANGE IF NECESSARY, AND IF THE NEGATIVE SIDE SETTLES, PACES, SIMILARLY WITH YOU. THIS WAY, YOU AVOID DIVING SUBCONSCIOUSLY INTO THE OTHER PERSON'S CONDITION AND GET TO KEEP YOURSELF IN YOUR OWN GOOD STATE OF BEING WITHOUT SUCKING NEGATIVITY FROM THE OTHER.

CHANGE WITH PACING

IN NLP, YOU CAN GET INTO THE SAME EMOTIONAL CONNECTION WITH THE OTHER AND EVEN THE SAME “RHYTHM,” SO THE OTHER BEGINS TO FOLLOW YOU AND ACT LIKE YOU DO: GO FOR A MOMENT TO THE SAME GESTURES, RHYTHM AND LEVEL OF SOUND, BREATHING, POSTURE, AND EXPRESSION – UNNOTICED, EVEN SMALL SIMILARITIES ARE ENOUGH, AS WE ALL KNOW THAT AN OVERLY VISIBLE “MONKEYING” IS JUST STARTING TO ANNOY ANOTHER MORE. JUST **IMPERCEPTIBLY** DO WHAT THE OTHER ONE DOES.

ONCE YOU’VE CALIBRATED WITH THE OTHER: SOOTHE YOUR VOICE, BREATH, BEING, AND USE SOOTHING BODY LANGUAGE GESTURES (FOR EXAMPLE, HANDS DOWN FROM CHEST WHEN YOU SAY “EVERYTHING IS FINE”) AND / OR SOOTHING DEEP EXHALATIONS AT APPROPRIATE POINTS; EXPRESS WITH DIFFERENT SENSES CALMING AND WELL-BEING, AND IF THE PACING IS SUCCESSFUL, THE OTHER FOLLOWS, AND THE NEGATIVITY IS DILUTED.

Focus

WHEN A NEGATIVE THING IS IRRELEVANT TO YOU, YOU CAN LISTEN WITHOUT LISTENING: LISTEN TO THE OTHER, BUT FOCUS ON THE CALMING AND POSITIVE THINGS WITHIN YOUR MIND. FILL YOUR MIND WITH BEAUTIFUL IMAGINATIONS AND POSITIVE THOUGHTS, AND SPEND YOUR TIME IN THEM WHILE THE OTHER “LETS OUT” WHAT SHE/HE IS EXPERIENCING THAT NEEDS UNPACKING. THIS WAY YOU REINFORCE A POSITIVE STATE OF BEING FOR YOURSELF, AND EVEN IF NEGATIVE WORDS AND SUGGESTIONS FLOW FROM THE OTHER SIDE, THESE POSITIVE IMAGES WILL PROTECT YOU. BY KEEPING A SMALL LISTENING CONNECTION, YOU CAN STILL RESPOND TO THE OTHER AT APPROPRIATE TIMES, AND IF YOU FIND A SUITABLE MOMENT TO COME, RETURN MORE TO THE CONVERSATION AND DIRECT THE OTHER TO CALMER WATERS.



IN SOME SITUATIONS, FULL FOCUS SHIFT MAY BE IN PLACE. FOR EXAMPLE, IF THERE ARE ANNOYED PEOPLE AROUND YOU IN YOUR WORK COMMUNITY AND YOU MIGHT GET INFLUENCED BY THEM, BUT YOU DON’T ACTUALLY HAVE TO LISTEN TO THEM, PUT ALL YOUR FOCUS ON ONE CLEAR THING. IT CAN BE YOUR MOUSE ON THE TABLE OR A NAIL ON YOUR FINGER. YOU CAN RIGHTLY EXAGGERATE AND IN YOUR MIND ASK YOURSELF QUESTIONS ABOUT THE SUBJECT WHERE YOU PUT ALL YOUR ATTENTION. THIS WAY YOUR SENSES BECOME BUSY ON CONCENTRATING ON SOMETHING ELSE THAN THE ANGRY BOSS OR IRRITATED CO-WORKER. THE BEST OPTION IN THIS SCENARIO OF COURSE IS TO JUST FULLY FOCUS AND DIVE INTO YOUR WORK AT HAND.

PERSPECTIVE-SWITCH

WE ALL PERCEIVE THE WORLD FROM OUR VERY OWN AND UNIQUE PERSPECTIVE. WHAT IS TRUE AND RIGHTEOUS FOR YOU MIGHT BE TOTALLY WRONG TO ANOTHER. THAT IS COMPLETELY NORMAL. BUT IF THERE ARE APPROXIMATELY 8 BILLION PEOPLE AND ALL OF THEM HAVE THEIR OWN TRUTH, WHO IS RIGHT? OR IS ANYONE ACTUALLY RIGHT? THE BIGGEST QUESTION IS: HOW DO YOU KNOW YOUR PERSPECTIVE IS THE MOST CORRECT ONE?

TAKING AN OBJECTIVE APPROACH TO YOUR EXPERIENCES AND MATTERS AT HAND CAN DO MIRACLES. IT'S COMPLETELY HUMANE TO MAKE SENSE OF THE WORLD BASED ON YOUR OWN LIFE HISTORY, EXPERIENCES AND ON HOW YOU SEE YOURSELF TO BE. THE FACT IS THOUGH, YOU MIGHT BE WRONG WHEN YOU'RE INTERPRETING SOMETHING TO BE NEGATIVE FOR YOURSELF. YOU MAY REMEMBER HOW YOU'VE SEEN ONE AND SAME THING SOMETIMES BEING NEGATIVE, SOMETIMES POSITIVE, THEN NEGATIVE AND AGAIN POSITIVE. THAT IS AFFECTED BY YOUR CURRENT EMOTIONS WHICH INFLUENCES TREMENDOUSLY HOW YOU EXPERIENCE THINGS, POSITIVE OR NEGATIVE.

WHEN YOU HAVE ENCOUNTERED SOMEONE BEING NEGATIVE TO YOU, TAKE SOME TIME AND SIMPLY ASK FROM YOURSELF: WHAT IF THIS PERSON DIDN'T MEAN TO BE NEGATIVE TOWARDS ME? WHAT IF THE SEEMINGLY NEGATIVE ATTITUDE AND ACTION WAS JUST MY FAULTY PERCEPTION? WHAT IF SHE/HE WAS MAD FOR HER-/HIMSELF, NOT ME? WHAT IF EVERYTHING ACTUALLY WAS FINE ALL ALONG?

YOU CAN CHOOSE WHAT TO BELIEVE, SO WHY NOT CHOOSE BELIEFS WHICH WORK BEST FOR YOUR POSITIVE OVERALL FEELING.

HEARTH-PRESENT

BE PRESENT AND LISTEN, FOCUSING YOUR ATTENTION ON YOUR HEART. LOVE IS FOUND IN THE HEART, AND WHEN YOU LISTEN THROUGH YOUR HEART, YOU NOT ONLY TAKE IN THE NEGATIVITY OF ANOTHER, BUT YOU INTERPRET EVERYTHING THROUGH LOVE AND ARE ABLE TO SHARE IT WITH THE OTHER. THIS WILL ALLOW YOU TO LISTEN TO THE OTHER WITH COMPASSION AND UNDERSTANDING.

FROM THE PERSPECTIVE OF LOVE AND BEING A HEALER, YOU BECOME MORE AWARE OF THE DIFFERENT ROLES OF YOU AND THE OTHER: SHE/HE IS THE ONE WHO HAS PROBLEMS, NOT YOU; YOU ARE THE ONE WHO SUPPORTS, LISTENS AND CARES. NEGATIVITY IS IN THE OTHER PERSON, AND LOVE AND POSITIVE FEELINGS ARE IN YOU. IDEALLY, AT THE END OF THE INTERACTION, YOUR POSITIVITY HAS GROWN AS A REWARD FOR HELPING AND SUPPORTING YOURSELF, AND YOUR WARM ATTITUDE TOWARD THE OTHER HAS MADE HER OR HIM FEEL BETTER.

NATURE

NATURE HAS TREMENDOUS CLEANSING AND ENERGIZING POWERS. FOR MANY, A LITTLE WALK IN NATURE IS ENOUGH TO CLEANSE THEM OF THE NEGATIVE FEELINGS OF THE DAY. THE EFFECTIVENESS OF THIS CAN BE INCREASED BY BEING ESPECIALLY PRESENT: FEELING YOUR FOOTSTEPS, FEELING THE GUST OF WIND ON YOUR SKIN, HEARING THE SWISH OF LEAVES, AND CONCENTRATING ON SEEING THE BEAUTY OF NATURE. ENJOY BEING AT EASE IN PROTECTING AND CARE-TAKING NATURE. IF YOU WANT, YOU CAN ALSO IMAGINE THE TREES SENDING YOU CLEANSING, GOOD AND FRIENDLY ENERGY. THIS CAN BE DONE BOTH AFTER A NEGATIVE SITUATION AND IN ADVANCE BY RECHARGING YOURSELF BEFORE YOU ASSUME YOU END UP IN FRONT OF A NEGATIVE CASE.



IN ADDITION, YOU CAN STOP AT A PLEASANT LOCATION, CLOSE YOUR EYES IF YOU WISH, AND VISUALIZE ROOTS COMING FROM YOUR SOLES AND DIVING DEEP INTO THE GROUND, THE “GAIA,” WHICH IS SAID TO HAVE THE ABILITY TO RESHAPE ENERGIES. IN ADDITION TO ITS GROUNDING EFFECT, THE ROOTS SERVE AS AN EXCELLENT CLEANSING AND STRENGTHENING TECHNIQUE: IMAGINE YOUR NEGATIVE SENSATIONS DESCEND ALONG THE ROOTS TO MOTHER EARTH, WHICH CONSTANTLY PROCESSES NEGATIVE ENERGIES INTO POSITIVE ENERGIES AND RETURNS THE CLEANSSED ENERGY TO THE UNIVERSE. AS YOU GIVE AND VISUALIZE ALL THE NEGATIVE LEAVING YOU, ASK AND LIFT ALONG THE ROOTS POSITIVE, WELL-BEING-ENHANCING ENERGIES, FROM THE GROUND TO YOU.

POSITIVE AFFIRMATIONS

WORDS HAVE POWER. WHAT YOU THINK IN YOUR MIND COMES TRUE ONE WAY OR ANOTHER. IN A NEGATIVE SITUATION, REPEAT IN YOUR MIND THE POSITIVE PHRASES THAT TAKE YOU FORWARD: “I WILL COPE WITH THIS,” “I FEEL AMAZING,” “FORTUNATELY I AM ALL RIGHT,” “THAT NEGATIVITY IS TRUE TO HIM, I AM TRUE TO POSITIVITY,” AND “WHAT A WONDERFUL LEARNING EXPERIENCE THIS IS TO ME.” ALSO AFTER THE NEGATIVE SITUATION: “YES, I TOOK CARE OF THAT THING REALLY WELL,” “I STAYED NICELY CALM,” “I WAS HELPFUL TO ANOTHER WHEN HE WAS ALLOWED TO FEEL SAFE NEAR ME, I’M A GOOD PERSON”.

WHATEVER YOU SAY IN YOUR MIND YOUR BRAIN SEES AS TRUE, CONSCIOUSLY OR SUBCONSCIOUSLY. IT’S NOT ABOUT JUST REPEATING SAME MANTRA OVER AND OVER AGAIN LIKE MANY SEEM TO TEACH; YOU SHOULD TAKE YOUR EMOTIONS AND ACTIONS TO SUPPORT YOUR AFFIRMATION. VISUALIZE YOURSELF BEING AND DOING WHAT YOU SAY YOU ARE. “I’M HAPPY, I’M HAPPY, I’M HAPPY!”. IN ADDITION TO SAYING IT EITHER IN YOUR MIND OR IN PRACTICE LIFT YOUR SMILE A BIT, MOVE YOURSELF LIKE YOU WOULD WHEN BEING HAPPY, AND SEE YOURSELF IN DIFFERENT SITUATIONS BEING HAPPY. EVERY POSITIVE WORD AND SENTENCE WILL EASE AND HELP YOU FORWARD – IN EVERY SITUATION IN YOUR LIFE. FAKE IT UNTIL YOU MAKE IT!

HYPNOSIS AND MEDITATION

[HERE](#) YOU CAN READ MORE ABOUT WHAT HYPNOSIS IS. SIMPLY PUT IT INCLUDES MEANS TO ENTER A DEEPLY RELAXED AND CALM STATE OF MIND AND BODY. THAT ALREADY IS OFTEN ENOUGH TO RELEASE THE TENSION AND BURDEN YOU'VE COLLECTED THROUGHOUT THE DAY; YOU SWITCH YOUR FOCUS TO YOURSELF, RELAXATION, PEACE, AND THEIR WONDERFUL SIDE EFFECTS. AS YOUR CRITICAL THINKING AND CONSCIOUS MIND STEPS ASIDE, IT'S EASY TO LIFT UP YOUR MOOD AND PERFORM INNER WORK, WHICH WILL HAVE LONG-LASTING-RESULTS FOR YOUR WELL-BEING – ESPECIALLY IF DONE EVERY NOW AND THEN.

MEDITATION IS REALLY CLOSE TO HYPNOSIS: YOU WILL CALM DOWN, RELAX, AND SWITCH YOUR FOCUS FROM ENVIRONMENT INWARDS. WHEN YOU'VE SETTLED DOWN, AND CALMED DOWN YOUR BREATH, THERE ARE MANY VARIETIES HOW TO MEDITATE. YOU MAY LET YOUR THOUGHTS JUST COME AND GO MAINTAINING SILENT MIND, YOU MAY ACTIVELY EXAMINE YOUR THOUGHTS AND EMOTIONS, OR YOU MAY TAKE A PLEASANT TRIP TO ANYWHERE YOUR IMAGINATION TAKES YOU, LIKE [RELAX AT A BEAUTIFUL LAKE](#).

SELF-GROWTH

PERFECT WAY TO MAKE YOURSELF MORE RESILIENT TO ENVIRONMENT'S EFFECTS AND TO MAINTAIN FIRMLY YOUR OWN TRUE MOOD AND SELF IS TO ACTIVELY LISTEN AND DEVELOP YOURSELF. THAT INCLUDES SELF-AWARENESS, BELIEF-WORK, AND ACTIVE SHAPING OF YOUR LIFE FOR YOUR BEST. ON A JOURNEY OF SELF-GROWTH, YOU WILL STAND FACE-TO-FACE AGAINST YOUR OWN SHADOWY, NEGATIVE SIDE, AND GAIN GREAT STRENGTH AND POSITIVENESS FROM IT! AT THE SAME TIME, YOU WILL EXPLORE YOUR AMAZING CHARACTERISTICS AND SKILLS, AND BUILD THEM STRONGER AND MORE VISIBLE. THE RESULT IS BETTER EMOTIONS, CLEARER THOUGHTS, AND EASIER ACTIONS TO GROW YOURSELF TO BE ALL THOSE AMAZING AND WONDERFUL THINGS YOU'RE SUPPOSED TO BE.

SELF-GROWTH STARTS WITH SELF-AWARENESS. ASK YOURSELF WHO YOU ARE, WHAT YOU ARE, WHY YOU ARE AND WHAT YOU WOULD WANT TO BE. EXPLORE WHAT THINGS, BELIEFS, MEMORIES, AND EXPERIENCES ARE BLOCKING YOU. FIND OUT IN WHICH MATTERS YOU'RE GOOD AT AND LET THEM GROW TO BE VISIBLE AND TOUCHABLE FOR THE WORLD. SEARCH TECHNIQUES – OR HIRE A COACH TO HELP – THAT WORK FOR YOU AND PUT THEM TO USE FOR YOU TO RISE AND SHINE LIKE YOU'RE MEANT TO! WHEN YOU'VE DONE THAT ENOUGH, YOU'LL FIND OUT ENVIRONMENT AND OTHER PEOPLE HAVE NOTHING TO DO WITH HOW YOU FEEL – IT'S ALL ABOUT YOU, AND THERE'S NO LIMIT HOW MAGNIFICENT AND POWERFUL YOU CAN BE.

CLOSING WORDS

HOPEFULLY YOU ENCOUNTERED FRESH REVELATIONS AND FOUND INSPIRATION FROM ABOVE!

THE TECHNIQUES DESCRIBED ABOVE BOTH MAINTAIN YOUR OWN PEACE OF MIND AND AFFECT THE OTHER PARTY BY EITHER “TAKING THE GUNS AWAY” FROM HER/HIM OR GIVING HER/HIM A BETTER FEELING. THESE, AND LOTS MORE, ARE TAUGHT MORE DEEPLY TO MY CLIENTS. TRY THEM CURIOUSLY AND COME BACK TO [TELL ME](#) AFTER YOUR NEW EXPERIENCES WHICH TECHNIQUES WORKED FOR YOU - I’M INTERESTED TO HEAR ABOUT YOUR RESULTS!

AND NOTE TO YOURSELF: IF YOU FEEL NEGATIVE ABOUT SOMETHING YOU SAY OR DO, CONGRATULATE YOURSELF! THAT MEANS YOU HAVE DONE SELF-AWARENESS AND EXAMINED YOURSELF, YOUR ACTIONS, AND HOW DO THEY AFFECT TO YOU AND TO OTHERS. EVERY TIME YOU NOTICE YOURSELF ACTING THE WAY YOU DON’T WANT TO, IT’S A GIFT, AS IT MAKES IT POSSIBLE FOR YOU TO EXPLORE YOURSELF, FIND OUT WHY YOU DID WHAT YOU DID, AND HOW YOU COULD DO BETTER NEXT TIME.

I’D BE HAPPY TO HELP YOU THERE!

HAVE A BEAUTIFUL DAY!

MIKKO

