



Transforming Challenging Feelings

Index

Introduction

Exercise 1: Judging to Loving

Exercise 2: Resentment to Forgiveness

Exercise 3: Deceptive to Honest

Exercise 4: Pessimistic to Optimistic

Exercise 5: Guarded to Grateful

Exercise 6: Apathetic to Enthusiastic

Exercise 7: Closing Exercise

Introduction

Being aware of our own good qualities is the first significant step to self empowerment. Most of the time we are not thinking of how wonderful we are. We tend to spend more time concentrating on our faults rather than our qualities; what is wrong with us instead of what is right. All of us dream of things being different, of manifesting more successes, such as having more joy, love and victories in our daily lives. The truth is these dreams are birthed from and dependent upon our ability to experience decisions that leave us feeling good about ourselves.

The path to living a successful life is carved with the power of what is good in ourselves. When we live each day focusing on our good emotions, we end up feeling so much better. Our self-esteem rises and all of a sudden, we begin to know that, whether it happens or not, we deserve the very best of everything.

This guide is designed to help us transform negative thought forms and feelings, be it about ourselves or another, into positive thought forms and feelings. Choice not chance determines our human destiny, and good feelings lead to good decision making. The real empowerment is realizing that each time we feel wonderful about ourselves, we also affect the whole.

Transforming Challenging Feelings

Name The feelings – Claim The feelings – Tame The feelings – Aim The feelings

Feelings, when mismanaged, are the reason for most of the traumas in our individual and collective world. Our pain is caused from our wounds and is solved from our wellness. In order for us to transform our negative feelings, we must be able to name them, so that we may tame them.

There is no shame in having negative, horrible feelings; it is what we do with them that counts. We need to use these feelings because they let us know when something is out of place. No one can escape the challenges of difficult feelings, therefore the sooner we train ourselves to deal with them, the better chance we have of manifesting the healthy, happy life we yearn for.

We are what we feel and we relate in the way we express. The key is to have a better understanding of ourselves and our emotional triggers. We must remember that all of our mistakes are just an opportunity for us to grow. It is when we keep making the same mistake over and over again, that we must stop, listen and learn.



Exercise 1

Judging To Loving



Judging: *to form an opinion, to be critical, to cheapen.*

It is wise to judge situations but it is important not to judge people. When we judge, we do not love. We all came here to have a better understanding of ourselves and others. Judging comes from assuming something that more often than not, is instigated from our wounds. Beliefs without knowledge and contemplations need always be revised and reviewed before we come to a final conclusion.

~ Transformed To ~

Loving: *to delight in, to have fondness for, open-heartedness.*

Love is the yearning or outgoing of our souls towards another. Through it, we are found and without it, we are lost. Staying loyal to the art of loving bears the imprint on our life's record. It connects to all that is wondrous and wonderful. The wonder of loving holds within it the ability to heal most wounds.

Loving

There is nothing more important than love. Love is the foundation of the world and yet for most of us, it is not sustainable. Love is a word that is thrown and tossed around like a ship in troubled waters. So often, people say they love each other and then treat each other with such disrespect, which causes hurt and harm. Love is the exact opposite of hurt, it is heart; it does not harm, it helps. Loving is compassion in action. Love dwells in all the senses: sensitivity, sensibility and most importantly, sense of responsibility. When we take the initiative to feel concerned for another's circumstances instead of blaming and judging them; when we take the time to be aware of what another might be feeling instead of being self-indulgent and self-involved; when we take the energy to show another our caring, even when we do not feel like it; we can mightily say, "We know how to love."

Unfortunately, most of us were not brought up in the constancy of pure love. We experienced being criticized or shamed. We were not given the honor we so deserved. Therefore, more often than not, we end up doing to another what was done to us. Judging another always hurts two parties, the other person and ourselves.

However, having good judgment is quite another story. Love is wanting the best for ourselves and for anyone whom we feel close to. To accomplish this successfully takes a sensitive blending of utilizing our head and our heart. Love is profound and has a great depth of meaning.

To experience love in the midst of difficulties and challenges is freedom.

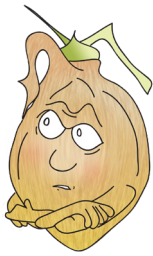
1. What is the line from the above paragraph that meant the most to you?

2. Write three statements where loving is easy for you.

3. Write three statements where you have trouble loving.

4. Where have you been the most judgmental and how can you transform that feeling.

5. Whom do you feel is a great example of love and why. This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.



Exercise 2

Resentment to Forgiveness



Resentment: *displeasure, indignation, angered, feeling hardened towards.*

Resentment hardens the heart. It births an anger and frustration which ultimately become the demise of our happiness and joy. Resenting something or someone is a poison that needs to be cleaned out. We have a responsibility to ourselves not to be a carrier of this emotion because it will ultimately hurt ourselves. The way to heal resentment is through acceptance and forgiveness.

We then create an energy of rising above and going beyond.

~ Transformed To ~

Forgiveness: *merciful, charitable, compassionate, pardoning*

Forgiving is our manna for a peaceful life. It unlocks all doors to the subconscious and awakens us to our limitless potential. It is the most generous gift we can give to ourselves. It softens all hardness, whether that be in ourselves or another. The more we forgive, the safer we feel. The happiest relationships are the union of two forgivers. When we forgive, we forego all heaviness, so we are totally free to fly.

Forgiveness

The ability to forgive is a freedom and an attribute of our strength. When we get hurt over something, which we inevitably will, the wisest thing to do is strive to reach a point of forgiveness. Forgiving someone should not be rushed; otherwise our anger and resentment will rear its head again. Our thoughts and emotions need to be examined, considered and then cleared. When we do not have the need to be “right” about something, forgiveness comes more easily. All problems arrive with their gifts. From them, we grow, learn compassion and develop our wisdom.

There is another gift that comes from being able to forgive another easily. We begin to forgive ourselves more easily. We all make mistakes; it is unavoidable. These errors come as teachers, to show us better ways of handling life situations. A mistake is an opportunity for change and transformation. It is when we keep making the same mistakes over and over again that we need to stop and take a good look at ourselves or another.

Resentment comes with a big price. We end up behaving cold, mad and our hearts close down. This creates another problem, which in turn creates another problem and before we know it, hate becomes our way of life. Therefore, it stands to reason that when a difficulty arises, we need to think it out, clear it out and clean it out. This leads to a comfort, which leads to a joy, and before we know it, peace becomes our way of life.

To forgive too quickly is shallow; but to not forgive is stifling.

1. What is the line from the lesson that meant the most for you?

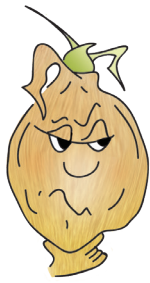
2. Make a list of the people you are angry with and you have not forgiven, including yourself.

3. Create ways as to how to forgive those people, including yourself.

4. Make a list of anyone who has not forgiven you, and think of ways to communicate with that person to better the situation. If they deserve an amends, make certain to give it.

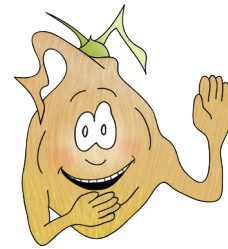
5. Make a list of mistakes you have made that you commit to not making again.

6. Whom do you feel is a great example of forgiveness and why. This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.



Exercise 3

Deceptive to Honest



Deceptive: *the act of fabrication, fraud, lying trickery, untruth.*

Lies always involve an injury because they are a pretense of what is not. As a result, the heart is always impeded by dishonesty. Deceptiveness usually comes from attachment. It comes from a lack of trust, that, if we tell the truth, we will not get what we want. If we weren't so attached to it, we would never feel the need to lie about it. Lies always complicate matters so it is wise to infuse the simple into the complex. Whatever is meant to be...will be. True success is built on the foundation of us feeling free to express who we true-ly are.

~ Transformed To ~

Honest: *upright, pure, truthful, integral.*

Truth is something we must find and honest something we must be. The saying 'honest to goodness' truth rings loudly at so many levels. Nothing of goodness can come from being deceptive. Our honesty is a statement of our self-respect, which becomes an expression of our genuineness. Words of truth move us into a higher state of being. They create an aura of trust and impeccability within ourselves, our family, our community and the world at large.

Honesty

Honesty is our greatest protection, whereby the preservation of our character becomes unthreatened. Speaking our truth leaves us feeling guiltless and guileless, whereby our conscience is free and unencumbered.

Our world is filled with many opportunities for us to fall from grace. Between the cheapening content of some of our entertainment and the destructive behavior of some of our leaders, we are constantly being given the messages that being deceptive and cheating is acceptable, unavoidable, and necessary to succeed.

The expression; “Oh this is business”, insinuates that anything goes under the guise of making money. This statement is the farthest thing from the truth. Our soul does not separate itself from anything we do, say or involve ourselves in. Our soul is our constant reminder of our higher self. It stays with us in order to keep us on the track of what is right and righteous.

Our honesty is the biggest gift we can give to ourselves. There is nothing worse for our development than the feeling we get from lying and being dishonest. From these feelings, we begin to draw to ourselves people, places and things that are examples of our self-disrespect. They are a set-up, a plant for our demise.

To quote Confucius: “We must be honest in our daily life, honorable in our work and sincere in our dealings with others. Even though we walk among barbarians, we should never let such concerns slide.” It is amazing to think that this was written 2,500 years ago and yet this quote can be applied so perfectly for the present times.

Pope Francis was quoted as saying “truth has become an endangered species.” The more stable our truth, the more stable our foundation. We come to realize that the ‘high-light’ of our life is when our heavenly nature and our human nature are living simultaneously as one.

Our indwelling spirit reveals itself through our honesty and truth.

1. What is the line from the above paragraph that meant the most to you?

2. Write three statements where being honest is easy for you.

3. Write situations or people you have trouble being honest with.

4. Where have you been the most deceptive and how can you transform that feeling.

5. Make a list of mistakes you have made that you commit to not making again.

6. Whom do you feel is a great example of honesty and why. This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.



Exercise 4

Pessimistic to Optimistic



Pessimistic: *expecting the worst, a belief that failure outweighs success, no faith or hope.*

Life is what we expect it to be. Our thoughts are our best friends or our worst enemies. Working with a pessimistic mind always gives results that are less than hoped for. When we are liberated from pessimism, we are liberated from the feeling of imprisonment.

~ Transformed To ~

Optimistic: *looking on the bright side, belief in the positive, the doctrine that everything can be for the best.*

Optimism leads to our power that is funded from our passions. It magically creates an opening that transforms negativity into positivity. When we feel optimistic, our hearts flutter and our life takes flight. We grab a greater vision, manifest a larger plan and find a peace within ourselves that cannot be explained, because it is too extraordinary.

Optimistic

Feeling optimistic feeds us life. It is an expression of our positivity. Now, more than ever, with the incredible amount of negative news, we need all the optimism we can muster. Through our optimism we see the light not the dark, the certainty not the doubt, the clarity not the confusion and the good not the evil. When we “opt” to view things from a place of possibilities, we are truly showing our commitment to our confidence. This, in itself, births openings and the energy to marvelously manifest them.

When there is no sunshine, very often people take vitamin C as a sun substitute. When things happen in our lives that are cloudy, rainy and cold, optimism is our emotional vitamin C. For every season, there is a reason, and this stands true with problems. More often than not, they come with insights, opportunities and rewards.

On the other hand, pessimism instigates a negative outlook that creates toxic energies. Health studies show that people who have a positive outlook tend to stay healthier and have longer lives. Being optimistic is what keeps our energy up, our mind alive and our creative juices flowing. It is also a statement of our determination and courage. The greatest victory of optimism is that it frees us from feeling victimized. Unfortunately, in this world we live in, bad things often happen to good people. However, if we make a commitment to ourselves to keep looking up and not give in, we will indeed reach our predestined fulfillment.

Success is not an end result; it comes from how we take the journey. When we approach life with an optimistic viewpoint, we find happiness and joy, even in the difficulties. We use these difficulties as an artist uses a paintbrush. We draw new conclusions, new avenues and new adventures. This leads us to new friends, new acquaintances and even new gifts. We find a part of ourselves that was incubating, just waiting to be born. Our problems become the final push into a wondrous new experience.

When things look down, as they often do, our optimism is the white horse that will take us to a higher place. It is an expression of our faith and hope, which creates a certainty, that no matter what the circumstances, of staying true to ourselves and our purpose for being here.

Optimism transmutes hopelessness to hopefulness, fear to faith, and doubt to certainty.

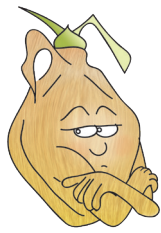
1. What is the line from the above paragraph that meant the most to you?

2. What is happening in your life that you feel optimistic about?

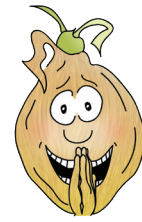
3. What is happening in your life that you feel pessimistic about?

4. How can you diffuse your pessimism and activate your optimism?

5. Whom do you feel is a great example of optimism and why. This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.



Exercise 5 Guarded to Grateful



Guarded: *exhibiting caution, restrained, controlled, belief in not enough, lonely.*

To be guarded is to be afraid of people, places and things. To guard is to guard against, whereby we believe things will not work out or someone cannot be trusted. We tend to look at what is wrong instead of what is right. We often notice what is not available instead of what is.

~ **Transformed To** ~

Grateful: *thankful, pleased, feel gratitude, embraced, honored.*

When we feel grateful, we feel great. Gratitude unveils self-centered ego and sheds all that is negative. We begin to see obstacles as opportunities, defeat as a way to victory, the glass half full instead of half empty and realize that though there may be challenges, there are also blessings.

GratitUde

It is unfortunate that as humans, we think more of what we do not have rather than what we do have. If we are to know and experience happiness, we must cultivate our ability to feel grateful. Being conscious of our gratefulness is what makes us feel connected, alive and in love. It is the best weapon against depression and despair. Not being conscious of our gratefulness creates a contentiousness that festers greed and jealousies.

When things get difficult, as they often do, the key that will save us most from sorrow is gratitude. Anyone who is born in a free country needs to feel grateful for that blessing alone. In Africa, where a child dies every 15 seconds from lack of clean water, by and large most people feel grateful just to be alive. Yet in America, where we have all the luxuries we could ever want, people complain constantly over the smallest things. It seems the more we have, the greedier we get, and the less we have, the more grateful we are for what we have. Indeed, this is an imbalance that needs to be addressed and equalized.

Gratitude births calmness, mindfulness and contentment. It defeats disappointment, hurt, anger, and envy. Happiness is not the absence of problems but the ability to deal with them. When one is in a state of gratitude, happiness is its Siamese twin.

Everything that occurs in our life occurs with an opportunity attached to it. If we accept this fact, when a difficult situation arises, instead of focusing on the problem and creating drama around it, we begin to challenge our minds to concentrate on the lesson. The lesson then becomes our growth, and our road to our serenity. Adversity can become an empowerment for us, and our gratitude contains the solutions to the mysteries hidden in our problems.

GratitUde is the acknowledgement of all that is great in our life instead of all that we hate in our life.

1. What is the line from the above paragraph that meant the most to you?

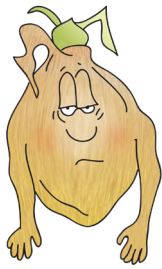
2. Where do you feel the most guarded and why?

3. Who do you feel the most guarded with and why?

4. What are you the most grateful for and why?

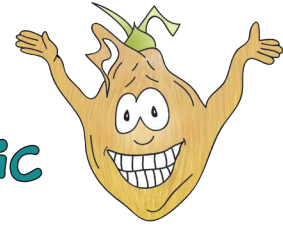
5. Who are you the most grateful to and why?

6. Whom do you feel is a great example of gratefulness and why. This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.



Exercise 6

Apathetic to Enthusiastic



Apathetic: *lack of interest, lack of emotion, listless, indifferent.*

If we do not stand for something, we stand for nothing. Most people believe that the problems in the world are too big and they are too small to make a difference. This is the root of apathy. It is true that we cannot change all situations, and we cannot change another person, but what we can do is change ourselves. We can no longer afford indifference. A one hundred foot redwood tree starts with just a tiny little seed. Know that we can be that seed. Sometimes, when we consider what tremendous successes come from little thing, we realize that in fact, there are no little things.

~ Transformed To ~

Enthusiastic: *exalted, eager, excited, passionate, inspired.*

Enthusiasm is the fire that gives power to any endeavor. The word enthusiastic is derived from the Greek word 'enthu', which means 'in Divine Power'. When we are enthusiastic, we are in a state of exaltation which is the key to all our limitless possibilities. We activate our spark, our uniqueness, our individuality, our purpose, and our reason for being.

In all, we are in a constant state of love.

Enthusiasm

Enthusiasm is the cheerleader for every situation. It is a fire that says, “I refuse to be extinguished.” When we feel enthusiastic about something, we lead the way for ourselves and others. When we feel defeated about something, yet stay enthusiastic, more often than not, triumph is right around the corner. We carry the matchstick for the still undeveloped potential.

Today’s impossibilities become tomorrow’s reality when our efforts are fueled by enthusiasm and passion. We all have divine sparks within us that are waiting to be ignited. When we feel enthusiastic about something, we are, in fact, the match bringing that something to the light. In return, we receive the gift of feeling energized and excited. These feelings have the ability to carry us through all the potential difficulties of discontent and worry, or any other difficulties that may arise.

Feeling inspired and passionate are twin souls to feeling enthusiastic. Together they birth our creativity and productivity. When we realize that nothing has to go right for us to maintain our enthusiasm, it is then that we realize our enthusiasm is what will indeed make everything right. Our dull days are over and our depressed feelings are finished.

People do not realize that our enthusiasm is linked to our inner strength. It is a statement of our determination to keep something alive. When we love what we do, or who we are with, our dark feelings are extinguished by the light shining brightly from within us. When we feel inspired, we feel connected. When we feel passion, we feel alive. When we feel enthusiastic, we feel empowered. Our empowerment comes from our knowing that we have found the path for our heart’s desires and yearnings.

Being enthusiastic comes from being inspired, passionately wired and definitely not tired.

1. What is the line from the lesson that meant the most for you?

2. What do you feel the most enthusiastic about and why?

3. Do you complain and whine a lot, if so, why and how can you transform it?

4. When you feel apathetic about something can you find something, to feel enthusiastic about that will help the depression disappear, explain.

5. Make a list of what inspires you?

6. Whom do you feel is a great example of enthusiasm and why. This can be someone you know personally, a famous person, a historical person or a person who is not alive presently.

Exercise 7

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?
